



PA

PA
PEAK ATHLETICS

2025-26

SEASON PACK



INTRODUCTION

Hello and WELCOME to the 2025-2026 season at PEAK ATHLETICS. In this pack you will find the information for the 2024-2025 season, there is a lot of information regarding training, fees, competitions, uniform etc. Please download a copy to keep for reference. We cant wait to have you on board.

Let's begin here.

Here at Peak Athletics we have teams/classes to suit all ages and abilities

WE OFFER BEGINNER, NOVICE, PREP AND ALL STAR CHEERLEADING



WHAT IS CHEERLEADING?

Cheerleading is a high energy, competitive sport that combines dynamic stunts, powerful jumps and tumbling, and a synchronised dance into an exciting and visual routine.

Cheerleading is more than just fun - it helps athletes grow physically, mentally, and socially!

Benefits of cheerleading:



Builds confidence



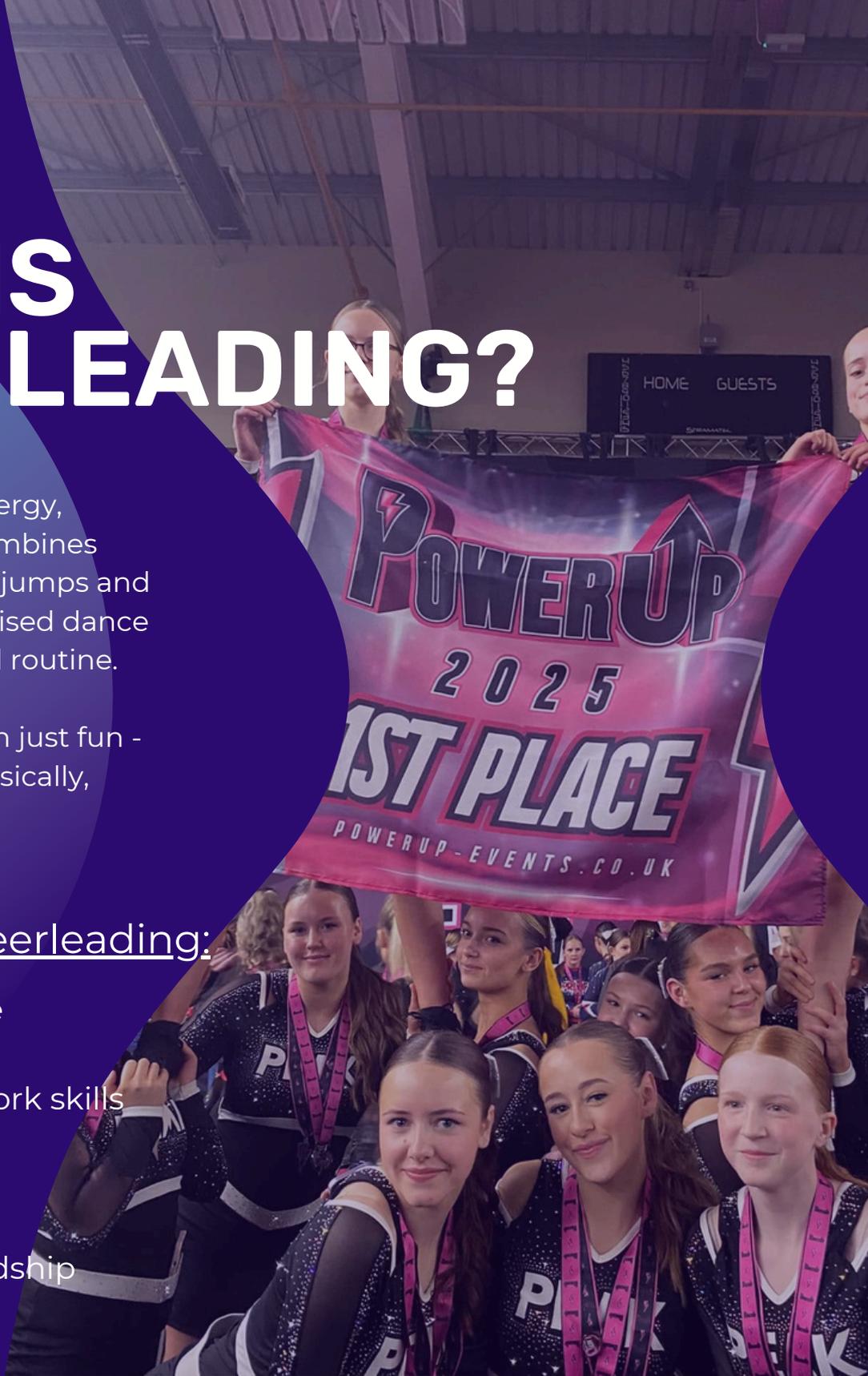
Develops Teamwork skills



Improves fitness



Encourages friendship



Jumps



Tumbling



Stunting

OUR CLASSES



Novice Cheer

The first step to competitive cheerleading. Novice athletes will build a beginners routine in cheerleading and later in the season compete at their very first competition. The Novice cheer team will require a greater commitment than Rec



Prep Cheer

Our PREP teams will be training for a minimum of 1.5 hours a week. We strongly encourage athletes to continue to develop their fitness, flexibility and tumbling skills with the use of home learning and additional classes. Teams will compete at a minimum of 3 competitions and perform their routines at our annual showcase.



All Star Cheer

All Star teams will be training for a minimum of 1.5 hours a week. We strongly encourage athletes to continue to develop their fitness, flexibility and tumbling skills with the use of home learning and additional classes. Our Allstar teams will compete at a minimum of 3 competitions and perform their routines at our annual showcase.



Rec Cheerleading

OUR BEGINNERS CHEER TEAM IS THE PERFECT PLACE TO START YOUR CHEERLEADING JOURNEY AT PEAK ATHLETICS. THIS GIVE THEM THE OPPORTUNITY TO 'GIVE IT A GO' BEFORE THE OPTION OF MOVING INTO ONE OF OUR COMPETITIVE TEAMS. OUR RECREATIONAL CLASS COVERS ALL OF THE BASICS OF CHEERLEADING INCLUDING STUNTS, TUMBLING, JUMPS AND DANCE, IN A FUN AND FRIENDLY WAY

OUR CLASSES



Private Lessons

One-on-one cheer coaching provides personalised training focused on individual athlete needs, encompassing aspects like tumbling, stunting, jumps, dance, and overall fitness.



Parties

Our packages are suitable for a variety of ages and needs. Please contact us to discuss and to check availability.



Toddler Play Sessions

Monthly sessions for our younger generation. Join us for fun and play followed by snack and a drink

Holiday Activities

Join us for a range of holiday activities each half term and school summer holidays. Activities include

- Cheer and tumble camps
- Stay and Play
- Master Class
- Open Tumble
- Guest coach sessions



<https://www.peakathleticscheer.com>



hello@peakathleticscheer.com



[@peakathletics22](https://www.instagram.com/peakathletics22)



[Peak Athletics](https://www.facebook.com/peakathletics)

MEET OUR Team



HANNAH Director & Head Coach

Coach Hannah has been involved in the cheerleading industry for nearly 30 years. From athlete, to coach, director, gym owner, trainer and now full time Cheerleading Judge



ALLISON
Cheerleading
Coach



EVE
Cheerleading
Coach



KATIE
International
Coach



KIERA
Cheerleading
Coach

GOAGHES

MEET OUR *Team*

JUNIOR COACHES



AMELIA
Junior
Coach



ELLIE
Junior
Coach



GRACIE
Junior
Coach



LILY
Junior
Coach



MIA
Junior
Coach

JUNIOR LEADERS

COMING SOON...

ENTOURAGE



OUR ENTOURAGE IS MADE UP OF A TEAM OF DEDICATED AND SEASONED CHEER PARENTS. MEMBERS OF THE TEAM SUPPORT OUR COACHES WITH PARENT COMMUNICATION, ON HAND ASSITANCE AT COMPETITION, FUNDRASING AND EVENT PLANNING

COMPETITIVE CHEER



ASCEND MINI NOVICE

Ages 5-8. Competing in 3 competitions.
Training Thursdays 4:30-5:30pm.

ELEVATION YOUTH PREP 1

Ages 9-11. Competing in 4 competitions.
Training Thursdays 5:15pm-6:45pm.



ZENITH U14

Ages 12-14. Competing in 4 competitions.
Training Thursdays 6:45-8:00pm.

EMINENCE U18

Ages 14+. Competing in 4/5 competitions.
Training Tuesdays 7:15-9:16pm



ALTITUDE MASTERS 1

Ages 25+. Competing in 4/5 competitions.
Training Wednesdays 7:30-9:30pm.



STUNT GROUPS (NEW!)

Levels, age, and competitions dependent on interest. Training Mondays 6:30-7:45pm

RECREATIONAL CHEER



Beginner cheerleading classes are designed for those new to cheerleading with little or no prior experience. They focus on teaching the fundamentals of cheerleading in a safe, supportive, and fun environment.

Beginner cheer classes typically cover:

- Basic motions & arm positions
- Jumps
- Stunting fundamentals
- Beginning tumbling (Floor based gymnastics skills)
- Simple choreography

WEDNESDAYS 4.30-5.30PM

AGED 5-9





Out TUMBLE PROGRAMME

TUMBLE FOR CHEER

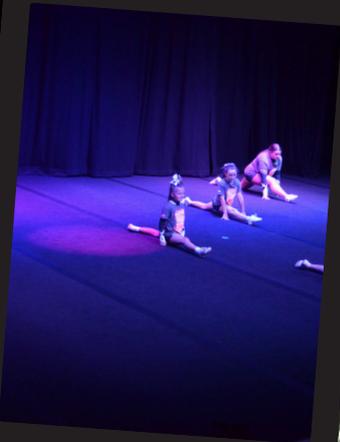
Our skill focussed class levelled to aid our cheerleaders to reach their full potential on their Prep/All Star teams

ADULT TUMBLE

A weekly fun class focussing on all levels of tumbles in a fun and friendly environment. No commitment required PAYG

RECREATIONAL TUMBLE

A weekly fun class focussing on all levels of tumbles in a fun and friendly environment. Separated by age. Term time only





TUMBLE A

Relative to level 1 cheerleading. No prerequisite skills required.
Skills taught up to front and back walkover

TUMBLE B

Relative to level 2 cheerleading. Prerequisite skills include front and back walkover.
Class aim HANDSPRINGS

TUMBLE C

Relative to level 3+ cheerleading. Pre-requisite skills include front and back handsprings.
Class aim SOMERSAULTS and above

COMPETITIONS

Competition payments are broken up in to 3 or 4 equal payments, paid across the the season. Athletes are expected upon sign up to commit to each competition so please check dates carefully. Where two days are listed athletes will usually be only required to attend one, the schedule for this will be announced nearer to the time of event INTERNATIONALS teams are not included in the above graphic RED ZONE means athletes MUST be at training the 3 weeks prior to competition



	DATE	PROVIDER	VENUE	TEAMS
NOVEMBER	15th and 16th Novem	Future Cheer	Bolton Arena, Bolton	Ascend, Elevation, Zenith, Eminence, Altitude
FEBRUARY	7th and 8th February	ICE	Blackpool Winter Gardens	Ascend, Elevation, Zenith, Eminence, Altitude
MARCH	21st and 22nd March	Power Up	Coventry	Ascend, Elevation, Zenith, Eminence, Altitude
APRIL	11th and 12th	Future Cheer	Adventure in Atlantic Peterborough	Eminence, Altitude
JUNE	6th and 7th June	Jamfest	Manchester Central	Elevation, Zenith, Eminence

**Please note at the time of this being produced we do not have confirmed prices from Event providers on competition fees. We have made a gestimate based on last years entry fee cost and will update as and when there are any changes

MONTHLY FEES

TEAM	MEMBERSHIP FEE	FEES SEPT-AUG	UNIFORM	COMPETITION PAYMENT 1	COMPETITION PAYMENT 2	COMPETITION PAYMENT 3	COMPETITION PAYMENT 4
		DUE by 1st training session	Payment taken on the 1st of each month	01/10/2025	01/12/2025	01/03/2026	01/05/2026
CHEERLEADING							
Rec Cheer (Term time only, NO payment in August)	N/A	£30.00		N/A			
Mini Novice: ASCEND	£45.00	£34.00	TBC	£20.00	£20.00	£20.00	£20.00
Youth Prep Cheer: ELEVATION	£45.00	£42.00	£211.00	£42.00	£42.00	£42.00	£42.00
U14 Cheer: ZENITH	£45.00	£42.00	£211.00	£42.00	£42.00	£42.00	£42.00
U18 Cheer: EMINENCE	£45.00	£46.00	£211.00	£49.00	£49.00	£49.00	£49.00
Masters Cheer: ALTITUDE	£45.00	£46.00	£65.00	£35.00	£35.00	£35.00	£35.00
Cross over athlete	N/A	£30.00	N/A				
TUMBLING							
Recreational tumbling (Term time only, NO payment in August)	N/A	£30.00	N/A				
TUMBLING	N/A	£32.50					
Cross over athlete	N/A	£21.00					
COMBINED TRAINING							
Rec Cheer and tumble	N/A	£50.00	N/A				

MEMBERSHIP FEE INCLUDES...

ALLSTAR PACKAGE

- Season t-shirt
- Choreography
- Team music
- Access to our own dedicated space of a 7-panel sprung floor, tumble track, tumbling equipment, sound system and video playback



Members starting mid-season must pay membership by their third session.

NO FEE!



RECREATIONAL PACKAGE

- Access to our own dedicated space of a 7-panel sprung floor, tumble track, tumbling equipment, sound system and video playback
- Invitation to our annual Showcase event and fundraising events.
- Optional t-shirt



Season 2 of our New PA uniform. This uniform is exclusively for YOUTH, JUNIORS and SENIOR All Star Cheer teams.

New members uniform cost is £211, 50% due 1st October and 50% on delivery. Uniform delivery would be for the second competition of the season

All competitive athletes are required to wear black cheer shoes. Varsity is our preferred show of choice but will welcome others if discusses with the coach first



Team Bows
£10-£15



UNIFORM

HOW TO SIGN UP



New to Peak Athletics?

Scan the QR to start your registration



Peak Athletics – Athlete Record Request

Please fill in the form below to register your interest in joining Peak Athletics. Your athlete record will then be created on our system.

Peak Athletics use Coacha to manage and administer our club admin. All of your information is securely locked up in the cloud. Please try to ensure all information is correct and accurately entered.

1 2

Basic Information

Athlete Information

First Name *	Last Name *	DOB *	19	Mar	2020
Email	Mobile	Other Number			
<small>NOTE: Please enter parent or NOK email address for this minor in the NOK/Emergency contact section below</small>					
House Number or Name	Address Line 1	Address Line 2			
Town or City	County or Area	Postcode			

Next of Kin / Parent / Guardian Information

First Name *	Last Name *	Mobile *			
Email *	Relationship to Athlete	<input type="checkbox"/> Is this the primary contact instead of the Athlete?			
Contact 2 Name	Contact 2 Mobile	Contact 2 Email			

Returning members

- Log in to your Coacha profile
- Check your information is up to date
- Assign yourself to your new classes
- Select the correct payment link
- Await membership confirmation and payment link

Questions? Just get in touch

Weekday Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:45am					
4pm		Tumble A 4:30pm-5:30pm	Apex Recreational Cheer-leading 4:30pm-5:30pm	Ascend Mini Novice 4:30pm-5:30pm	
5pm		Tumble B 5:15pm-6:15pm	Recreational Tumble 5:35pm-6:35pm	Elevation U12s 5:15pm-6:45pm	
6pm	Tiny Tumble Ages 4-6 5:30pm-6:15pm	Tumble C 6pm-7pm	10+ Recreational Tumble 6:20pm-7:20pm	Zenith U14s 6.30-8pm	Gym Hire Available
7pm	NEW STUNT GROUPS Age **Get in touch 6.30pm-7.45pm	Eminence U18s 7.15-9.15pm	Altitude Adult Cheer Age 25+ 7:30pm-9:30pm		
8pm	Adult Tumble Age 18+ 8:00pm-8:45pm				
9pm					

25/26 CALENDAR

AUG	22	Sign-up Deadline
SEP	6	Welcome day
SEP	8	New season begins
SEP	13	Fundraiser 1- Gym Sleepover
OCT	1	Payment- Competition payment 1 DUE
OCT	28	October Half Term
NOV	15/16	Competition 1- Future Cheer Jungle Fever
DEC	1	Payment- Competition payment 2 DUE
DEC	15	Christmas FUN week
DEC	22	Gym Closure

Full calendar can be found on Coacha

BE A PART OF OUR COMM UNITY!

I ended up signing up to cheer after taking my niece to one of her competitions and I thought 'I cant do that BUT I want to do that' and thanks to Peak Athletics I DO THAT

My child has been a part of PA for the last 4 seasons, she absolutely loves it and her confidence has grown so much. I cant believe its her when I'm watching her perform

A great community to be part of. Both my girls love their time at cheer



<https://www.peakathleticscheer.com>



hello@peakathleticscheer.com



[@peakathletics22](https://www.instagram.com/peakathletics22)



[Peak Athletics](https://www.facebook.com/peakathletics)