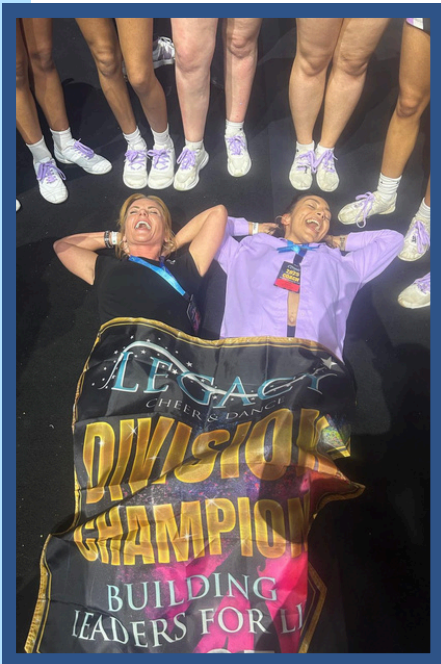




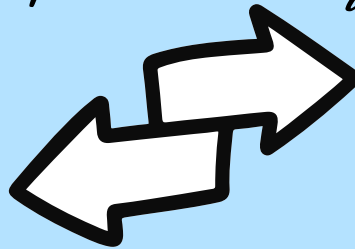
Cheer
City

Inside this easy to read handbook you will find all the information, updates and general information for your teams upcoming competition.

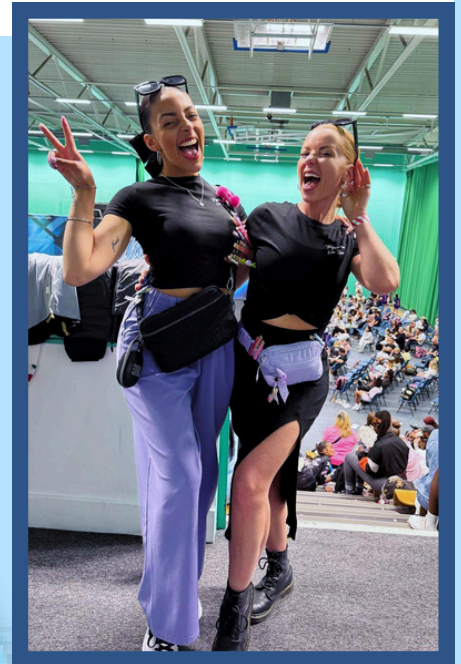
We cannot wait to see you all shine on the mat and enjoy all the fun and comp craziness with our CLA members and families.



Thank you
Sophie & Lily



That's us!
Very much Comp Ready!



WHERE?

Heartfordshire Sports Village, Hatfield

Hatfield Business Park, De Havilland Campus, Mosquito Way, AL10 9EU

WHEN & WHO

Exact times TBC when CHEER CITY release final running order

Saturday 16th May | AFTERNOON | Session 2

Hope, Little Sparks, Glimmer, Faith, Believe, Bliss

Sunday 17th May | AFTERNOON | Session 4

Elevate, Empower, Innovate

Sunday 17th May | LATE AFTERNOON | Session 5

Illuminate

YOUR COMP LEAD

LILYBELLE DELLOW

Lily will only be available to answer any questions 48 hours prior to comp day.
Please ensure you are prepared and have all questions answered.
After this time, please post questions in your team WhatsApp group chat.
Email: teams@cheerlondonallstarz.com | Phone: 07738 833257 | Office: 07850 685897

SUPPORTED BY YOUR TEAM COACHES + ASSISTANTS

SUPPORTED BY
SOPHIE BASTOCK

COMMUNICATION

YOUR TEAMS WHATSAPP

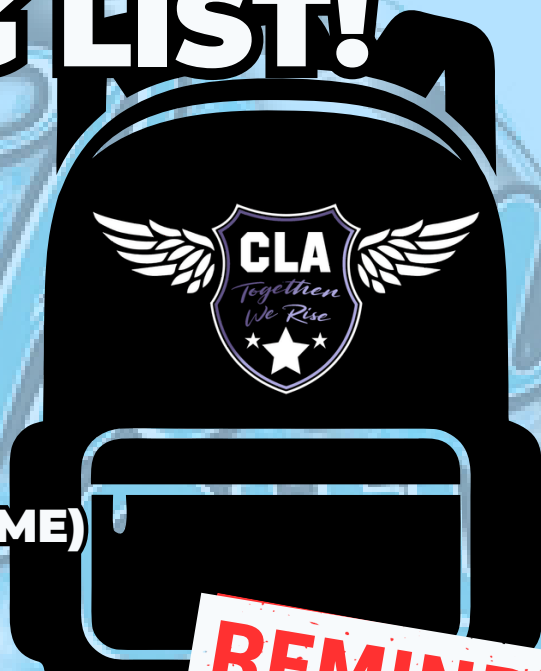


All communication and updates will be made and answered in your Team Groups. All Teams have a "Team Rep" parent who is appointed to answer any questions and be there as a helping hand! Please only communicate with us through your team group.

BEFORE COMP DAY

PACKING LIST!

- WATER
- FOOD/SNACKS
- YOUR FULL UNIFORM
- CHEER TRAINERS
- BOW + WHITE SOCKS
- MEDICAL NEEDS/INHALERS
- POWER BANK
- GLITTER (OPTIONAL BUT AWESOME)
- PEGS (ODD BUT READ ON!)
- BRUSH + HAIR SPRAY



ADULT SUPERVISION

AT THE COMPETITION YOUR CHILDREN ARE YOUR RESPONSIBILITY + WILL ONLY BE IN CLA'S CARE DURING WARM UP AND PERFORMANCE
(WHEN YOU HAVE DROPPED OFF AT CHECK IN UNTIL YOU COLLECT THEM)
PLEASE ACCOMPANY YOUR CHILDREN AT ALL TIMES - THIS IS A PUBLIC EVENT



NOISE ALERT

If your child is audio sensitive or you have children attending who are, we highly recommend bringing Ear defenders. These cannot be worn to compete but can be worn in and around the venue.

PLEASE WEAR UNIFORM TO ARRIVE IN WHAT TO WEAR TO ARRIVE + CLA COLOURS!

All children competing **MUST** wear CLA colours when attending their competitions. This does not mean CLA only branded clothing but any clothes that are our CLA Colours! See Below!
(we encourage Season 15 Tees to be worn alongside comp uniforms)

Some examples of our awesome staff + parents in CLA Colours



Black, Lilac & White only

Parents and supporters we would love it if you were in CLA Colours too!



YOUR TRAVEL TO THE COMP

Please plan your travel in advance.

Travel is not provided by the Cheer London Allstarz



BY CAR

The Hertfordshire Sports Village is located 5 minutes off the M25 (North) straight off the A1(M).



BY TRAIN

Regular trains from London to St Albans (10min bus or taxi to Sports village)



PARKING + ADDITIONAL PARKING

Parking available at the Sports Village

Additional parking can be found within the university campus

THE VENUE - IN + AROUND!

HERTFORDSHIRE SPORTS VILLAGE

Hatfield Business Park, De Havilland Campus, Mosquito Way, AL10 9EU



Available: Cafe, Changing areas, Arena, Toilets, Merch + Photos

TIME BEFORE THE COMP?



Hatfield Town Centre is only a short walk away with many shops and restaurants.

The near by town of St Albans is lovely to explore with some pretty parks and open spaces (plus medieval high street)



ON COMP DAY

Prior to Comp day (when confirmed by the competition event providers), CLA management will post the following in your Team WhatsApp group. This has ALL your timings for the day.

MEET TIME



The time you will meet at the entrance to the Sports Village

CHECK IN TIME



The time you will take your child to "CHECK IN" area to meet Sophie & your coaches

SHOW TIME



the time your child and their team will be on the mat competing (YAY!)

AWARDS TIME



The time the awards ceremony takes place.

FINISH TIME



Home Time! You are all done and dusted!

ON COMP DAY... **JUST BEFORE YOU ARRIVE**

Your Competition Lead (CLA Staff member) will post a photo in your Team Whatsapp Group for your arrival meet point.



This is your "MEET" Location for Cheer City 2026 on the grassy slope at the bottom near entrance

WHEN YOU ARRIVE



All children competing will receive a wristband. This must go on the LEFT wrist and NEVER be taken off. If taken off, your child will not be allowed to enter, as the competition providers have a strict (No WRISTBAND NO ENTRY POLICY). Spectators will also receive a wristband.

Please wear it and do not take it off.

If you are attending a TWO-day competition,

DO NOT TAKE IT OFF OVERNIGHT! THEY MUST STAY ON.

SPECTATOR TICKETS

Every child competing has 1x included spectator ticket.

Those who have previously purchased EXTRA Spectator tickets will collect theirs from Sophie/Lily upon arrival. A reminder list will be posted in your Team Group on Saturday 11 th April (Wristband for spectators also)

THIS EVENT HAS SOLD OUT - NO TICKETS AVAILABLE ON THE DAY

WHAT YOUR CHILDS COMP DAY LOOKS LIKE!



**TRAVEL TO THE COMP
ALLOW PLENTY OF TIME!**



**MEET YOUR COMP LEAD
+ GET WRISTBANDS
+ SPECTATOR WRIST BANDS**



**WE ALL HEAD INSIDE
AND SIT TOGETHER**



**AT CHECK IN TIME HEAD
TO YOUR DESIGNATED
CHECK IN LOCATION
(POSTED IN WHATSAPP
GROUP THAT DAY)**



**PARENTS NOW RELAX
YOUR KIDS ARE WITH US
FOR THE NEXT 60 MINUTES**



THE TEAM GOES THROUGH WARM UP + PRACTICE



YOUR CHILD + TEAM WITH THEIR COACH, HEAD INTO WARM UP



SHOWTIME

ITS PERFORMANCE TIME! AT YOUR TEAMS "SHOW TIME" ALL PARENTS HEAD TO THE MAT TO GET THE BEST VIEW!



AFTER PERFORMING THE TEAM WILL GO TO VIDEO PLAYBACK



RETURN TO WHEN YOU DROPPED CHILDREN OFF AT THE CHECKIN LOCATION TO COLLECT



ENJOY THE COMPETITION, EXPLORE THE MERCHANDISE AND PICTURES, AND RETURN TO YOUR SEATED AREA 5 MINUTES PRIOR TO AWARDS TIME. CLA STAFF WILL TAKE CHILDREN TO THE MAT FOR AWARDS. PLEASE REMAIN IN THE SEATING AREA READY FOR CHILDREN TO BE RETURNED TO YOU AFTER THE AWARDS.

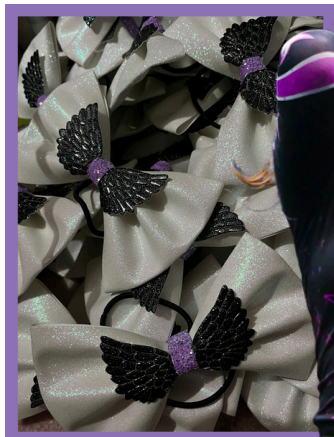
AWARDS



Awards are a super fun experience. Teams will receive a placing and a grading for their performance. Our kids LOVE awards as it's usually time to "Wobble" and get dancing with their team and coaches! We encourage ALL team members to attend Awards as those who leave early miss out on photos and fun with their teams!



REMINDER YOUR TEAM UNIFORM HAIR + BOW



HOPE AND LITTLE SPARKS ONLY



HIGH PONY - ALL OTHER TEAMS UNLESS INSTRUCTED OTHERWISE BY TEAM COACH (MAINLY SENIOR TEAMS)



YOUTH UNIFORM

TEAMS: HOPE, LITTLE SPARKS, GLIMMER FAITH, BELIEVE, BLISS, ILLUMINATE

Akuma Youth Sub Sparkle Full length top
Black Sports Shorts (tight/Nike Pro style)

White Cheer Shoes + White socks

CLA White Comp Bow

(if desired only a black crop or sports bra underneath)

JUNIOR/SENIOR UNIFORM

TEAMS: ELEVATE, EMPOWER, INNOVATE

Akuma Full length Rhinestones Top

Akuma Skort Rhinestoned Skort

White Cheer Shoes + White socks

CLA White Comp Bow

(Black ONLY crop or sports bra underneath)



PEGS!

IF YOU KNOW, YOU KNOW

The POSITIVITY PEG Tradition is HUGE at Cheer Comps! If it's your first Comp, be prepared to be clipped by random Pegs throughout the day!

WHAT ON EARTH, TELL ME MORE

Cheer Teams and Athletes decorate their own pegs and take them to competitions (with CLA somewhere on their peg alongside words of inspiration). Children then swap and trade pegs at the competitions. It is a great way of making friends while sharing "Good Luck" Charms with other teams. Children often have a peg clipped to them without knowing as a sign of secret good luck! It's really cute, and we LOVE it! CLA Coaches seem to have pegs galore around their homes, collected over the years!



SUTCLIFFE SUNDAYS MAY 2026 - CLA PEG - WORKSHOPS

If you are already mentally picking glitter out of your carpet, don't worry! We have the perfect plan in place for you. During May, we will be offering Peg Workshops at our Sutcliffe Sundays to fundraise for our charity! It's £5 to join, and children can make as many pegs (and mess outside) as they like! All pegs and arts and crafts will be provided! Just join us outside before or after your Sunday session.

OUR EXPECTATIONS

We hold our values as a program and who we are in extremely high regard, especially while attending competitions.

As you can imagine, with any sporting event, there is a real mix of parents attending from other programs with what may seem very "different" and sometimes questionable parenting choices. We ask that at all times, parents and supporters from CLA act with dignity, grace, and in a friendly manner (even though we understand this may not always be a first choice). With over 15 years of attending competitions, there are always those few parents who slip through the "unsportsmanlike" behavior net! (Not from CLA, thankfully!)

Over the years, we have built up a reputation for being an extremely friendly, approachable, and open program that celebrates progression over perfection. The relationships we build with event providers, staff, and other programs and teams are extremely important to us and are the result of 15 years of just being a great bunch of human beings!

Therefore, any issues or complaints you may have about the behavior of other programs at these events, please report to me directly, and I will personally have a conversation with their cheer program and program director.

As the sport continues to develop and grow within the UK, and the Cheer World gets wider and stronger, we believe that the heart and spirit of the sport must continue to remain, and this filters through the programs to the families and athletes who are part of their teams.

We thank you for your consideration and understanding of our expectations outlined above, and if you have any questions, please do not hesitate to contact us directly.

Sophie Lily and the Cheer London Allstarz Team

