



CHEER TEAMS SEASON GUIDE 2023/24

Tornadoes - Masters Cheer

MORE THAN JUST A CHEER TEAM



NOVEMBER 2023 UPDATE

WELCOME TO THE CLA FAMILY

Welcome to our CLA Cheerleading program, we are so excited for you to join us for the 2023/24 season. At the Cheer London Allstarz we deliver grass roots development cheerleading alongside tumble classes throughout Lewisham and Bromley. Our classes are inclusive and open to all children in the local community irrespective of ability and background. We have a strong belief every child has the right to engage in team sport and to develop skills for life, improve confidence and increase fitness levels through our much loved sport.

The Cheer London Allstarz was founded over 13 years ago by founder and program director Sophie Bastock. Over the years the CLA Coaching and staffing team has grown from strength to strength meaning our expansion has been accelerated within the past 18 months. We are continuing to add and create more classes and opportunities within our program and the local area alongside nurturing our evolving junior coaching program in which sees naturally gifted young teachers and coaches qualify and receive training to pass on their knowledge to our younger team members.

Our Cheer teams all compete nationally throughout the UK however our emphasis is more on progression and opportunity rather than gunning for a 1st place victory. All of our sessions and classes take place within a positive and nurturing environment with an emphasis on confidence growing, team up skilling and for children to make lasting friendships within their teams.

FINANCIAL COMMITMENTS FOR THE SEASON

AT THE CHEER LONDON ALLSTARZ WE KEEP COSTS AS LOW AS PHYSICALLY POSSIBLE TO ENSURE OUR DOORS ARE OPEN TO ALL CHILDREN IN THE LOCAL COMMUNITY. IF YOU FIND YOURSELF IN FINANCIAL DIFFICULTY PLEASE CONTACT US DIRECTLY TO ARRANGE A PAYMENT PLAN TO SUIT

MONTHLY MEMBERSHIP FEES ✓

COMPETITION PART PAYMENTS ON DATES SET ✓

CLA TRAINING KIT AND APPROPRIATE CLOTHING ✓

TORNADOES COMPETITION UNIFORM ✓

SEASON GUIDE CONTENTS

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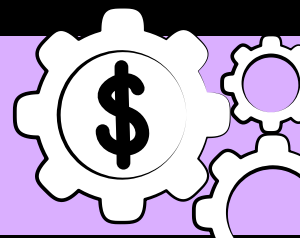


STAY UPDATED VIA OUR
2023/24 SEASON GROUP

facebook

CLA Bank details for payments

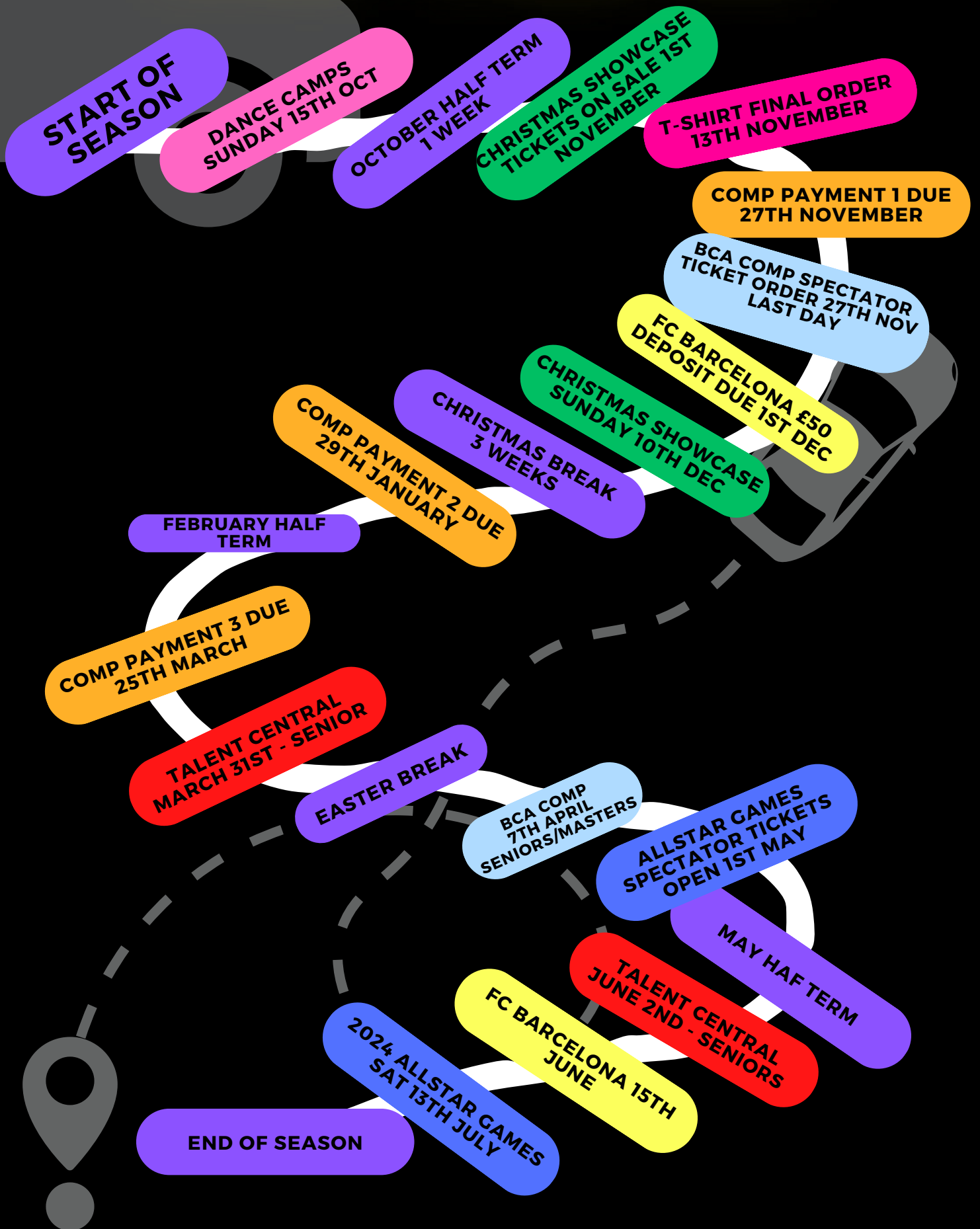
Account Name: Cheer London Allstarz
Sort Code: 09-01-29 | Account Number: 14690387
Reference: CLA Followed by your child's name



SEASON ROAD MAP

1.

Tornadoes - Masters Cheer



SOCIALS AND FUN TIMES!



Our masters cheer team is more than just a sports team! Keep an eye on our frequent socials via the team whats app group and come and join in the fun!



TEAM SPORT TERMS AND PLEDGE

Joining the Cheer London Allstarz you must understand

Cheer is a team sport when you are absent from lessons/training sessions it massively affects the entire team. Joining us you understand the importance of being present at every session. By joining us you also commit to all shows, competitions and performances which will be outlined and explained within this pack.

How to let us know you will not be at training
Please message in the Tornadoes Group chat



Childcare an issue? Just bring your Kiddies!
Our Masters Team practices are open to all super mums whom need to bring children along! We train in an open and friendly enviroment so no childcare? No problem!

Red Zones - Please do not miss training

**RED ZONES- MISSING TRAINING (4 WEEKS PRIOR TO EVENTS/COMPS)
WE IMPLEMENT RED ZONES DURING THE SEASON REGARDING TRAINING SESSIONS 4
WEEKS PRIOR TO ANY COMP OR EVENT THESE SESSIONS MUST BE ATTENDED BY A FULL
TEAM DUE TO CLOSENESS OF EVENT/COMP.**

Zero tolerance on no shows

**NO SHOW AT EVENTS/SHOWS AND COMPS.
OVER THE PAST 13 YEARS WE HAVEN'T HAD A SINGLE NO SHOW FOR COMPETITIONS AND
WE REALLY WANT TO KEEP THIS WINNING STREAK. IT REALLY IS DEVASTATING IF A
CHILD DOES NOT ATTEND ON THE DAY AS THE ENTIRE TEAM WILL STRUGGLE TO
COMPETE WITH ONE CHILD MISSING. WE REALLY CAN'T STRESS ENOUGH THE
IMPORTANCE OF BEING PRESENT AND ARRIVING EARLY (LATENESS MAY MEAN THE
TEAM MISS THEIR SLOT) IF A TEAM MATE DOES NOT SHOW UP TO A PLANNED EVENT
WITH NO PRIOR WARNING OR COMMUNICATION THEY WILL BE EXCLUDED IMMEDIATELY
FROM OUR PROGRAM/TEAMS AND CLASSES.**

Not ready for commitment? we have an option for you

**SHADOWING (NON COMMITTAL OPTION)
LAST SEASON WE INTRODUCED A SHADOWING OPTION FOR CHILDREN WHO WILL NOT BE
ATTENDING ANY EVENTS/COMPS THROUGHOUT THE SEASON. THE DECISION TO ACCEPT
A SHADOWING PLACE WILL LIMIT PARTICIPATION WITHIN STUNTING SECTIONS OF THE
CLASS AND MEAN CLASSES AND TRAINING SESSIONS CAN STILL BE ATTENDED.**

We are always on our best behaviour

**BEHAVIOUR AT EVENTS AND COMPS
WE EXPECT RESPECTFUL AND POLITE BEHAVIOUR AT ALL EVENTS AND COMPS AND THIS
APPLIES TO BOTH PARENTS AND MEMBERS. WE HAVE A ZERO TOLERANCE FOR
RUDENESS TOWARDS CLA STAFF, MEMBERS, OTHER TEAMS, EVENT STAFF ETC AND
FAILURE TO COMPLY WITH THIS TERM MAY RESULT ONE EXCLUSION FROM OUR
PROGRAM.**

Understanding additional payments

**ADDITIONAL PAYMENTS FOR COMPS/EVENTS
ALL MEMBERS MUST PAY COMPETITION FEES BY THE DEADLINES OUTLINED IN THIS PACK.
OUR COMP FEES ARE CHARGED AT COST AND WITHOUT PAYMENT BEING MADE YOU
JEOPARDISE THE TEAMS PLACE WITHIN A COMPETITION DUE TO ENTRY DEADLINES SET
BY THE EVENT PROVIDERS. PLEASE DO NOT LEAVE PAYMENTS TO THE LAST MINUTE WE
HAVE A MONTHLY PAYMENT OPTION WHICH BRINGS PAYMENT RIGHT DOWN, YOU CAN
ALSO PAY AS AND WHEN AS THE RECEPTION DESK AT YOUR CLASSES FOR AS LITTLE OR
AS MUCH AS YOU WOULD LIKE TO PAY. WE CAN OFFER A DISCOUNTED RATE ON CASH
PAYMENTS MADE. YOU HAVE A LARGE AMOUNT OF TIME TO GET THESE PAID SO PLEASE
DON'T IGNORE UNTIL THE LAST MINUTE.**

TRAINING/CLASS UNIFORM

What to wear for training



EXAMPLES

£18.99 Nike Pros @ Sports Direct



£3.99 @ Decathlon

BUDGET/ ACCEPTABLE SPORTS TRAINER

£18.99 Amazon



£27 Nike.com



£17 M&S



£17.99 @ Decathlon

Nfinity - premium cheer shoe



1. CLA NEW SEASON TEES

TO ORDER ONLINE: WWW.CHEERLONDONALLSTARZ.COM/UNIFORM

2. BLACK SHORTS

RECOMMENDED: NIKE PROS-SPORTS DIRECT-DECATHLON-PRIMARK-SPORTS SHORT

3. WHITE INDOOR ONLY TRAINERS (CHEER ONLY)

RECOMMENDED: SPORTS DIRECT- M&S - PRIMARK- AMAZON- ONLINE FOR CHEER SHOES

4. WINGS BOW (CHEER ONLY)

£7.50 CASH AT YOUR TRAINING SESSION CHECK IN DESK

SCAN TO ORDER HERE



CLA MERCH 2023/24 SEASON



CLA Personalised Gymsac
£11.99



CLA Leather-Look PU Backpack
£29.99



CLA Fashion Backpack
£17.99



CLA Personalised Key Clip
£4.99



CLA Hoodie Blanket (Adult)
£29.99



CLA Hoodie Blanket (Youth)
£25.00



CLA Zoodie (Adult)
£25.00



CLA Zoodie (Youth)
£22.99



CLA Cropped Zoodie (Adult)
£28.00



CLA 'Together We Rise' Onesie
(Adult)
£35.00



CLA 'Together We Rise' Onesie
£28.00



CLA 'Together We Rise' Sports
Crop Top
£16.00



Personalised CLA 'Cheer Mum'
Tee
£17.50



Personalised CLA 'Cheer Dad'
Tee
£17.50

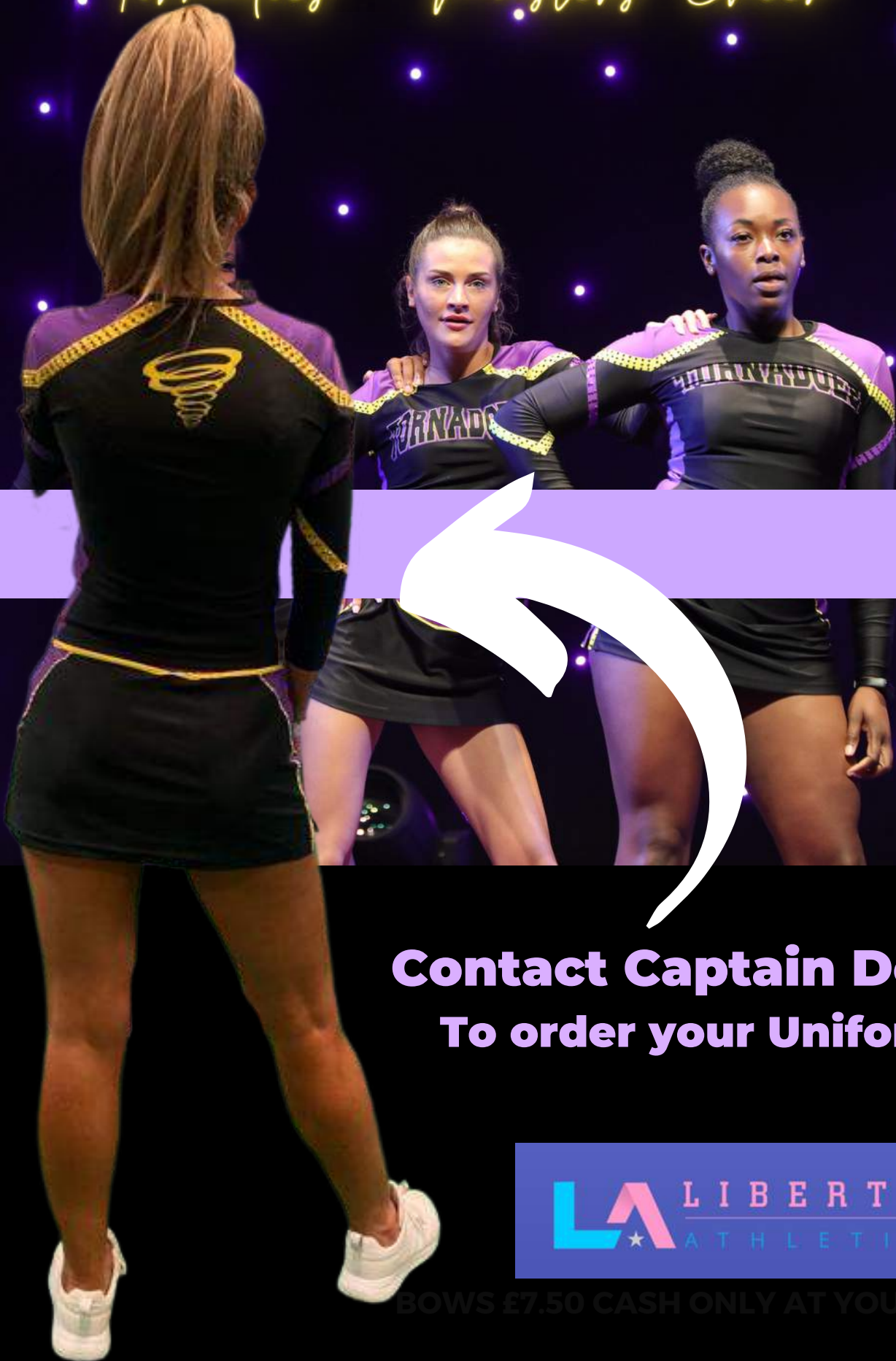
Order here

SCAN
ME! >>



FULL COMPETITION UNIFORM

Tornadoes - Masters Cheer



**Contact Captain Debs
To order your Uniform**



BOWS £7.50 CASH ONLY AT YOUR CLASS

2023/24 PRICE LIST

MONTHLY MEMBERSHIP & CLASS FEES

6.



ClassForKids

CHEER LONDON ALLSTARZ MONTHLY MEMBERSHIP SEPTEMBER 2023-AUGUST 2024

MONTHLY PRICES INCLUSIVE OF 20% VAT + 5% CLASSFORKIDS FEE + 20P STRIPE FEE

VAT NUMBER:425680490

5% SIBLING DISCOUNT FOR 2+ MEMBERS ADDED TO PACAKAGE BY CLA

1 CHEER TEAM MEMBER **£40.52**

1.5 HOUR TRAINING SESSION PER WEEK

*HOPE*FAITH*BELIEVE*DIDDYOYNAMITES*IGNITE*ILLUMINATE*BLISS*BLAZE*EMPOWER*ASCEND*INSPIRE*TORNADOES*UNITE*

1 LITTLE SPARKS TRAINING **£31.07**

1 HOUR TRAINING SESSION *LITTLE SPARKS ONLY

1 POM DANCE TEAM **£31.08**

TINY TUMBLING **£27.92**

MINI TUMBLING **£27.92**

MINI IMP+ TUMBLING **£29.82**

YOUTH TUMBLE @ PHF **£34.85**

YOUTH TUMBLE @ DHLC **£29.81**

YOUTH ADV+ @ WESLEY **£29.81**

SENIOR TUM @ WESLEY **£29.81**

1 CHEER + 1 TUMBLE **£61.31**

2X CHEER TEAMS **£63.20**

1 CHEER + 1 POM **£55.65**

1 POM + 1 TUMBLE **£55.64**

LITTLE SPARKS CHEER + TUMBLE **£51.86**

3 CLASS COMBO | CHEER/POM/TUMBLE **£78.95**

3 CLASS COMBO | CHEERX2 +/TUMBLE **£78.95**

EMPOWER CHEER & TUMBLE **£52.97**

UNLIMITED CLA MEMBERSHIP (4+ CLASSES) **£94.70**



ClassForKids

SCAN ME! >>>



SEASON HIGHLIGHTS

See dates on next page



TEAM DANCE CAMPS

Compulsory for all CLA Cheer team members
Learning their teams dance section for the season

Practice

CLA CHRISTMAS SHOWCASE

Our first show of the season! Taking place at
Prendergast School on Sunday 10th December 2023.

Performance



TALENT CENTRAL REHEARSAL

Join us in East London when we hire out a full
Cheer sprung floor venue in preparation
for our competition.

Practice



Competitions



ALLSTAR GAMES 2024

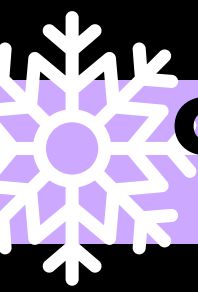
@ THE BROADWAY THEATRE

The Cheer London Allstarz are bringing all of the
bright lights, high energy and performance for
our annual in-house super show!



BROADWAY

Show & Competition



CLA CHRISTMAS SHOWCASE

Fundraiser

8.
6.

SUNDAY 10TH DECEMBER 2023

@ Prendergast School

Every Christmas we hold our annual CLA Christmas Fundraiser. The event is free for our teams to participate and 100% of tickets sold and money raised is split between our PBL Prendergast Cheer programs fundraising and our CLA Community Spirit fund (scholarship places for struggling families, Junior Coach education, community outreach on our schools programs and much more). Due to our recent growth we will be holding 2 shows and teams will perform once at their set show time (excluding Unite and PBL Passion who will perform twice as part of our Elite Program)

At our Christmas Showcase all season Captain selection and awards will be given. Please see full details below alongside arrival & collection times and where to purchase your tickets!



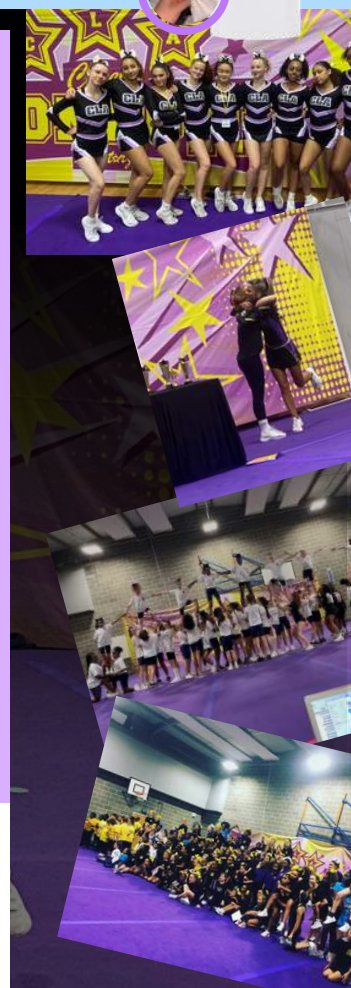
12PM
SHOW
BUY
HERE



5PM
SHOW
BUY
HERE

TICKETS AVAILABLE NOW!

SHOW UNIFORM: 2023/24 CLA WHITE T-SHIRTS + BOW
LAST ORDER DATE 13TH NOVEMBER (TO BE DELIVERED IN TIME)



SHOW 1 12PM SHOWTIME

- HOPE
- FAITH
- BELIEVE
- BLISS
- BLAZE
- EMPOWER
- UNITE
- TORNADOES
- PBL PASSION
- TROUBLE MAKERS
- RENEGEDES
- BRIGHT STARZ

ARRIVAL TIMES

- 9.30AM TEAMS ARRIVE (EXCLU HOPE + FAITH)
- 10.45AM HOPE/FAITH/BRIGHT STARZ ARRIVE
- 11.45AM DOORS OPEN
- 12PM SHOW TIME
- 1.30PM LATEST FINISH TIME

SHOW 2 5PM SHOWTIME

- LITTLE SPARKS
- DIDDY DYNAMITES
- IGNITE
- ILLUMINATE
- ASCEND
- INSPIRE
- PBL PRODIGY
- PBL POWER
- PBL PASSION
- UNITE
- HARRIS

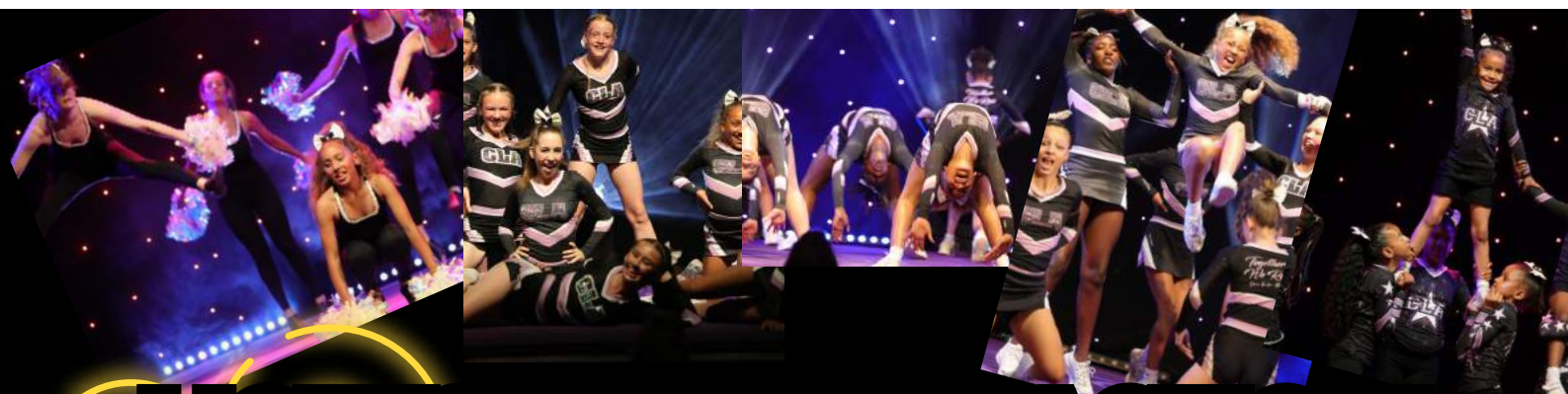
ARRIVAL TIMES

- 2.30PM TEAMS ARRIVE (EXCLU HOPE + FAITH)
- 4PM LITTLE SPARKS & DIDDY ARRIVE
- 4.45PM DOORS OPEN
- 5PM SHOW TIME
- 6.30PM LATEST FINISH TIME

CLA ALLSTAR GAMES

SATURDAY 13TH JULY 2023

@ *The Broadway theatre*
BROADWAY



LIGHTS, CAMERA, ACTION!

CATCH ALL OF OUR CLA TEAMS TAKE TO THE STAGE IN THIS ICONIC THEATRE AS THEY SEE OUT THE SEASON IN TRUE CLA STYLE!

7PM SHOWTIME

TEAMS ARRIVAL APPROX 4PM

AUDIENCE TICKETS RELEASED MAY 1ST 2024

SEASON COMPETITIONS

BCA
CHEER & DANCE

 @bcacheeranddance

SUNDAY 7TH APRIL 2024

@ *K2, Crawley*
Time slot tbc


K2 Arena
Pease Pottage
Crawley
RH11 9BQ

14TH-16TH JUNE 2024

15TH JUNE COMP DAY

Time slot tbc

Spain 
TORNADOES
ON
TOUR

MORE DETAILS TO FOLLOW

 **MASTERS ONLY COMPETITION PACKAGE
DOES NOT INCLUDE ANY SPECTATOR TICKETS** 

TICKETS CAN BE ORDERED ADDITIONALLY SEE PAGE 13

FULL CHEER FLOOR TRAINING SESSIONS

@ Talent Central, East London

Every season before comps we hire the full sprung cheer floor facility in Beckton, East London (Gallions Reach Retail Park)

Having a training session in this space ensures we are comp ready with spacing and likeliness of the competition cheer floor, this session is compulsory for all teams.

All team mates are to make their own way to and from Talent Central.

MASTERS TEAM

SUNDAY

31st March 4-7pm

Full Cheer Floor Practice

£10 payable upon arrival cash only

MASTERS TEAM

SUNDAY

2nd June 10-1pm

Full Cheer Floor Practice

£10 payable upon arrival cash only



Competition Package Fees

MASTERS TEAMS - 1 CHEER TEAM

CASH PAYING DISCOUNT WILL BE APPLIED UPON PAYMENT AT CLASS REGISTRATION DESK

Bank details can be found on our contents page

1 TEAM MASTERS PACKAGE ORANGE PACKAGE (1 TEAM)

WHAT IS INCLUDED?

EVENT ENTRY & COMPETITOR BCA £38 + FC BARCEOLA £46 (SET BY EVENT PROVIDER)

ALLSTAR GAMES COMPETITOR SHOW & REHEARSAL FEE 13/07/24: £12.50

TEAM MUSIC COSTS (\$159 PER TEAM MIX), TEAM FEES, CHAPERONE & STAFF CONTRIBUTION: £8

£104.50

TOTAL: £125.40 (INC 20% VAT)

PAY IN 3 INSTALLMENTS

PAYMENT 1: £41.80 DUE BY 27/11/23 | PAYMENT 2 £41.80 DUE BY 29/01/24 | PAYMENT 3 £41.80 DUE BY 25/03/24

OR 6 MONTHLY STANDING ORDER ON THE 11TH OF EACH MONTH

NOV £20.90 | DEC £20.90 | JAN £20.90 | FEB £20.90 | MARCH £20.90 | APRIL £20.90

HOLA BARCELONA

£50 DEPOSIT TO SECURE YOUR PLACE

PAID IN CASH BY THE 1ST OF DECEMBER 2023

OUR PLAN IS TO BOOK GROUP ACCOMMODATION FOR THE ENTIRE TEAM ATTENDING FC BARCELONA FOR FRI 14TH & SAT 15TH JULY.

FLIGHTS ARE TO BE BOOKED INDIVIDUALLY AND FOR THOSE WISHING TO STAY/HOLIDAY LONGER WE WILL LIASE IN THE TEAM GROUP TO EXTEND STAY ETC REGARDING THIS HOWEVER THE £50 DEPOSIT IS NON REFUNDABLE AND WILL BE PART PAYMENT TOWARDS GROUP ACCOMODATION FOR THE 14TH & 15TH OF JULY

PLEASE NOTE THIS COMPETITION WILL BE OPEN TO OTHER ATHLETES AGED 18+ AND PRIOR TO THE COMP EXTRA TRAINING TO SUIT ALL MEMBERS MAY BE CALLED



Additional Spectator tickets to buy

SHOW: CLA CHRISTMAS SHOWCASE

TICKETS RELEASED ON 1ST NOVEMBER 2023

Limited Tickets Available

Eventbrite

COMP: BCA @ K2 CRAWLEY

ANY ADDITIONAL TICKETS NEED TO BE PURCHASED BEFORE 27TH NOVEMBER 2024
CASH AT YOUR TRAINING SESSION £25 ADULT + £15 CHILD

Tickets will sell out and will not be available on the door

COMP: FC @ BARCELONA

ANY ADDITIONAL TICKETS NEED TO BE PURCHASED BEFORE 1ST FEBRUARY 2024
CASH AT YOUR TRAINING SESSION £25 ADULT + £15 CHILD

Tickets will sell out and will not be available on the door

SHOW: ALLSTAR GAMES @ THE BROADWAY THEATRE

TICKET LINK RELEASED 1ST MAY 2024 VIA BROADWAY THEATRE BOX OFFICE.
TICKET LINK WILL BE IN YOUR TEAM WHATS APP GROUPS
1ST MAY BOX OFFICE OPENS

Bank details can be found on our contents page

Dates for the Diary

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Month	Date	Event/Camp/Training/Comp/Show	Teams attending	Address	Payment
October	14th	Dance Camp - @ Wesley Halls 2-3.30pm Hope & Little Sparks 3.30-5pm Faith & Diddy 5-6.30pm Illuminate & Ignite 6.30-8pm Bliss & Blaze	Hope, Little Sparks, Faith, Diddy Dynamites, Illuminate, Ignite, Bliss & Blaze	The Sports Hall @ Wesley Halls, Shroffold Road, Downham, BR1 5PE	£8 (1.5 hour session) £10 (2hour session) Cash upon arrival
October	15th	Dance Camp - @ Wesley Halls 4.30-6.30pm Ascend 4.30-6pm Believe 6.30-8.30pm Empower 6.30-8.30pm Tornadoes	Ascend, Believe, Empower, Tornadoes.	The Sports Hall @ Wesley Halls, Shroffold Road, Downham, BR1 5PE	£8 (1.5 hour session) £10 (2hour session) Cash upon arrival
November	11th	Dance Camp - @ Wesley Halls 2-4pm Inspire 4-6pm Unite	Inspire + Unite	The Sports Hall @ Wesley Halls, Shroffold Road, Downham, BR1 5PE	£10 Cash upon arrival
December	10th	CLA Christmas Showcase All day event - Times TBC	All teams	The Sports Hall @ Prendergast School, Ivy Road, SE4 1YS	Included in season comp fees.
January	19th/20th tbc	Awards, Fun & Fundraiser night Charity fundraiser for Cervical Cancer	All teams, friends and family	Venue TBC	Tickets will be available to buy.
March	31st	Talent Central Full Sprung floor 4-7pm Seniors/ Masters	Ascend, Inspire, Unite, Tornadoes	Talent Central Gym, Gallions Reach retail park, East London, E6 7ER	£10 Cash upon arrival
April	7th	COMP: BCA @ Crawley Seniors/ Masters	Ascend, Inspire, Unite, Tornadoes	K2 Arena, Pease Pottage, Crawley. (Next to Gatwick Airport)	Included in season comp fees.
May	4th	Talent Central Full Sprung floor 1-4pm Tiny/Mini/Youth & Junior Teams	Hope, Little Sparks, Faith, Diddy Dynamites, Believe, Illuminate, Ignite, Bliss, Blaze & Empower	Talent Central Gym, Gallions Reach retail park, East London, E6 7ER	£10 Cash upon arrival
May	5th	COMP: FC Schools Out Selected Schools Cheer Teams only	Schools teams (Harris, PBL, JAGS)	Mk Arena, Milton Keynes	Not applicable
May	11th	COMP : ICE @ Crawley Tiny/Mini/Youth & Junior Teams	Hope, Little Sparks, Faith, Diddy Dynamites, Believe, Illuminate, Ignite, Bliss, Blaze & Empower	K2 Arena, Pease Pottage, Crawley. (Next to Gatwick Airport)	Included in season comp fees.
June	2nd	Talent Central Full Sprung floor 10am -1pm Seniors & Masters + Barcelona team	Ascend, Inspire, Unite, Tornadoes + Barcelona team.	Talent Central Gym, Gallions Reach retail park, East London, E6 7ER	£10 Cash upon arrival
June	9th	COMP ICC @ Guildford Spectrum Seniors only	Ascend, Inspire, Unite.	Guildford Spectrum, Guildford, GU1 1UP	Included in season comp fees.
June	15th	COMPETITION: FC Barcelona Masters only & aged 18+ athletes invited	Masters (Barcelona team) + Stunt Team (18s plus) 14th-16th June .	BARCELONAAAAAAA, Spain!	Included in season comp fees.
July	13th	SHOW: 2024 Allstar Games	All Teams	Broadway Theatre Catford	Included in season comp fees.

PAYMENT DEADLINES FOR THE SEASON

CLA Season t-shirts - Monday 13th November 2023

Competition payment 1 by - 27th November 2023

Additional spectator tickets BCA 27th November

BARCELONA DEPOSIT FRIDAY 1ST DECEMBER

Competition payment 2 by - 29th January 2024

ICC spectator extra ticket order in + payment 1st Feb

Uniform final order - 12th February 2024

Competition payment 3 by- 25th March 2024

CONTACTS



Sophie Bastock - Founder & Director

CLA OFFICE + MAIN CONTACT

☎ 07702010043 ✉ info@cheerlondonallstarz.com



Lilybelle Dellow - Academy manager & Onboarding lead

CLA OFFICE SECONDARY CONTACT

☎ 07738833257 ✉ coachlilybelle@cheerlondonallstarz.com



Stacey Murphey - Accounts and Admin Manager

MEMBERSHIPS & PAYMENTS

☎ 07850685897 ✉ accounts@cheerlondonallstarz.com