

# CLA JUNIOR COACH

**LEVEL 1 PROGRAM**

*With the Cheer London Allstarz*

**SEASON 2025/26**

*Pathway to Progression*

# Welcome

## TO OUR AMAZING LEVEL 1 JUNIOR COACHES

We are thrilled to welcome you to our Coaching Team for this season!

We eagerly anticipate the progress you will achieve during your time as a junior coach with us

Our philosophy revolves around continuous growth and self development, encouraging you to challenge yourself and evolve throughout your time coaching for us.



We are committed to supporting our Junior Coaches as they thrive in their roles, providing opportunities to advance along our coaching pathway at Cheer London Allstarz. We also believe that the skills you acquire and develop will help you build essential life skills that you will carry forward into the future.

Thank you for being part of our Team!

*Sophie Bastock & Lilybelle Dellow*



**PLEASE READ THROUGH THIS GUIDE FULLY AND MAKE A NOTE OF ANY DATES**



**CLA  
JUNIOR  
COACH**  
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# JUNIOR COACHING DATES FOR THE 2025/26 SEASON

## JULY 2025 - JC APPLICATIONS OPENED

Our applications opened for our seasons Junior Coaches! Congratulations! You made it!

## 4TH SEPTEMBER - LEVEL 1 - JUNIOR COACH TRAINING

You joined us for your Level 1 Training, where spotted skills were taught alongside coaching protocol, safeguarding, and your basic Junior Coach Training.

## SEPTEMBER - DECEMBER 2025

For the first 4 months of the season, all Junior Coaches will be offered a trial position with us. Before you commit to the season, we really want to make sure the role is for you (as well as for us!). We hope you thrive within your role, however, if it is agreed (between us, you, and your grown-up) that the role isn't for you, then no more Junior Coaching sessions will be offered for January onwards. But a HUGE thank you for trying out this role!

## DECEMBER 2025 - CHECK IN EMAILS

We checked in to offer you your role for the season alongside any feedback or amendments needed for your current Junior Coach timetable or classes.

We checked in and made sure we are all set for the remainder of the season!

## FEBRUARY 2026 - MID SEASON REVIEW

Mid-season feedback will be provided by Coach Lily. This will ensure we give ample time for any improvements to be made for the remainder of the season, alongside giving some positive feedback on your fantastic role as a junior coach.

## 30TH JUN-2ND JULY 2026 - END SEASON REVIEWS

Your end of season review will be an in-person 30-minute meeting with CLA's Founder and Director Sophie, alongside the Junior Coach (you) and your grown up. In this 1:1, we will speak about your season, what you have enjoyed, what you haven't enjoyed, and provide feedback regarding your role and classes. We will also discuss the possibility of continuing onto our Level 2 pathway for the upcoming season.

**BOOKING LINKS WILL BE SENT FOR THE FOLLOWING DATES/LOCATIONS:**

TUESDAY 30TH JUNE 5-7:30 PM PRENDERGAST (6 SLOTS AVAILABLE)

WEDNESDAY 1ST JULY 5-7:30 PM @ WESLEY HALLS BROMLEY (6 SLOTS AVAILABLE)

THURSDAY 2ND JULY @ TNG, SYDENHAM (6 SLOTS AVAILABLE)

NEW SEASON 2026/27

## LEVEL 2 JUNIOR COACHING TRAINING

SUNDAY 26<sup>TH</sup> JULY 2026 | VENUE TBC

**NEW SEASON 2026/27**

# **LEVEL 2 JUNIOR COACHING TRAINING**

**SUNDAY 26<sup>TH</sup> JULY 2026 | VENUE TBC**

Only coaches who have completed their full season of Junior Coaching with us will be eligible to attend the full day's training on Sunday, 26th of July. This then moves the Junior Coach to the next level of their Junior Coaching Journey with us!

The afternoon will be the second part of our JC TEAM JOLLY! A fun-packed afternoon for all Junior Coaches to attend.

## **WHAT YOU WILL LEARN WITH YOUR LEVEL 2**

**BEHAVIOURAL MANAGEMENT  
GYMNASTICS SPOTTING  
STUNTING GRIPS + TECHNIQUE  
ADVANCED SESSION WARM UPS  
SESSION CONTRIBUTION PLANNING  
BASIC FIRST AID  
GOAL SETTING  
+MORE!**

\*Basic first aid will be delivered by Sophie Bastock who has qualified in her First Aid delivery with EMT first aid training. Junior Coaches will not be required to administer first aid during the sessions but this is a valuable life skill to have!\*

**FURTHER INFORMATION  
WILL BE RELEASED ON  
15<sup>TH</sup> JUNE 2026**



# CIA JUNIOR COACH

*Pathway to Progression*

## LEVEL 1 JUNIOR COACH (1ST SEASON)

AGE 11-15

Must be Experienced within Cheer and or Tumbling. Pro Active, On time, Natural leadership. Volunteering & assisting. Helping at classes & gaining experience.

**PROGRESSING TOWARDS TAKING LEVEL 2 JCP COURSE IN JULY 2026**

## LEVEL 2 JUNIOR COACH (2ND SEASON)

AGE 12-15

After one season in your role as a Junior Coach, you will now implement all of your learned experiences to progress and develop within this role.

Your lead coach will give you more responsibilities and contributions to your team session or class.

**PROGRESSING TOWARDS TAKING A NATIONALLY RECONGNISED QUALIFICATION**

**AFTER YOUR 2<sup>ND</sup> SEASON YOU WILL CHOOSE YOUR PATHWAY + QUALIFICATION TO BE TAKEN**

CHEER  
TCI LEVEL 1 +2  
\*WORTH £160  
VALID FOR 3 YEARS



GYMNASTICS  
NRG LEVEL 1  
\*WORTH £168  
NO EXPIRY



**YOUR COURSE COST WILL BE PAID FOR BY THE CHEER LONDON ALLSTARZ IF YOU HAVE COMPLETED TWO YEARS JUNIOR COACHING**

## LEVEL 3 QUALIFIED JUNIOR COACH (3RD SEASON) PAID

AGE 13-16

For those who have completed 2 years as a Junior Coach and gained their fully nationally recognized qualification, they may be offered paid work within our sessions as a paid junior coach.

**PROGRESSING TOWARDS BECOMING A PAID ASSISTANT OR LEAD COACH**

## LEVEL 4 ASSISTANT COACH (PAID WORK)

AGE 16-18

## LEVEL 5 LEAD COACH (PAID WORK)

AGE 16-18

## LEVEL 6 LEAD COACH (PAID WORK)

AGE 18+