

# CLA JUNIOR COACH

**LEVEL 1 PROGRAM**

*With the Cheer London Allstars*

**NEW SEASON 2026/27**

*Pathway to Progression*

# Welcome

## TO OUR SOON TO BE LEVEL 1 JUNIOR COACHES

We are super excited you are wanting to join us, as part of our Junior Coaching Team for the brand new 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**  
LEVEL 1 PROGRAM

# JUNIOR COACHING DATES FOR THE NEW 2026/27 SEASON

## 24TH APRIL 2026 - APPLICATIONS OPEN

Our applications open for our new seasons Junior Coaches! Best of Luck!

## 5TH JUNE 2026 - APPLICATIONS CLOSE

Application for the new season are now closed!

## 12TH JUNE 2026 - ALL APPLICATIONS CONTACTED

All Applicants will be contacted and informed if they have been successful in gaining a place on the Level 1 Junior Coach Training or unsuccessful for this season.

## SATURDAY 25<sup>TH</sup> JUNE 10AM-3PM | LEVEL 1 TRAINING

Our annual level 1 training for all Junior Coaches takes place at Wesley Hals

Please note not all who attend the level 1 training will be successful in obtaining a Junior Coaching role for the new season. This will depend on potential and qualities demonstrated throughout the day. However, all who attend training will have the experience and obtain a certificate of learning.

## 10TH AUGUST 2026 - ALL JUNIOR COACHES CONTACTED

We will contact you directly via Email with your Junior Coach offer for the new season. We will also let unsuccessful applicants know including feedback.

# SEPTEMBER 2026 - SEASON 16 LAUNCHES

## DECEMBER 2026 - CHECK IN EMAILS

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!

## FEBRUARY 2027 - 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.

## JUNE/JULY 2027 - 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.

# LEVEL 2 JUNIOR COACHING TRAINING JULY 2027 | VENUE TBC

**NEW SEASON 2026/27**

# **LEVEL 1 JUNIOR COACHING TRAINING**

**SATURDAY 25TH JULY 2026 | WESLEY HALLS**

**WHAT YOU WILL LEARN AT YOUR LEVEL 1**

**THE ROLE OF A JUNIOR COACH**

**POSITIVE LEADERSHIP**

**BEHAVIOURAL MANAGEMENT**

**GYMNASTICS SPOTTING**

**STUNTING GRIPS + TECHNIQUE**

**CLASS + TEAM WARM UPS**

**TEAM BUILDING & BONDING**

**RULES AND REGULATIONS**

**JUNIOR COACH SAFEGUARDING**

**+MORE!**

*Plus a certificate & feedback Report*



# 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 2027**

## 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 SENIOR LEAD COACH (PAID WORK)

AGE 18+