



SEASON 2025 - 26

CHEER TEAM GUIDE

SEPTEMBER 2025 UPDATE

W H O W E A R E

We LOVE that you have chosen to be part of the Cheer London Allstarz Community as we welcome in 15 years of CLA seeing in Season 2025/26!

We deliver grassroots development Cheerleading alongside Tumble & Gymnastics classes throughout South East London. Our classes are inclusive and open to all children in the local community irrespective of ability, experience, or background.

We have a strong belief that every child has the right to engage in team sports and, as a result of this, develop skills for life, improve confidence, and increase fitness levels through our much-loved sport of Cheer!

At the Cheer London Allstarz, every single child matters, is seen, and is heard. We believe in rising together to create a safe space for growth, development, equality, and a chance to evolve through the fantastic sports we offer. All classes and team training sessions are delivered in a positive and encouraging environment at all times by our awesome team of coaches and staff.

All Coaches are fully qualified, insured, and DBS checked alongside continuous learning and development. As our sport evolves, so do we!

The Cheer London Allstarz will continue to hold the community at the centre of all we do and will continue to offer high-quality training at an affordable price, making our sport accessible to all.

The Cheer London Allstarz are proud to be a grassroots community cheer program and will continue to drive for equality within our sport.

W H O S I S W H O ?

S O P H I E B A S T O C K

F O U N D E R

L I L Y B E L L E D E L L O W

P R O G R A M D I R E C T O R

S T A C E Y M U R P H Y

O F F I C E M A N A G E R

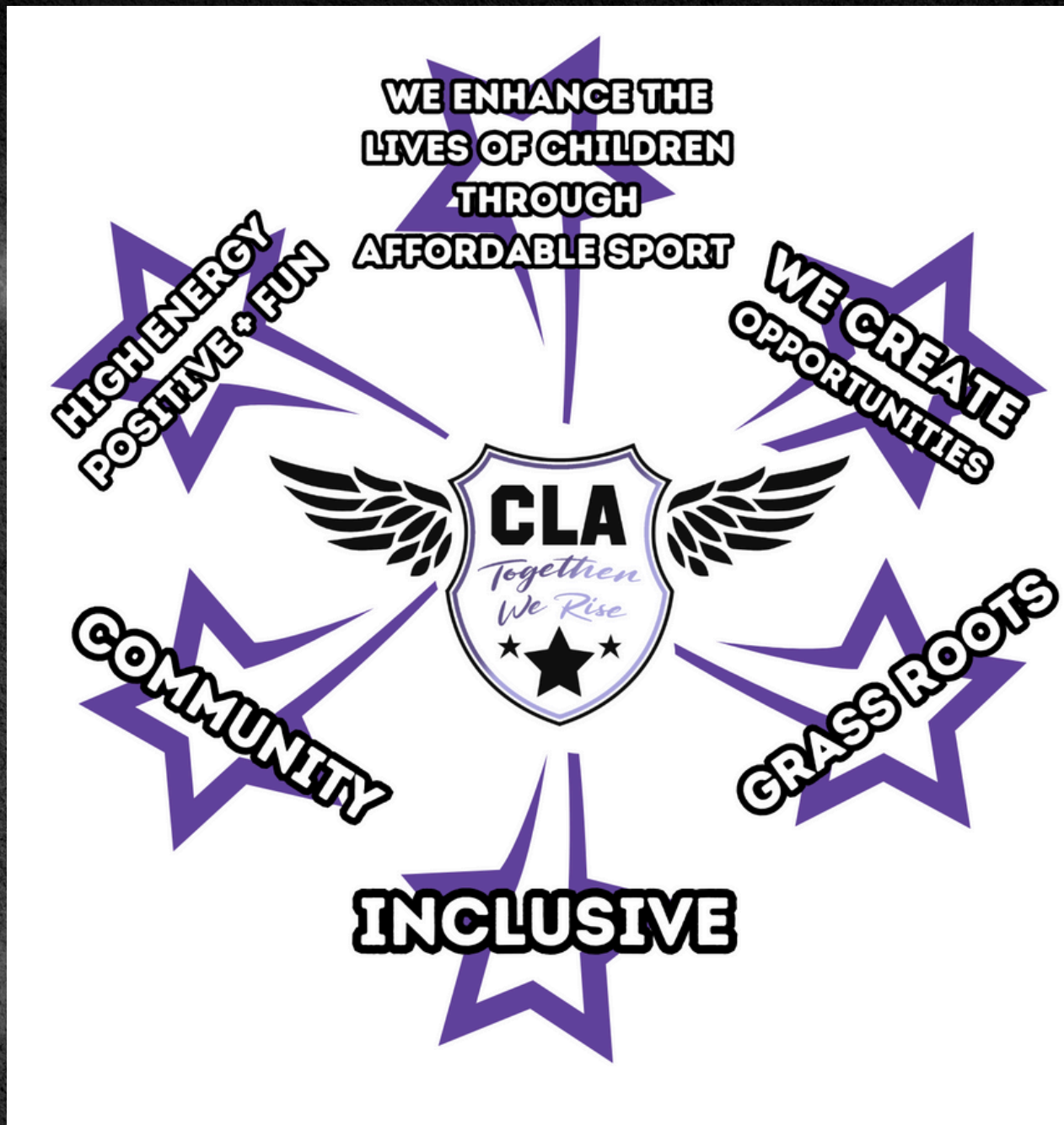
**ALONGSIDE OUR OTHER AMAZING COACHES!
TO CHECK OUT OUR SEASON 2025/26
COACHING**

TEAM HEAD TO OUR SOCIALS @CHEERLONDONALLSTARZ



OUR CORE VALUES

WE STAND STRONG IN OUR CORE VALUES OF
WHO WE ARE AND WHAT WE DO!



OUR STAFF AND TEAM VALUES

PREPARING FOR ALL SESSIONS AND CLASSES IN ADVANCE

MAKE DECISIONS BASED ON CLA'S CORE VALUES

STRIVE TO SHOW UP AS MY HIGHEST SELF DAILY

I AM ACCEPTING OF CONSTRUCTIVE FEEDBACK AND COMMUNICATE CLEARLY

BEING ON TIME AND COMMITMENT TO YOUR CLASSES

TAKING CARE OF MY APPEARANCE AND WEARING CORRECT CLA UNIFORM AT ALL TIMES

DEDICATE TIME TO DEVELOP MY KNOWLEDGE AND SKILL SET AS A COACH

KNOW I AM SUPPORTED AND APPRECIATED BY CLA

ALWAYS DELIVERING A POSITIVE COACHING ENVIRONMENT

PERSONABLE, PROFESSIONAL, HONEST & RELIABLE

CL A C H E E R P R O G R A M - P A T H W A Y S

Our Cheer Program is made up of the following pathways

C O M M U N I T Y

Our entry level teams for beginners.

Our Community teams are open all year round and teams will work towards performing at our two big season shows!

C O M M U N I T Y C O M P E T I T I O N

Our intermediate level of team for those with previous experience in Cheer and who wish to commit to One competition for the season. Spaces are open to all community class members if they wish to increase to a higher level of commitment team.

E L I T E

Elite team members will adhere to IASF level rulings with compulsory tumble elements and stunt technique and experience. Elite team members will demonstrate high levels of commitment to team training and events during their time with us.

Cheer London Allstarz

ATHLETE + PARENT

Handbook

In the pages that follow, you will find all of the guidance, information, and required protocol for your season with us. Any specific documents mentioned and related to in this guide can all be found by visiting our Members Hub (so when you see <VISITMH>, that's our cue to head to our website if you require more information).

WWW.CHEERLONDONALLSTARZ.COM/MEMBERSHUB

We also have a color guide included to follow. For any information in **RED**, this is extremely important, and for any in **GREEN** that refers to your team WhatsApp groups (the home for all of your Cheer information).

C O M M U N I C A T I O N

With your team and us!



All communication will be made via your team WhatsApp groups. When emails are sent, an update will be placed in your team WhatsApp group to let you know. Please ask questions in this group, as other awesome team parents may be able to help answer them. CLA management will always reply within 24 hours during weekdays. Please allow longer for weekends (excluding competition and event days) where WhatsApp groups will be the main form of communication.

We ask for positive interactions and communication in your Team WhatsApp groups. Please follow the group rules outlined upon joining your team group. For any private matters or issues, please direct them privately to CLA Management.

CLA Management has the right to silence group chats temporarily in the event of misuse of the group or non-adherence to the rules outlined above.

Help! Who do i need to speak to?

9 . 3 0 - 5 P M | M O N D A Y - F R I D A Y



07850 685897



5 - 9 P M | M O N D A Y - F R I D A Y



07738 833257



**CLA is closed on Saturday and Sundays and no staff will be working
(we respect our staffs work/life balance) Any communication will be replied to Monday-Friday
*Excluding Event and Competition days***

**For anything urgent or time-sensitive, please CALL directly the numbers above.
A member of the CLA management team will be happy to help.**

Have a specific Question? Here is who to go to!

CLA OFFICE

STACEY

TEL: 07850 685897 | EMAIL: ACCOUNTS@CHEERLONDONALLSTARZ.COM

ALL ENQUIRIES / PAYMENTS / CLASSFORKIDS/SUBSCRIPTIONS

CLA PROGRAM DIRECTOR

LILY

TEL: 07738 833257 | EMAIL: TEAMS@CHEERLONDONALLSTARZ.COM

ALL TEAM ISSUES AND QUESTIONS

GENERAL ENQUIRIES + SAFEGUARDING + HEALTH AND SAFETY

INFO@CHEERLONDONALLSTARZ.COM

COMPLAINTS + FEEDBACK

FEEDBACK@CHEERLONDONALLSTARZ.COM

MEMBERSHIP CANCELLATION

CANCELLATIONS@CHEERLONDONALLSTARZ.COM

Members Hub

WWW.CHEERLONDONALLSTARZ.COM/MEMBERSHUB

Your

WEEKLY TRAINING SESSION

Please arrive 5 minutes early to your training session and ensure cheer shoes are on and all team mates are ready to go! Please note we run a strict LATENESS Policy for the 2025-26 Season (see below)

10 minutes MAX rule (Lateness)

If any team mates are over 10 minutes late to training they will be required to sit and watch for the session and will not be able to participate in the session. Why is that?

Cheer is an extremely active and strenuous sport. Without an adequate warm-up, there is a likely risk of injury if teammates have not sufficiently warmed up and mobilized prior to their session. Any late arrivals will watch and spectate for the session. Teammates **MUST** still attend even if arriving late. No show to training will be counted as a "NO Show."

A B S E N T F R O M T R A I N I N G

Going to miss training? Please follow steps below

Head to your TEAM WHATSAPP GROUP

Post in there your child will be absent



DONE

You can **ONLY** log an absence in your team group. CLA management do not deal with absences. our Academy Assistants are in charge of ensuring all children are safely at our sessions you **MUST** post in your team Whatsapp group.

2x Failures to notify will result in a final warning

We are safeguarding your children by ensuring absences are logged.
We have a duty of care to all the children we teach. Please always log non-attendance.

Private or Personal matter?

Please post "AN "followed by your child's name in your team whatsapp group (AN = Absent Notification)
Please follow up with communicating to Lily so she can assist and log as authorised absence (07738 833257)

ADDITIONAL TRAINING SESSIONS

Any additional dates will be pre-set and stated in your WhatsApp "Group descriptions." These can also be found in your Competition guides.

DANCE CAMPS

Dance Camps are compulsory for some teams. Dance/Choreo camps are big blocks of time where some of our teams will work on building and forming their routine so weekly practices can focus on skills and stunting alongside other elements

SUTCLIFFE SUNDAYS

Teams who are due to head to a competition will have a slot booked in at "Sutcliffe Sundays." Our Elite teams train once a month at our Sutcliffe venue. This is where teams will practice on a fully sprung cheer floor, helping with skills and preparing to be competition ready! The Gymnastics Centre at Sutcliffe is an Olympic standard venue (it's amazing!). See Group descriptions in Whatsapp for your Sutcliffe date + Competition guide.

An additional contribution fee will be charged for any additional training sessions

Any NON payers for Sutcliffe Sunday (£10 pay on arrival) will be charged £10 +£5 C4k and admin fee on their next subscription payment so please ensure cash on arrival

EMERGENCY PRACTICE

These are rare but if we have a last minute drop out prior to comp day this may be necessary (but rare!)

TEAM TRAINING UNIFORM

New Season

CLA SEASON UNIFORM TO BE WORN TO EVERY CHEER TEAM SESSION

TUMBLE CLASSES CAN WEAR OTHER SEASONS TEES

✓ CLA SEASON 25/16 TRAINING TEE

✓ BLACK SPORTS SHORTS

✓ WHITE CHEER SHOES

✓ HAIR TIED UP

✓ WHITE SOCKS

✓ ALL JEWELLERY OUT BEFORE SESSION

LINKS FOR CHEER SHOES CAN BE FOUND ON
OUR MEMBERS HUB

CLA SEASON 15 LIMITED
EDITION BOWS -
AVAILABLE SOON

ORDER - WWW.CHEERLONDONALLSTARZ.COM/UNIFORM

HOLIDAYS / NO TRAINING

1 WEEK

OCT HALF TERM

Monday 27th October - Sunday 2nd November 2025

2 WEEKS

**CHRISTMAS
HOLIDAY**

Monday 22nd December - Sunday 4th January 2026

1 WEEK

FEB HALF TERM

Monday 16th - Sunday 22nd February 2026

3 WEEKS

**EASTER
HOLIDAY**

Monday 30th March - Sunday 19th April 2026

3 WEEKS DUE TO COMPULSORY STAFF TRAINING

1 WEEK

MAY HALF TERM

Monday 25th May - Sunday 31st May 2026

SEASON COMPLETED

END OF SEASON

Catch up weeks 20th - 31st July 2026

Friday 15th July (37 week Season)

Full details in Team Comp Guide

C L A S H O W C A S E S / E V E N T S

ALL TEAMS

SUNDAY 30TH NOVEMBER @ PRENDERGAST SCHOOL

YOUR TEAM WILL BE PERFORMING! YAY!!!! TEAM TRAINING UNIFORM WILL BE WORN

ALL TEAMS

SATURDAY 18TH JULY 2026 @ VEUE TBC

Season Lift Off Showcase

Allstar games 2026

C L A T U M B L E + G Y M N A S T I C S F E S T I V A L

Sunday 12th July 2026 @ Prendergast School

Spectator Tickets

YOUR TICKETS TO BE PART OF IT!

All children's entry fees will be covered in their competition show fee for the season. Parents, friends, and families can head to the website below to purchase tickets (when released).

www.cheerlondonallstarz.com/tickets

Spectator

TICKET RELEASE DATES

SEASON LIFT OFF SHOWCASE - RELEASE 1ST OCTOBER 25

ALLSTAR GAMES 2026- RELEASE 1ST MAY 2026

GYMNASTICS FESTIVAL 2026 RELEASED 1ST JUNE 2026

M O N T H L Y M E M B E R S H I P S

Monthly membership fees are due to be paid on the 1st of the month processed and taken by Classforkids. All CLA members must have a Classforkids profile and portal, and ensure payment and card details are up to date.

Question about payments, amending memberships and Classforkids? Pop us a call 07850 685897

Membership payments

Payments are set at the same monthly price. This is worked out across our 37 weeks divided by 11 months of the season, September 2025–July 2026. The monthly membership price remains the same irrespective of the amount of classes that month (as it is divided equally across the season).

Cancelling your membership with us

Firstly we will be sad to see you go! You will need to give 30 days notice to cancel your membership. You can do this by emailing cancellations@cheerlondonallstarz.com (you will receive an immediate confirmation email, please obtain for your records)

Non payment of Monthly Membership fees

If no fees are paid by the 1st of the following month your child's place will be automatically frozen and they will not be permitted to attend our classes until you manually clear the outstanding debt via Classforkids. Please do not attempt to attend if you have not paid.

If you have found yourself in financial hardship or difficulty, we have an open-door policy and appreciate you communicating this with us so we can work together to ensure your child can still attend classes with us.



T O S I G N U P F O R



ClassForKids

Comps + Elite Teams

COMPETITIONS

Full details can be found in your teams 2025-26 Competition Guide.
This includes payments, uniforms, spectator tickets, dates and more!
Please see teams breakdown below for more information

2026 Competition Payments - OPEN FOR SIGN UP! (1st Oct-3rd Nov 2025)

To confirm your place in your competitor team (if this is applicable to you), you will need to ensure you have purchased your Competition package when it goes live on the dates below. After this time, you will not be able to purchase the competition package, and we will restructure teams to reflect this.

01st October - 03rd October 2025 - Available to BUY
www.cheerlondonallstarz.com/comppayment
for all details go to: www.cheerlondonallstarz.com/membershub

BREAKDOWN - COMPS / EVENTS

TEAM	 LIFT OFF 30/11/25	ICE 9-10 TH MAY	CHEER CITY 16-17 TH MAY	ENERGY 30-31 ST MAY	SOAR 4 TH JULY	 ALLSTAR GAMES 18 TH JULY
LITTLE ROCKETS	✓					✓
LITTLE LIGHTNING	✓					✓
THUNDER	✓					✓
SUNRISE	✓					✓
PEARLS ELITE	✓					✓
ILLUMINATE	✓		✓			✓
LITTLE SPARKS	✓		✓			✓
HOPE	✓		✓			✓
GLIMMER	✓		✓			✓
FAITH	✓		✓			✓
BELIEVE	✓		✓			✓
RISE	✓	✓				✓
SOAR	✓	✓				✓

BREAKDOWN - COMPS / EVENTS

TEAM	CLA LIFT OFF	ICE	CHEER CITY	ENERGY	SOAR	CLA ALLSTAR GAMES
BLISS	✓		✓			✓
EMPOWER	✓		✓			✓
ELEVATE	✓		✓			✓
INNOVATE	✓		✓			✓
BABY BOMBS	✓	✓				✓
TNT	✓	✓				✓
EXPLODE	✓	✓				✓
DETONATE	✓	✓				✓
TORNADOES	✓	✓				✓
PBL POWER	✓			✓		✓
PBL PINNACLE	✓			✓		✓
ASCEND	✓			✓		✓
TENACTY	✓			✓		✓
DOLLS	✓			✓	✓	✓
DIDDY	✓			✓	✓	✓
X	✓			✓	✓	✓



Thank you

FOR CHOOSING TO BE PART OF OUR CLA FAMILY
WE ARE READY FOR AN AMAZING SEASON 15