

The logo features the words "PRENDERGAST" in a curved banner above the word "BLUE LIONS" in large, bold, white block letters with a dark blue outline. A large, dark blue lion's paw with sharp claws is positioned behind the text, reaching from the top left towards the bottom right.

PRENDERGAST BLUE LIONS

SEASON 2025/26

FULL INFORMATION GUIDE

October 2025 Update

Elite Comp Team Guide

Pinnacle + Passion

IN PARTNERSHIP WITH THE

**Cheer
LONDON
Allstarz**

WELCOME!

This year we celebrate 15 years of our thriving Cheer program and teams at Prendergast School! We are so proud of all of our teams and athletes who make up our 4 awesome PBL cheer teams alongside our Tuesday Gymnastics and Tumble program.

Within this guide, you will find all details for the 2025/26 season including events, performances, competitions, team expectations, and all other information you may require.

Within our partnership with Prendergast School, we strive to make the sport of cheer accessible to all students within the school alongside additional opportunities within our CLA Club teams, Coaching, and apprenticeship pathway.

Thank you for joining us! We cannot wait for another thriving season with our PBL Cheer Teams.

Sophie



PBL Program Founder & CLA Founder and Director



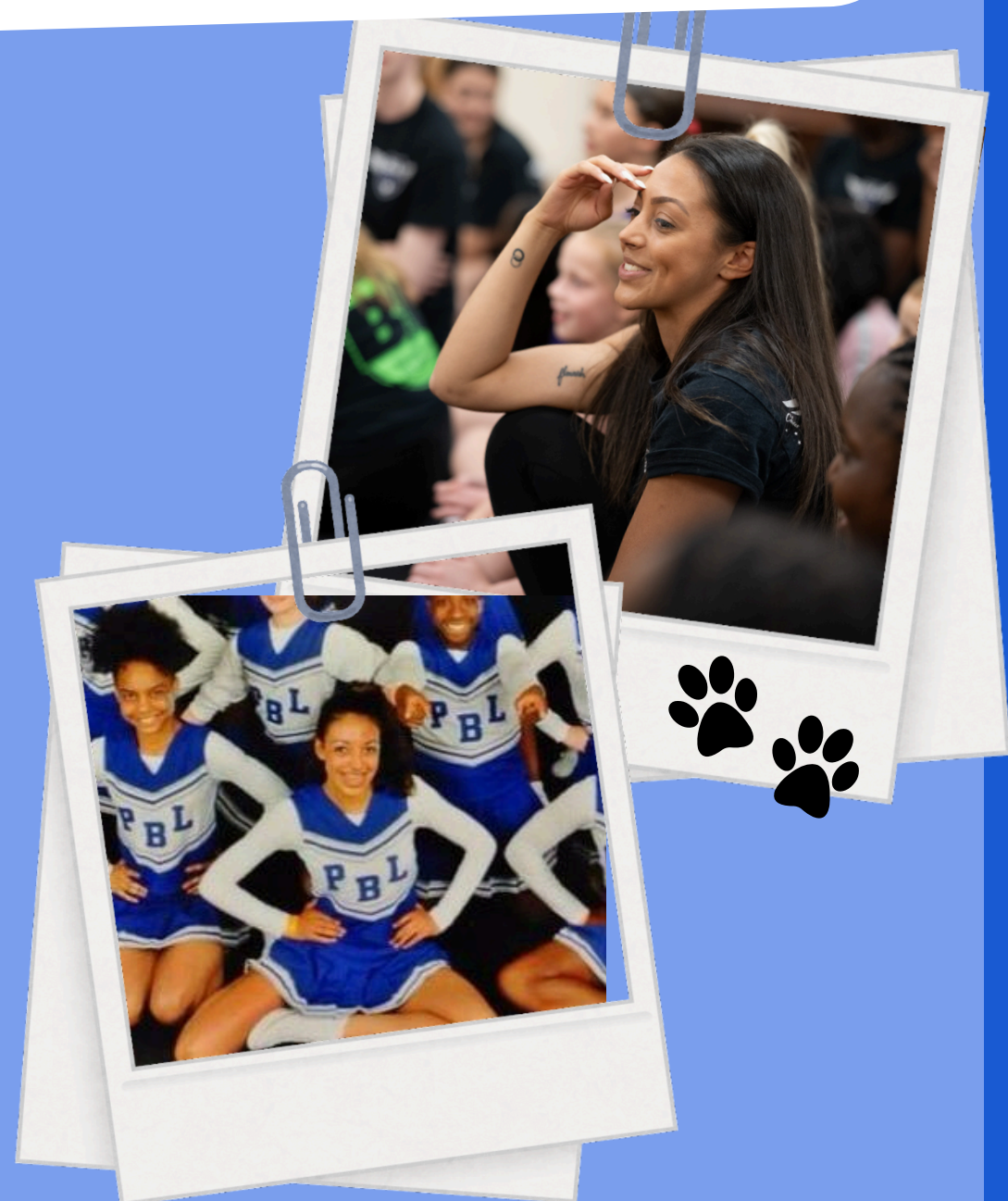
YOUR TEAMS & COACHES

Our PBL Coaches & Staff team are all fully qualified with BCQ Cheer (Levels 1 & 2) and have developed through CLA Cheer teams and our much-loved PBL Cheer program. All Coaches are fully qualified, insured, first aid trained, and DBS checked. For PBL Athletes looking to progress into coaching, we offer opportunities for Junior coaching positions, and applications open in June/July 2026 for the new 2026/27 season.

MEET YOUR HEAD COACH

Your PBL Head Coach Lilybelle Dellow was one of the founding PBL team members at Prendergast School in 2010. Lily was part of PBL from the very beginning of our story and, after her journey through years 7-11 (with multiple National Schools Competitions and our annual showcases thrown into the mix), Lily gained a place at the highly acclaimed Urdang Academy, and then she was back with us!

Lilybelle is also the Program Director at the Cheer London Allstarz and leads the way for our competitive and recreational Cheer teams, alongside actively coaching multiple teams and schools within our program. Nobody knows PBL and its ethos and values more than Lily, so we are over the moon that she continues to lead the ship as PBL's Head Coach at Prendergast and continues to grow our program from strength to strength.



WHO TO CONTACT?

Open Mon-Fri (term time) 9.30-5pm

CLA OFFICE: 07850 685897

info@cheerlondonallstarz.com

COACH LILYBELLE: 07738 833257

teams@cheerlondonallstarz.com

YOUR 2025/26 TEAMS

Pinnacle

Division: Under 16 Schools Level 2

ELITE TEAM

Coach: Lilybelle

Passion

Division: Under 14 Schools Level 1

ELITE TEAM

Coach: Djiara

Power

Performance & Development Team

REC TEAM

Coach: Ciara & Charlotte

Prodigy

Performance & Development Team

REC TEAM

Coach: Luna & Angel

DATES FOR THE DIARY

Your full breakdowns can be found within this guide

WEEKLY TRAINING

Aurtumn 1: Friday 12th September - Friday 24th October

Autumn 2: Friday 7th November - 19th December 2025

Spring 1: 9th January - 13th February 2026

Spring 2: 27th February - 27th March 2026

Please note CLA will be implimenting a 3 week Easter Break 2026 onwards to allow for staff training

Summer 1: 24th April - 22nd May 2026

Summer 2: 5th June - 17th July 2026

EVENTS, PERFORMANCES, COMPS

TUESDAY 25TH NOVEMBER

Full School Assembly performance (7.45am arrival @ Sports Hall)

SUNDAY 30TH NOVEMBER

Season Lift Off Showcase @ Prendergast School

TUESDAY 28TH APRIL

Full School Assembly performance (7.45am arrival @ Sports Hall)

SUNDAY 24TH MAY

Extra Full Floor training @ Sutcliffe Park Sports Centre

FRIDAY 29TH - SUNDAY 31ST MAY

Blackpool Trip | Energy Events Competition @ Blackpool Tower

SATURDAY 11TH JULY

Young Ambassasor (Event Staff) Schools Spirit 2026 @ Prendergast School

TBC 18TH/19TH JULY

2026 Allstar Games (Pinnacle & Passion performing) Venue TBC

BLACKPOOL TRIP PAYMENTS

27TH OCT - 4TH JAN | BLACKPOOL DEPOSIT DUE

9TH FEB - 9TH MARCH | BLACKPOOL FINAL PAYMENT DUE

TUESDAY GYMNASTICS ONLY

18TH MAY - 29TH MAY

Gymnastics festival open for Sign up

SUNDAY 12TH JULY

2026 Gymnastics Festival @ Prendergast School

YOUR TEAM PLEDGE

EXPECTATIONS + CODE OF CONDUCT

ATTENDANCE

By committing to join your PBL Team, you understand that weekly attendance is essential. Continued absence from weekly training will result in being moved to our tumble-only classes on a Tuesday. You must WhatsApp Coach Lily if you are absent from a session (in advance) at 07738 833257.

TEAM SPORT UNDERSTANDING

You understand fully the nature of our incredible sport. Cheer is a team sport, and without you at training, it affects the entire team. You are an essential part of your team and routine. Before you commit, please ensure you understand the nature of our sport.

ROUTINE/STUNT REPLACEMENT

If you are absent from a week's training, your place within a stunt section/group will be replaced. Why do we do this? A stunt group needs to be fully formed for safety and to adhere to rules and regulations. Please understand that your absence may result in you being placed in a different section or group. We stand firm in proactive and productive training sessions; therefore, coaches will adapt and restructure as needed.

UNABLE TO ATTEND EVENT/PERFORMANCE

**If you are unable to attend a planned performance or event you MUST inform us via email a minimum of 6 weeks before. Ensuring ample time to fill in position
Email: teams@cheerlondonallstarz.com**

NO SHOW TO COMP, PERFORMANCE, EVENT

Failure to show up to a planned performance and a last-minute no-show will result in removal from the team. We have a zero tolerance for this, as the impact a no-show has is HUGE! You jeopardize your team's ability to perform/compete. Extreme emergencies and illness MUST be communicated to Head Coach Lilybelle Dellow as soon as possible.

DETENTIONS + SCHOOL BEHAVIOUR

Please ensure you are always striving to be your best and highest self both inside cheer and within school (and in life!). The school reserves the right to suspend students from participating in PBL Cheer and Gymnastics if they deem it necessary.

Respect

A consistent and high standard of respect is expected across all our teams, sessions, and events. Our training sessions will always focus on positive, constructive feedback and clear expectations.

WHAT TO WEAR FOR TRAINING?

**PBL Blue Team Tee
(or PE Kit if not yet received)**

Black Shorts

**Clean Indoor only worn trainers
(Preferably white)**

Hair Tied up

No Jewellery in



Trainers worn for Cheer must NOT BE WORN OUTSIDE EVER
This is due to health and safety and cleanliness due to lifting by feet etc

YOUR TEAM UNIFORM

Shows, Performances + Competitions

As part of our continued partnership with Prendergast School and incorporated within our annual fundraising we raise money to supply all PBL Team members with the following Uniform items.

PBL Team Tee + White Bow (Supplied)

Please ensure these are kept safe as only 1 items per member will be issued, any replacements will have to be ordered and purchased independently.

These will be issued prior to November Assembly + Season lift off and is to be worn to weekly team training

Purchased and supplied by the Cheer London Allstarz

Replacement order link on Blue Lions Website

www.cheerlondonallstarz.com/bluelions

BLACK SHORTS + WHITE TRAINERS + WHITE SOCKS (NOT SUPPLIED)



EVENTS, PERFORMANCES, COMPS

EXPLAINED + INFO

School Assemblies

TUESDAY 25TH NOVEMBER + TUESDAY 28TH APRIL

Annually all PBL Teams will perform in two full school assemblies during the school year.

Please see details below:

Dates: Tuesday 25th November & Tuesday 28th April

Where?: Prendergast School (arrive at the Sports Hall)

Arrival time: 7.45am (for a practice before hand)

Staff attending: Sophie (CLA Founder) + PBL Staff

What to wear: TEAM UNIFORM (see above) Tees and Bows will be provided to those who do not have a t-shirt.

Additional details: This is not for parents to attend and is a whole school assembly.

Monthly Open Gym @ Sutcliffe Sports Centre

£10 CASH DROP IN

SUNDAYS | 5-6PM | 9TH NOV, 11TH JAN, 8TH FEB, 8TH MARCH, 3/10/24TH MAY

PBL team members in the two Elite Comp teams are invited to attend our senior monthly Tumble sessions held at the amazing Sutcliffe Gymnastics Facility. Sessions are drop in + Pay as you go (dates above)

TIME TO WORK ON GETTING THOSE SKILLS FOR COMP! OR COME AND STUNT WITH YOUR TEAM

Time: 5-6pm

Day: One Sunday per month

Dates: See above

Drop in fee: £10 Cash

Address:

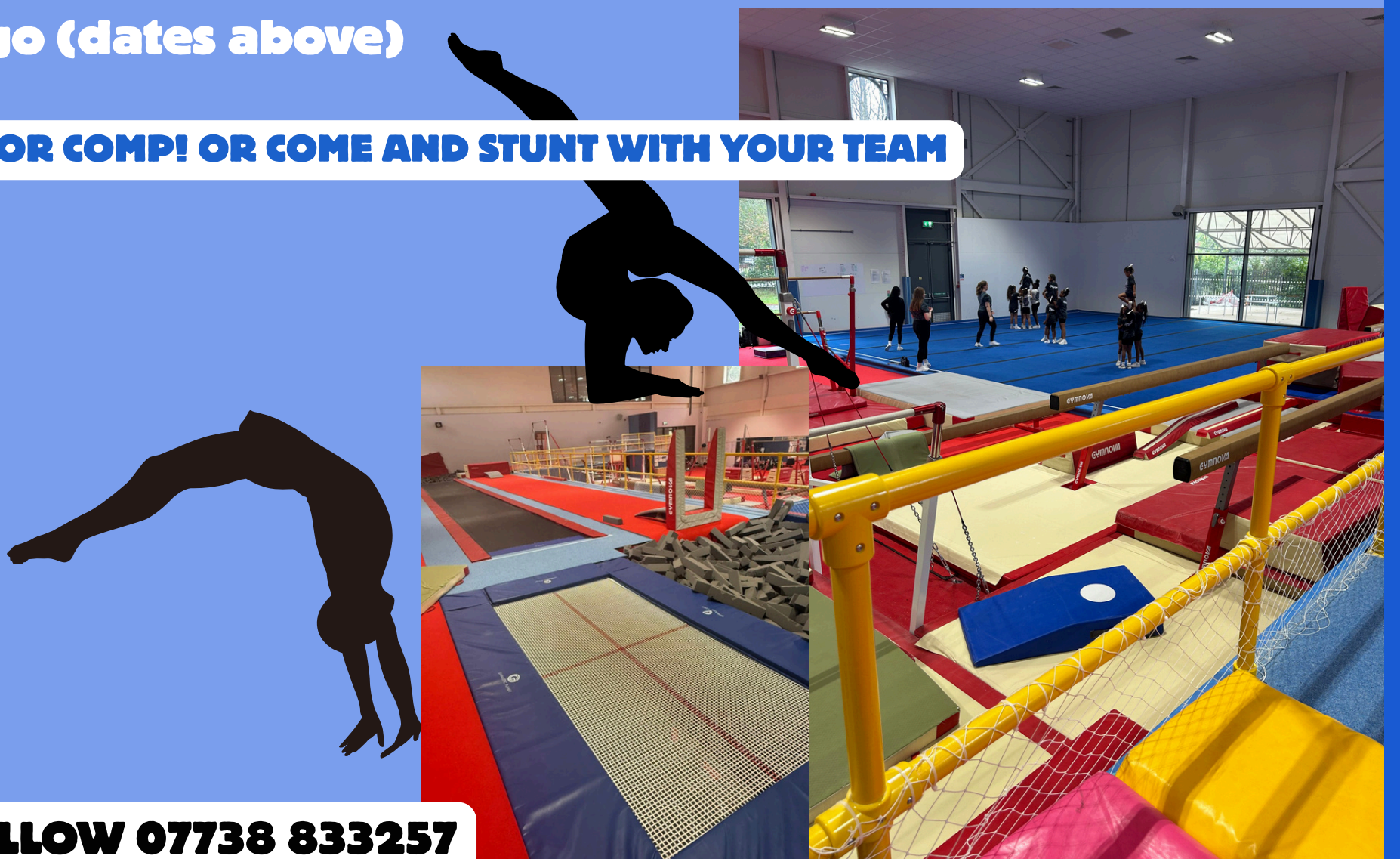
Sutcliffe Sports Centre

Eltham Road

London

SE9 5LW

ON THE DAY CONTACT: LILYBELLE DELLOW 07738 833257



EVENTS, PERFORMANCES, COMPS

EXPLAINED + INFO

Season Lift Off! Showcase

SUNDAY 30TH NOVEMBER @ PRENDERGAST SCHOOL

All 4 PBL Teams will be performing at CLAs Season Lift Off Showcase taking place on Sunday, 30th November at Prendergast School. This event is also a fundraiser for PBL Uniforms (tees and bows) alongside our CIC Together Rising (for community projects) and to expand our impact for our families and within our community.

**PLEASE NOTE ALL PBL TEAMS WILL BE PERFORMING AT BOTH SHOWS DURING THE DAY
(12PM SHOW & 5.30PM SHOW)**

12PM TEAM CAPTAINS WILL BE AWARDED + 5.30PM PROGRESS AWARDS GIVEN

Please see details below:

Dates: Sunday 30th November

Where?: Prendergast School (arrive at the Sports Hall)

Arrival time: 9.30am (for morning rehearsals) please arrive in your team uniform and change shoes upon arrival.

- All PBL Team members will stay in Sports Hall until after the 12pm show**

**PLEASE NOTE ALL PBL TEAM MATES WILL HAVE A BREAK 2-4PM AND WILL BE FREE TO BE PICKED UP/LEAVE/GO FOR LUNCH. IF YOUR CHILD IS NOT TO LEAVE THE PREMISES YOU MUST LET US KNOW BEFORE HAND BY EMAILING US PRIOR TO EVENT DAY
INFO@CHEERLONDONALLSTARZ.COM**

**PBL TEAM MEMBERS ARE WELCOME TO STAY WITHIN THE VENUE WITH CLA STAFF IF THEY DO NOT WISH TO LEAVE FOR LUNCH - ALL PBL MEMBERS WILL BE SIGNED IN AND OUT
(9.30AM IN + 2PM OUT + 4PM IN + 7.30PM APPROX OUT)**

All PBL Team mates will return at 4pm for a short re warm up and ready for 5.30pm show.

What to wear: TEAM UNIFORM (see above).

What to bring? Lots of food, snacks and water for the day - strictly NO NUTS

On the day contact: CLA Office 07850 685897



Parents, friends and family coming to watch?

Purchase your tickets TODAY! Head to the website below

www.cheerlondonallstarz.com/tickets

PBL BLACKPOOL TAKEOVER!

*Pre Comp
Full Floor Training*

EXPLAINED + INFO

SUNDAY 24TH MAY @ SUTCLIFFE PARK SPORTS CENTRE

Before our Blackpool competitions both PBL Elite teams will have a full sprung floor practice at Sutcliffe Park Gymnastics. Please arrive in full Team Uniform alongside £10 cash training fee contribution for the day.

PBL PASSION TRAINING @ 3-4PM

PBL PINNACLE TRAINING @ 5.30-6.30PM

Address: Sutcliffe Sports Centre, Eltham Road (off A20), Eltham, London, SE9 5LW

On the day contact: Coach Lily 07738 833257

*Blackpool Trip
National Competition*



FRIDAY 29TH MAY - SUNDAY 31ST MAY 2026

After the roaring success of last year's event and team trip away, we are all set for Blackpool 2.0; however, this time we are taking two PBL Teams alongside our Senior and Elite CLA Teams. Due to the incredible team-bonding nature of the trip, all PBL team members are to be part of the CLA-organized trip. If parents wish to attend, feel free to arrange your own travel and accommodation. Please note we have the exact numbers for travel and accommodation; however, if any remaining spaces become available, we will let you know.

Our travel and accommodation have been pre-booked, and all trip costs are for cost only, with £0 profit made. We want to make these trips as affordable as possible for all team members. Payment windows are split across two blocks of dates. Those who do not wish to attend can be placed on our two show and performance-only teams. If you find yourself in financial difficulty, please contact Stacey in the office to discuss options so we can make it all work. We are here to support our families and continue to offer these fantastic opportunities to all the children within our teams and classes.

THIS TRIP IS SOLELY ORGANISED BY THE CHEER LONDON ALLSTARZ. PLEASE DO NOT CONTACT SCHOOL WITH QUESTIONS ETC PLEASE CONTACT OUR OFFICE DIRECTLY

PBL BLACKPOOL TAKEOVER!

Trip Schedule

Please note we will complete and make viewable a full risk assessment for the trip. The trip is staffed by DBS checked and further checked CLA Staff (full list will be available) Children will be supervised at all times and trip lead and ran by CLA founder Sophie Bastock (designated DSL and SO)

**FULL BLACKPOOL GUIDE WILL BE AVAILABLE
FRIDAY 1ST MAY 2026**

FRIDAY 29TH MAY

- 6am depart on Privately booked Coach from Prendergast School**
- Travel to Blackpool**
- 11am arrive in Blackpool**
- Time to explore/hit the beach/ and those 2p machines!**
- 4pm Check in to Caravan Site (Haven Cala Gran)**
- Evening Dinner and Team Fun time!**

SATURDAY 30TH MAY

- Team Breakfast**
- Competition day at the iconic Blackpool Tower! Wow!**
- Team Dinner**

SUNDAY 31ST MAY

- Blackpool fun in the morning**
- 2pm depart Blackpool and head home (approx 7pm @ Prendergast)**

MEALS AND FOOD!

On the day of departure we collect £25 in cash from each trip member. This money pays for all food (3meals) per day alongside bus travel throughout Blackpool. All caravans are self catering and food is organised by trip leader Sophie

ACCOMODATION

Each caravan sleeps 8. There will be two adults per caravan alongside 6 children. Every caravan will have a Caravan lead who will be responsible for children in their caravan. Children will choose who they would like to share with.



PBL BLACKPOOL TAKEOVER!

Payment Schedule

£45 COMPETITION ENTRY FEE

£115 TRAVEL AND ACCOMODATION FEE

Payments are to made via our online store and both installments are available to purchase now.
Please ensure you adhere to deadlines below to ensure your child is signed up for the trip.

**OPEN TO PAY
NOW - 4TH JANUARY 2026**

**PAYMENT 1:
£45 COMP ENTRY FEE**

**OPEN TO PAY
TODAY - 9TH MARCH 2026**

**PAYMENT 2:
£115
(TRAVEL AND ACCOMODATION)**

www.cheerlondonallstarz.com/compfees

DOES YOUR CHILD CROSS OVER INTO A CLA TEAM? ASCEND OR X?

If the answer is "YES" all you need to do is look out for the "CLA + PBL
entry add on" the cross over fee for two teams is
+£30 per additional team, set by event provider
(Please head to our online store and select the icon below)

**YOU WILL PAY YOUR
CLA COMP FEE
THEN ADD ON THIS £30 ADD ON**



Schools Spirit Competition Young Ambassador

SATURDAY 11TH JULY 2026

We will be opening applications for team members who are currently part of Passion and Pinnacle to apply to be Young Ambassadors and Volunteers for our Schools Competition due to take place on Saturday 11th July at Prendergast School. This will mean helping with the event while also being a vital member of the support staff during the day's event. This is an amazing experience for all PBL teammates wishing to gain experience in event organizing, logistics, and event staffing (it looks great on your CV!).

APPLICATIONS OPEN MONDAY 30TH MARCH

Head to www.cheerlondonallstarz.com/bluelions

Allstar Games Showcase 2026

DATE AND VENUE TBC 18TH /19TH JULY 2026

PBL Passion and PBL Pinnacle will be performing at our end of season showdown alongside our CLA Teams!

We love having these two long standing teams be a part of our CLA Annual events.
Exact date TBC

SPECTATOR TICKETS AVAILABLE JUNE 1ST VIA WEBSITE

Head to www.cheerlondonallstarz.com/tickets

