



SEASON 2025/26

FULL INFORMATION GUIDE

October 2025 Update

Rec + Show Team Guide

Power + Prodigy

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



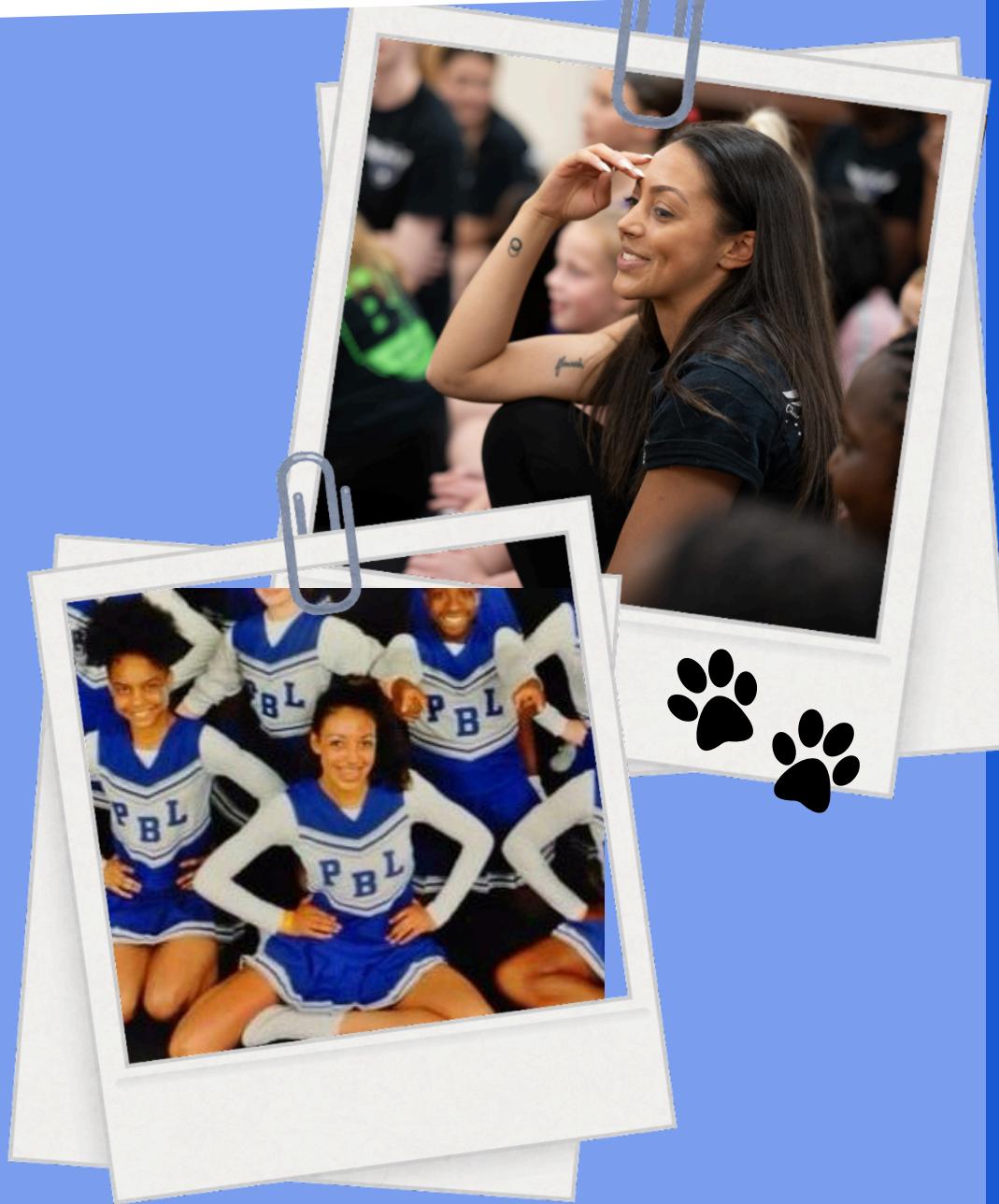
YOUR TEAMS & COACHES

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 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

Autumn 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 implementing 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)

SATURDAY 11TH JULY

2026 Schools Spirit Competition @ Prendergast School

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

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 PREMSIS 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 MEMBERD 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 an 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

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.

Schools Spirit Competition

SATURDAY 11TH JULY 2026

PBL Power and Prodigy will both be competing and performing at our 2026 Schools Spirit Competition taking place at Prendergast School. Both teams will be competing in the KS3 Cheer Division, and this is an amazing opportunity to showcase all of the season's hard work!

MORE DETAILS RELEASED: THURSDAY 26TH MARCH 2026

SPECTATOR TICKETS RELEASED: 1ST JUNE 2026

