

THE CHEER LONDON ALLSTARZ LTD

# SEASON 2024/25 TEAM GUIDE



## COMMUNITY CLASS TEAM GUIDE

MEMBERS HUB FOR ALL GUIDES + INFO

[WWW.CHEERLONDONALLSTARZ.COM/MEMBERSHUB](http://WWW.CHEERLONDONALLSTARZ.COM/MEMBERSHUB)

CONTACT OUR TEAM FOR MORE INFO

NEW JOINERS: 07738833257 |

CLA OFFICE: 07850685897



# W H O W E A R E

**Welcome to our CLA Cheerleading program. We are so excited for you to join us for the 2024/25 season. At the Cheer London Allstarz, we deliver grassroots development Cheerleading alongside Tumble 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.**

## M E E T O U R T E A M



**STACEY  
MURPHY**

**OFFICE MANAGER**



**SOPHIE  
BASTOCK**

**FOUNDER**



**LILYBELLE  
DELOW**

**PROGRAM DIRECTOR**



**SOME OF OUR AMAZING COACHING TEAM!**



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

This season, to reflect our incredible growth over the past two years we have dividied the program into three Program Pathways, please see more information below.

## 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 compeition 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.

## T R A I N I N G

### C O M M U N I T Y C O M P P R O G R A M T E A M S

#### TEAM

LITTLE  
ROCKETS

SOAR

IGNITE

BLOSSOM

ASPIRE

#### TEAM TRAINING

MON 5.15-6.15PM

MON 6.15-7.15PM

FRI 5-6.30PM

MON 6-7.30PM

FRI 5.45-8.15PM

#### OPTIONAL TUMBLE CLASS

FRI 5-5.45PM  
@PHF

TUE @ PHF

TUE @ PHF

THUR @ DHLC  
TUE @ PHF

TUE @ PHF

### N E W B E X L E Y A C A D E M Y

MINI BOMBS

TNT

DETONATE

THUR 5-5.45PM

THUR 5.45-6.30PM

THUR 6.30-7.30PM



# H O L I D A Y S / N O T R A I N I N G

**OCT HALF TERM**      **Monday 28th October - Sunday 3rd November**

**CHRISTMAS  
HOLIDAY**      **Monday 23rd December - Sunday 5th January**

**FEB HALF TERM**      **Monday 17th - Sunday 23rd February**

**EASTER  
HOLIDAY**      **Monday 7th April - Tuesday 22nd April**  
\*Missed Monday 21st will be caught up on 14/07/25

**MAY HALF TERM**      **Monday 26th May - Sunday 1st June**

**END OF SEASON**      **Saturday 12th July (37 week Season)**

## C L A S S H O W S

**ALL TEAMS**      **SUNDAY 8TH DECEMBER @ PRENDERGAST SCHOOL**

**ALL TEAMS**      **FRIDAY 4TH JULY @ CRYSTAL PALACE SPORTS CENTRE**

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

## A B S E N C E S

**Cheer is a team sport and all team members are required at every single practice.  
Any members missing affects the team enormously.**

**WE ONLY HAVE ONE OPTION TO LET US KNOW YOUR CHILD WILL NOT  
BE AT TRAINING/CLASSES, AND THAT IS POSTING IN YOUR:**

### **TEAM WHATSAPP GROUP**

**IF IT IS A SENSITIVE/PERSONAL REASON YOU DO NOT WISH TO SHARE  
WITH THE GROUP, PLEASE PUT "PR" AT THE END OF THE MESSAGE  
AND MESSAGE/CALL LILY DIRECTLY TO COMMUNICATE.**

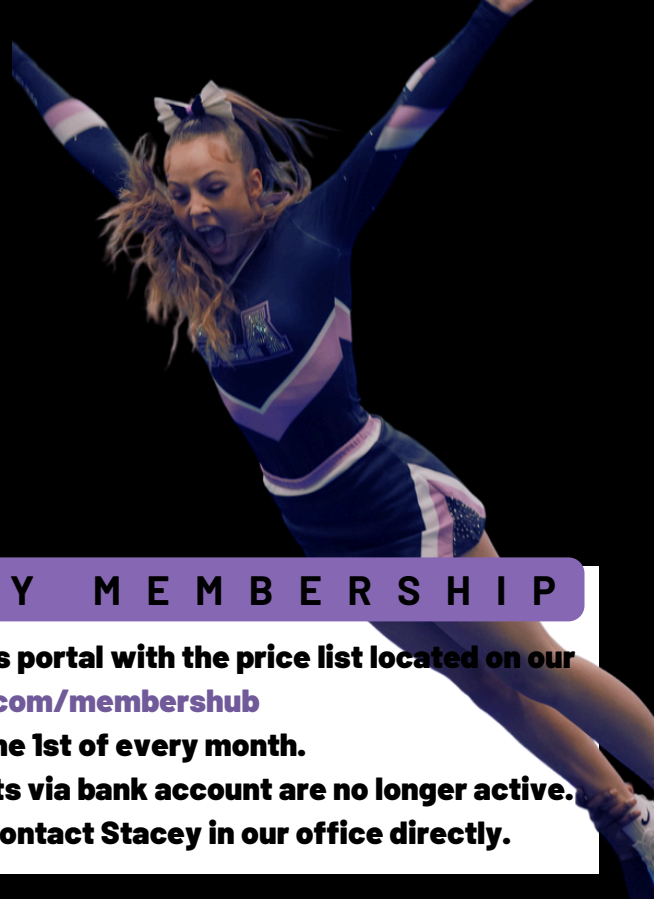
**DUE TO THE SIZE OF OUR PROGRAM, THIS IS THE ONLY WAY TO LOG NON-ATTENDANCE.**





# WELCOME TO OUR

# family



## PAYMENTS & MONTHLY MEMBERSHIP

All payment information can be found on your Classforkids portal with the price list located on our website [www.cheerlondonallstarz.com/membershub](http://www.cheerlondonallstarz.com/membershub)

Payments are automatically taken on the 1st of every month.

Please note the CLA account has now closed and payments via bank account are no longer active.

For more information or help with payments, please contact Stacey in our office directly.

## TEAM TRAINING UNIFORM

**CLA SEASON UNIFORM MUST BE WORN TO EVERY CHEER TEAM SESSION**

**\*TUMBLE CLASSES CAN WEAR OTHER SEASONS TEES\***



CLA TRAINING SCRUNCHIES  
AVAILABLE SOON MADE BY  
BOWS-BY-CARLY

- ✓ CLA SEASON 24/25 TRAINING TEE
- ✓ BLACK SPORTS SHORTS
- ✓ WHITE CHEER SHOES
- ✓ WHITE SOCKS
- ✓ HAIR TIED UP
- ✓ ALL JEWELLERY OUT BEFORE SESSION

**LINKS FOR CHEER SHOES CAN BE FOUND ON  
OUR MEMBERS HUB**

## CONTACT EMAILS

CLA OFFICE

**STACEY**

**ACCOUNTS@CHEERLONDONALLSTARZ.COM**

ALL ENQUIRIES / PAYMENTS / CLASSFORKIDS

**LILY**

**COACHLILYBELLE@CHEERLONDONALLSTARZ.COM**

ACADEMY CONTACT (ALL EVENINGS) / TEAMS QUESTIONS / TEAM-MEMBER ISSUES

**SOPHIE**

**INFO@CHEERLONDONALLSTARZ.COM**

DSL SAFEGUARDING AT CHEER LONDON ALLSTARZ

ALL YOUR GUIDES/INFO AND DOCS: [WWW.CHEERLONDONALLSTARZ.COM/MEMBERSHUB](http://WWW.CHEERLONDONALLSTARZ.COM/MEMBERSHUB)