

FIRST CLASS ATHLETICS



COMPETITIVE INFORMATION PACK 2023/2024



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| CONTENTS

About Us	01
Our Six Stripes	04
Location	05
Team Types	06
Yearly Costs	07
Crossovers	08
Uniforms	09
Bi-weekly Teams	10
Travel Teams	11
Additional Classes	12
Tumbling	13
Calendar	14
Attendance Policy	15
Training Uniform Policy	16
Sign-up Checklist	17



ABOUT US

Welcome to First Class Athletics, where champions are made, and dreams take flight. Our premier cheerleading club offers an unmatched experience for aspiring athletes like you, where passion, skill, and teamwork converge to create a winning combination.

At First Class Athletics, we believe in pushing the boundaries of cheerleading excellence. Our expert coaches bring years of experience and a commitment to your success. From mastering flawless routines to perfecting your stunts and tumbling, we'll provide the training and guidance you need to reach your full potential.

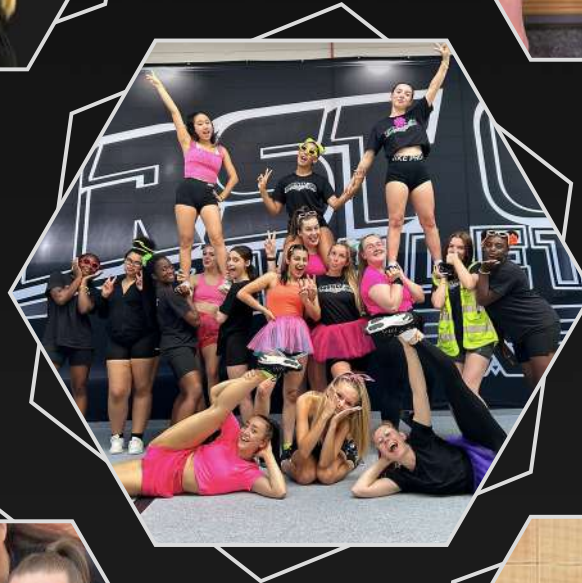


But it's not just about the skills on the mat. Our club is a community of like-minded individuals who share your passion and drive. Here, you'll find a supportive and inclusive environment where friendships are forged, and lifelong memories are made. We're more than just teammates, and together, we'll rise to every challenge and celebrate every victory.

As a member of First Class Athletics, you'll have access to top-notch facilities, state-of-the-art equipment, and a comprehensive training program designed to elevate your skills. Whether you're a beginner or an experienced cheerleader, our club offers tailored programs for all levels, ensuring that every member can thrive and grow.



Beyond the training, we believe in fostering leadership, discipline, and self-confidence. Our club offers workshops, mentorship opportunities, and community outreach programs, empowering you to become not only a skilled athlete but also a role model in and out of the gym.





As a First Class Athletics member, you'll have the chance to showcase your talent in thrilling competitions, electrifying performances, and prestigious events. You'll experience the adrenaline rush of the crowd's applause, the joy of perfect synchronisation, and the pride of being part of a world-class team.

So, if you're ready to soar to new heights, to embrace the athleticism, artistry, and camaraderie of cheerleading, join First Class Athletics. Be part of a legacy of excellence, where dedication and passion lead to triumph. Together, let's write a new chapter in cheerleading history, where every member is a star and where First Class is the only way we know. Join us today and let's begin the journey to cheerleading greatness!





OUR SIX STRIPES

At First Class Athletics, we are proud to have six stripes that represent our core values.

Respect

We **respect** one another so that every voice can be heard

Pride

We are **proud** of who we are and celebrate our differences

Kindness

We are **kind** and compassionate in all that we do

Power

We are all **powerful**, both physically and mentally

Creativity

We believe in innovation and embrace **creativity**

Leadership

We create athletes that **lead** with integrity



LOCATION

**7-9 Blundells Road, Bradville,
Milton Keynes, MK13 7HA**





TEAM TYPES

Local: Entry-level team, with no/little experience of cheerleading required. All competitions and events are within approximately 1-hours travel distance.



National: Range of levels, for experienced cheerleaders, gymnasts and dancers. National travel required and some competitions may require an overnight stay.



International: Highest level of competition, performing and competing internationally for bids to prestigious events.





YEARLY COSTS

Teams	Type	Age	Division	Weekly Session	Training Hours Per Week	Monthly Training Fee	Professional Fees (Music, choreography, showcase participation & athlete competition entry fees)	Uniforms
Baby Boeings	Local	Age: 3-6 School Year: Pre-school to Year 2	Tiny 1 Prep	Monday: 16.30-18.00	1.5	£36.00	1 x payment of £72.00 or 4 x monthly payments £18.00	Buy = £70.00 Hire = £10.00 per competition
Kites	Local	Age: 7-11 School Year: Year 3-7	Youth 1 Prep	Monday 18.00-19.30	1.5	£36.00	1 x payment of £72.00 or 4 x monthly payments £18.00	Buy = £70.00 Hire = £10.00 per competition
Rise	Local	Born 2011-2001	Senior 1 Prep	Monday: 19.30-21:00	1.5	£36.00	1 x payment of £72.00 or 4 x monthly payments £18.00	Buy = £70.00 Hire = £10.00 per competition
Jets	National	Age: 8-14 School Year: Year 4-10	Junior 2	Tuesday: 18.30-20.00 and Wednesday 18.30-20.00	3	£72.00	1 x payment of £180.00 or 5 x monthly payments £36.00	Buy = £150.00 Hire = £25.00 per competition
Aviators	National	Born 2011-2001	Senior 3	Thursday: 18.30-20.30	2	£48.00	1 x payment of £145.00 or 5 x monthly payments £29.00	Buy = £150.00 Hire = £25.00 per competition
Gliders	National	Born 2011-2001	Open Non-tumbling 2	Friday: 18.30-21.30 (Bi-weekly)	3 (Bi-weekly)	£36.00	1 x payment of £145.00 or 5 x monthly payments £29.00	Buy = £150.00 Hire = £25.00 per competition
Soar	International	Born 2008 or earlier	Open Coed Non-tumbling 6	Friday: 18.30-21.30 (Bi-weekly)	3 (Bi-weekly)	£36.00	1 x payment of £200.00 or 5 x monthly payments £40.00	FREE (Sponsored)

We are proud to offer a sibling discount to families at First Class Athletics.

This includes:

- 5% off for the 2nd child
- 10% off for any subsequent children

**Discounts apply to training fees only.*

Must have a DD in place.

**All training sessions are priced at
£6.00
per athlete,
per hour.**



CROSSOVERS

Crossovers are the opportunity to compete on more than one team at a different age group or level. Cheerleaders must compete within their age group for their base team, but may crossover to a different age group and/or level (First Class coaches reserve the right to make some exceptions to this rule).

Crossovers will be required to pay an additional £28.00 per month, plus any additional professional fees. Athletes on Prep teams may not cross over to All Star teams and vice versa.

Crossovers for local teams will be considered on a case-by-case basis.





UNIFORMS

All uniforms and hair accessories will be used on a 3-year cycle. Uniforms can be purchased and paid for in full, or First Class Athletics also offer a uniform hire scheme.

Local Teams (Baby Boeings, Kites and Rise)



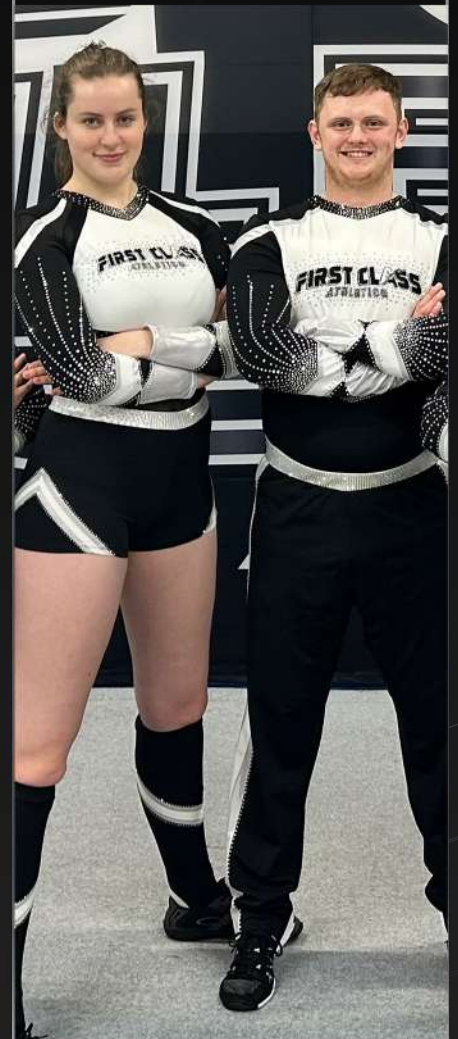
Buy = £70.00
Hire = £10.00
per competition

National Teams (Jets, Aviators and Gliders)



Buy = £150.00
Hire = £25.00
per competition

International (Soar)



FREE
(Sponsored)



BI-WEEKLY TEAMS

SOAR

14th July 2023 (Sponsored Level-UP Camp!)

28th July 2023

11th August 2023

1st September 2023

8th September 2023

22nd September 2023

6th October 2023

20th October 2023

3rd November 2023

17th November 2023

1st December 2023

15th December 2023 (TBC)

12th January 2024

26th January 2024

9th February 2024

23rd February 2024

8th March 2024

22nd March 2024

5th April 2024

19th April 2024

3rd May 2024

17th May 2024

31st May 2024

14th June 2024

28th June 2024

GLIDERS

7th July 2023

21st July 2023

4th August 2023

18th August 2023

1st September 2023

15th September 2023

29th September 2023

13th October 2023

27th October 2023

10th November 2023

24th November 2023

8th December 2023

5th January 2024

19th January 2024

2nd February 2024

16th February 2024

1st March 2024

15th March 2024

12th April 2024

26th April 2024

10th May 2024

24th May 2024

7th June 2024

21st June 2024



TRAVEL TEAMS

A travel team is an excellent opportunity to enhance an athlete's progression, as well as compete on a global stage. Should any of our teams be successful in winning a bid invitation to an international event (Summit, Allstar Worlds or IASF Worlds), attendance will be discussed with the respective teams.





ADDITIONAL CLASSES

MONDAY

BABY BOEINGS:

Tiny 1 Prep
Age 3-6
16.30-18.00

KITES:

Youth 1 Prep
Age 7-11
18.00-19.30

RECREATIONAL CHEER:

Age 11+
19.30-20.30

RISE:

Senior 1 Prep
Age 11+ 19.30-21.00

TUESDAY

RECREATIONAL CHEER:

Age 3-10
16.30-17.30

FLYER STRETCH AND CONDITIONING:

Age 7+
17.00-17.30

TUMBLING:

Age 7+
17.30-18.30

JETS:

Junior 2
Age 8-14
18.30-20.00

WEDNESDAY

TUMBLING:

Age 7+
16.30-17.30

NINJA:

Age 5-11
17.30-18.30

FLYER STRETCH AND CONDITIONING:

Age 7+
18.00-18.30

TUMBLING:

Age 11+
18.30-19.30

JETS:

Junior 2
Age 8-14
18.30-20.00

THURSDAY

TUMBLING:

Age 3-6
16.30-17.30

TUMBLING:

Age 7+
17.30-18.30

LYRICAL DANCE:

Age 5-11
17.30-18.30

AVIATORS:

Senior 3
Age 12+
18.30-20.30

FRIDAY

RECREATIONAL CHEER:

Age 3-10
16.30-17.30

TUMBLING:

Age 5+
17.30-18.30

GLIDERS:

International
Open
Non-Tumbling 2
Age 17+
18.30-21.30
(Bi-Weekly)

SOAR:

International
Open Coed
Non-Tumbling 6
Age 17+
18.30-21.30
(Bi-Weekly)

SATURDAY

RECREATIONAL CHEER:

Age 3-10
09.00-10.00

TUMBLING:

Age 5+
10.00-11.00





TUMBLING

First Class Athletics offers a comprehensive tumbling program designed to unleash your acrobatic potential and elevate your skills to new heights. Our tumbling sessions provide a structured and progressive curriculum that caters to individuals of all ages and skill levels. Whether you're a beginner looking to learn the basics or an advanced athlete aiming to perfect your technique, our experienced coaches are here to guide you every step of the way. With a focus on building strength, flexibility, and coordination, our program incorporates a wide range of tumbling skills, from walkovers and handstands to flips and full twists.



For athletes that wish to attend tumbling classes in addition to competitive cheerleading, this is charged at the discounted rate of **£19.00** per month (usually **£24.00**) for 1 hour per week.

Please email **info@firstclassathletics.co.uk** to add this to your membership plan.



CALENDAR

Event	Event Types	Date (Inclusive)	Location	Baby Boeings	Kites	Rise	Jets	Aviators	Gliders	Soar
Level-Up	Workshop	14 Jul 23	Gym							
Choreography	Team Session	W/C 25th Sep - W/C 9th Oct 23	Gym (Normal training sessions)							
The Take Off	Showcase	19 Nov 23	The Radcliffe School, Milton Keynes							
Cheer City	Competition	09 or 10 Dec 23	Coventry							
21CC* (Provisional)	Competition	16 Dec 23	Dublin							
Winter Gym Closure	Closure	19 Dec 23 - 01 Jan 24	N/A							
Cheer City	Competition	10 or 11 Feb 24	Nottingham							
In-House Competition (Optional)	Competition	03 Mar 24	Gym							
ICE	Competition	16 or 17 Mar 24	Stoke							
Spring Gym Closure	Closure	29 Mar - 4 Apr 24	N/A							
BCA	Competition	25 or 26 May 24	Telford							
Cheer City	Competition	01 or 02 Jun 24	Loughborough							
Legacy	Competition	8 or 9 Jun 24	Birmingham							
JamFest**	Competition	21, 22 or 23 Jun 24	Liverpool							
Future Cheer	Competition	6 or 7 Jul 24	Bournemouth							
Summer Party	Celebration	13 Jul 24	Milton Keynes							
Summer Closure	Closure	26 Aug - 1 Sep 24	N/A							

* TBC by Sep 23

**This will only be attended if Soar do not compete at 21CC in Dec 23



ATTENDANCE POLICY

Please be fully aware that competitive cheerleading is a demanding sport and requires full attendance from the whole team. In committing to being part of a First Class Athletics competitive team you are expected to attend all scheduled competitions and practices.

EXCUSED

- Graded School event/exam
- Fever/vomiting/contagious illness
- Family death/funeral

NOT EXCUSED

- Homework/revision
- Parties, birthdays, meals etc
- Recreational sport event (unless otherwise agreed)
- Holidays or any absence within 3 weeks of competition

The above policies are intended to support every athlete, ensuring that your competitive cheerleading journey is a positive experience for all.

By signing up you agree to all of the above terms, and understand that failure to comply may result in the loss of your place on the team.



TRAINING UNIFORM POLICY

CLOTHING

- Clean indoor trainers
- Black clean indoor cheerleading trainers (competitive only)
- First Class Athletics T-Shirt
- First Class Athletics shorts or leggings
- Any other First Class Athletics items
- Exception: Athletes may wear plain black, white or grey sports clothing (other colours are not acceptable)



HAIR

- Hair must be tied back
- Style must last all session without the need to be redone

GENERAL

- No jewellery
- Short nails



Disclaimer: Large branded logos (e.g. Nike, Adidas, Puma, etc.) and items from other gyms, sports clubs, event producers or competition companies are not permitted in the gym under any circumstances. Athletes that do not adhere to the uniform policy will be requested to change or be sent home.



SIGN-UP CHECKLIST

- ☐ Signed-up and completed profile on Coacha
- ☐ Monthly and professional fees on the budget planner
- ☐ Membership fee paid (new athletes only)
- ☐ Emailed info@firstclassathletics.co.uk to sign up for any additional classes
- ☐ Training uniform ordered from www.firstclassathletics.co.uk/shop
- ☐ Liked and followed [@firstclassathleticsuk](https://www.instagram.com/firstclassathleticsuk) on social media





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