



# COMPETITIVE INFORMATION PACK 2024/2025

TAKING FLIGHT,  
REACHING NEW HEIGHTS!



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# | 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.

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. Our club offers tailored programs for all levels, ensuring that every member can thrive and grow.

You'll also 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 reach 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. Join us today and let's begin the journey to cheerleading greatness! Comment end





# | 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/Prep:

Entry-level teams aimed at athletes that have little to no prior experience of cheerleading. All competitions and events are within 1-hour travel distance. The athletes will take part in two competitions per year and the annual First Class Athletics showcase - The Takeoff.



## National/All Star:

Aimed at experienced cheerleaders, gymnasts and dancers. These teams will be required to travel to and compete in four national competitions that may require an overnight stay. The athletes will also take part in the annual First Class Athletics showcase - The Takeoff.



## International/Travel Team:

Athletes will travel to compete internationally in 2025. These athletes will be assessed separately and will train on a bi-weekly basis.





# 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	3-6	Tiny Novice	Tuesday: 16.30-17.30	1	£27.00	x1 payment of £99.00 or 4 x monthly payments £24.75	To buy: x1 payment of £80.00 or x4 payments £20.00 To hire: £15.00 per event including showcase
Marshals	-	5-11 (Year 1-6)	Competitive Cheeleading Prep	Sunday: 10.00-11.30	1.5	£40.00	-	-
Kites	Local	7-11	Youth Level 2.1 Prep	Monday: 18.00-19.30	1.5	£40.00	x1 payment of £99.00 or 4 x monthly payments £24.75	To buy: x1 payment of £80.00 or x4 payments £20.00 To hire: £15.00 per event including showcase
Deltas	Local	7-11	Youth Level 1 Prep	Sunday: 12.30-14.00	1.5	£40.00	x1 payment of £99.00 or 4 x monthly payments £24.75	To buy: x1 payment of £80.00 or x4 payments £20.00 To hire: £15.00 per event including showcase
Rise	Local	12-18	Senior Level 2.1 Prep	Monday: 19.30-21.00	1.5	£40.00	x1 payment of £99.00 or 4 x monthly payments £24.75	To buy: x1 payment of £80.00 or x4 payments £20.00 To hire: £15.00 per event including showcase
Cadets	National	4-8	Under 8 Level 1	Monday: 16.30-18.00 & Tuesday 16.30-18.00	3	£80.00	x1 payment of £186.00 or 4 x monthly payments £46.50	To buy: x1 payment of £80.00 or x4 payments £20.00 To hire: £15.00 per event including showcase
Jets	National	9-14	Under 14 Level 2 or 3	Tuesday: 18.30-20.00 & Wednesday 18.30-20.00	3	£80.00	x1 payment of £186.00 or 4 x monthly payments £46.50	To buy: x1 payment of £155.00 or x4 payments £38.75 To hire: £15.00 per event including showcase
Aviators	National	12-22	Senior Level 3 or 4	Thursday: 18.30-21.00	2.5	£67.00	x1 payment of £186.00 or 4 x monthly payments £46.50	To buy: x1 payment of £155.00 or x4 payments £38.75 To hire: £15.00 per event including showcase
Gliders	National	15+	Open Level 2 Non Tumble	Friday: 18.30-21.30 (Bi-weekly)	3 (Bi-weekly)	£40.00	x1 payment of £186.00 or x4 instalments of £46.50	To buy: x1 payment of £155.00 or x4 instalments of £38.75 (line space) To hire: £25.00 per event including showcase
Soar	National	15+	Open Level 4 or 5	Friday: 18.30-21.30 (Bi-weekly)	3 (Bi-weekly)	£40.00	x1 payment of £240.00 or 4 x monthly payments £60.00	To buy: x1 payment of £155.00 or x4 payments £38.75 To hire: £15.00 per event including showcase
Dreamliners	International	7-12	Under 12 Level 1	Sunday: 14.00-16.00 (Bi-weekly)	2 (Bi-weekly)	£25.00	TBC*	TBC*
Mavericks	International	11-16	Under 16 Level 2	Sunday: 18.30-21.30 (Bi-weekly)	2 (Bi-weekly)	£25.00	TBC*	TBC*

\*The professional and uniform fees for each International team will be confirmed following Season 3 tryouts

**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 direct debit in place.

All training sessions are priced at **£6.40** 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 Athletics coaches reserve the right to make some exceptions to this rule).

Crossovers will be required to pay an additional £30.00 per month, plus any additional professional fees. Athletes on Local teams may not cross over to Nationals teams and vice versa.

Crossovers for Local/Prep teams will be considered on a case-by-case basis.







# | UNIFORMS

All uniforms will be updated in the 2026/2027 season. Uniforms can either be purchased and paid in full, or hired through the First Class Athletics uniform hire scheme.

## BRONZE:



**Baby Boeings**

## SILVER:



**Cadets | Deltas | Kites  
Rise | Dreamliners**

## GOLD:



**Jets | Aviators | Soar  
Gliders | Mavericks**

*Please refer to the Yearly Costs for all uniform pricing options.*



# | TRAVEL TEAMS

A travel team is an excellent opportunity to enhance an athlete's progression, as well as compete on a global stage.

During the 24/25 season, we are looking to build two international travel teams:

- Dreamliners: International Under 12 Level 1
- Mavericks: International Under 16 Level 2

These teams will train on a bi-weekly basis with the aim of competing in Future Cheer Barcelona in May 2025.

Both international teams will also compete at Cheer City Nationals in April 2025 prior to attending Future Cheer Barcelona.

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.





# BI-WEEKLY TEAMS

## TRAINING DATES

### SOAR

19th July 2024  
 2nd August 2024  
 16th August 2024  
 30th August 2024  
 13th September 2024  
 27th September 2024  
 11th October 2024  
 25th October 2024  
 8th November 2024  
 22nd November 2024  
 6th December 2024  
 20th December 2024  
 3rd January 2025  
 17th January 2025  
 31st January 2025  
 14th February 2025  
 28th February 2025  
 14th March 2025  
 28th March 2025  
 11th April 2025  
 25th April 2025  
 9th May 2025  
 23rd May 2025  
 6th June 2025  
 \*20th June 2025

\*This session is subject to change to be in Bournemouth

### GLIDERS

26th July 2024  
 9th August 2024  
 23rd August 2024  
 6th September 2024  
 20th September 2024  
 4th October 2024  
 18th October 2024  
 1st November 2024  
 15th November 2024  
 29th November 2024  
 13th December 2024  
 10th January 2025  
 24th January 2025  
 7th February 2025  
 21st February 2025  
 7th March 2025  
 21st March 2025  
 4th April 2025  
 18th April 2025  
 2nd May 2025  
 16th May 2025  
 30th May 2025  
 13th June 2025  
 27th June 2025

### DREAMLINERS

8th September 2024  
 22nd September 2024  
 8th October 2024  
 20th October 2024  
 3rd November 2024  
 17th November 2024  
 8th December 2024  
 15th December 2024  
 5th January 2025  
 19th January 2025  
 2nd February 2025  
 16th February 2025  
 2nd March 2025  
 16th March 2025  
 30th March 2025  
 13th April 2025  
 27th April 2025  
 11th May 2025  
 25th May 2025

Additional Sessions:  
 Friday 1st November 2024  
 (Choreography Session - details TBC)

### MAVERICKS

8th September 2024  
 22nd September 2024  
 8th October 2024  
 20th October 2024  
 3rd November 2024  
 17th November 2024  
 8th December 2024  
 15th December 2024  
 5th January 2025  
 19th January 2025  
 2nd February 2025  
 16th February 2025  
 2nd March 2025  
 16th March 2025  
 30th March 2025  
 13th April 2025  
 27th April 2025  
 11th May 2025  
 25th May 2025

Additional Sessions:  
 Friday 1st November 2024  
 (Choreography Session - details TBC)





# ADDITIONAL CLASSES

## MONDAY

**ALLSTAR Cadets**  
Under 8 Level 1  
(Born 2016-2020)  
16.30-18.00

**PREP Kites**  
Youth Level 2.1  
Age 7-11  
18.00-19.30

**PREP Rise**  
Senior Level 2.1  
Age 12 - 18  
19.30-21.00

**SENIOR RECREATIONAL CHEER**  
Age 11+  
19.30-20.30

## TUESDAY

**STAY & PLAY**  
13:30-14:30

**GYMNASTICS TUMBLING**  
(Level 1-2)  
Age 3-10  
16.30-17.30

**PREP Baby Boeings**  
Tiny Novice  
Age 3-6  
16.30-17.30

**ALLSTAR Cadets**  
Under 8 Level 1  
(Born 2016-2020)  
16.30-18.00

**GYMNASTICS TUMBLING**  
(Level 3+)  
Age 7+  
17.30-18.30

**FLYER CLASS**  
Age 4+  
Level 1-2  
18:00 - 18:30

**ALLSTAR Jets**  
Under 14 Level 2 or 3  
(Born 2010-2015)  
18.30-20.00

## WEDNESDAY

**GYMNASTICS TUMBLING**  
(Level 1-2)  
Age 7+  
16.30-17.30

**FLYER CLASS**  
(Level 2+)  
Age 7+  
16.30-17.30

**GYMNASTICS TUMBLING**  
(Level 3+)  
Age 7+  
17.30-18.30

**ALLSTAR Jets**  
Under 14 Level 2 or 3  
(Born 2010-2015)  
18.30-20.00

**GYMNASTICS TUMBLING**  
(Level 1-2)  
Age 11+  
18:30-19:30

## THURSDAY

**GYMNASTICS TUMBLING**  
(Level 1)  
Age 3-6  
16.30-17.30

**GYMNASTICS TUMBLING**  
(Level 1-2)  
Age 7+  
17.30-18.30

**ALLSTAR Aviators**  
Senior Level 3 or 4  
Age 12 - 22  
18.30-21.00

## SUNDAY

**GYMNASTICS TUMBLING**  
(Level 1-2)  
Age 5+  
09.00-10.00

**Marshals Competitive Cheer Prep**  
Age 5 - 11  
(Year 1-6)  
10.00 - 11.30

**GYMNASTICS TUMBLING**  
(Level 1 - 2)  
Age 8+  
11:30 - 12.30

**PREP Deltas**  
Youth Level 1 Prep  
Age 7 - 11  
12.30 - 14.00

**OPEN GYM**  
Bi-weekly  
14:00 - 17:00

**ALLSTAR Dreamliners International**  
U12 Level 1  
Bi-weekly  
(Born 2012-2017)  
14:00 - 16:00

**ALLSTAR Mavericks International**  
U16 Level 2  
Bi-weekly  
(Born 2008-2013)  
16:00 - 18:00

## FRIDAY

**RECREATIONAL CHEER**  
Age 3-10  
16.30-17.30

**GYMNASTICS TUMBLING**  
(Level 1-2)  
Age 5+  
17.30-18.30

**ALL STAR Gliders**  
Open Level 2 Non Tumble  
Bi-weekly  
Boor 2009 or earlier  
18:30-21:30

**ALL STAR Soar**  
Open Level 4 or 5  
Bi-weekly  
Born 2009 or earlier  
18.30-21.30





# | SPOTLIGHT CLASSES

## 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 £22.00 per month (usually £27.00)** for 1 hour per week.



Please email [info@firstclassathletics.co.uk](mailto:info@firstclassathletics.co.uk) to add this to your membership plan.



# | SPOTLIGHT CLASSES

## Flyer Stretch & Conditioning

Join our specialised Flyer Stretch and Conditioning class designed to help you reach new heights in your cheerleading skills. Our expert instructors will guide you through targeted exercises to improve your flexibility, build strength, and foster an understanding of body control and positioning.

Our weekly classes involve dynamic stretching routines to boost flexibility and agility, core and strength training for improved stability and power, as well as balance and posture techniques to perfect your stunts and routines.

Whether you're aiming to perfect your jumps, enhance your stunts, or simply stay in top shape, this class is for you. Get ready to stretch your limits, strengthen your body, and soar to new cheerleading heights in a fun and supportive environment.

### Pricing:

- 30 minute weekly competitive flyer class (Level 1-2): **£12.00 per month / £4.00 per session**
- 1 hour weekly competitive flyer class (Level 2+): **£22.00 per month / £7.00 per session**



Please email [info@firstclassathletics.co.uk](mailto:info@firstclassathletics.co.uk) to add this to your membership plan.



# CALENDAR

Event	Event Type	Date (Inclusive)	Location	Baby Boelings	Marshals	Kites	Deltas	Rise	Cadets	Jets	Aviators	Glders	Soar	Dreamliners	Maverlcks
Cheer City Autumn Adventure	Competition	23 - 24 Nov 24	Warwick						✈	✈	✈	✈	✈		
The Takeoff	Showcase	1 Dec 24	Milton Keynes	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈
Christmas Break	Gym Closure	24 Dec 24- 2 Jan 25	First Class Athletics	<b>NO CLASSES</b>											
Cheer City Freeze	Competition	8 - 9 Feb 25	Nottingham	✈		✈	✈	✈							
Mid-Season Tryouts	Tryouts	10 - 16 Feb 25	First Class Athletics	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈		
Power Up First Charge	Competition	15 - 16 Mar 25	Leicester						✈	✈	✈	✈	✈		
Cheer City Allstar Championships	Competition	5 - 6 Apr 25	Nottingham						✈	✈	✈	✈	✈	✈	✈
Easter Break	Gym Closure	18 - 21 Apr 25	First Class Athletics	<b>NO CLASSES</b>											
Future Cheer Barcelona	Competition	31 May 25	Barcelona											✈	✈
Legacy International Championships	Competition	7 - 8 Jun 25	Birmingham						✈	✈	✈	✈	✈		
Cheer City Solstice Sensation	Competition	15 - 16 Jun 25	Loughborough	✈		✈	✈	✈							
Future Cheer Internationals	Competition	20 - 22 Jun 25	Bournemouth										✈		
New Season Tryouts	Tryouts	30 Jun - 4 Jul 25	First Class Athletics	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈
Summer Party & In-House Competition	Celebration and Competition	12 Jul 25	First Class Athletics	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈	✈

*First Class Athletics will be open on all other dates, including bank holidays.*

*\*All competition dates are to be confirmed by September 2024.*



# | 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

- Black clean indoor trainers/ black clean cheerleading shoes
- First Class Athletics branded T-Shirt, Jersey, Vest or Crop Top
- 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










### **TRAINING UNIFORM POLICY 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.

Take up the opportunity to explore the FCA Shop in person in our monthly Pop Up Shops, taking place on: **27th July 2024 | 31st August 2024 | 28th September 2024 | 26th October 2024 | 21st December 2024 | 25 January 2025 | 22 February 2025 | 29th March 2025 | 26th April 2025 | 31st May 2025 | 28th June 2025**



# SIGN UP PROCESS

- 1** Sign up and complete your Coacha profile (New athletes only) 
- 2** Check the FCA calendar and yearly costs 
- 3** Confirm team placement (confirmation required by w/c 15th July 2024) 
- 4** Email [info@firstclassathletics.co.uk](mailto:info@firstclassathletics.co.uk) to sign up to Gymnastics Tumbling and Flyer Stretch & Conditioning classes (optional) 
- 5** Order training uniform from [www.firstclassathletics.co.uk/shop](http://www.firstclassathletics.co.uk/shop) 
- 6** Like and follow @firstclassathleticsuk on social media 
- 7** Start training from w/c 15th July 2024 



**Baby Boeings**



**Kites**



**Marshals**



**Deltas**



**Rise**



**Cadets**



**Aviators**



**Jets**



**Soar**



**Mavericks**



**Dreamliners**



**Gliders**



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