

Season Pack



2021-2022



Nemesis Cheer and Dance



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CLUB OVERVIEW

Here at Nemesis Cheer and Dance we aim to offer both children and adults a variety of opportunities to participate in cheerleading. We are very proud of our friendly and supportive staff, athletes and families at the club.

Our head coach has over 6 years coaching experience, including recreational and competitive team coaching.

We have spent the past year offering recreational based classes for kids age 3+. For this incoming year we plan to expand further to provide competitive cheerleading teams.



CLASS TIMETABLE

Monday	Tuesday (to be confirmed dependant on tryouts)	Wednesday	Thursday
3.15-4pm Tiny tots recreational age 3-5	3.15-4pm tiny stunt	5pm-6pm recreational Pom.	We will be trying to secure a Thursday for a flex, stretch and conditioning class for each age group.
4.15-5pm 4-6 recreational	4.15-5.30pm tiny/ mini cheer	6.15-7pm Adult Pom fitness available for 16+	
5.15-6.15pm 7-10 recreational	5.45-7pm youth cheer		
6.30-7.45pm junior/ senior competition			

Monday and Tuesday classes are subject to change depending on the interest in competition teams.

RECREATIONAL CLASSES

Recreational classes are priced at £18 per four weeks. All recreational classes have a registration fee of £25. This must be paid before the athlete can take part in class. There is also a registration form that must be filled out before class. Please contact us to get a copy of this form.

Our recreational kids will not perform at competitions. They will receive their Nemesis T-shirt when their registration fee is paid and will have the option to perform at any non competitive performances we have, when possible.



Works out
only £4.50
per class!

COMPETITION TEAMS

Before considering any of our competition teams please remember it is a larger commitment both time wise and financially.

Also due to Covid we cannot guarantee that we will get to compete this year.



Competition team four weekly payments will be £20. This works out £5 for over an hour of class. As well as our £25 registration fee. The registration fee must be paid before your first practice.

In addition to this competition teams also have additional expenses, including:

-Uniform- cheerleading uniform is usually around £100, we are trying to limit ours to around £50 for this year. Our uniform for this year will be a brand new competition T-shirt, shorts and a cheer bow.

-Competition fees - outlined further down this pack.

-Cheerleading shoes, vary depending on brand/ size.

-Competition costs - most competitions are in Belfast/ Antrim. Ticket cost for parents.

In addition to this competition teams also require more commitment, see the attendance policy for details, further down this pack.

TRYOUTS

TRYOUT INFORMATION

*everyone
who tries
out will get
on a team*

*Tryouts -
19th July*

Why have tryouts?

Tryouts give children an opportunity to show off their skills, and will also give the coaches the chance to pair them into stunt groups to see which groups would work well together.

For many of the kids this will be their first opportunity to stunt.

How teams will work?

All kids will be allocated teams in terms of their age. Age groups are listed below, some children may be eligible for cross over or interested in stunt groups, they are welcome to try out for more than one team. Parents should remember if they are successful for their second team, this will be treated as an additional class cost plus additional competition fees. Each parent will be asked to leave an email address which is how they will be contacted with the team news.

TRYOUTS

TRYOUT INFORMATION

Tryout age groups-

Based on the child's age as of 31st August 2021.
Some of these teams may not run depending on
interest, but we will accommodate all children.

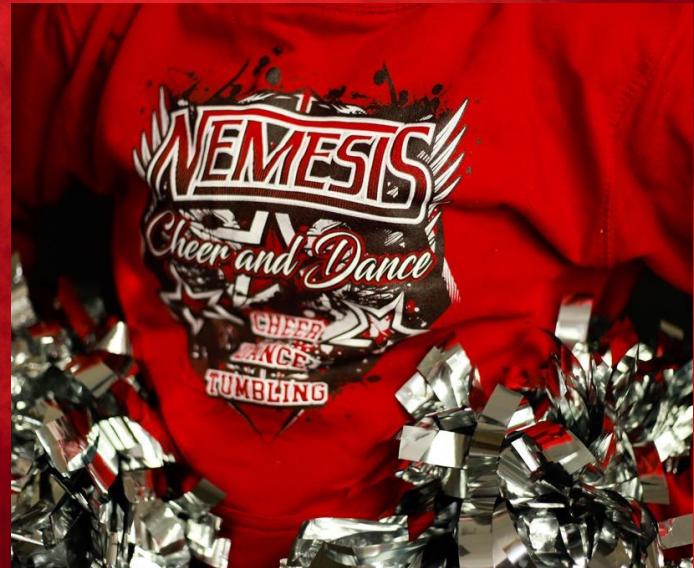
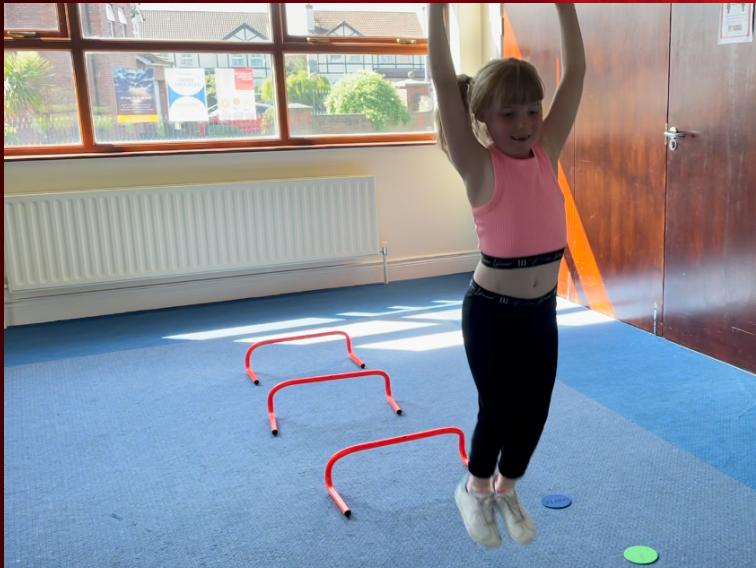
- Age 4-5 tiny - stunt group
- Age 4-7 Tiny cheer
- Age 5-9 Mini cheer
- Age 5-12 Youth cheer
- Age 5-15 Junior cheer
- Age 8+ with at least one athlete age 15+ senior
cheer

When filling out the tryouts form, please tick if you
would like your child to be considered for cross overs
into older age groups.

If you cannot attend tryouts but would like to be
considered for a cheer team please get in touch.

what parent's need to do for tryouts

- To be aware of increased, cost/ commitment to competition teams (competition costs can be seen further down this pack).
- Fill in our tryouts form as accurately as possible. Contact us to get this form (please note if you want to do competitions you must consent to photography as all competitions take action shots and post on their social media).
- Book your spot in tryouts by contacting us and pay the £5 tryout fee before tryouts to secure your spot or it may be given away.
- If you are interested in cross over, stunt groups or even solos if they become available please mark this on your tryouts form.



ATTENDANCE POLICY

Regardless of whether you are in our competitive or recreational class you are expected to let us know if your child isn't attending class that week. Also the child's space must be paid every week or it will be given to someone on our waiting list.

Competitive cheer

Cheerleading is a team sport, there are no substitutions in this sport, every child will have a role therefore it is very important they attend their class.

If a child cannot attend their class we ask that their parent's let us know as far in advance as possible so we can plan around this. We also ask that children only miss for a valid reason, such as illness, bereavement, holiday.

We will be operating a three strike policy for unauthorised absence, meaning unfortunately we will have to remove this athlete from the team, to avoid it affecting other team members.

COMPETITION SCHEDULE

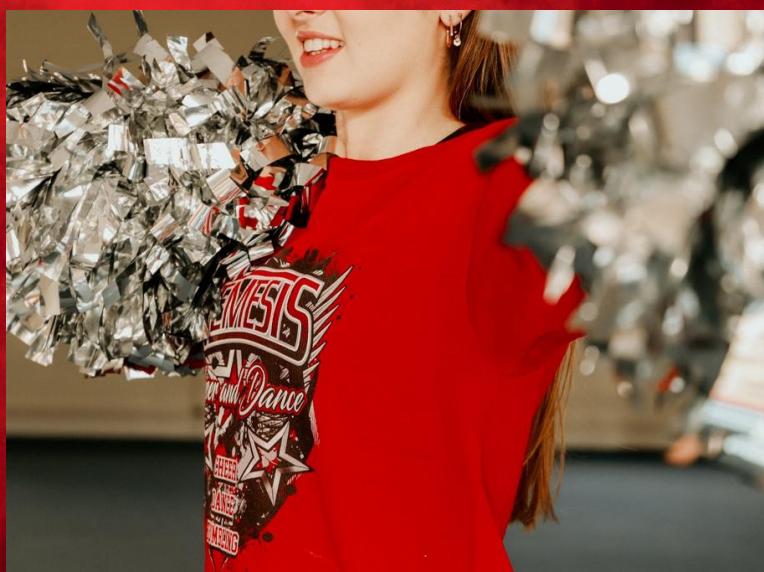
So far we only have one competition date for this season - Ice Frost Fest 5th

and 6th February 2022

This competition is usually the most expensive one at about £20 -22 per entry plus £10 -£20 per cross over/ stunt group.

Other possible competitions include UKCA usually priced around £10 -£15 between February and March. Plus the same again for stunt group/ cross over. CDFNI usually around £15 entry, plus £10 Crossover.

PLEASE NOTE! These prices could change as they are estimated rates using past competitions.



FAMILY RATES AND MULTIPLE CLASSES

Recreational Classes

When your first child goes to class the second saves £1 off each class. Meaning four weekly fees for two children is £32 . Three children is £46 per four weeks.

Additional recreational classes are priced the same way.

Competition classes

Competition classes are currently priced at £20 per four weeks with all classes 1 hour 15 minutes long . For an additional class or additional child, four weekly price will be £34. An additional to this is £48



BEHAVIOUR/ BULLYING POLICY



Behaviour

We always want a positive enthusiastic attitude in our classes. We expect our athletes to show good sportsmanship both at competition and practice.

We have a zero tolerance policy towards bullying, any incidents will be taken seriously and could risk removal from competition teams.

No rude language/ cursing will be accepted from athletes or parents.

Please refer to our website for our policies in full.

Dress code

Please ensure your child is suitably dressed for sport, comfy clothes. No jeans

Suitable shoes such as trainers or cheer shoes, not sandals.

It is also very important they do not bring any toys, especially with Covid restrictions.

Please ensure they have a drink, preferably water, as they will need it .

please remove any jewellery and chewing gum before class as this is a safety concern



Payment Policy

Registration fees of £25 apply to all athletes, second child is £15. These fees must be paid before your child can participate in any classes.

Any current club members registration fee from our previous term will roll over, as a one off, due to lack of classes because of Covid. However they will have to pay a deposit to secure their place in class.

Classes will be paid in four weekly payments and must be paid in full, there are no pay as you go classes. If they are not paid the week they are due a 10% late fee will be added on to the price of payment.

Four weeks must be paid in full even if your child will miss a week as this cost is required to secure their space.

We cannot provide refunds once payment has been made for class fees.

Competition fees cannot be refunded because they go straight to the event organisers.

Thank you for reading our pack, we hope to hear from you soon

