



ACA

AYLESBURY CHEERLEADING ACADEMY

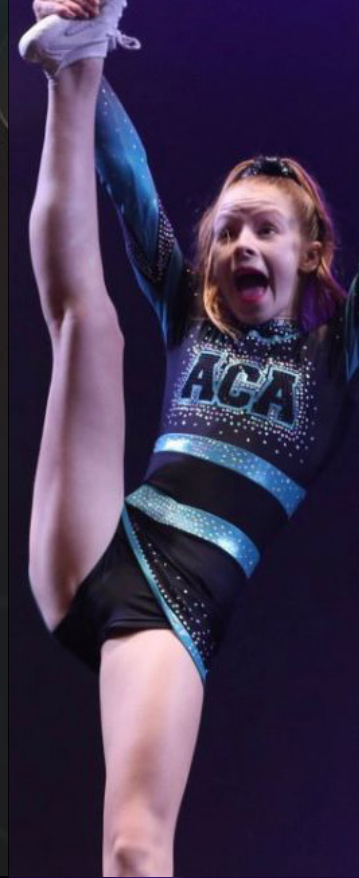
SEASON 10
2023 - 2024

HELLO WELCOME! TO ACA

Aylesbury Cheerleading Academy was originally formed in 2014 by Pascale Hollings, Ewan Alman and Katie Alman who together along with their team of coaches are committed to providing outstanding opportunities through cheerleading to all its members. We operate out of our own dedicated cheerleading facility in the heart of Aylesbury with 2 gyms, a 9 panel sprung floor and a huge range of specialist equipment to train, develop and support every athlete that walks through the door.

Cheerleading is an exciting sport that involves learning a huge range of skills. We focus on tumbling, building stunts and performance. Most skills rely on teamwork and all take time to learn, develop and perfect. This sport helps to develop teamwork, leadership skills, physical fitness, self-confidence, discipline and much more at both competitive and recreational levels.

We are pleased to announce we will be offering a full range of competitive teams across all age groups and levels. In addition, Season 10 will see multiple travel teams have exciting opportunities to compete abroad in Disneyland Paris, Barcelona, Dallas Texas and Orlando Florida.



COMPETITION TEAMS

FLUTTER Tiny Novice/Prep L1 Thursday 4.30-5.30 Sunday 10.30-11.30 £52.00 per month	CATERPILLARS Tiny L1 Friday 4.00-5.30 Sunday 3.00-4.30 £59.50 per month	NOVA Mini Prep L1 Tuesday 5.30-7.00 Wednesday 4.00-5.30 £59.50 per month	MAZERINES Mini L1 Monday 4.00-5.30 Thursday 4.00-5.30 £59.50 per month	RINGLETS Youth Prep L1 Thursday 5.00-6.30 Sunday 9.00-10.30 £59.50 per month	GRAYLINGS Youth L1 Monday 4.00-5.30 Saturday 9.00-10.30 £59.50 per month
LACEWINGS Junior Prep L1 Monday 5.30-7.00 Wednesday 7.30-9.00 £59.50 per month	MONARCHS Senior Prep L1 Friday 6.00-7.30 Sunday 11.30-1.00 £59.50 per month	COCOONS Masters L1 Sunday 20.30-22.00 £32.00 per month	SKIPPERS Junior L2 Tuesday 4.00-5.30 Saturday 10.30-12.30 £67.00 per month	EMPERORS Senior L2 Tuesday 7.30-9.00 Sunday 2.30-4.30 £67.00 per month	AZURE Senior Prep L2.1 Wednesday 7.30-9.00 Friday 7.30-9.00 £59.50 per month
APOLLO IU16 L2 Wednesday 5.30-7.30 Friday 5.30-7.30 £75.50 per month	PAINTED LADIES IU16 L3 Thursday 5.30-7.30 Sunday 6.30-8.30 £75.50 per month	LUNA Senior L3 Thursday 7.30-9.30 Sunday 4.30-6.30 £75.50 per month	ADMIRALS Level 4 Monday 7.30-9.30 Tuesday 7.30-9.30 £75.50 per month	CHAOS 5 Level 5 Tuesday 5.30-7.30 Thursday 7.30-9.30 £75.50 per month	

Please note: These are our accurate teams and training times following placements

HALF YEAR TRAVEL TEAMS OPPORTUNITIES

*DISNEYLAND PARIS Level TBC Saturday 12.30-2.00 or Sunday 1.00-2.30 £42.00 per month July-Nov	*BARCELONA Level TBC Saturday 12.30-2.00 or Sunday 1.00-2.30 £42.00 per month Dec-July	*NCA DALLAS Level TBC Monday 5.30-7.30 £45.00 per month July-Feb
---	--	---

*All Half Year Travel Teams are a cross over opportunity and not available as your sole team. Please see the Travel Page for more information.



ADDITIONAL INFORMATION



ANNUAL MEMBERSHIP FEE	£50 per athlete
CROSSOVER FEE	50% off the cheaper team. (Not including travel teams)
TUMBLE CLASS FEE	£30 per month
1:1's	£15 (payable on arrival)
OPEN GYM	£7 (payable on arrival)
STRETCH AND FLEX	£15 per month <small>Multiple classes per week. Attend as little or as many as you want</small>



ACA offers a sibling discount of 25% (subject to terms and conditions). This is only applicable on 1st team monthly training fees.

Your annual membership fee will cover music, insurance, achievement badges and your season 10 T-Shirt and will be collected by direct debit on or around the 1st August 2023.

All fees are due on or around the 1st of each month via direct debit.

Full fees are due each month regardless of athlete absence or holidays. If fees are not paid within the month they are due, then your athlete will not be permitted to train until their account is brought up to date.

Please note, the season runs from August 2023 to July 2024. Training fees are split into 12 equal instalments and takes into consideration dates where there may be amended training due to:

- The varying amount of sessions due to shorter or longer months.
- Gym closures for competitions
- Summer, Christmas and Easter holidays
- Coaches training days



ACA EXTRAS

Please see our website or get in touch for more information on the below.

- Recreational Classes
- Pre-School Classes
- SEN Classes
- Tumble Classes
- Stretch and Flex
- 1:1s
- Open Gym
- Under 5s Stay and Play
- GIGGLES-SEN friendly Stay and Play
- Birthday Parties
- Holiday Camps
- School Cheerleading
- External Hires
- Home Ed Cheer and Tumble



UNIFORMS



Girls Uniform

Top- £106.75

Skort- £71.50

Scrunchie- £10.00

X2 Mini scrunchies for Caterpillars- £6.50 each.

For Boys Uniform please speak to your coach.

*This will be the last season wearing this uniform.

TRAINERS


Competition Team Trainer

All competition athletes will need all Black Cheerleading Trainers.

COMPETITION SCHEDULE 2023-2024



TEAMS	COMPETITIONS														
	FC - BRING IT ON	FC - WINTER WONDERLAND	CHEER CITY FROST FESTIVAL	ACA SHOWCASE	LEGACY - JUST BELIEVE	ICC - BRITISH OPEN	VARSIITY - NCA	THE ALLSTAR WORLDS	VARSIITY - THE SUMMIT	CHEER - SUMMER GAMES	BCA NATIONALS	FC - BARCELONA	LEGACY - LIVE YOUR LEGACY	JAMFEST - EUROPE	FC NATIONALS BY THE BEACH
FLUTTER			🦋	🦋	🦋					🦋			🦋	🦋	
CATERPILLARS		🦋		🦋	🦋					🦋			🦋		🦋
NOVA			🦋	🦋	🦋					🦋			🦋	🦋	
MAZARINES		🦋		🦋	🦋					🦋			🦋		🦋
RINGLETS			🦋	🦋	🦋					🦋			🦋	🦋	
GRAYLINGS		🦋		🦋	🦋					🦋			🦋		🦋
LACEWINGS			🦋	🦋	🦋					🦋			🦋	🦋	
MONARCHS			🦋	🦋	🦋					🦋			🦋	🦋	
AZURE			🦋	🦋	🦋					🦋			🦋	🦋	
SKIPPER		🦋		🦋	🦋					🦋			🦋		🦋
EMPERORS		🦋		🦋	🦋					🦋			🦋		🦋
APOLLO		🦋		🦋	🦋				🦋	🦋			🦋	🦋	🦋
PAINTED LADIES		🦋		🦋	🦋				🦋	🦋			🦋	🦋	🦋
LUNA		🦋		🦋	🦋					🦋			🦋		🦋
ADMIRALS		🦋		🦋	🦋					🦋			🦋		🦋
LADY CHAOS		🦋		🦋	🦋					🦋			🦋		🦋
DISNEY / BARCELONA TEAM	🦋											🦋			
EXILES		🦋		🦋	🦋					🦋			🦋		🦋
COCOONS				🦋	🦋								🦋		

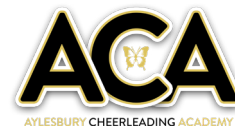
 Competitions we are attending

UK COMPETITION DETAILS 2023-2024

EVENT	DATES	ATHLETE ENTRY	ADDRESS
FC - Winter Wonderland	2nd - 3rd December 2023	*1st Team -£34.00 Crossover- £23.00	Essex University Colchester Wivenhoe Park, Colchester CO4 3SQ
Cheer City - Frost Festival	9th- 10th December 2023	TBC	Stoneleigh, Coventry
ACA Showcase	4th February 2024	FREE	Stoke Mandeville Stadium Guttmann Road Aylesbury HP21 9PP
Legacy - Just Believe	17th-18th February 2024	*1st Team - £58.50 Crossover - £34.50	Copperbox Arena Queen Elizabeth Olympic Park, London E20 3HB
ICC- British Open Nationals	TBC	* 1st Team - £35 Crossover - £26	Motor Point Arena Bolero Square Nottingham NG1 1LA
Cheer City- Summer Games	18th – 19th May 2024	*1st Team - £35 Crossover - £26	Hertfordshire Sports Village Mosquito Way Hatfield AL10 9EU
BCA Nationals	25th May 2024	*1st Team £41 Crossover £32	Telford International Centre, International Way Telford TF3 4JH
Leagacy - Live your Legacy	8th - 9th June 2024	TBC	Birmingham
JamFest- Europe	21st- 23rd June 2024	*1st Team £47.00 Crossover- £26.00	Exhibition Centre Kings Dock Liverpool L3 4FP
FC - Nationals by the Beach	5th - 7th July 2024	*1st Team- £42.00 Crossover- £26.00	BIC Exeter Road Bournemouth BH2 5BH

*This years prices are yet to be released by some Event Providers so these are some confirmed and some last years prices. We expect the prices to be similar but will confirm these as soon as they are released and will collect Competition Entry in over 2 payments once all of the prices have been confirmed.

SEASON 10 OVERSEAS OPPORTUNITIES



BRING IT ON - DISNEY LAND PARIS

Saturday 25th November 2023

Open to ALL ages and ALL levels for athletes who have been on a competition team before.

We are very excited to be returning to Disneyland Paris this November to compete in Future Cheers "Bring it On" competition. This was a fantastic competition last year and a wonderful weekend of memories being made by all!

This competition is very similar to the set up of UK competitions. Families will be required to organise their own travel, accommodation, and park tickets. ACA will organise the athlete entry and spectator tickets only. When planning your trip we do ask that you keep the whole of the 25th free for the competition and plan your park days around this. Please also note our first programme competition, Winter Wonderland, will be taking place the following weekend so your athlete will be required at all of their weekday training sessions and compulsory sessions after the Disney Competition.

Please tick the relevant box on your try out submission form to be considered for a Disney Paris team. Age and levels of teams will be decided after tryouts and communicated with a full training schedule.

Training will start during July and end the weekend of the competition.

VENUE

New York, New York Hotel
Disney Paris
France

ATHLETE ENTRY: Approx. £40

SPECTATOR TICKETS: Approx £25

Disney, Barcelona and NCA are only available as a cross over opportunity. You do not need to tryout for Disney or Barcelona Teams. Everyone interested in these two travel teams will be given a place. You do however need to try out for teams competing at NCA, Summit and All Star worlds. Please attend the international tryouts for this.

Following Future Nationals, more information on the Summit and All Star Worlds will be made available. In the interim, please register your interest via the try out form and plan to attend the International team tryouts on Thursday 6th July 6.00-8.30pm if you wish to be considered for a place on a Summit and/or All Star Worlds team.

THE ALLSTAR WORLDS - ORLANDO, FLORIDA

18th-21st April 2024

Open to athletes born on any date between 2007-2012. Athletes need to demonstrate excellent elite level tumbling and stunting. Please attend the International team tryouts on Thursday 6th July 6.00-8.30pm

The approximate cost for this trip is £1,600 per athlete. (Excluding flights and travel insurance).

THE SUMMIT - ORLANDO, FLORIDA

2nd-5th May 2024

Open to athletes born on any date between 2007-2012. Athletes also need to demonstrate excellent elite level tumbling and stunting

The approximate cost for this trip is £1,600 per athlete. (Excluding flights and travel insurance).

Following Future Nationals, more information on the Summit will be made available should we receive a Summit bid. In the interim, please register your interest via the try out form and plan to attend the International team tryouts on Thursday 6th July 6.00-8.30pm if you wish to be considered for a place on a Summit team.

NCA - DALLAS TEXAS

1st-3rd March 2024

Open to all athletes born between 1/06/2004 and 31/12/2011. Please attend the International Team Try Outs on Thursday 6th July 6.00-8.30pm

This will be an athlete and coaches trip. Parents are welcome to attend however this will be independent to the team and we will likely only see you at the competition.

Travel dates likely to be Tuesday 27th February – Tuesday 5th March 2024.

The NCA Team will be a half season cross over team with training starting in July. The level and division of this team will be determined after tryouts.

The approximate cost for this trip is £1,600 per athlete. (Excluding flights and travel insurance)

FC BARCELONA

1st June 2024

Open to all Athletes secondary school aged or above. There is no try out for this team.

Families will be required to organise their own travel and accommodation, to this competition (Unless on team placement we decide to travel as a team). ACA will organise the athlete entry and spectator tickets only. When planning your trip we do ask that you keep the whole of the 1st free for the competition and make your plans around this. Please also note we will be competing at Legacy, Live your Legacy the following weekend so your athlete will be required at all of their weekday training sessions.

You can register your interest now on the Try Out Form or details on how to register your interest will be made available closer to the time.

Training will commence at the beginning of December and end the weekend of the competition.

VENUE : TBC

ATHLETE ENTRY: Approx. £37

SPECTATOR TICKETS: Approx £22



ATTENDANCE POLICY



Please ensure you can fully commit to the team!

We do not intend to scare people with our attendance requirements, however, due to the team nature of the sport, absences mean that stunts cannot be practiced and formations are off and are tricky to choreograph/teach to the team.

In order for all teams to have a successful competition routine, we require full attendance from every athlete at training and competitions.

Full attendance policy to be communicated and accepted when you confirm your place on a competition team.

COMPULSORY SESSIONS

We have in place a period of compulsory sessions ahead of each competition. These will be detailed on your team calendars that get issued at the start of the season for you to note in your diary. These require 100% attendance from all athletes and if you are absent on any compulsory dates then unfortunately you will be unable to compete and any monies paid will be non-refundable.

