



# **SUPERSTARS 2018/19 SEASON INFORMATION PACK**

Here is your comprehensive information pack about our program and the season ahead. Please make every effort to read it in full to ensure you understand as much as possible about our program, how it works and your place within it.

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# **WELCOME TO THE 2018/19 SEASON**

Superstars is a cheerleading, dance, stunt, tumble and fitness program that has been based in Reading since 2008. We have worked with over 5000 children and young people since then between our competitive teams, recreational and developmental classes, schools sessions and parties.

Our ethos behind everything we do stems from a simple idea: "With hard work and dedicated coaching – anyone can be a SUPERSTAR."

Our coaching philosophy supports the needs and process of the individuals we work with. Our competitive teams are selected to ensure the best chance of success for all involved. Our recreational classes are ability split to encourage consistent and continuous personal gains. We aim to offer both a professional and personal experience to our athletes and their families that balances hard work with fun, challenges with support and competitive success with an enjoyable journey.

Our teams, athletes and coaches have won regional, national, grand champion, European Champion and WORLD CHAMPION titles. We have represented England at European and World level competition on numerous occasions and we do all this at the most elite end of the sport while maintaining a commitment to absolute beginners joining our program too.

It is our position that sport and the arts do more than build physical fitness. They equip children and young people with life skills and tools to enable long term happiness and success in every aspect of their lives. Offering a consistent and supportive environment we are a part of building strong, smart, open and brave young people who learn to become self-determined and resilient. They see direct, honest communication and conflict resolution modelled on a regular basis, feel safe to ask questions and even fail along the way to becoming more than how they started.

You have a choice in where you spend your time, with which organisations and in what fields of activity. We hope you will appreciate what we at Superstars offer and want to be part of it. If you do – read on to discover what the 2018/19 season will hold and how to take part.

Cheers, The Superstars Staff



# **SUPERSTARS VALUES**

Superstars is about more than just athletic training. We believe in holistic personal development including but not limited to:

- Teamwork
- Health and Fitness
- Self Esteem
- · Discipline
- Friendship
- Respect
- Mental and Emotional Wellness

We use our 4 Values in everything we do which leads to our moto:

\*Train like a BOSS, perform like a SUPERSTAR\*

**BRAVE** Making the right choice even if it's not the easiest. Standing up for yourself and others. Doing things that scare you. Putting yourself in new situations and trying new experiences.

**OPEN** Being friendly, encouraging and supportive with others and yourself. Sharing your thoughts and feelings. Listening to others. Embracing change. Forming deep and lasting relationships.

**STRONG** Building mental, emotional and physical determination and resilience. Being the best that you can be in every area of your life. Creating a base level of fitness that promotes long-term health and injury resistance.

**SMART** Making sensible choices. Learning at every opportunity. Giving your education and/or employment dedicated focus in balance with your team and personal training commitments. Following procedures as they have been outlined.

If you do not support our values and/or goals towards personal development at all ages and levels – Superstars is not the right fit for you.



# TRYOUTS AND TRIALS

Superstars offers two ways to join the program throughout the year.

### **COMPETITIVE TEAM TRYOUTS**

These take place in September. This is the only way to be considered for a competition team with Superstars. Should any competition positions be available later in the season we will typically invite selected athletes from our recreational program with the required skills to tryout for the spot.

Tryouts costs £10 cash payable on arrival OR if you pay your season membership of £60 cash you will have no tryout fees. In trying out for Superstars you are accepting a place within our program not any specific team. In attending our tryouts you understand and accept this. For details of the skills required for each level please click here.

### **TRYOUT DATES**

All tryouts follow our weekly class timetable for sessions during that date. If you are age eligible to attend more than one session you are welcome to attend multiple sessions. You must first attend the youngest age range you are eligible for but can then add on older age ranges. Teams will be selected to best ensure the success of the individuals and program as a whole.  $4^{th} - 10^{th}$  Sept 2018

### **FREE TRIALS**

These are offered on selected dates throughout the season for new athletes to get a taste of what we do and decide if they want to commit to joining our program for recreational classes. We offer unlimited classes during the trial period for free. After that time, if you wish to continue, our standard membership and training fees are required. Our trials schedule is subject to change so for the latest information please consult the calendar on our website. There are opportunities throughout the year for recreational athletes to be considered for competitive team placements as they become available but these selections will be made from already active recreational athletes with the program.

### **TRIAL DATES**

All trials follow our weekly class timetable for sessions during that date. If you are age eligible to attend more than one session you are welcome to attend multiple sessions. You must first attend the youngest age range you are eligible for but can then add on older age ranges.

17<sup>th</sup>-28<sup>th</sup> Jun 2019



# READING SUPERSTARS GENERAL INFO

All levels are determined by the athletes in the team each season. Team placement is the sole decision of the coaching staff. Selected teams welcome 'training' members who might need to train with the team to build up skill level before competing. Teams and classes may be added, merged, split and/or withdrawn throughout the year as needed to best benefit the program as a whole.

### **TERM TRAINING DATES**

1st Term Runs w/c 4<sup>th</sup> Sept 2018 – w/e 20<sup>th</sup> Dec 2018 (14 weeks) NO TRAINING 22<sup>nd</sup> – 28<sup>th</sup> OCT 2018 2nd Term Runs w/c 7<sup>th</sup> Jan 2019 – w/e 11<sup>th</sup> April 2019 (14 weeks)
3rd Term Runs w/c 2<sup>nd</sup> May 2019 – w/e 11<sup>th</sup> July 2018 (10 weeks)
NEW SEASON TRYOUTS 15TH-18TH JULY ARE NOT INCLUDED IN YOUR 2018/19 FEES.

Please note that our October half term AND Easter training ARE NOT in line with the Reading school holidays as our athletes/coaches have commitments at the World Championships and Team England and so our terms reflect these commitments. This season has an additional 4 weeks scheduled versus 2017/18.

### TRAINING LOCATION

All training takes place at Reading Girls' School, Northumberland Ave, Reading, RG2 7PY

# WHAT TO WEAR AND BRING TO TRAINING

Please make sure you always come to training prepared. If you do not arrive in appropriate attire you may not be able to train. If you arrive late you may not be able to train.

- You should wear comfortable exercise clothing that allows coaches to see the lines of your body particularly in your knees, elbows and hips. This helps them coach you better.
- Once a member you must attend training in team colours: red, black, white, grey, yellow or gold only.
- You should also bring indoor trainers to wear once on the mats. (For dance bring appropriate footwear for the discipline.)
- All jewellery must be out and hair tied and/or pinned back. You should not need to adjust your hair during training.
- Bring water (and a small, healthy snack if you think you'll need it).
- If you use any medication when exercising make sure you bring it too with your name clearly labelled.
- If it is cold out please wear layers and bring warm clothes for when you leave training to keep your muscles loose and safe when moving between temperatures.
- If it is hot please bring a towel for wiping sweat. DO NOT moisturise prior to training.
- Once you have it, bring your team book so coaches can make notes for you as needed.

#### What not to wear:

- Outdoor shoes.
- Skirts. (Shorts, trousers, capri's, leggings etc are preferred.)
- Uniform. This should be saved for competitions and events unless you are specifically asked to wear it.
- Sharp or unnecessary items in your hair. Decorative pins, headbands etc.



# **PAYMENTS**

All members must pay a one-off 2018/19 membership fee in CASH of £60. If you are a returning member this is due at your first week of training or tryouts for the new season. If you are a new member this is due following your trial or tryouts.

Your membership payment covers you for the season for; season t-shirts, team book, membership pack, team water bottle, bonus gift, direct debit set up fees and program management.

Monthly training fees are pro-rata across 10 monthly payments (Oct18-July19) and are due every month by direct debit irrelevant of level of attendance or training sessions in that particular month including April where less training occurs. Please note that this season has four additional weeks of training versus last years' schedule.

ALL members are required to sign up to our direct debit system for monthly training fee payment plus kit orders and competition related cost. Training fees include: all coaching tuition for regular sessions.

Competition fees (including entry, travel, accommodation, tickets and/or admin) are in addition to membership and training fees and are payable in advance.

Competition kit and/or training kit costs are in addition to above fees.

Where families have multiple members in the program; 2nd member and all subsequent receives 15% discount on standard monthly fees. 1st family member is the one who attends the most classes/teams.

All payments including but not limited to those for training, competitions, travel, accommodation, kit, uniform etc are non-refundable except in the situation of very quick physical product failure (e.g. faulty zipper on bag). Should any part of total fees be outstanding for any athlete – training, products, experiences or services will be withheld in total. For example; a portion of competition fees has been paid (as in tickets only) but other aspects (entry, training etc) remain unpaid then all items relating to competition will be withheld.

Any cancelled, incomplete or error payments incur a £10 Superstars fee in addition to any fees added by your bank and/or our Direct Debit company. Should an error need to be rectified this may take up to 90 days. We do not enjoy giving late fees. We far prefer it when everyone pays on time and no-one incurs additional costs and/or stress.

1 full calendar month's notice is required to leave any recreational classes.

Selected items need to be paid for in cash throughout the season. These will be clearly advertised as such in advance. So far the items payable in cash are:

- Tryouts per session £10pp
- Annual Membership £60pp Payable at the start of first session of the season if returning or following your trial if brand new. If returning members may pay their season membership at tryouts there is no additional tryout fee.



# MONTHLY TRAINING COSTS

Combine the cost of each class taken per athlete for your total monthly fees. For families – after calculating the 1<sup>st</sup> athlete (who attends the most classes) there is a 15% discount on each subsequent athlete.

Monthly training fees are pro-rata across 10 months (Oct17-July18) and are due every month by direct debit irrelevant of level of attendance or training sessions in that particular month.

Any cancelled or incomplete payments incur a £10 Superstars fee in addition to any fees added by your bank and/or our Direct Debit company. We do not enjoy giving late fees. We far prefer it when everyone pays on time and no-one incurs additional costs and/or stress.

Your first team/class is full price. If you attend extra sessions these are at the discounted price. Your 'first team/class' is the most expensive session.

	1 <sup>st</sup> Team/Class	Additional Class	Examples of this Session
2-2.5hrs p/w team or class	£47.50pm	£22.50pm	Mini/Youth/Junior/Senior Cheer
2h45 p/f team or class	£27.50pm	£20pm	Non-Tumble Cheer / Open Stunt
1.25-1.5hrs p/w team or class	£35pm	£20pm	Senior Tumble
1hr p/w team or class	£27.50pm	£15pm	Dance or Tumble, Stunt, Tiny/Rec

Please note that we have worked hard to maintain our pricing where possible since 2016. Should our venue change their pricing structure we may have to make changes to ours in direct relation but will give members no less than 60 days notice of any such change.

We will endeavour to maintain above advertised pricing throughout the season wherever possible.

### RECRUITMENT BONUSES

Would you like to attend all your regular cheerleading, stunt and dance training for FREE? Then get recruiting! The whole program benefits when our members recruit their friends, family and colleagues to join our program.

Recruit 2 new people who join the program and earn a free bow.

Recruit 4 new people to the program (the above 2 plus 2 more) will benefit from FREE REGULAR TRAINING\* for the duration of time your 4 recruits stay with the program and pay their fees. It doesn't matter which team or class your friends or family join. Provided they attend at least one of our training sessions or skill classes regularly – you earn your FREE BONUS.

Got even more friends you want to bring to Superstars? If you bring MORE than 4 people to join us you can earn kit credits per additional person currently active over 4. You can order £20 worth of kit for each additional active person over 4. Kit Credits are only available once you have already recruited 4 people and your additional recruit joins and makes their first monthly training fee payment.

\*This excludes team bonding events, special offers, additional training, additional comp prep training and any other additional sessions called.



# TRAINING SCHEDULE

Ages are determined for the entire season (aka 'season age') by your age on 31st August 2018. Certain international teams are determined by age on 31st December 2019. (Yep, its weird. Just go with it.)

Tiny: 6yrs and under. Mini: 8yrs and under. Youth: 11yrs and under. Junior: 14yrs and under.

Senior: 15yrs+ (with 10-14yrs being accepted in exceptional circumstances).

Open: 17yrs+. Masters: 30yrs+.

Alt Mondays	Open	International Non-Tumble Cheer	6.45-9.30pm
Tuesdays	Tiny/Rec Mini/Youth/Junior Junior 2 Senior	Cheer Cheer Cheer	5.00-6.00pm 5.00-7.00pm 7.00-9.30pm 7.00-9.30pm
Wednesdays	Mini/Youth/Junior	Pom / Jazz / Lyrical	6.00-8.00pm
	Senior	Pom / Lyrical / HipHop	8.00-9.30pm
Thursdays	Tiny/Mini/Youth/Junior/Rec	Tumble	6.00-7.00pm
	All Ages/Rec	Stunt	7.00-8.00pm
	Junior/Senior/Rec	Tumble	8.00-9.30pm

The schedule may change in response to demand for additional or fewer classes throughout the season.



### WHAT TO DO AFTER YOUR TRIAL/TRYOUT

If you do not want to take up any places offered please email info@ReadingSuperstars.org.uk to confirm this immediately.

If you would like to take up the place/s offered you can simply attend the next session to join us (see payments).

#### **Payments**

If you want to take up places offered and have not yet paid your annual membership – this will be due at your next training. Please bring £60 CASH to your next training to join for the season. You will then get your membership pack including 2 season T-shirts and some other program gifts. If you do not bring this membership payment you will not be able to take part in the session.

# Things You Need To Do

Click the link to complete your Policy Agreement Form. This must be completed before you can join the program at your next session. It must be completed by a parent, guardian or the adult athlete. <a href="http://bit.ly/2018-19ConditionsOfMembership">http://bit.ly/2018-19ConditionsOfMembership</a>

Click the link to confirm your Direct Debit information. This must be completed by the person paying for your training with Superstars prior to your first session. You will always receive an email prior to payments being scheduled. <a href="http://bit.lv/DirectDebitSetUp">http://bit.lv/DirectDebitSetUp</a>

If you haven't already – download the 2018/19 Season Pack from our website click here to download and save a copy. Please note that while the majority of information should still be correct – details are subject to change throughout the season.

Request to join our facebook members page: Superstars Members 2018/19: <a href="http://bit.ly/FBMembersGroup">http://bit.ly/FBMembersGroup</a>
This is a vital resource for our athletes and parents.

Check our Google Calendar on our website for any major updates or changes: http://bit.ly/SuperstarsCalendar

Log in to SmallShout (our online member management system) and have a look around. You were sent your login details when you signed up for your free trial. <a href="http://bit.ly/SSLogIn">http://bit.ly/SSLogIn</a>



# UNIFORM AND REQUIRED KIT

As part of your membership two t-shirts are included. These are for regular training wear and also to be worn at competitions. Non competing athletes require no other official team kit although items are available if you want to purchase them.

For the 2019 season we are introducing new uniform options in response to members feedback. This will be an entry level option for a beginner teams and a more elite style design for our national and international teams. We also plan to offer coordinating training wear. Due to ordering from Asia we will only be placing 2 orders in the season and don't plan to hold a lot of stock. Look out for the Autumn order coming soon. We plan to use this new uniform design for the majority of teams for 3 seasons.

# **Estimated Uniform/Kit Pricing for 2018/19:**

Starter Uniform	Tank Top + Shorts	£70.00
Elite Uniform	Leotard + Skort	£112.50
Training Package 1	Tank Top + Sports Bra + Shorts	£85.00
Training Package 2	All Package 1 plus Capri's	£115.00
Bow	2019 Season Comp Bow	£12.50

Packages offer a saving versus buying individual items.

### **IMPORTANT DATES**

DATE	EVENT	WHO	WHERE
17th&18th Nov 2018	Comp Team Weekend	All comp athletes and parents	Hampshire
9th Dec 2018	Choreo Day	Selected Comp Team/s	Reading Girls
18th Jan 2019	Choreo Evening	Selected Comp Team/s	Reading Girls
19th Jan 2019	Choreo Evening	Selected Comp Team/s	Reading Girls
11th July 2019	Awards Night	All	TBC

We may need to add more important dates throughout the season. The best place to check is always our google calendar which can be found here: <a href="http://bit.ly/SuperstarsCalendar">http://bit.ly/SuperstarsCalendar</a>



# **COMPETITION CALENDAR**

Our final competition calendar will be confirmed once teams are finalised and event producers confirm their final details. Some of these events listed will be either, or. For example Barcelona or Lyon. We will definitely NOT be attending ALL of these events below.

Spectator Policy - Parents/Athletes are required to order tickets as needed prior to the deadline given. After that time you will be responsible for either re-selling unwanted or buying additional tickets yourself. Most events sell out prior to tickets going on live sale therefore it is always advisable to purchase with the team. We strongly encourage non-competitive athletes to attend competitions for the learning experience and to support the teams.

Travel / Accommodation as needed for all events must be arranged by athletes/families. The program does not provide group travel due to different team's call and release times for events with the exception of INTERNATIONAL EVENTS.

Final team event confirmation will also include final pricing. Until then please keep these dates free. If you have any date clashes that cannot be changed please inform us urgently.

Event Name	<b>Date</b> All 2019	Location	Estimate Pricing 1st Team / Add. Teams / Spectators	Details
Cheer City	6th/7th April	Leicester	£30 / £25 / £15	Most Teams
CheerSport Wales	19th May	Cardiff	£35 / £30 / £22	Most Teams
International Open de Lyon	Est June TBC	Lyon, France	£60 / £40 / £25 Plus travel and accommodation.	International Teams
BCA Summer Showdown	1st-2nd June	TBC	£40 / £30 / £22	Most Teams
FC Barcelona	7th-9th June	Spain	£50 / £40 /£40 Plus travel and accommodation.	International Teams
Cheer City	8th-9th June	Essex	£30 / £25 / £15	Most Teams
Live Your Legacy	15th-16th June	Birmingham	£50 / £35 / £25	Selected Teams
ICE Championships	29th-30th June	West Midlands	£35 / £25 / £12 per session	Most Teams
FC Nationals	5th-7th July	Bournemouth	£50 / £40 / £15 per team	Selected Teams

AGAIN - WE WILL NOT ATTEND <u>ALL</u> THESE EVENTS BUT KEEP THE DATES FREE FOR NOW. Final schedule will be confirmed in the Autumn.



# **CONTACTING SUPERSTARS**

#### **EMAIL**

Most of the teams' communication is done via email. Please make sure you email info@ReadingSuperstars.org.uk if you haven't already to confirm your contact details and ensure your message provider accepts our address. Athletes old enough to have their own email address should receive messages as well as parents/guardians of anyone under 18yrs old. This helps them stay on top of what is happening with the team too.

### **FACEBOOK / INSTAGRAM**

Please do not contact coaches/staff over these platforms as it becomes very difficult to manage and track multiple channels of communication. Instead all communication should be via email as above or in person before training starts or after training ends.

#### **CHANGE OF CONTACT DETAILS**

It is vital that you update us if any contact details (email, phone number, address) change. It is VERY rare that we need to contact someone in an emergency but it can happen and we need the correct information in those situations.

### **SMALL SHOUT**

<u>This is our payment management system.</u> Once you complete initial registration you will be able to login and see all your payments as well as order kit from the shop, add siblings to the program and register for special events.



# **SOCIAL MEDIA**

#### **FACEBOOK**

Join our members group for the most up to date info and videos of training each week. <u>Click here.</u> Like our Facebook page for updates and news on the team. <u>www.Facebook.com/ReadingSuperstars</u>

### **INSTAGRAM**

Follow us @superstarscheer and tag us in your hard work at home.

#### **WEBSITE**

Visit our team website to see videos of past performances and countdowns towards upcoming events. <u>www.ReadingSuperstars.org.uk</u>

#### **EXPECTATIONS OF BEHAVIOUR ONLINE**

This is also contained within our full constitution but it makes sense to remind you of our expectations here. Social media and online forums are a great way to find out more about cheer and network. We expect that all team members conduct themselves as they would talking to another individual in person. No one associated with Superstars should post anonymously on ANY cheer or dance related forum. Everyone is expected to represent themselves and their views with honesty, sportsmanship and kindness.

When considering your use of social media ensure you are representing yourself as a complete person. Expect that someone could screenshot/record anything you ever share online and ensure you would be happy with that being shown to ANYONE in your life including parents, friends or future employers. If sharing your cheer development consider the appropriateness of your outfit/coverage in any pictures/videos. You are welcome to share your own personal skill development however remember that we do not allow sharing of any team development/choreo on public profiles at any time.

### IMPORTANT QUICK LINKS

Find things you need quickly with these important quick links...

Login to SmallShout: <a href="http://bit.ly/SSLogIn">http://bit.ly/SSLogIn</a>

Save SmallShout to your phone: <a href="http://bit.ly/SaveSmallShoutToYourPhone">http://bit.ly/SaveSmallShoutToYourPhone</a>

Members Facebook Group:<a href="http://bit.ly/FBMembersGroup">http://bit.ly/FBMembersGroup</a>Check the Superstars Calendar:<a href="http://bit.ly/SuperstarsCalendar">http://bit.ly/SuperstarsCalendar</a>Register your Direct Debit:<a href="http://bit.ly/DirectDebitSetUp">http://bit.ly/DirectDebitSetUp</a>

Complete our Policy Agreement Form: <a href="http://bit.ly/2018-19ConditionsOfMembership">http://bit.ly/2018-19ConditionsOfMembership</a>

Get a friend to Signup online: <a href="http://bit.ly/SuperstarsSignUp18">http://bit.ly/SuperstarsSignUp18</a>
Email: <a href="mailto:info@ReadingSuperstars.org.uk">info@ReadingSuperstars.org.uk</a>