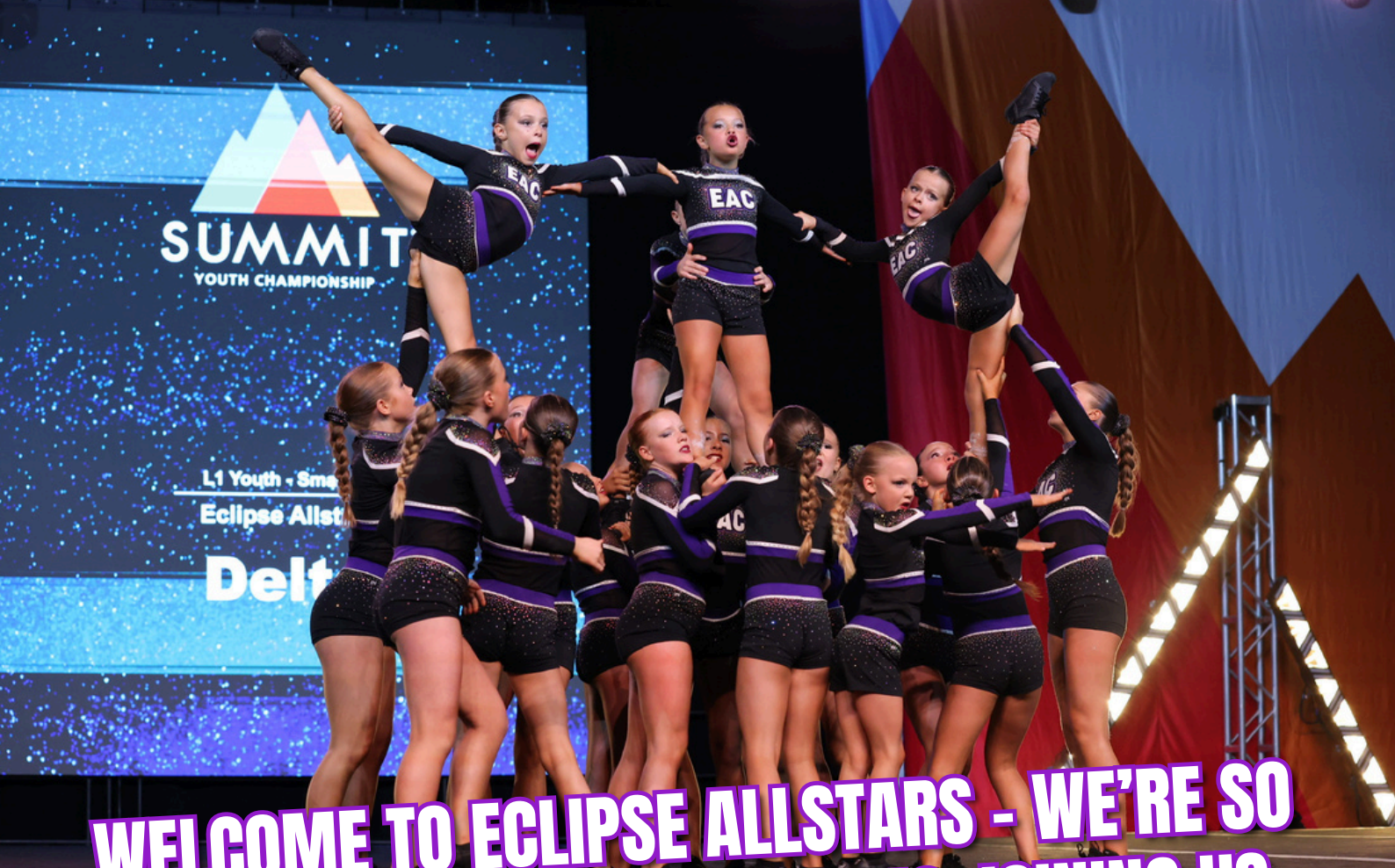




ECLIPSE ALLSTARS 2025/2026 SEASON INFORMATION PACK

UNIT 4 MANOR PARK INDUSTRIAL ESTATE
WYNDHAM STREET, ALDERSHOT
GU12 4NZ



WELCOME TO ECLIPSE ALLSTARS - WE'RE SO PLEASED YOU'RE CONSIDERING JOINING US FOR OUR 2025 - 2026 SEASON!

At Eclipse, we believe that cheerleading is **more than a sport** - it's a space to grow in strength, character, and confidence. Our athletes gain life lessons that go far beyond trophies or competition results. We are committed to creating a supportive, inclusive environment where **everyone has the chance to shine**.

We offer Novice, Prep, Allstar and Elite cheer teams as well as Pom dance teams for athletes ages 4+, with no experience required to get started. We're proud of our inclusive programme where friendships, self-confidence, and a strong sense of pride are built - from athletes and parents to coaches and supporters, **everyone is considered part of the #PurpleArmy**.

Eclipse Allstars has grown into a nationally recognised programme, now proudly based in our own cheerleading facility equipped with a sprung floor and dedicated tumble equipment. We continue to support athletes of all ages to progress, thrive, and be proud of their cheerleading journey.

We are proud to be home of the 2025 U18 Level 2 **Summit Champions** - a reflection of the passion, commitment, and teamwork that defines our programme

TRAINING VALUES & ATHLETE INSIGHTS

At Eclipse, our coaching ethos is built around more than just teaching cheerleading - we aim to build **exceptional athletes** and **well-rounded people**. These values guide everything we do, and reflect the high expectations we have for all our athletes and families.

SUPPORTIVE & CONSTRUCTIVE COACHING

Feedback is at the heart of improvement. We focus on honest, specific, and constructive coaching that **empowers** athletes to grow while **feeling valued** and **supported**.

We also make it a priority to truly know our athletes - their strengths, their pressures, and their personalities. We work to create an open, understanding environment where every athlete **feels safe to speak up and be themselves**.

ACCOUNTABILITY OUTSIDE THE GYM

Progress doesn't stop when training ends. Athletes striving for excellence are expected to take responsibility for their development outside of sessions - this includes regular stretching, conditioning, and skill **practice at home**.

Our training environment is challenging, purposeful, and positive. We push for progress while ensuring athletes feel supported, even when sessions are tough. Growth requires effort, **both in and out of the gym**.

ATHLETE WELLBEING & DEVELOPMENT

We're committed to **supporting the whole athlete** - physically, mentally, and emotionally. Training is about more than just skills; it's about building strength, confidence, resilience, and self-belief.

We help athletes understand their scoresheets, set achievable goals, and stay focused even when faced with setbacks. The tools they gain through cheer - discipline, motivation, and a positive mindset - are lessons they'll carry with them **for life**.

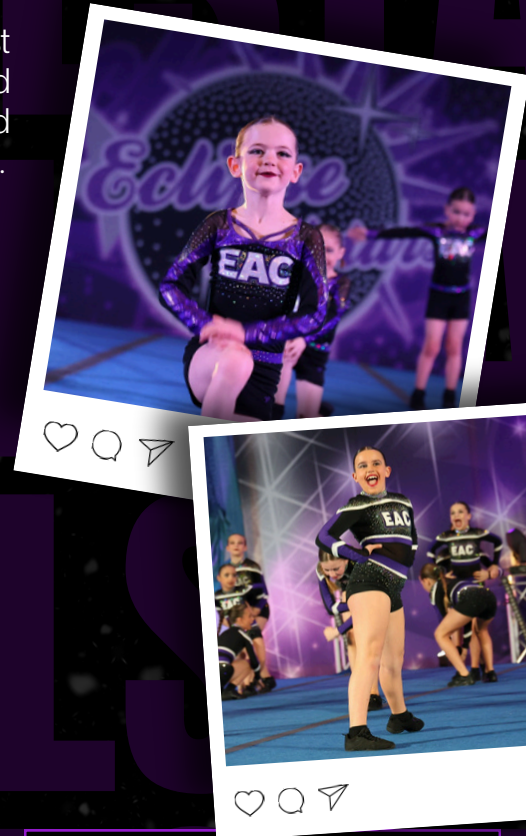
MASTERY BEFORE PROGRESSION

At Eclipse, we believe **strong, consistent basics are the foundation for long-term growth**. Advanced skills are only achievable once those foundations have been truly mastered. Progress doesn't come from shortcuts - it comes from **repetition, patience, and precision**.

Our coaching staff will not allow athletes to learn or perform advanced skills without first demonstrating mastery of their fundamentals.

A skill isn't considered fully "learned" until it can be performed **consistently, under pressure**, and with proper technique - not just once, but **after a full routine** of stunting, jumping, dancing, and performing. We're looking for control from start to finish.

Only skills that show a high level of consistency and clean execution will be considered at team placements and choreographed into routines.



WHAT OUR ATHLETES HAVE TO SAY...

"I have been at EAC since I was 3.5 years old. I'm now in my 5th season of competing and have just competed internationally at Youth Summit!"

The coaches believe in me and do nothing but provide me with endless support and encouragement. I have made friends for life, memories that will last a lifetime and can't wait to see what the future holds for me here at EAC. The BEST club ever #purplearmy"

Rebecca (With a little help from her mum) - Age 8

"I joined EAC when I was 8 years old. I started on a Prep Level 1 team and didn't have much confidence in myself. I used to struggle to speak up or ask questions, but over time, cheer has helped me grow so much.

I now compete on an All Star Level 4 team and have had the chance to attend two international competitions, including The Summit. I've made some of my best friends and memories through cheer. Now, I also coach at Eclipse, and I love helping build confidence in new athletes - just like my coaches did for me"

Ellie - Age 16

OUR PROJECTED TEAMS & PATHWAYS

At Eclipse, we believe **there's a place for everyone** - from complete beginners to seasoned athletes. Our programme is structured to support every stage of an athlete's journey through clear, progressive pathways

TEAM TYPES

We offer a range of cheerleading and pom dance teams to suit all ages and levels:

- **Novice Teams** - Entry-level teams focused on confidence, foundational skills, and fun. No experience necessary.
- **Prep Teams** - For athletes working on strong basics and progressing toward Allstar readiness. These teams compete across the UK with a balance of fun and challenge.
- **Allstar Teams** - Competitive teams for athletes with existing skills or strong progression potential. Focus on advanced stunting, tumbling, and performance. Compete nationally.
- **Travel Teams** - High-commitment teams designed for dedicated athletes. These teams travel for international competitions (e.g. European Summit).
- **Pom Dance Teams** - Dance-based performance teams focusing on precision, musicality, and energy. Available for various age groups and skill levels.

AGE GRIDS & TEAM ELIGIBILITY

At Eclipse, we follow the **SportCheer England Age Grid**, which determines athlete eligibility for each division.

Division	Year of Birth Range
U6	2019-2022
U8	2017-2021
U10	2015-2019
U12	2013-2018
U14	2011-2016
U16	2009-2014
U18	2007-2012
Senior	2014 or earlier
Open	2010 or earlier

PROGRESSION & OPPORTUNITIES

We're always working to **expand the opportunities** available to our athletes as they grow through our programme.

We will also be introducing development teams that train intermittently across the year. These groups give athletes **further opportunities** to grow, perform, and work toward future team goals.

Below is a provisional list of projected teams for the 2025-2026 season. We cannot confirm teams or levels as are subject to change based on team placements - we may add or remove teams depending on athlete numbers and skill level.

We're also hopeful of potentially adding an Open division team and/or a Non-Tumble team.

U6 Novice / Prep	Rockets
U8 Novice	Asteroids
U8/U10 Prep	Astronauts
U10/U12 Novice	Nova
U10/U12 Prep	Lunar
U12/14 Prep	[Team Name TBC]
U12 Level 1	Delta
U14 Level 1	Cosmic
U12 / U14 Level 2	UFOs
U16 / U18 Level 3	Radiation
U16 / U18 Level 2	Discovery
Senior Level 1	Galactic
Senior Level 4	UV
U18/Open NT	[Team Name TBC]
U8/U10 Pom	Stardust
U12/U14 Pom	Aurora
U16/Senior Pom	Asteria

Athletes must compete in their **lowest age division** unless otherwise advised by the Head Coach. However, crossover teams may be available for some athletes depending on skill level.

We endeavour to place all athletes on a team where they can be **successful** and have a main role in all elements of the routine. Some athletes may also be offered a place on a development team to begin **building the skills** required for the next level.

TRAVEL TEAMS & INTERNATIONAL EVENTS

WHAT IS A TRAVEL TEAM?

Travel Teams are made up of **committed** athletes who demonstrate not only **skill**, but a high level of **reliability**, **attitude**, and **consistency** across the season. Athletes on these teams compete at both UK-based events and one international competition - typically held in Europe or the USA.

At Eclipse, we're proud to offer selected teams the opportunity to compete on an international stage. These Travel Teams represent our programme at elite events across the UK and abroad - combining **high-level performance** with **once-in-a-lifetime experiences**.

Last Season's Highlights

In 2025, our U18 Level 2 team **Discovery** made EAC history by becoming **Summit Champions**, winning their division with a phenomenal score of **99.2/100** and hitting **zero deductions on both days** of competition at **The Summit in Orlando, Florida** - one of the most prestigious cheerleading events in the world.

We also proudly took our U12 Level 1 team **Delta** to **Youth Summit**, where they delivered **two zero-deduction routines** and placed **14th** in the largest and most competitive international division at the event.

These achievements are a testament to our athletes' **dedication, resilience, and passion** - and we are excited to see what lies ahead for the next generation of Eclipse Travel Teams.

HEAR FROM OUR PREVIOUS TRAVEL TEAM ATHLETES:

"Cheering at EAC has been my dream. I love my teammates, coaches and friends. Everyone is kind to each other and the coaches help us improve our skills and our confidence. EAC is like one big family. I've been lucky enough to be on two travel teams, including getting to go to Barcelona and Florida with U12 Level 1 Delta. My Delta teammates are some of my best cheer friends. Going to Florida for Youth Summit with Delta was the best trip ever! I got to know my team so well and loved every second. It was one of my cheer dreams come true!" - Ella - Age 11

"EAC is one big family. We are all always there for each other. I loved participating with U18 L2 Discovery, getting to compete at Summit this year and last year. We bonded great as a team and had some great experiences going to Disney parks and training sessions at American gyms. Winning summit was one of the greatest experiences I could have ever had. It came with so much hard work, but every second was worth it. Our coaches are amazing at giving feedback and giving lots of hype to help us achieve our best." - Ava - Age 14



2025-2026 TRAVEL PLANS

This season, we have already earned four bids to the European Summit, and we plan to take one, possibly two teams to Portugal on 20–21 June 2026.

We are also hoping to launch a new introductory Travel Team pathway, ideal for less experienced athletes, with a more accessible international opportunity - such as:

- FC Paris | 29th-30th November 2025
- FC Barcelona | 31st May 2026

This gives athletes the magic of travel cheer at a more affordable and achievable scale.

In addition, we aim to earn a return bid to The Summit 2026 through our final UK national competitions. If successful, we will look to take Discovery back to Orlando in April 2026 to represent the UK on the world stage once more.

IMPORTANT INFORMATION FOR FAMILIES

- **Travel Costs:** These vary by event and more information on travel specific teams will be shared in coming weeks.
- **European Summit (Portugal):** 20–21 June 2026 - families must arrange their own travel. Athletes should not miss regular UK training sessions.
- **FC Paris:** families must arrange their own travel. Athletes should not miss regular UK training sessions..
- **FC Barcelona:** families must arrange their own travel. Athletes should not miss regular UK training sessions.
- **The Summit (USA):** Late April 2026 - if successful, this would be a 9-day trip including flights, park days, rehearsals, and competition. This event includes significant additional costs and logistics, and athletes must be fully committed.

Thank you for your patience while we prepare more information about our travel opportunities - **updates coming soon!**

TEAM PLACEMENTS EXPLAINED

28TH JUNE - 4TH JULY

Our team placement sessions are designed to help us assess athletes in a supportive, structured environment so we can form the most suitable and balanced teams for the season.

For **U6 & U8 age athletes who are not wanting to be placed on an Allstar team**, team placements are delivered as a fun, confidence-building assessment session with simple stations and engaging activities to allow us to observe basic movement, flexibility, strength, and confidence.

For **U10 athletes and above**, placements are split into two sessions:

- **Tumble Evaluation**, which includes tumbling, jumps, and dance technique
- **Stunt Evaluation**, where athletes are assessed on basing, flying, and body control in stunt groups

We then review each athlete individually and begin the process of building teams using the **SportCheer UK Age Grid**, which we are required to follow. We assess not only skill level but attitude and effort, teamwork and how you work with others, coachability and ability to follow instruction.

Don't worry if you can't perform everything - we want to see your starting point and how you respond to coaching.

POM DANCE TEAMS

Athletes trying out for Pom will be assessed on:

- **Dance technique**
- **Sharpness and motion placement**
- **Performance quality**
- **Flexibility and jumps**

Pom dancers will take part in a dedicated placement session and do not need to attend tumble or stunt evaluations unless also trying out for cheer.

TEAM PLACEMENT ROUTINES:

To allow coaches to see skills in context, athletes will be asked to learn and perform a short Team placement routine at placements.

There are different routine levels to choose from, and athletes should select the one that best showcases their ability with strong technique and confidence. These routines will be taught in team placement prep camps, and videos will also be available on our social media to help athletes practise at home.

We'd always rather see a routine performed cleanly and confidently at a lower level than an attempt at a higher level that's messy or unsafe.

Athletes will perform their routines in small groups and there will be extra time to showcase any additional tumbling not included in the routine.

QUESTIONS:

Do I make up my own routine?

No - all routines are created by our coaches and taught ahead of time.

Can I mix and match skills?

No - you must perform a complete routine from one level. Additional tumbling can be shown separately.

If I do the Level 3 routine, does that mean I'll be placed on a Level 3 team?

Not necessarily. We also consider age, stunting ability, teamwork, commitment, and overall team structure. Sometimes we simply don't have enough athletes of a certain age to build a full team.





WHICH SESSION SHOULD I ATTEND?

Please attend the session(s) based on your child's year of birth and team interest:

SATURDAY 28TH JUNE

- **U6 Placement Session (Born 2019–2022)** – 9:30am–10:30am
- **U8 Placement Session (Born 2017–2018)** – 10:30am–12:00pm
- **Tumble Evaluations for those born 2016 or earlier OR for those wanting to be considered for a U10 (2015-2017) Allstar team** – 12:00pm–6:00pm → 30 minute time slots booked at registration.

Stunt Evaluation Groups will be assigned **after** Tumble Evaluations.

SUNDAY 29TH JUNE

- **Pom Placement (All Ages)** – 10:00am–11:30am → For athletes trying out for **Pom only**.

MONDAY 30TH JUNE

Stunt Evaluation Groups:

- **Purple Group** – 5:00pm–6:30pm
- **White Group** – 6:30pm–8:00pm

TUESDAY 1ST JULY

Stunt Evaluation Groups:

- **Silver Group** – 5:00pm–6:30pm
- **Black Group** – 6:30pm–8:00pm
- **Non-Tumble Evaluation (Born 2012 or earlier)** – 8:00pm–9:00pm

For athletes wanting to be considered for a **Non-Tumble team** (U18/Open Level 2+ only). **These athletes do not need to attend Tumble Evaluations.**

WEDNESDAY 2ND JULY - TRAVEL TEAM CALLBACKS

Travel Team Callbacks – 6:00pm–8:00pm By invitation only.

HOW DO I REGISTER?

Team Placements must be booked in advance. You'll complete a registration form and pay a £15 team placement fee per athlete, per style (eg. Cheer or Pom).

This covers all placement sessions, including callbacks if required. Travel team applicants must attend standard placements and may receive a callback invitation

Following your Tumble Evaluation, you will be emailed your assigned Stunt Evaluation session by 6:00pm on Sunday evening.

WHAT HAPPENS AFTER MY TEAM PLACEMENT SESSION?

Once team placements close, our coaches spend time finalising teams. Placements will be emailed within 3-5 days of the final tryout date.

We run a short "settling in" period at the start of the season where team placements may be adjusted to ensure best fit.

FINAL NOTES

- All placement decisions are made by the coaching staff and are final.
- Families must confirm their space via email to secure their team spot.
- If you're not placed on the team you hoped for, trust the process - placements are always made with the athlete's best interest at heart.

No matter your experience or skill set - there is a team for you at Eclipse.

[CLICK HERE TO REGISTER](#)



FEES & PAYMENT INFORMATION

We aim to be as transparent and upfront with all costs as possible. This section outlines how our fees work, our season membership fee, and what to expect financially across the season.

HOW PAYMENTS WORK

All athletes must be registered on Coacha - our club platform for managing payments, forms, and athlete records.

- You'll find the registration link in your welcome email.
- It is the athlete's responsibility (or parent/guardian if under 18) to ensure all details are up to date.
- All fees for the season (membership Fee, training fees, competition fees, choreography fees) must be paid through Coacha.

Late fees will apply to bounced or missed payments. Please stick to payment deadlines to avoid disruption to training.

MONTHLY TRAINING FEES

- Run **1st September - 1st July** (11 months)
- **August** is charged at **half rate**, regardless of attendance
- Calculated evenly across the year so monthly fees stay the same
- Fees are non-refundable and due even if sessions are missed

Crossovers:

- 1st crossover: 60% of full team cost

Breakdown of fees explained in the next page.

ADDITIONAL TRAINING & ADD-ONS

Occasional extra sessions may be added throughout the year.

- **£6.50/hour per athlete**
- Billed to your Coacha account
- As much notice as possible will be provided

All Allstar **athletes** are required to add a weekly tumble class to their training.

MEMBERSHIP FEES

Team Type	Early Bird (by 1st Aug)	Standard (by 15th Aug)
Novice/Prep Teams	£55	£65
Pom Teams	£55	£65
Allstar Teams	£65	£75
Travel Teams	£75	£85

Athletes must pay the registration fee before beginning any training.(Membership fee includes 25/26 Season T-Shirt)

WEEKLY TRAINING TIMETABLE

Our weekly training schedule has been carefully planned to provide structure, progression, and flexibility across all age groups and levels. The table below outlines our provisional training timetable for the 2025-2026 season. Please note, this is our provisional timetable for the season. It is subject to change depending on the final teams created at Team Placements — we'll confirm the finalised schedule in your team placement result email.

Team	Division	Training Day(s)	Time(s)	Monthly Fee	C/O Fee
Rockets	U6 Novice/ Prep	Monday	5-6pm	£32	£19
Asteroids	U8 Novice	Monday	5-6pm	£32	£19
Astronauts	U8/U10 Prep	Monday	6-7pm	£32	£19
Lunar	U10/U12 Prep	Monday	6-7pm	£32	£19
Junior Prep	U10/U12 Prep	Sunday	2-3pm	£32	£19
Nova	U10/U12 Novice	Sunday	1-2pm	£32	£19
Cosmic	U14 Level 1	Tuesday & Friday	6:30-8pm	£65	£39
Delta	U12 Level 1	Tuesday & Friday	5-6:30pm	£65	£39
UFOs	U12/U14 Level 2	Sunday & Thursday	4:30-6pm (S) & 5-6:30pm (T)	£65	£39
Radiation	U16/U18 Level 3	Friday & Sunday	8-9:30pm (F) & 1:30-3pm (S)	£65	£39
Discovery	U16/U18 Level 2	Thursday & Sunday	6:30-8:30pm (T) & 12-1:30pm (S)	£65	£39
Galactic	Senior/Open Level 1/NT 2	Tuesday	8-9:30pm	£32	£19
UV	Senior Level 4	Sunday & Monday	3-4:30pm (S) & 8-9:30pm (M)	£65	£39
Asteria	U16 Pom	Thursday	8:30-9:30pm	£32	£19
Aurora	U12/U14 Pom	Monday	7-8pm	£32	£19
Stardust	U8/U10 Pom	Sunday	3-4pm	£32	£19
Tumbling	ALL	Sunday	Classes between 9am-12pm	£25	-
Stretch & Strength	ALL	Sunday	Classes between 9am-12pm	£15	-

HOW OUR FEES WORK

Each athlete pays the full monthly fee for their **most expensive team**. If they join a second team (crossover), the second team is charged at 60% of its usual monthly fee.

What Counts as a Crossover?

- Cheer to Cheer = Crossover
- Pom to Pom = Crossover
- Pom to Cheer or Cheer to Pom = Not considered a crossover at EAC (these are treated as separate programmes)

Tumbling and Stretch & Strength are optional add-ons and charged separately. Fees are divided equally across 11 months (September-July) regardless of holidays or closures. August is charged at 50% if training is held.



COMPETITION INFORMATION

The following competition dates are provisional and subject to change depending on event provider schedules and team availability. We will confirm any updates as soon as possible.

- **ICC Southern Pt 2 – Guildford** | 7–8 February 2026 (Travel teams only)
- **Jamfest Rise of the Regions Telford** | 14–15 February 2026 (Allstar Cheer teams & Dance)
- **Total Eclipse Showcase – Guildford** | 7 March 2026 (provisional date) (All teams)
- **Legacy Dream Extreme – Birmingham (BP Pulse Live)** | 14–15 March 2026 (All teams)
- **Live Your Legacy – Birmingham (BP Pulse Live)** | 6–7 June 2026 (All teams)
- **ICC Southern Jam – Guildford** | 13–14 June 2026 (Prep/Novice only)
- **European Summit – Portugal** | 20–21 June 2026 (Travel Teams)
- **FC Bournemouth Nationals – Bournemouth** | 26–28 June 2026 (Allstar & Dance)

PAYMENT PROCESS

All competition fees will be added to your Coacha account for payment by the deadlines listed. You are welcome to pay earlier or in bulk if preferred, but full payment must be made by the deadline to avoid late fees.

Competition fees are broken down into three equal instalments:

- **Instalment 1** – 1st September 2025
- **Instalment 2** – 1st October 2025
- **Instalment 3** – 1st November 2025

Please note:

- All competition entry fees and tickets purchased through the club are non-refundable.
- Entry fees include an admin and processing charge.
- Entry costs and spectator ticket prices will be confirmed once we receive final details from each event provider.
- Entry fees are between £30-£55 per team, per competition - depending on event type.

COMPETITIONS FAQ

How Do I Get to Competitions? Should I Book Accommodation?

We recommend booking cancellable accommodation early, as many hotels sell out during competition weekends. For events further away, we suggest athletes stay overnight to ensure they are well rested. Athletes should arrange their own transportation.

What Time Will My Athlete Compete?

Most event providers release timings 2-3 weeks prior to the events. Please keep the full day/weekend free until official timings are confirmed.

What Should My Athlete and Supporters Wear?

Athletes must arrive in full competition uniform with hair and make-up done. Throughout the event, athletes should wear club merchandise. We encourage supporters to wear club colours or merch to show team spirit.

Do I need Spectator Tickets?

Athletes do not require a spectator ticket, but their wristband does not guarantee seating - parents/supporters should purchase tickets in advance.



COMPETITION UNIFORMS & TRAINING WEAR

COMPETITION UNIFORM

We are introducing a brand new uniform for all teams for the 2025-2026 season to create a more unified and cohesive look across the entire programme. This update means that athletes across Novice, Prep, Allstar, Travel, and Pom teams will all represent Eclipse in a coordinated way - reinforcing our identity as one team.

We also hope to include Pom teams in this refresh, with an interchangeable pair of leggings designed specifically for Pom.

CHEERLEADING UNIFORM:

- New uniform launching this season - estimated cost: **£135-£155** (final price TBC).
- **Cheer scrunchie:** £10 (Remains the same as 24/25 season Scrunchie)
- **Hair:**
 - All athletes with long hair will be required to wear a **centre-parted, slicked-back plait** (or agreed equivalent if hair is too short).
 - Male athletes with long hair must tie their hair back (no set style required).
- **Shoes:** All athletes must wear cheer shoes for all training sessions.
- **Competition shoes:** Allstar and travel teams: Varsity V4X
 - Novice and Prep teams: All-black, lightweight trainers with full soles

POM UNIFORM:

- New uniform launching this season - estimated cost: **£135-£155** (final price TBC). This uniform top will be the same as the cheer uniform. Leggings will be required to purchase for Pom Uniform.
- **Required:**
 - Poms (approx. £40)
 - Black split-sole jazz shoes (any suitable brand)
- **Pom scrunchie:** £10 (Remains the same as 24/25 season Scrunchie)
- **Hair:** Centre-parted, slicked-back donut bun

TRAINING WEAR

To maintain a professional and safe training environment, the following dress code must be followed at all times in training sessions:

- **Hair** must be tied back into a plait (any style is acceptable).
- **No jewellery** of any kind may be worn.
- **Cheer shoes:** Athletes must train in the same shoes they will wear for competition.
- **Clothing:** Athletes should wear either plain black or purple activewear, or Eclipse-branded training kit.
- **Not permitted:** Large logos, branded fashion items, or competition T-shirts from other events.



CHOREOGRAPHY SCHEDULE AND COSTS

All competition teams receive custom choreography tailored to their division, level, and sometimes theme. These sessions are an essential part of your athlete's season, where they will learn the routine they'll perform at competitions

WHAT IS CHOREOGRAPHY?

Choreography is delivered over one or more dedicated sessions at the start of the season and includes:

- **Full routine construction** (stunts, tumbling, jumps and dance)
- Music and voiceover integration
- Theme-specific elements (for travel and higher-level teams)
- Routine walkthroughs, spacing, and formations

COSTS

Choreography costs are not included in monthly training fees and are charged separately. The price varies depending on the team level, the choreographer assigned, and the number of hours required.

- **Prep & Novice teams:** Approx £30-£40
- **Allstar & Pom teams:** Approx £40-£50
- **Travel teams:** Approx £80-£100

All choreography fees will be added to your Coacha account and must be paid in full before choreography begins.

CHOREOGRAPHY DATES

Provisional choreography dates will be released shortly after team placements. Each team's choreography will take place during September/October - typically on a weekend or during school holidays. (U6 teams do not have choreography dates)

Please ensure your athlete is available for choreography sessions. These sessions are **compulsory**. If your athlete is unable to attend, they may not be included in routine elements until caught up.



ADD ON CLASSES & TUMBLING INFORMATION

TUMBLING CLASSES

We offer weekly tumbling classes at Eclipse Gym, tailored to different ages and skill levels - from beginner skills like cartwheels and walkovers to more advanced skills like tucks and fulls. Athletes are grouped by ability to ensure focused, level-appropriate coaching.

Tumbling is a key part of All Star Cheerleading, which is why we highly recommend that all athletes supplement their weekly team training with a tumbling class.

Teams are generally formed based on tumble level - so if you or your athlete is keen to move to a higher level, attending tumbling consistently throughout the season is essential for progression.

All Elite and Allstar team athletes are required to take a tumbling class as part of their training.

Tumble classes will be available to book following **Team Placements in August**.

The cost for tumble classes is **£20 per month**.

Please keep an eye on our **social media** and **email communications** for further information.



ADD-ON CLASSES

In addition to tumbling, we run a range of optional add-on classes throughout the season to support athlete development:

- **Stretch & Strength** – to build flexibility, mobility, and injury prevention.
- **Tumble Sessions** – focused weekly classes for mastering floor skills.
- **Developmental Teams** – new for this season, designed to give athletes further opportunities to grow, perform, and work toward future team goals.
- **Open Gym** – relaxed, supervised sessions where athletes can practise tumbling, stunting, or choreography in their own time. Open to both Eclipse athletes and external athletes.
- **Holiday Workshops & Camps** – run during school breaks, these camps and skill intensives offer fun, skill-building opportunities for both current and new athletes.

These sessions are optional, charged separately, and announced via WhatsApp and email. Pricing will vary depending on the length and format of each session.



ATTENDANCE & LATE FEES

ATTENDANCE EXPECTATIONS

Competitive cheerleading and dance are demanding team sports that require full commitment from athletes and families. One absence can affect the progress of an entire team. Please ensure you are able to fully commit to your team(s) and all associated dates before accepting your placement.

- **All competitions and choreography dates must be attended.**
- Any potential conflicts must be emailed **as soon as possible**.
- All absences are at the **discretion** of the coaches and Head Coaches.

AUTHORISED ABSENCES

Some absences may be authorised with prior notice:

- **School graded events** (evidence must be provided)
- **Family emergencies** or **severe illness** (please notify where possible)

School discos and similar social events are not considered valid absences.

Unauthorised or repeated missed training sessions may result in **loss of routine position or removal from the team** at the discretion of the coaching team.

RED ZONE POLICY

To ensure athletes feel confident and teams are competition-ready, we enforce a **three-week Red Zone** period before each event:

- **100% attendance is required** in the 3 weeks leading up to any competition or showcase.
- Any absence during this time must be pre-approved by the Head Coach.
- Missing a session during Red Zone without approval may result in:
 - **Removal from that event**

We recommend marking competition dates in your calendar early to avoid conflicts.

LATE FEES

Late fees are applied to all required payments that are not made by the stated deadline. This includes (but is not limited to) monthly training fees, competition fees, registration, travel, and uniform payments.

Monthly Training Fees (due on the 1st of each month):

- **Bounced payment on 1st** = £5 fee
- **Not paid within 7 days** = additional £10 fee
- If payment is still not received after 14 days, **Athlete will not be allowed to train until fees are up to date.**

One-Off Payments (e.g. registration, competition, travel, uniform):

- **Missed deadline** = £10 fee

CONTACT & WHAT'S NEXT

If you've made it this far - thank you! We're so excited for what's ahead and can't wait to welcome you into another amazing season with Eclipse Allstars.

For any questions or support, please don't hesitate to get in touch.

✉ Email: info@eclipseallstarscheerleading.com

🔗 Instagram: [@eclipse_allstars](https://www.instagram.com/eclipse_allstars)

🔗 Facebook: www.facebook.com/eclipseallstarscheerleading

🌐 Website: www.eclipseallstarscheerleading.com

WHAT TO DO NEXT:

1. **Read the full 2025–2026 Season Info Pack** and **Team Placement Registration Forms** (available on our website).
2. **Register for team placements** – the link is on our website and socials.
3. **Pay the £15 team placement fee** – Follow payment link on the **Team Placement Registration Forms**
4. Once your **forms are submitted** and **fee is paid**, your registration is complete.
5. **Learn your team placement routine and dance** – these will be taught in prep sessions beforehand. Videos are also available on our social media.
6. **Bring your cheer shoes, water bottle, and a positive attitude on the day!**

Try your best, be confident, and most importantly – have fun! We can't wait to see what you can do.

THANK YOU - AND SEE YOU AT TEAM PLACEMENTS! ❤️

CLICK HERE TO REGISTER

