



Handbook

2016-2017

Contents

pg 2. How to Register

pg2. Teams 2016-2017

pg 3. Fees -Termly Subs

pg.3 Additional Subs + Membership fee

pg3. Bank details

pg 4. Competition accounts.

pg 4. Uniform

pg 5. Training information

pg 6. Attendance policy

pg5. Contact information

pg7. Refunds

pg7. Contact info

pg 8. Medical Consent form

pg8. Photograph and Liability waiver

How to register

Read through the Handbook (and competition contracts if in comp teams.)

Accept your place via email. (Please respond with acceptance or decline as soon as possible)

Attend registration day (parents/guardians for Cheerleaders under 18) on your first training day on or following 5th September.

At registration day you will need to ...

- Make membership payment
- Complete and return Medical form (below)
- Complete and return Contact form (below)
- Give T-shirt size
- Be measured for uniform
- Competitive Cheerleaders complete and return Competition Contract



Teams Ages as of the 31st August 2016

Team	Age Division	Level
Eclipse Chronicle	Junior	Level 1
Eclipse Quest	Junior	Level 2
Eclipse Crusade	Senior Open	Tbc
Eclipse Legend	Senior	Level 3 co-ed
Eclipse Stunt groups	Youth - Senior Open	Tbc
Eclipse Junior Events	Youth and Junior	n/a
Eclipse Senior Events	Senior and Open	n/a

All Teams and levels are subject to numbers and may be changed at any point at the coaches discretion.

Fees

Termly subs are due in the first two weeks of each term.

It is really important to us that everyone has the opportunity to cheer, if you struggle to pay the fees please speak to Sarah or Katy who will help you set up a payment plan. Cheerleaders falling behind on subs will not be allowed to train until the balance has been cleared. This may result in removal from the team.

Team	Termly training Subs	Termly Comp Subs
Eclipse Chronicle	£110	£60
Eclipse Quest	£140	£60
Eclipse Crusade	£140	£60
Eclipse Legend	£154	£60
Eclipse Stunt groups Only (for Cheerleaders only in a stunt group)	£140	£60
Eclipse Events teams (Junior + Senior)	£110	n/a
+ Crossovers *	£55	£42
- Sibling discount	£20	n/a

Crossovers explained - When training with two teams cheerleaders pay full fee for the more expensive team and add the Crossover rate below to the termly fee for the second team.

The Stunt group Only fee listed above is for cheerleaders in stunt groups only and not part of another routine. Cheerleaders in both routine and a stunt group should pay for the routine and crossover rate for their stunt group.

Additional Subs + Membership fee

- **Membership fee £50** (£40 for guys and Events Cheerleaders) per Annum payable at registration on the first training session in September. Membership includes T-shirt, Bow, Team Insurance and Music.
- Extra training and choreography days **£5 per session**. Estimated 10 for the Season 2016-2017
- Saturday tumbling £6 per session (Mandatory for some Cheerleaders.)
- Additional optional Talacre sessions/ tumble camps/ privates TBC.

Bank details

Payments should be made into the London Eclipse Cheerleading account.

Natwest. Account number - 64130118 Sort code- 60-22-08

Competition accounts

Your competition account will be used only for competition expenses.

Termly comp subs will cover the cost of your entry fees into Competition. **Additional expenses e.g. Hotel , travel and spectator tickets for Cheerleaders and family and friends are your responsibility.**

You have the opportunity to book hotels and travel as additional through the team if you wish. Payments must be made at the point of booking (or in advance with credit in your comp account.)

Competition accounts can be credited at any point to help you save in advance for spectator tickets / hotels/ travel.

Any money remaining in comp accounts at the end of Season will be refunded (provided no fees are owed.)

-Comp teams are aiming to compete in 3 Regional and 1 National Competitions this season.



Uniform

Mini and Tiny's are not required to purchase a uniform at this point. We estimate costs for shorts and T-shirt for mini's at £30

All other competitive Cheerleaders are required to purchase a uniform. We will not have a uniform loan scheme but we will offer a buy back service (at a second hand rate.)

Uniform deposits (50%) must be paid in September. Full payment must be made prior to uniform being given out.

Youth and Junior competitive cheerleaders require long tops.

Full uniform Youth and Junior - Top, skirt, shorts, bow- £115

Additional top (crop or long)- £40

Senior and Senior Open Uniform - TBC est £150 max

Mens Uniform - TBC est £60

Mini + Tiny - shorts and T-shirt - approx £30

Further information will be sent about Uniforms at the beginning of term.

Events team Cheerleaders do not require a uniform.



Training Schedule's

Note that there has been changes to training time and days for some teams. Comp teams will have additional training dates. **TRAINING IS MANDATORY AT ALL TIMES FOR COMPETITIVE CHEERLEADERS**

Team	Venue	day + time
Chronicle	Acland burghley	Thursdays 5.30 - 7.00pm
Quest	Acland Burghley	Tuesdays 6.00-8.00pm
Crusade	Acland Burghley	Tuesdays 7.30-9.20pm
Legend	Highgate Newtown	Saturdays 1.00pm-3.40pm
Stunt groups	Acland Burghley	Thursday 7.00pm-8.00pm
Events team	tbc	tbc
Saturday Tumbling	Highgate Newtown	Saturdays 11-12.30pm



Training Dates

These dates are provisional and are subject to change. Competitive Cheerleaders will have additional training dates (to be sent by email.)

Autumn/Winter Term ,

Tuesday 6th September 2016 first training - Saturday 17th Dec last training

Spring Term 2017,

Sat 7th January 2017 first training - Thursday 13th April last training

Summer Term 2017,

Tuesday 2nd May first training - Saturday 15th July last training

2017-2018 Tryouts 29th July (other days TBC)

Competitive teams Attendance Policy

The team attendance policy is in place to encourage clear communication between Coach, Parent and Athlete. Because each member of the team is equally important; prompt, consistent attendance is necessary for the skill development of each athlete and the entire team.

Competitive Cheerleaders are required to attend all training sessions and any Extra training unless authorised absence (see below.)

Illness/ Emergency

In case of illness (fever or vomiting) , a parent /Athlete (when over 16) must contact the coach to inform of Athletes absence. If athlete is not fever or vomiting they should attend training to watch.

PHONE CALLS and TEXT MESSAGES must be received no later than 9.00am on the day of training; EMAILS must be received no later than 9.00pm the night before training.

Word of mouth will NOT be accepted.

In case of family emergency an email, text or phone call from the parent / athlete (over 16) will be accepted

Injury or Limited participation

Athletes that are under doctors' orders to not participate must supply A DOCTORS NOTE to the coach along with a medical release date. Athletes will be expected to attend a portion of training sessions during their recovery.

Planned Absence

Planned Absences (Holidays) must be communicated by EMAIL and /or LETTER no less than 3 weeks in advance whenever possible. Phone calls and text messages will not be accepted. Please do not plan Holidays in the 3 weeks prior to comp.

Absences will not be given for Birthdays / Family Events / Social events/ other sporting / Revision/ out of school activities please arrange these outside of your committed Cheer time.

Please do not book holidays in the 2 training weeks prior to Competitions.

Lateness

Unplanned late arrival to training must be communicated by PHONE no later than 15mins prior to the start of training. Lateness due to appointments and functions must be communicated by EMAIL and / or LETTER no later than 1 week in advance of planned lateness. Cheerleaders are expected at training 5 mins prior to the start (to help set up.)

Refunds

Competitive cheerleaders are making a commitment for the season.

If for some reason a Cheerleader has to leave before the end of the season a 1 month notice by email is required. Your account will still be charged for the current termly period. Competitive cheerleaders leaving before the end of the season will not be refunded competition expenses/ uniform or any other expenses.

Cheerleaders removed from the program will not be refunded any comp /training/uniform or any other expenses. Subs will still be due for that term of training.

No refunds will be given to Cheerleaders on suspensions/ sent home from cheer.

In the case of Cheerleaders unable to compete for other reasons (eg injury) refunds will only be refunded if the entries have not been posted and that a paying replacement can be found/ tickets or uniform can be re-sold.

In the event of cancelled training through unforeseen circumstances (eg snow) no refunds will be given.

When booking Hotels / Travel /Spectator tickets or any other expenses through the club you will be liable for those expenses at the point of booking and will not be able to cancel or have this refunded once Eclipse has placed orders or made bookings or if it affects the costs for any other other cheerleaders.



Contact Info

Text or email contact is preferred. Please refrain from contacting coaches at unreasonable hours.

Name	Contact	Position
Sarah	07525 019 703	Head Coach
Ayisha	07469 704 262	Coach
Leila	eclipsesteammanager@outlook.com	Coach + Competition Team Manager
Katy	k8y_yg@hotmail.com	Coach + Accounts Manager
Molly		Coach
Holly		Coach
Twitter	@ Cheer London	
Facebook	London Eclipse Cheerleading	
Youtube	leccheer	
Instagram	LONDONECLIPSECHEER	
Website	www.lovecheerleading.co.uk	
E-mail	lovecheerleading@live.co.uk	

London Eclipse Cheerleading Contact Details and Medical Consent form

Name of participant _____

Date of Birth _____

Address _____

Postcode _____

Contact Number/s _____

e-mail _____

Doctors name _____ Practice _____

Address _____ Contact number _____

Person whom to contact in case of emergency:

Contact 1, Name _____ Relationship to participant _____

Contact number/s _____

Contact 2, Name _____ Relationship to participant _____

Contact number/s _____

Present medical information (including asthma, allergies, medications taken and any other information deemed helpful to medical personnel)

Has the participant suffered from an injury within the last 6 months? (If so please state)

I hereby give London Eclipse Cheerleading the right to act to administer first aid or other medical treatment needed and to act in loco parentis in case of an emergency when I or other emergency contacts cannot be reached.

I confirm that I / my child have not been advised by a doctor or paramedic to avoid physical exercise and do not know of any problems that may adversely affect my health when taking part. I confirm that all information given on this form is up to date and that if any information changes I will inform London Eclipse Cheerleading immediately.

Signed (parent/ guardian if under 18 years old)

Please print name _____

Date _____

Liability and Photograph Consent Form Liability Waiver

I (parent or guardian if under 18) **Name:** _____ hereby release and absolve London Eclipse Cheerleading, its coaches, staff, employees (paid and unpaid) and committee from all liability and responsibility for injuries, sickness, accidents, loss of money and property that may be sustained whilst participating in cheerleading with London Eclipse Cheer.

I also hereby acknowledge the risks involved when taking part in Cheerleading and Dance, and have the necessary insurance to cover such, in the unlikely event of an injury, accident or loss when taking part.

If filling out this form on behalf of a person less than 18 years old please confirm their full name below

Name: (the person you are signing for if under 18) _____

In consideration of my signing this form I am allowing myself / my child to participate in Cheerleading with London Eclipse Cheer and I intend to be legally bound and to agree to waive and release all rights to claim for damages in which I or my child may sustain or suffer whilst participating in Cheerleading with London Eclipse Cheer including travel to and from Cheerleading.

I confirm that I / my child have not been advised by a doctor or paramedic to avoid physical exercise and do not know of any problems that may adversely affect my health when taking part. I also confirm that I have completed the medical and contact details form with relevant and up to date information and will inform London Eclipse Cheerleading if this information is to change.

Signed _____ Date: _____

Photographic Consent

I (parent or guardian if under 18) **Name:** _____ hereby give permission for me/ my child to be photographed, video or audio taped during cheerleading training / events/ competition and socials, and give permission for such photographs to be used in print or broadcast as a means of coaching aid or to publicise or promote London Eclipse Cheerleading.

Signed (parent or guardian if participant is under 18 years old)

On behalf of (name of participant if under 18 years old)

Date _____



