

NATIONALS
2024

EAST COAST EMERALDS

24/25 SEASON INFORMATION PACK





ABOUT US

East Coast Emeralds is Norwich's first All Star cheerleading club, opening in 2010 by sisters Jenny and Becky, offering both recreational and competitive classes for ages 4 years – adults. We pride ourselves on being a fun and friendly club who have had great success at competitions, including winning a number of regional and national championship titles. East Coast Emeralds has a number of fully qualified, dedicated and enthusiastic coaches, assistant coaches, and junior coaches, who have all developed through the Emeralds programme and share the same club values and morals. Our philosophy at East Coast Emeralds is to offer cheerleading for all. We welcome all ages and abilities to our club and our aim is to progress each person's athletic ability, whilst also teaching lifelong skills such as team work, responsibility and commitment.

NEW TRAINING FACILITY

New for the 24/25 season, we are excited to be moving into our brand new dedicated cheerleading gym, located at Unit 3, Marriott Close, City Trading Estate, Norwich, NR2 4UX. The space will offer a full size competition sprung floor, as well as additional space for tumbling.

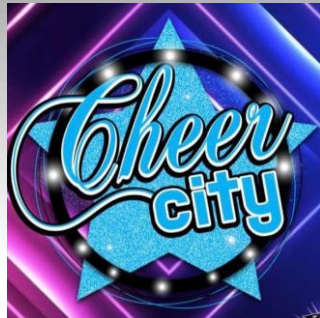
CLASSES AVAILABLE

Exact team lists will be finalised after try-outs, but below you will find an overview of the type of teams on offer.

Type of Team	Suitable For	Ages
Non competitive cheer	* New Athletes * Athletes who are unable to commit to a competition team * Athletes who are working towards the requirements for a competition team * Competition athletes who would like additional training.	Ages 4 years – adult
Prep Competition Teams	* Athlete's wishing to compete, who meet the prep skills and commitment requirements.	5 years +
All Star/ IASF Competition Teams	* Athlete's wishing to compete who meet the All star /IASF skills and commitment requirements.	8 years +
IASF Travel Team	* Experienced athletes who meet the IASF skill and commitment requirements * Must have a high level of competing experience	TBC
Tumble & Stunt Classes	* Additional classes to develop tumble and stunt skills.	All ages

24/25 Competition Schedule

Please note that not all teams compete at all competitions. Please see teams attending column for details.



Competition	Date	Location	Teams Attending
Cheer City Vision	18 th November 2024	Virtual	Travel Team
Cheer City Autumn Adventure	23 rd /24 th November 2024	Warwick University	Travel Team
Future Cheer Winter Wonderland	7 th /8 th December 2024	Colchester	All-Star Teams
Cheer City Spring Open	8 th /9 th March 2025	Warwick University	Prep Teams, All-Star Teams, Travel Team
BCA Nationals	24/25 th May 2025	Telford	Prep Teams, All-Star Teams, Travel Team
ECE Summer Showcase	TBC	UEA Sportspark	Recreational, Prep, All-Star, Travel Team
FC Internationals	20-22 nd June 2025	Bournemouth	All-Star Teams, Travel Team

Competition Teams Commitment

Following try-outs, before accepting a space on a competition team, you will be asked to read and accept our club rules and commitment expectations.

We have different teams to suit all.

In summary:

- Athletes must be able to attend all competitions for your team
- You must also be able to attend all compulsory training sessions which run for the three weeks leading up to a competition plus an additional session the weekend before.
- You must inform us of any known absences when accepting your team space. Failure to do so until later in the season will incur a £50 re-choreography fee and possible removal from the team.
- We will provide all dates to you prior to accepting your space on a team. It is your responsibility to check these carefully and refer to them throughout the season.





All-Star Uniform £125
Socks £32

UNIFORMS

COMING
SOON



New programme bows for
the 24/25 season
£20

*Athletes will also be responsible for
purchasing their own black trainers. These can
be any brand but must be plain black with
black soles.*

*Please note that novice and prep teams will
also be moving to black trainers for
the new season.*



Prep Uniform £75

Level Appropriate Skills

- Competition teams must be able to hit certain scoring ratios in order to be successful at competitions. Athletes therefore must be able to perform certain level appropriate skills, in order to be eligible for teams.
- **Tumble-** Please find linked below videos of the tumble requirements for each level. Athletes must be able to demonstrate all skills within that level to be eligible for a space on a competition team.

[East Coast Emeralds – YouTube](#)

- **Flyers** -If you are interested in being selected for a flyer position, please see the flyer information sheet which details the flexibility requirements. You will also need to attend the flyer evaluation session.
- **Stunt and Jumps** -When putting teams together, we also take into consideration stunt experience and athletes jumps / dance / performance ability.



TUMBLE TEAM TRYOUTS

All athletes hoping to be placed on a competition team must attend a tryout session. The tryout sessions are designed to give athletes an opportunity to show us their current skill level so we can place them on the most appropriate team. Athletes should aim for a team corresponding to the level of skills they have perfected. New for the 24/25 season, all competition teams will include a specific tumble class as part of their session to build skills for the next level.

Athletes will be asked to perform a short routine, which will be taught during the session, consisting of stunts, tumble and jumps. It is important athletes book on the correct session for their age and ability. You will be asked to perform skills to routine standard, and not just a one off. Please see the next page for more details about which session to book.

The tryout fee is £10 per athlete which covers all sessions (excluding international team tryouts).

NON TUMBLE TEAM TRYOUTS

Athletes born in 2009 or earlier, who have level 2+ stunting experience, are eligible to tryout for a non tumble team. You will need to attend the session on 22nd June, and then may be invited to a call back session so we can assess levels further.

If you wish to be considered for both a tumble and non tumble team, you must attend all appropriate sessions.

If you do not have the required stunting experience, please book the session on Thursday 18th July whereby we will assess your skills.

Date	Time	Ages	Skill level	Tumble skills assessed
Saturday 22nd June	1 – 2.30pm	2009 or earlier	Non Tumble Tryouts – Stunting Level 2+	N/A
Monday 15th July	4.45 - 6pm	Ages 5 – 8 years (as of 31/8/2024)	Beginners to working level 1	Rolls, cartwheels, roundoffs, walkovers / walkover progressions
Monday 15th July	6– 7pm	All	Flyer evaluations	Flyer shapes, body control, performance
Tuesday 16th July	5.30 – 7pm	Birth years 2006-2017	Level 1	Cartwheels, round off ,front walkovers, back walkovers, valdez, connected skills
Tuesday 16th July	7 - 8.30pm	Birth years 2006-2017(or older athletes with level 2 tumble skills)	Level 2	Front walkovers, back walkovers, back handsprings, round off back handsprings, connected skills
Wednesday 17th July	6 – 7.30pm	Birth years 2006-2017 (or older athletes with level 3+ tumble skills)	Level 3+	Connected back handsprings, round off tucks , jump to BHS
Wednesday 17th July	7.30-8.30pm	2009 or earlier	Non Tumble callbacks – By Invitation	N/A
Thursday 18th July	6 – 7.15pm	Ages 9 – 14 years (as of 31/8/2024)	Beginners to working level 1	Rolls, cartwheels, roundoffs, walkover progressions
Thursday 18th July	7.15 – 8.30pm	2009 or earlier	Beginners up to walkovers	Rolls, cartwheels, roundoffs, walkovers/ walkover progressions



TRYOUT BOOKING INFORMATION

When putting teams together, we have to follow specific age guidelines. It is therefore important to book the correct tryout session so we can see you perform with potential team mates.

How to choose the appropriate session:

1. First check the sessions which relate to your age. Some are split by ages as of 31/8/2024, and others by birth years.
2. If there is more than one session for your age group, the next thing to check is the tumble skill ability level. Athletes will be asked to show the skills listed.
3. If you would like to be considered for a flyer position, you will also need to attend the separate flyer evaluation session.
4. Once you have chosen the correct session, please submit the booking form linked below:

Booking form: <https://form.jotform.com/241552834393359>

New athletes will need to set up a Coacha and Go Cardless account to complete your registration. Current athletes will be charged the £10 tryout fee via your Go Cardless account.

If you are unsure which session to book, please do not hesitate to contact us for assistance.

Tumble Classes

Tumble development will be included in competition teams training, but we would recommend athletes also attend a tumble session per week to develop skills further. These sessions are an additional cost to your monthly membership.

Team training Fees / Membership Fees

Training fees vary depending on which team you are on and the length of your session, but can range between £35 - £50 per month for one team.
There is also an annual membership fee of £35 per athlete.

Uniform and Trainers

Competition squad athletes will need to purchase a uniform, bow and trainers. Please see previous page for costs of these items.

We do have a second hand Facebook page for uniforms, although finding one your size cannot be guaranteed.

Costs to consider

Merchandise

Athletes will receive a Season 15 training t-shirt as part of their membership fee.

Additional merchandise is optional but includes items such as:

- * Bags
- * Hoodies
- * Fleece
- * Training kits
- * Sliders
- * Drinks bottles
- * Accessories

Competition Costs

Competition costs can become expensive, so we ask you consider this before committing to a team.

- * Competition entry fees
- * Spectator ticket fees
- * Travel costs
- * Accommodation costs



**WE LOOK FORWARD TO
WELCOMING YOU TO EAST COAST
EMERALDS**