



INFORMATION PACK
2025-2026

WELCOME!



Welcome to the Cheerspire Allstars Family!

We're so excited to kick off a brand-new season packed with cheer, teamwork, and unforgettable memories.

About Cheerspire Allstars:

At Cheerspire Allstars, we create an uplifting and focused space where every athlete can grow, improve, and feel part of something special.

Our experienced coaches are passionate about developing confident, skilled athletes in a supportive and inspiring environment. We focus not only on performance, but also on sportsmanship, growth, and lifelong friendships.

What to Expect This Season:

- **Elite Training:** Athletes will receive expert coaching in stunting, tumbling, jumps, and dance. Athletes will focus on building a high-energy competition routine during their weekly sessions.
- **Proven Success:** Our teams are set to compete at multiple events this season, building on past achievements including several 1st place finishes and Grand Champion titles across two age groups.
- **Team Spirit:** Being part of Cheerspire means being part of something bigger — a supportive team that lifts each other up and celebrates every step forward.

Join the Journey:

We're welcoming passionate and dedicated athletes for our 2025–2026 season. Whether you're a seasoned competitor or trying cheer for the first time, there's a place for you here.

Let's make this our best season yet!



@cheerspireallstars

YEARLY TIMELINE



JULY 2025

We use July to settle into our new teams! We focus on conditioning and the basics of cheerleading to prepare for the new season.

AUGUST 2025

We will be running cheerleading workshops throughout August to learn new skills.

SEPTEMBER 25 - JANUARY 26

We create our competition routine. We learn all choreography ready for our competitions. We will be holding team bonding sessions so our athletes can get to know one another and become more comfortable in their teams!

JANUARY 2026

We will be holding our Cheerspire Allstars showcase. This will be an event created for family and friends to come and watch what the cheerleaders have been working on.

JANUARY - JUNE 2026

We train as usual but these months are important as we will be competing at competitions!

JUNE 2026

We hold our annual 'tryouts' to place existing and new members on teams for the 2026/2027 season.

COMPETITIVE TEAMS

TEAM TRAINING DAYS & TIMES

EDENBRIDGE ACADEMY

Edenbridge Leisure Centre, TN8 5LU

Monday's



4pm-6pm
U12 level 1
DOB: 2013-2018



6pm-8pm
U14 level 2
DOB: 2011-2016

Thursday's



5:15pm-6:45pm
U10 Prep level 1.1
DOB: 2015-2019

SHIRLEY ACADEMY

Orchard Park High School, CR0 7NJ

Tuesday's



5pm-6:30pm
U14 Prep level 1.1
DOB: 2011-2016



6:30pm-8pm
Senior level 2
DOB: 2014 or earlier

Wednesday's



5pm-6:30pm
U8 Prep level 1.1
DOB: 2017-2021



7.30-9pm
Senior Prep level 1.1
DOB: 2014 or earlier

NON-COMPETITIVE TEAMS

TEAM TRAINING DAYS & TIMES

EDENBRIDGE ACADEMY

Edenbridge Leisure Centre, TN8 5LU

Wednesday's



4pm-5pm
Level 1/2
Ages 5-16

SHIRLEY ACADEMY

Orchard Park High School, CR0 7NJ

Wednesday's



6:30pm-7:30pm
Level 1/2
Ages 5-16

Our non-competitive teams are perfect for athletes who want to develop their cheer skills without the pressure of competitions. These sessions are a great way to focus on technique, improve strength and flexibility, and practise key elements such as jumps, stunts, and tumbling.

Many athletes use this as an additional training opportunity alongside their competitive team, or as a fun and supportive way to build confidence and stay active.

DATES FOR YOUR DIARY

ATHLETES FROM COMPETITIVE TEAMS MUST COMMIT TO THE FOLLOWING DATES



EXTRA TRAINING:

ALL TEAMS

📅 Saturday 10th January
🕒 TBC
📍 Unity Allstars, Carshalton

We will use a full sized competition floor so that the athletes are well prepared for competition season.



SHOWCASE:

ALL TEAMS

📅 Saturday 17th January
🕒 12-1:30pm

📍 Orchard Park High School, Shirley, Croydon CR0 7NJ.

This will be an event created for family and friends to come and watch what the cheerleaders have been working on.

COMPETITIONS:

ICC SOUTHERNS PT 1.

ALL TEAMS

📅 Saturday 31st Jan & Sunday 1st Feb
📍 Guildford Spectrum

BCA SPRING SPIRIT (TBC)

POWER ⚡

📅 Saturday 11th & Sunday 12th April
📍 Brighton Centre

CHEER CITY SUMMER GAMES

ALL TEAMS

📅 Saturday 16th & Sunday 17th May
📍 Hertfordshire

ICE BIG CHILL

ALL TEAMS

📅 Saturday 6th & Sunday 7th June
📍 Bushfield Leisure Centre, Peterborough

FC INTERNATIONALS

POWER ⚡

📅 Friday 26th, Saturday 27th & Sunday 28th June
📍 BIC, Bournemouth

Please note: Exact competition days are not yet confirmed. Your child's team could be scheduled on any of the dates listed, as organisers release the final schedule once all entries have been submitted.

For example, ICC Southernns may take place on either the Saturday or Sunday, and you will be required to keep both dates free until the final schedule is confirmed.

We will share your child's competition day as soon as we receive the official programme. All details remain subject to change.



ATHLETE TRAINING ZONES

At Cheerspire Allstars, consistent attendance is **essential** to team success and athlete development. Cheerleading relies on every athlete being present at training, each person plays a key role in stunts, formations, and timing. When someone misses a session, it affects the entire team, often requiring routines to be restructured and placing added pressure on others. To manage this fairly and maintain high standards across all teams, we have a clear attendance system in place that outlines expectations throughout the season.

This system is broken down into **Green**, **Amber**, and **Red** Zones to reflect the importance of attendance at different times of the year:

● Green Zones

These are designated as acceptable periods for time off—typically during school holidays. Athletes may take breaks during Green Zones without it affecting their place on the team.

● Amber Zones

Athletes are permitted to miss one session during Amber Zones across the entire season. This must be either pre-approved in advance or due to genuine illness. This allows for occasional absences while keeping training consistent for the rest of the team.

● Red Zones

Red Zones cover the three weeks leading up to a competition. These are critical sessions where full attendance is required.

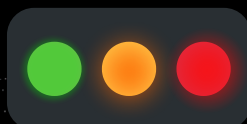
Missing a training session during a Red Zone may result in your child losing their place on the team. This is because an absence during this period disrupts team readiness and puts routines, stunts, and safety at risk. Every athlete's presence is vital to the success of the whole team.

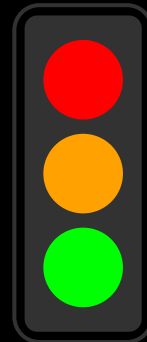
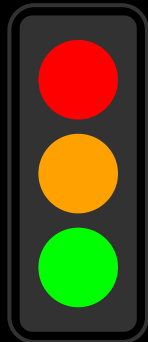
Please Note:

If an athlete is unwell or injured, they may still be asked to attend training to observe and support the team. This helps them stay up to date with formations, choreography, and coaching instructions so they're ready to return when fit.

All parents will be required to sign a team commitment agreement to confirm their understanding and support of this system. Your commitment ensures that every athlete can thrive in a positive, structured, and dependable team environment.

★ Thank you for being part of the Cheerspire Allstars journey—we can't wait to see what our teams achieve this season!





TRAINING ZONES

July 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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August 2025						
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September 2025						
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October 2025						
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November 2025						
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December 2025						
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January 2026						
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May 2026						
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June 2026						
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Please be aware **Power** ⚡ athletes are expected to be at ALL training sessions from January 2026. The team is competing at additional competitions with the aim to get a bid to an international competition for the 2026/2027. Commitment is vital to achieve this.



CALENDAR OVERVIEW

CA

ALL TEAMS 46 WEEKS OF TRAINING

July 2025						
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September 2025						
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November 2025						
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February 2026						
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March 2026						
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28	29	30				

ALL COMPETITIVE TEAMS REQUIRED:

🍷 **SHOWCASE** !! **ICC SOUTHERNS PT.1** 📣 **CHEER CITY - SUMMER GAMES** ❄️ **ICE BIG CHILL**

POWER⚡ ADDITIONAL COMPETITIONS: 🌸 **BCA SPRING SPIRIT** 🌐 **FC INTERNATIONALS**

✖️ = **FEARLESS🌟 & POWER⚡ NO TRAINING ON THESE DATES DUE TO BANK HOLIDAY - CLASSES ARE MOVED TO THE THURSDAY IN THAT WEEK (TIMES TBC).**

NEW! = **NEW SEASON TRYOUTS 2026-2027!**

TRAINING COSTS



All teams will receive **46 weeks of training** this season.
Payments are debited on the **1st of each month** via our online system, providing small, manageable payments spread throughout the year.

The **annual cost** of your child's classes is **split evenly over 12 months**, regardless of breaks or holidays, to keep monthly payments consistent and simple.

Please note: If your child wishes to try out for the **2026–2027 season**, you will still be required to pay for try-outs separately, as this fee is **not included** in your monthly payments.

PAYMENTS PER MONTH

TEAM	TRAINING HRS	COST PER CLASS	COST PER MONTH
INSPIRE - (NON COMPETITIVE) ❤️	1hr	£14.08	£46
SHINE 🌞💖	1.5hrs	£14.08	£54
DREAM ☁️📺	1.5hrs	£14.08	£54
PASSION ❤️❤️	1.5hrs	£14.08	£54
POWER ⚡️📺	2hrs	£16.50	£63.25
FEARLESS ✨💜	2hrs	£16.50	£63.25
MANIFEST 🍪💚	1.5hrs	£14.08	£54
FIERCE 🔥💖	1.5hrs	£14.08	£54

If your child has been selected for two teams (crossover), we offer **50% off** the lower-priced team each month.

Please note: Only one cheer discount and one gymnastics discount can be applied per subscription, where applicable.

Everyone is also welcome to join our **non-competitive team** 'Inspire' as an extra training session to build confidence and improve technique in tumblers, jumps, stunts, and more.

If your child is on a competitive team and also joins Inspire, the same 50% crossover discount will apply to the lower-priced team.



PAYMENTS

COMPETITIONS, UNIFORM, MEMBERSHIP, INSURANCE



Music & Membership Fees

Due: Monday 30th June 2025

This fee covers your child's teams personalised cheer music, choreography, and membership:

£50 per athlete on 1 team

£80 per athlete on 2 teams



Competition Uniform & Merchandise Fees

Due: Monday 8th September 2025

Cost varies per athlete depending on team(s) and merchandise selected (see below)



Competition Fees

(All competitions - combined fees)

Due: Monday 6th October 2025

1 Team: £75

2 Teams: £135

Power Team Only: £159

2 Teams including Power: £219



IGA Insurance Fee

All Gymnasts and Cheerleaders MUST hold a valid IGA membership insurance to train and compete.

This will be charged to your account approx 2 weeks after joining and will be automatically renewed each year on or around the 1st September

Please note: These competition fees are based on last season's pricing and are subject to change once final costs are confirmed by organisers.

UNIFORM REQUIREMENTS

New Athletes

All new Cheerspire Allstars athletes are required to purchase a competition uniform:

Total: £145, which includes:

- Competition top
- Skirt
- Mesh bodysuit
- Socks
- Competition bow

In addition, you must purchase:

Cheerspire Training T-Shirt: £16

Team Training Bow: £8

(Available to buy via our Gymspire Academy Shop/Gymspire Academy App)

Please also ensure your child has plain black shorts, leggings, or joggers, and cheerleading shoes, which are compulsory for all athletes to wear to training each week.

Athletes Changing Teams

If your child is moving to a different team, the following items are required:

Team Training Bow – £8

Competition Bow – £15

Team Name Velcro Strip – £8

Crossover Athletes

(Joining an Additional Team)

If your child is joining a second team, the following additional items are needed:

Team Training Bow – £8

Competition Bow – £15

Team Name Velcro Strip – £8

Returning Athletes

There are no new uniform requirements for returning athletes this season.

PRESENTABILITY

Uniform & Footwear Requirements

Until your child receives their official Cheerspire training kit, please ensure they attend in a plain black t-shirt and black shorts or bottoms.

They must also wear plain black cheerleading shoes for health and safety reasons, appropriate footwear is essential to help prevent accidents and injury.

🔒 Important: Cheerleading shoes must be kept as indoor-only shoes. Your child should arrive in separate footwear and change into their cheer shoes before training.

Recommended Cheerleading Shoes:

✅ Great for starting out:

Amazon Cheer Shoes – Lightweight & Tumbling Friendly

★ Top choice:

Rebel Ruthless – Unity Allstars Pro Shop

Presentation matters!

Please make sure your child arrives at training looking neat and ready to work:

- Hair tied back securely
- All earrings and jewellery must be removed

🛍️ Additional Cheerspire Merch

Other Cheerspire merchandise is available to purchase via the Gymspire Academy Shop or the Gymspire Academy App.

These items — including cropped tops, flares, basketball jerseys, and more — can be worn to training.



TERM DATES & RESOURCES

TERM DATES

Our classes close for August, and 2 weeks at Christmas. This allows time for our members to go on holiday. However, all members are still charged during these times as the fees are pro-rated.

You will only pay for the sessions that we provide.

Up-to-date term dates can be found on the Gymspire Academy parent portal/app once you have signed up to a team following tryouts.

SOCIAL MEDIA

Please follow us on Instagram, TikTok and Facebook. We regularly post about upcoming events, updates, and notices that you could be interested in. You can also write us a review on our Facebook page, we would love to share your support.

 @cheerspireallstars

 @cheerspireallstars

 @cheerspireallstars

 @gymspireacademy


 @gymspireacademy


 @gymspireacademy

COMMUNICATION

CONTACT DETAILS


 info@cheerspireallstars.com

 01843 482219


 07822012513

 www.cheerspireallstars.com

OFFICE HOURS

 Mon - Fri 9:00am - 3:00pm

RESPONSE TIME

 24 - 48 hours except weekends

CHEERSPIRE

Allstars

EXTRA CLASSES

EDENBRIDGE:

Tumbling class

Tuesday's 7-8pm

Rec Cheer/Extra Training

Wednesday's 4-5pm

SHIRLEY:

Tumbling class

Monday's 7.15-8.15pm

Rec Cheer/Extra Training

Wednesday's 4-5pm

Advanced Tumbling Class

Friday's 7.00-8.30pm

Discounts available for multi-class bookings,
please contact us for more information.

PRIVATE LESSONS

Private lessons are available to book through the Gymspire Academy website with our directors, Hannah or Kiera.

These sessions are offered on a pay-as-you-go basis and are priced at £30 for 30 minutes or £50 for one hour.

Availability is limited, so early booking is recommended.



CHEERSPIRE

Allstars

FINALLY,

TERMS & CONDITIONS

It is important that you read our terms & conditions and participant & parent code of conduct prior to your child's class.

You can find our terms & conditions online...

CLICK HERE



THANK YOU!

Thank you for taking the time to read through our information pack. If you have any questions at all, please don't hesitate to get in touch, we're here to help!

We're excited for the season ahead and can't wait to see what our athletes achieve.

Cheerspire Allstars

