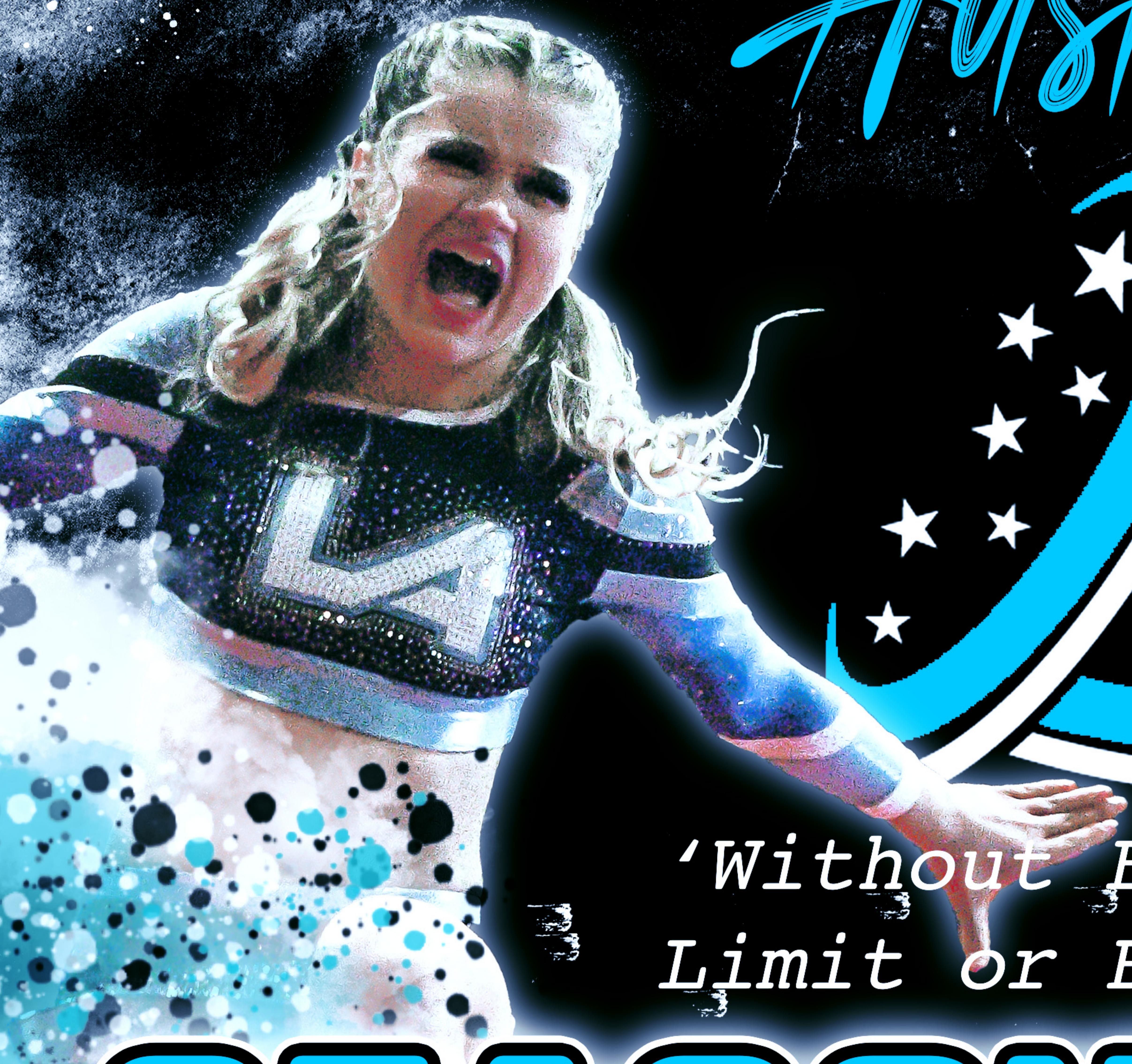


INFORMATION PACK

LIMITLESS

Allstars



*'Without End,
Limit or Boundary'*

SEASONS

2013/14

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LIMITLESS INFORMATION

LIMITLESS ALLSTARS IS A COMPETITIVE CHEERLEADING PROGRAM BASED IN TEESSIDE.

OUR PROGRAM ACCEPTS AND BUILDS ATHLETES FROM ALL AGES AND OF ALL ABILITIES.


WE PROVIDE A SUPPORTIVE, EXCITING AND INCLUSIVE ATMOSPHERE.

ALL ATHLETES WITH A POSITIVE ATTITUDE, COACHABILITY AND DRIVE TO BE THE BEST THEY CAN BE WILL BE PLACED ON A TEAM.



STAFF

Our staff are passionate and knowledgeable about cheerleading. We strive to ensure athletes get the most out of the sport as individuals, resulting in achievements we couldn't be more proud of as a team.



DIRECTORS

All directors and head coaches hold USASF and BGU Coaching Qualifications and have over a decade of experience each.

They have competed Internationally at the Cheerleading Worlds and Summit in Florida between levels 4-7 on multiple occasions. Our award-winning, in-house choreography has contributed to 3 Summit Bids and 1 All Star Worlds Bid in the last two seasons alone.

COACHES

Our dedicated coaches are all competitive cheerleaders and most hold valid BGU qualifications. Coaches and junior coaches eventually have the opportunity of taking on larger roles after showing commitment and demonstrating their own unique leadership skills.

If you are interested in coaching, please don't hesitate to get in touch.

FACILITIES

OUR FACILITIES ARE SECOND TO NONE IN THE TEESSIDE AREA.
LEARNING NEW SKILLS COULDN'T BE EASIER.

- FULL SIZE COMPETITION SPRUNG FLOOR
- FAST TRACK
- 3 OLYMPIC SIZED TRAMPOLINES
- MULTIPLE SPOTTING BLOCKS
- TUMBLE AIDS
- PARENT VIEWING AREA
- WAITING ROOM WITH TV AND CHILDRENS TOYS



TRYOUTS

TRYOUT PROCESS

- 1.) Visit www.limitlessallstars.com/tryouts
- 2.) Enter details and select timeslot.
- 3.) Attend Tryouts. July 15/16th 2023.
- 4.) Get Assessed on current ability, potential, coachability, and personality on the cheer floor, No experience is required.
- 5.) Placements will be offered by Email on or before July 20th. The email will include training times, prices, and requirements. It is likely you will be offered 2 teams.
- 6.) You will be given instructions on how to accept your place on the team which will need to be completed on or before Thursday July 27th.



Some athletes may be disappointed. Time and thought is put into team placements and every decision is based purely on the betterment of athletes and future success of the program.

Trust the Process.

Video Tryouts will not be accepted. If you are unable to attend, email limitlesscheer@gmail.com before July 4th to book a 45 minute assessment. This will be for a fee of £20.

TRYOUTS

Information

WHAT TO BRING

CHEER SHOES / WATER / SNACKS / ATHLETIC CLOTHING

PRICE: £10

OR IS INCLUDED IN OUR ALL ACCESS JULY PASS. THIS CAN BE PURCHASED AT WWW.LIMITLESSALLSTARS.COM/JULY

TIMESLOT

ATHLETES MUST ATTEND THE YOUNGEST AGE TIMESLOT THEY ARE ELIGIBLE FOR BEFORE BEING CONSIDERED AS A CROSSOVER INTO AN OLDER AGE DIVISION.

DIVISION	AGES	TIME
TINY / MINI	5-8	10 - 11AM
YOUTH	7-11	11AM - 12:30PM
YTH / JR FLYERS	7-14	12:30 - 1:15PM
JUNIOR	8-14	1:15 - 2:45PM
U16 FLYERS	BORN 2007-2012	3:00 - 3:45PM
INT. TUMBLE	BORN 2012 OR EARLIER	3:45 - 5:45PM
SR / OPEN	11+	5:45 - 7:15PM
SR FLYERS	11+	7:15 - 8PM

INTERNATIONAL July 16th CALLBACKS

SCHEDULE

U16 LEVEL 2:
10:00 - 12:00

U16 LEVEL 3:
12:30 - 2:30 PM

INT OPEN COED 5:
3 - 6:30PM

FOR INTERNATIONAL TEAMS.
ATHLETES ELIGIBLE WILL
BE INVITED BY EMAIL
TO CALLBACKS THE
FOLLOWING DAY.

SEASON 6 - TEAMS

ALL TEAMS AND TIMES ARE SUBJECT TO CHANGE

SUPERNOVA

MASTERS 1
SUN : 6.30-8

STARDUST

TINY PREP 1
MON : 4.30-6

SPRITES

MINI PREP 1
TUES : 5.30-7

FLARES

YOUTH PREP 1
THURS : 4.15-5.45

APEX

JUNIOR 1
WED : 4.30-6.30

HYPE

NON-TUMBLE 2/3
TUES : 7-9

SHOCKWAVES

JUNIOR 2
THURS : 5.45-7.45

NEPTUNE

U16 3
WED : 6.30-8.30

BLITZ

INT. OPEN COED 5
THURS : 7.45-9.45

COMPETITIONS

All Competitions are Subject to Change



NORTHERNS / MANCHESTER / 20TH/21ST JAN

STARDUST / SPRITES / FLARES / APEX / HYPE / SHOCKWAVES / NEPTUNE



STAND STRONG / NEWCASTLE / 10/11TH FEB

STARDUST / SPRITES / FLARES / APEX / HYPE / SHOCKWAVES / NEPTUNE



ALLSTAR CS / LOUGHBOROUGH / 2ND - 3RD MAR

STARDUST / SPRITES / FLARES / APEX / HYPE / SHOCKWAVES / NEPTUNE / SUPERNOVA



SUMMIT / FLORIDA / 28TH APR - 6TH MAY

NEPTUNE



NATIONALS / TELFORD / 25 - 26TH MAY

STARDUST / SPRITES / FLARES / APEX / HYPE / SHOCKWAVES / NEPTUNE / BLITZ



SHOWDOWN / EDINBURGH / 31 MAY - 2ND JUNE

NEPTUNE



EUROPE / LIVERPOOL / 21ST - 24TH JUNE

STARDUST / SPRITES / FLARES / APEX / HYPE / SHOCKWAVES / NEPTUNE / BLITZ



INTERNATIONALS / BOURNEMOUTH / 5-7TH JULY

NEPTUNE / BLITZ

CLASSES

TUMBLE

All athletes accepted onto a team are required to attend a tumble class (Unless specified)

Tumble classes are included in monthly fees. Classes are based on skill level, not age.

BEGINNER

No Prerequisite skills required.

Working towards Walkovers

Tues : 4.30-5.30

Sat : 10-11

BEGINNER +

Front / Back Walkovers Required

Perfecting Level 1

Fri : 4.15-5.30

New!

INTERMEDIATE

Front / Back Walkovers With Strong Execution Required

Working towards Back Handsprings / Lv2 Running and Lv 3 Standing Tumble

Fri : 5.30-7

ADVANCE

Standing Series Required.

Working towards tucks, straights and other level 4 skills

Fri : 7-8.30

ELITE

Staights Required

Twists, whips, Stepouts

Fri : 8.30-9.15

New!

OTHER

RECREATIONAL

Want to keep kit, Learn stunts, tumbles and jumps without the commitment of a team? Rec cheer is for you! - Saturday - 11AM-12PM

STRETCH CLASS

For athletes wanting to improve their flexibility either for flying or general health. - Saturday - 11AM-12PM

PRE-SCHOOL

Start them young! Learn the foundations of the sport while building strength, flexibility, coodination and confidence. - Saturday - 11-11.45AM

CHOREOGRAPHY DATES

Athletes must attend their teams allotted Choreo Slot. Choreoslots commence during October Half Term. These times are subject to change.

SHOCKWAVES

Nov 3rd : 1-4pm / Nov 5th : 9-12

STARDUST

OCT 29TH : 9-12

NEPTUNE

Nov 2nd : 5-8pm / Nov 4th : 1-4pm

SPRITES

Nov 3rd : 9-12pm

FLARES

OCT 29TH / 30TH : 1-4PM

HYPE

OCT 30TH : 6-9PM / NOV 4TH : 5-8PM

APEX

Oct 28th : 1-4pm / Oct 31st : 9-12pm

BLITZ

NOV 12TH : 10-4PM

SEASON 6 FEES

MONTHLY COST

A ROLLING SUBSCRIPTION FROM THE **1ST OF AUGUST** UNTIL THE END OF THE COMPETITIVE SEASON. **CROSSOVERS** ARE AN ADDITIONAL £20.

PREP TEAMS - £50

ALLSTAR TEAMS - £55

BLITZ - £50

NEPTUNE - £60

SUPERNOVAS - £30

JOINING FEE

£50 - DUE **AUGUST 1ST** - THIS INCLUDES YOUR SEASON 6 TSHIRT, AWARD WINING CHOREOGRAPHY, AND TEAM MUSIC.

UNIFORM FEE

DUE **SEPTEMBER 1ST** - **NEPTUNE** WILL NEED MESH FOR A SMALL ADDITION

STANDARD (PREP TEAMS) - PURCHASE £130 / RENTAL £80

ELITE (ALLSTAR / SUMMIT TEAMS) - PURCHASE £210 / RENTAL £120

COMPETITION ENTRY FEE

1 PREP - £182.50

NEPTUNE - £285.50

1 ALLSTAR - £202.50

NEPTUNE + ALLSTAR - £442.50

2 PREP - £339.50

BLITZ - £153

2 ALLSTAR - £359.50

BLITZ + ALLSTAR - £311.5

TRAINING GEAR

MORE GEAR AVAILABLE VIA THE FLIPTRICKS STORE
NO ITEMS ARE COMPULSORY

23/24



CROP TOP
£25

GIRLS SHORTS
£25

BASEBALL TOP
£36

BASKETBALL TOP
£30

MENS SHORTS
£25

GYM DETAILS

PLANNED CLOSURES

Summer - 14th-28th August 23 (2 weeks)

Xmas - 20th December - 3rd January

Summit - 29th April - 6th May (1 week)



SUPERNOVAS

Supernovas is our Masters Team Perfect for adults with or without experience in the sport looking to have fun and make friends.

Training - Sunday's 6.30-8PM

Daycare - For £2 a child bring one of our junior coaches will babysit so you can train!

FUNDRAISING

We encourage fundraising within the program. We are grateful for those who wish to support the club in this way. Individuals may fundraise for personal fees or may wish to work as a group to support the program as a whole.

Summit

ESPN WIDE WORLD OF SPORTS FLORIDA, ORLANDO

THIS YEAR WE ARE EXCITED TO BE TAKING NEPTUNE TO THE INTERNATIONAL SUMMIT CHAMPIONSHIPS BY VARSITY. SUMMIT IS THE MOST PRESTIGIOUS LEVEL 1-4 EVENT IN THE WORLD.

MAY 2ND - 5TH 2024

TEAM COMPETING AT THE SUMMIT WILL BE:

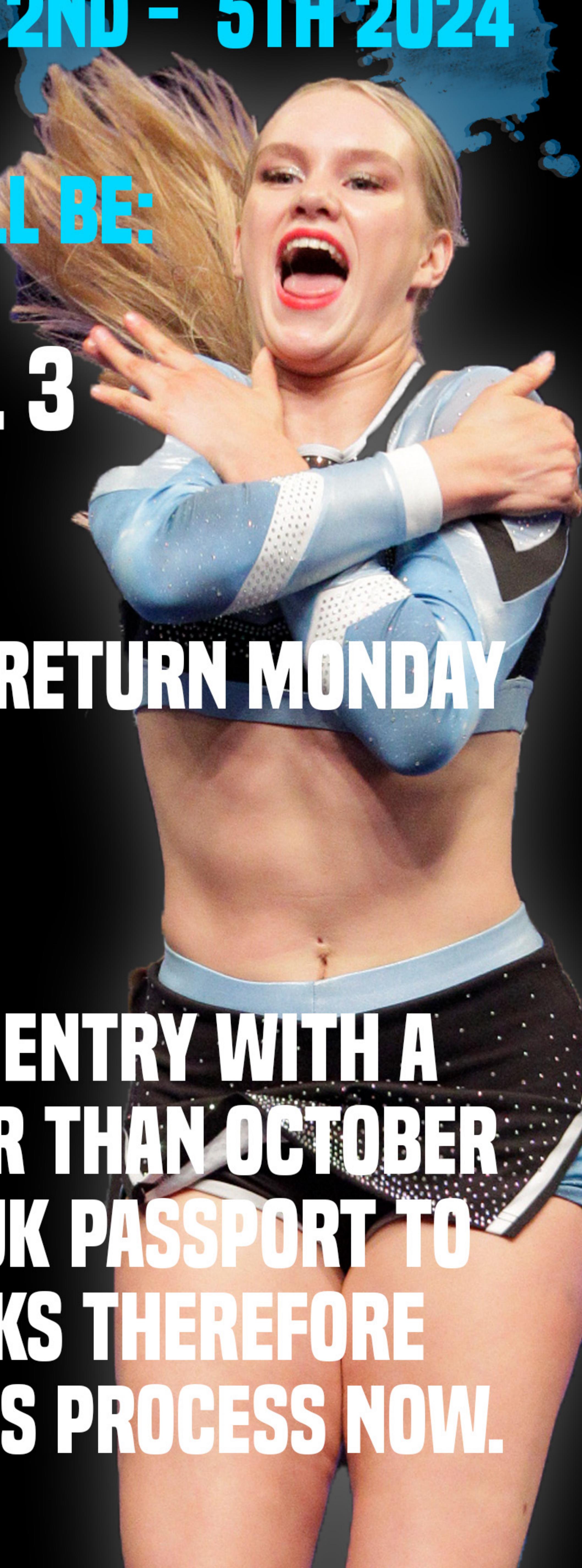
NEPTUNE - INT. UNDER 16 LEVEL 3

MANDATORY TRAVEL DATES :

LEAVE THE UK ON SUNDAY **APRIL 28TH** RETURN MONDAY **MAY 6TH.** (EXACT DATES TBC)

PASSPORT AND ESTA'S :

MUST BE APPLIED FOR ASAP. PROOF OF ENTRY WITH A VALID PASSPORT WILL BE DUE NO LATER THAN OCTOBER 15TH. THE AVERAGE TIME FOR A NEW UK PASSPORT TO ARRIVE AFTER APPLICATION IS 10 WEEKS THEREFORE WE HIGHLY RECOMMEND STARTING THIS PROCESS NOW.



SUMMIT EST. COST

THESE PRICES ARE SUBJECT TO CHANGE BASED ON TEAM SIZES AND NUMBER OF SPECTATORS GOING AND WILL BE CONFIRMED AFTER TRYOUTS.

SPECTATORS / GUARDIANS ARE NOT REQUIRED

£1600 PER ATHLETE

£1420 PER SPECTATOR

THE TRIP WILL BE PAID IN THREE INSTALMENTS

SEPTEMBER 1ST

NOVEMBER 15TH

JANUARY 1ST

SUMMIT PAYMENTS INCLUDE

AIRLINE TRAVEL

VAN RENTAL

VILLA

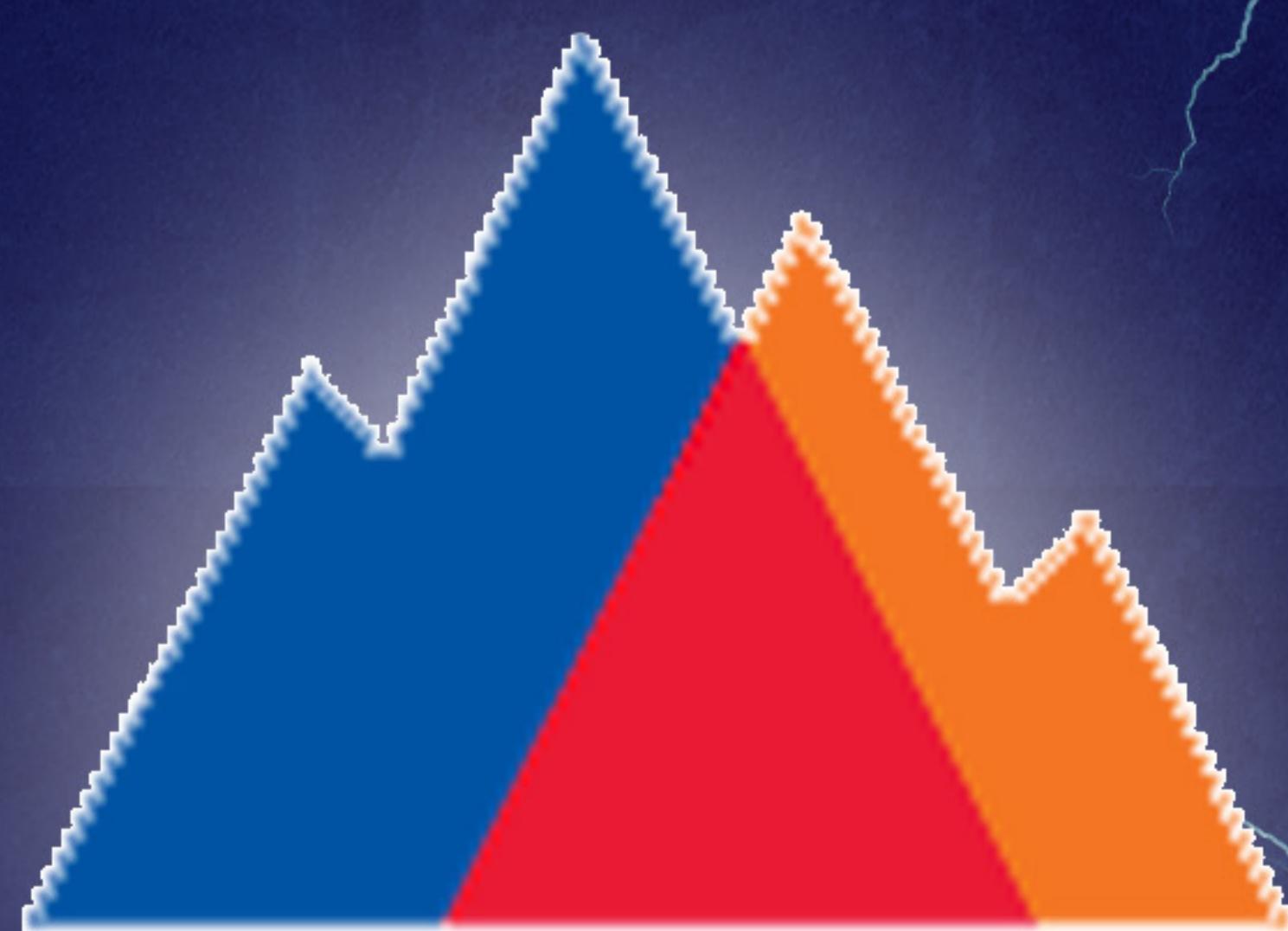
TWO DAY DISNEY PARK HOPPER PASS

MUSIC LICENCING

SUMMIT ENTRY FEE

GYM RENTAL

BESPOKE TEAM TRAINING KIT



SUMMIT



FEES TOWARDS COMPS AND UNIFORM WILL STILL BE REQUIRED



SCHOLARSHIP PROGRAM

THIS SEASON WE ARE PLEASED TO OFFER UP TO 3 SCHOLARSHIPS FOR OUR MOST ELITE ATHLETES!

HOW TO APPLY

1. SEND AN EMAIL TITLED: SCHOLARSHIP TO LIMITLESSCHEER@GMAIL.COM
2. TELL US YOUR CHEER EXPERIENCE INCLUDING TUMBLING YOU HAVE.
3. TELL US WHY YOU THINK LIMITLESS IS A GOOD FIT FOR YOU.
4. WHAT WILL YOU BRING TO THE TEAM?
5. WE WILL CONFIRM IF YOU WILL BE RECEIVING THE SCHOLARSHIP AND WHAT AMOUNT OF MONTHLY DISCOUNT YOU WILL RECEIVE IN YOUR TEAM PLACEMENT EMAIL.

WHAT DOES THIS MEAN?
NO JOINING FEE AND A REDUCED MONTHLY FEE!

WHAT ARE WE LOOKING FOR?

1. LEADERSHIP QUALITIES
2. POSITIVE ATTITUDE
3. HIGH SKILL LEVEL (LEVEL 5 SKILLS)
4. FULL ATTENDANCE (ABSENCES MUST BE APPROVED)
5. HELPFUL
6. COACHABLE
7. ROLE MODEL
8. VERSATILITY (WILLINGNESS TO STUNT IN ANY POSITION)

COMMITMENT FEE : £150 TO BE PAID BY AUGUST 1ST, RETURNED AT THE END OF THE SEASON. NEGATIVE BEHAVIOUR TOWARDS COACHES OR TEAMMATES MAY RESULT IN THE LOSS OF DEPOSIT. A BREACH IN THE ATTENDANCE POLICY OR PARENT/ATHLETE AGREEMENT COULD END THIS AGREEMENT. YOU MAY THEN BE ASKED TO PAY FULL PRICE TO CONTINUE WITH THE SEASON.

CODE OF CONDUCT

Agreement Forms

PARENTS AND ATHLETES OVER 18 WILL BE GIVEN AN ONLINE AGREEMENT FORM TO BE READ AND AGREED TO ONCE TEAM PLACEMENT HAS BEEN GIVEN

Attendance Policy

THE RED ZONE: IF AN UNEXCUSED ABSENCE OCCURS 2 TRAINING SESSIONS BEFORE A COMPETITION AN ATHLETE MAY BE REMOVED FROM THE TEAM

Absences

EXCUSED

INJURY

SICKNESS AND DIARRHOEA

DEATH IN THE FAMILY

UNEXCUSED

BIRTHDAY'S / HOLIDAY'S

NO LIFT

DEATH OF A PET

EXTRA CURRICULAR

NEW YEAR SHOWCASE

- JANUARY 14TH

- ATHLETE ARRIVAL
2.30pm

- SPECTATOR ARRIVAL
3.30pm

SHOWCASE IS A CHANCE FOR SPECTATORS TO
HAVE AN EARLY PREVIEW OF OUR PROGRAMS
ROUTINES. ALL ARE ABLE TO ATTEND.

