

Charlton Rocks

CHEERLEADING ACADEMY



S6: 2023-2024 COMPETITION TEAM TRYOUT INFORMATION PACK

Welcome to Charlton Rocks Cheerleading Academy!

Thank you for your interest in joining us for the 2023-2024 season.

Please read this 23-24 competition team information pack carefully before committing to the club.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

WHO CAN ATTEND?

- Anyone who is Age 5yrs Upwards and would like the opportunity to join our competitive teams must attend Tryouts. This includes Non-members, CRC Non-competitive members and returning CRC competitive members.
- Tryouts are open to everyone regardless of gender, ability and experience.
- Our coaches will evaluate each athletes' skills during Tryouts and based on an athletes age and ability, they may be offered a 23-24 competitive placement.
- Team placements are not guaranteed. If an athlete is not offered a competitive placement, they will be offered a C4F placement to develop the skills they require as an alternative.

23-24 Competition
TEAM TRYOUTS

DO YOU WANT THE OPPORTUNITY TO JOIN A COMPETITION TEAM?
EVERYONE IS WELCOME TO TRYOUT AT CHARLTON ROCKS CHEER ACADEMY!

Come Join us for
SEASON 6

SCAN TO BOOK!

CR SWIPE FOR INFO! →



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

WHEN ARE TRYOUTS?

- We will hold 23-24 Competitive Team Tryouts on 18th-22nd July 23.
- Tryout dates will be split by age to assess individual skill on Tuesday 18th, Wednesday 19th, Friday 21st July 2023.
- Anyone who would like to tryout as a Flyer should attend Flyer Evaluations on Saturday 22nd July 2023.
- Athletes may be invited to attend Call Backs for stunt evaluations on Saturday 22nd July 2023, so please keep this date free.
- If you are unable to attend Tryouts, please book a Video Tryout. You will need to send us videos of your skills. (Tumble skills must be filmed withing the last year) The Deadline date to send in videos is Saturday 22nd July 2023.
- Tryouts results will be communicated to you via email by 12pm on Monday 24th July 2024.
- Please go to our website to book your Tryouts!



23-24 Competitive TEAM TRYOUTS

SCAN TO BOOK!

DO YOU WANT THE OPPORTUNITY TO JOIN A COMPETITION TEAM?
EVERYONE IS WELCOME TO TRYOUT AT CHARLTON ROCKS CHEER ACADEMY!

TRYOUTS JUMP, TUMBLE & DANCE <i>Tuesday</i> 18th July 5:30-7:30pm AGE 12 YRS +	TRYOUTS JUMP, TUMBLE & DANCE <i>Wednesday</i> 19th July 5:30-7:30pm AGE 9-11 YRS	TRYOUTS JUMP, TUMBLE & DANCE <i>Friday</i> 21st July 5:30-7:30pm AGE 5-8 YRS
FLYER EVALUATIONS <i>Saturday</i> 22nd July 9:00-10:30am AGE 5YRS +	CALL BACKS STUNT EVALUATIONS <i>Saturday</i> 22nd July 10:30-12:00pm INVITE ONLY	TRAINING ADDRESS: SALTO CENTRE, OFF CHARLTON ROAD, CHARLTON, ANDOVER, HAMPSHIRE, SP10 4AJ

BOOK IN ADVANCE OF ATTENDING
FREE FOR CRC MEMBERS | £10 NON MEMBERS

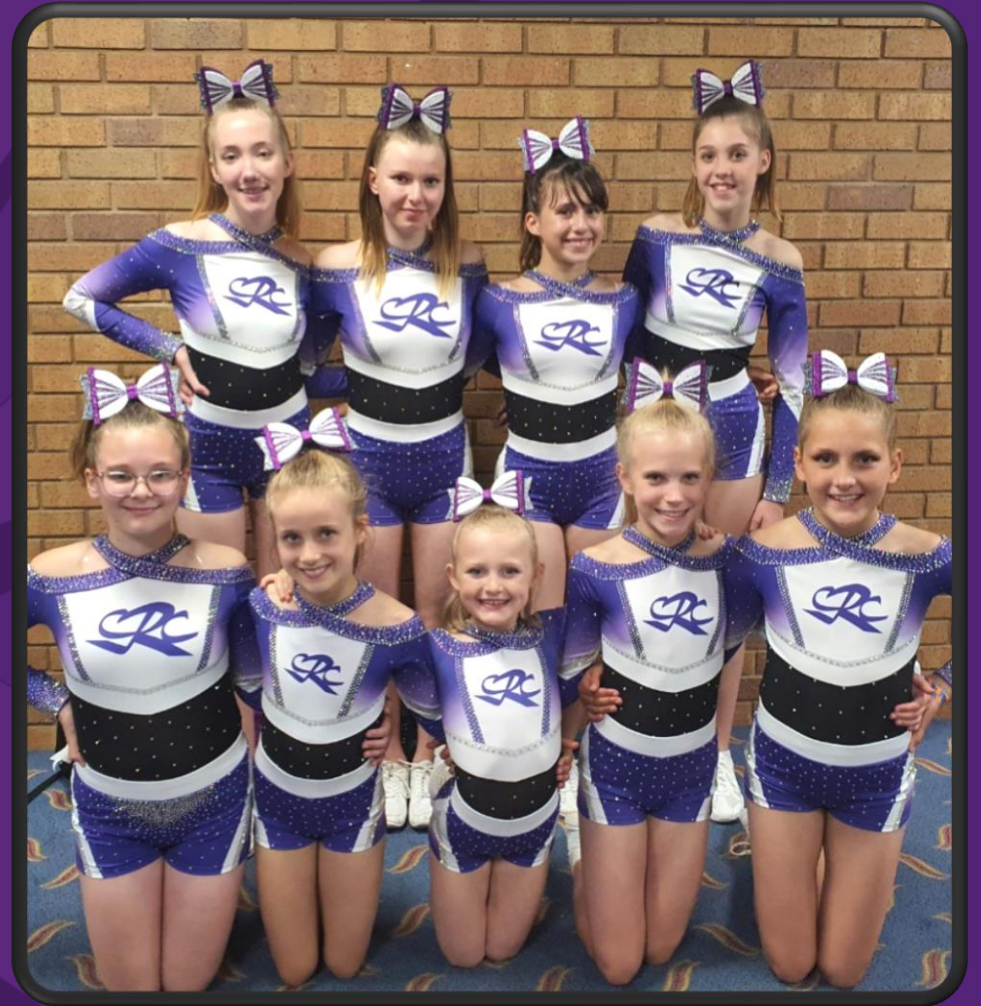
Come Join us for
SEASON 6



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

HOW TRYOUTS WORK

- We will post a Jumps Video, Dance Video & Tumble Video mid-June 2023 on our social media accounts. (Instagram & Facebook)
- All aged athletes will be expected to learn and perform the Dance, Jump Skills and Tumble Skills shown in each video at their Tryout.
- Please do not worry if you are unable to complete all the skills in each video.
- For Flyer evaluations we will post a flyer skill video. Athlete will be expected to learn and perform each skill at Flyer Evaluations.
- If you are invited to attend Call Backs, the coaches will evaluate your stunting skills. The coaches will evaluate athletes attitude, work ethic, showmanship, timing and execution of each skill performed.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

PLACEMENT EXPECTATIONS

- Please do not worry if you are unable to complete all the Tumble skills. Although it is preferable to have full tumble, we do keep limited non-tumble spaces open for athlete that excel in Dance, Jumps and Stunting with a positive attitude. However, for the greatest chance of being offered a team placement it is best to be an all-rounder.
- Even if an athlete has full tumble that does not automatically mean they will be offered a team placement. Skills can be taught! We would rather select an athlete that is motivated to improve and coachable, over an athlete who may be more able but gives limited effort or has a bad behaviour/attitude.
- **HARD-WORK BEATS TALENT, WHEN TALENT DOESN'T WORK HARD!**
- Creating a cheer team is like a jig saw puzzle. The coaches will place athletes who they believe fit well together and that fulfil the skill ratios required to score highly at competitions.
- If the coaching team believe an athlete needs to development their skills further before being offered a competitive team placement, the athlete will be placed in our non-competitive class (C4F) and their place reviewed later in the season.
- Some Athletes/ Parents/Guardians may be disheartened or confused by the placement offered. Please trust the coaches judgement! They have a well-thought-out long-term plan for each individual athlete to reach their potential. Coaches will always place the athlete on a team where they will perform their best which may look different to what the Athletes/ Parents/Guardians may be expecting.
- Please go to our website to book your Tryouts!



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

SCUK 23-24

- Below are the SCUK 23-24 Competitive Age Categories, Divisions & Levels used at all UK Competitions. All UK coaches must follow this when creating competition teams. **As a club we currently only compete athletes from Age 5yrs upwards.**
- Competition Teams are split by the athletes' ability and age. For Novice, Prep and Allstar Divisions the athletes' age on August 31st 2023 is classed as their age for the entire 23-24 competitive cheer season.
- Teams compete in different Divisions and Levels depending on ability. This produces a fairer competition environment giving athletes of all abilities the opportunity for success when competing. Each Division and Level has different rules that teams are required to follow and different skills that they must perform when competing to reach the top scoring brackets.
- After tryouts the coaches will decide the best Divisions, Levels and Age categories to enter based on the athletes who attend Tryouts.
- If you are interested in reading the SCUK document further, please use the link below.
<https://www.sportcheerengland.org/post/sportcheer-uk-competition-divisions-age-grid>

Category	Athlete Age
Tiny	3yrs – 6yrs
Mini	5yrs - 8yrs
Youth	7yrs – 11yrs
Junior	8yrs – 14yrs
Senior	Age 11yrs + with at least 1 athlete 15yrs +
IASF Divisions are different and included U12, U16, U18, Open (16+/17+)	

Divisions:	Levels
Novice	1
Prep	1, 2.1
Allstar	1, 2, 3, 4, 4.2, 5, 6
IASF	1, 2, 3, 4, 5, 6, 7
IASF Non-Tumble (Age 16+/17+)	2NT, 3NT, 4NT, 5NT, 6NT, 7NT



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

23-24 UNITED SCORING

- The 23-24 United Scoring SCUK System is what Competition Judge us to score routines. We are awaiting the release of the UK System, generally it is the same with small difference to the USA System shown to the left.
- All UK coaches must follow this when creating routines to score highly at competition. We use this when deciding how many team members will be on each team and the skills that those members will be required to perform.
- From the 22-23 Season to the 23-24 season the quantity chart for skills required has increased. Therefore, we now require athletes take part in more sections. In previous seasons we have been able to have 3-4 athletes on a team of 11 who do not tumble/jump however this will now be reduced so we can hit the score sheet requirements.
- If you are interested in reading the 23-24 United Scoring System documents further, please use the link below. <https://www.unitedscoringpartners.com/>

VERSION: 5.23.20z..

2023 - 2024 UNITED SCORING SYSTEM - TUMBLING

JUMP DIFFICULTY
JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED. WHIP APPROACH: CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS.

0.5	Skills performed do not meet 1.0 requirement
1.0	MOST of the team performs 1 advanced jump
1.5	MOST of the team performs 2 connected advanced jumps. Must be synchronized and include a variety. <small>Tiny/Mini: MOST of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.</small>
2.0	MAX of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. <small>Tiny/Mini: MAX of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.</small>

TUMBLING QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST	MAX
5 - 11	5	6	10
12 - 17	6	7	12
18 - 22	9	10	18
23 - 30	11	12	22
31 - 38	15	16	30

STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty. Each category has a maximum number of points, outlined in the charts below for a total of 1 point.

STANDING TUMBLING DEGREE OF DIFFICULTY (0 - 1.0)
(To receive credit for each Skill/Pass section below the skills performed must be DIFFERENT)

	Level Appropriate by MAJORITY	Advanced/Elite by MAJORITY
Skill/Pass 1	0.2	OR 0.4
	Advanced by MOST	
Skill/Pass 2	0.4	OR 0.6
	Elite by MOST	

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e., jumps that land on knees) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdles (front or side), Toe Touch, Double Nine

STANDING TUMBLING DIFFICULTY

1.5	Skills performed do not meet 2.0 requirement
2.0	Less than a MAJORITY of the team performs a level appropriate pass
2.5	MAJORITY of the team performs a level appropriate pass
3.0	MOST of the team performs a level appropriate pass

RUNNING TUMBLING DIFFICULTY

1.5	Skills performed do not meet 2.0 requirement
2.0	Less than a MAJORITY of the team performs a level appropriate pass
2.5	MAJORITY of the team performs a level appropriate pass
3.0	MOST of the team performs a level appropriate pass

RUNNING TUMBLING DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty and Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1 point.

RUNNING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

	Advanced by MOST	Elite by MOST
Skill/Pass	0.3	OR 0.5

RUNNING TUMBLING MAX PARTICIPATION (0 - 0.5)
Skills/Passes are cumulative throughout the routine.

Level Appropriate - Skill/Pass by MAX	0.3
Advanced/Elite Level Appropriate - Skill/Pass by MAX	0.5

ADDITIONAL INFORMATION

- Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.L., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc w. would not count).
- Jumps within a pass will not break up the pass (i.e., Toe Touch-BHS-Toe Touch-BHS is 1 pass in L3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.



Come Join us for

SEASON 6

CharltonRocksCheer@Gmail.com

www.CharltonRocksCheer.co.uk

TRYOUT BOOKING & TRYOUT FEES

- Use our website link or scan the QR code to book your tryout.
- For CRC Members, In person Tryouts are free of charge because your July Training fees cover your tryout. You will need to select the 'CRC Members Tryout' option on our website to book your tryout. (Video Tryout not included).
- For non-Members (new to the club), Tryouts cost £10. You will need to select the 'CRC Non-Members Tryout' option on our website to book your tryout.
- Video Tryouts Cost £10 for CRC Member and Non-Member. You will need to Select the 'Pay for a Video Tryout' Option on our website if you would like to submit videos to be evaluated.
- If your athlete is invited to attend Call back this will be Free of Charge.



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

TRYOUTS BY AGE

- Tryout dates will be split by age to assess individual skill including Jumps, Dance and Tumbles. All athlete wanted to be considered for a competition team placement must attend one of the dates below.
- Tuesday 18th July 2023 at 5:30pm-7:30pm Ages 12yrs Upwards
- Wednesday 19th July 2023 at 5:30pm-7:30pm – Ages 9-11yrs
- Friday 21st July 2023 at 5:30pm-7:30pm – Ages 5-8yrs
- Please book your athlete into a tryout class that is appropriate to their age category.

23-24 Competition
TEAM TRYOUTS

Tuesday 18th July

5:30pm - 7:30pm

AGE 12 YRS UPWARDS

Jump, Tumble & Dance Evaluations

23-24 Competition
TEAM TRYOUTS

Wednesday 19th July

5:30pm - 7:30pm

AGES 9-11 YRS

Jump, Tumble & Dance Evaluations

23-24 Competition
TEAM TRYOUTS

Friday 21st July

5:30pm - 7:30pm

AGES 5-8 YRS

Jump, Tumble & Dance Evaluations



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

INDIVIDUAL TRYOUT DETAILS

- On Tuesday 18th, Wednesday 19th, Friday 21st July 2023, Individual skills including Jumps, Dance and Tumbles will be evaluated.
- All Athletes Age 5yrs Upwards who would like to be considered for a competitive team placement must attend one of these individual tryout dates.
- Jump skills that athlete will be required to perform include: T Jump, Straight Jump, Left/Right Herkie, Toe Touch and Pike. Please go to our social media to watch & learn the jump Video. Athletes will be expected to perform what is shown in the video to an 8-count music track.
- Tumble skills that athletes will be required to perform include: Level 1 Running & Standing , Level 2 Running & Standing, Level 3+ Running & Standing. Please read the Tumble Skill Requirements for each level further in this pack.
- Dance: Please go to our social media accounts (Facebook & Instagram) to watch & learn the tryout dance. Athletes will be expected to perform this to music at tryouts.
- Your athlete may receive a Call Back letter at the end of this tryout.
- Please remember book your athlete into a tryout class that is appropriate to their age category.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

FLYER EVALUATION DETAILS

- Flyer evaluations will be on Saturday 22nd July 2023 at 9am-10:30am. Anyone who is Age 5yrs Upwards and would like opportunity to become a competitive team Flyer should book a Flyer Evaluations.
- You will need to go to our website to book your Flyer evaluation, separate to your age-appropriate tryout.
- For Flyer evaluations we will post a flyer skill vide. Athlete will be expected to learn and perform each skill at Flyer Evaluation. The coaches may ask flyers to perform flyer body positions on the floor, wobble boards & blocks.
- Flyer Body positions include: Heelstretch, Arabesque, Scorpion, Scale, Spike and Lib (skills on both legs)
- Flyers will also be asked to perform the following skills: Bridge, Left/Right/ Box splits, Pike Fold, Straddle Fold, Dish and arch.
- Flyers may be asked to perform trampoline skills such as: Straight jump front drop, tuck jump to front drop, ½ turn to front drop, Straight jump to dish, Toe Touch/Pike jump to dish and Full Turn to dish.
- The Coaches will evaluate: Range of flexibility, technique, body control and showmanship when athletes perform each skill.

A flyer for '23-24 Competition TEAM TRYOUTS' featuring a background image of cheerleaders. The text is white and purple on a dark background. It includes the date 'Saturday 22nd July' and time '9:00am - 10:30am'. A QR code is present for booking, and a 'SWIPE FOR INFO!' graphic is at the bottom.

23-24 Competition
TEAM TRYOUTS
Saturday 22nd July
9:00am - 10:30am
FLYER EVALUATION
(AGE 5+)

BOOK IN ADVANCE OF ATTENDING
FREE FOR CRC MEMBERS | £10 NON MEMBERS

SCAN TO BOOK!

SWIPE FOR INFO!



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

CALL BACKS

- After individual Tryouts, your athlete may receive a Call Back letter.
- If invited to Call Backs your athlete will need to attend on Saturday 22nd July 2023 at 10:30am-12pm, so please keep this date free.
- Call backs are for the coaches to evaluate stunting skills and to select possible stunt positions.
- Stunt positions include: Flyer (top person being lifted), Bases, Back Spot and Front Spot (bottom people who lift).
- Stunts that athletes may be required to perform include: Straddle sit, Cradle/Prone, Basket Toss, Sponge, Prep, Extension, 1 leg skill at prep height, 1 leg skill at extended height, Tick Tocks, Inversions Style Skills (Skills may include twisting, flyer body positions, full stunt group style skills, duel base style skills and coed style skills).

23-24 Competition TEAM TRYOUTS

Saturday 22nd July
10:30pm - 12:00pm

CALL BACKS

Stunt Evaluations

INVITE ONLY

ALL CALL BACKS ARE FREE OF CHARGE!



SWIPE FOR INFO!



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

RESULTS DAY

- Tryouts results will be communicated to you via email by 12pm on Monday 24th July 2024.
- Athlete will be allocated numbers at Tryouts. We will post the numbers of successful athlete on our social media after we email out all individual results.
- Please check your junk/ spam mail as sometimes our email get lost here.
- If you do not receive an email with you result by 1pm Monday, then please contact us by email regarding your missing results.
- We will email your Training schedule (class day/ time) and any other relevant information you may require.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

ACCEPTING YOUR PLACEMENT!

- Before accepting your team placement, please ensure all Athletes and Parents/ Guardians are aware of the high commitment level that competitive cheerleading requires.
- Please ensure you have fully read our 23-24 Season Information pack and can attend all training dates/ event dates in the pack.
- Please ensure you are financial capable to accept a team placement and If this is a concern, please speak to Club Owner Tierney Daley. (Please consider: Travel to and from Training/Competitions, competition accommodation, competition entry fees, monthly training fees, club kit and any extra training camp).
- To accept your team placement, please email back you Acceptance Form ASAP and attend your first scheduled team class.
- If you do not wish to take a placement, please communicate this to us by email.



S6: 2023-2024 SEASON INFORMATION PACK

Welcome to Charlton Rocks Cheerleading Academy!

Thank you for your interest in joining us for the 2023-2024 season.

Please read this 23-24 season information pack carefully before committing to the club.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

Come Join us for
SEASON 6



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk


23-24 TRAINING BEGINS

- Team Training will begin Tuesday 25th July 2023 with a Team Bonding Week; however, the New 23-24 Season & 23-24 Monthly Training Fees will begin the following week (1st full week in August 2023).
- Please complete & return all forms ASAP. We would prefer all forms to be emailed back to us (scanned or photographed then sent in an email) however we will accept paper copies.
- Competitive Member Forms include: Competition Team Acceptance Form, 23-24 Athlete Information Form and Competition Members Code of Conduct Agreement Form.
- C4F Member Forms Include: C4F Acceptance Form and 23-24 Athlete Information Form.
- Please carefully read the absence and strike policy in our 23-24 season info pack. Competitive team members should hand in all Known holiday dates by 4th September 2023.

Charlton Rocks Cheerleading Academy

Athlete Information Form

Season 6: August 2023 – July 2024



1st: Please Complete Athlete Details Below

Athlete First Name		Athlete Surname	
Athlete Birth Date		Athlete Gender	Female Male Other
Athlete School			
Athlete Doctor		Athlete Surgery	
Medical Details	e.g. Allergies, Medical conditions, Recurring Injuries		

2nd: Please Complete Parent (or Guardian) Details Below
(Parent Email will be used for all CRC communication via BAND app and to send invoices)

First Name		Surname	
Mobile		Email	
Address Line 1			
Address Line 2			
Town		County	
Post Code			

3rd: Please Complete Emergency Contact Details Below
(Please nominate someone that we may contact should the parent / guardian above not be available)

Emergency Contact		Emergency Mobile	
-------------------	--	------------------	--

4th: Please Complete Consent Section Below and Sign & Date

CRC will only use or share this personal data for legitimate requirements including:

- In the provision of our Cheer services (age based classes, medical implications on training)
- In connection with our Cheer services (competition entry, insurance requirements)
- In the event of a medical emergency, accident or incident

I agree to the above use of personal data	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I agree to the Club using photo/video images for publicity on our social media account (Facebook & Instagram)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
For under 16's - my child receiving loco parentis care	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Signature	Dated	

5th: Please return completed form to CharltonRocksCheer@gmail.com (Please use your contact email as above)



Come Join us for
SEASON 6

- CharltonRocksCheer@Gmail.com
- www.CharltonRocksCheer.co.uk

COMP TEAM KIT

- If you are selected for a competitive team placement you will be required to purchase the kit in the table below to wear at training and competition events.
- To purchase any Club Kit please head over to the CRC Store on our website.

Kit	Price
Training T-Shirt	£15-20
White Nfinity Cheer Shoes (Recommended for Competitive Athlete)	£60 Approx.
Competition Uniform (Leotard, Shorts, Hair Bow)	£115
23-24 Training Kit (Crop Top & Shorts)	TBC
Club Glitter Rucksack	£45 -£50
Club Jacket	£40-£45



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEVEL 1 TUMBLE SKILLS - STANDING

- Tumble skills are split into 3 categories: Level Appropriate (easy), Advance (intermediate) Elite (hard).
- Coaches are looking for athlete to hit the elite skills to score highly at competitions.

Level Appropriate Skill

- **Forward Roll (FWR) +Variations**
(Straddle, Pike, Step Out)
- **Backward Roll (BWR) +Variations**
(Straddle, Pike, Front Support)
- **Handstand (HS)**
- **Push up to Bridge**
- **HS to Bridge**
- **Bridge Rock to Stand**
- **Bridge Kick Over**
- **Back Bend**

Advanced Skills

- **HS to FWR**
- **HS to FWR Step Out to Lunge**
- **Back Extension Roll (BER)**
- **Front Walkover (FWO)**
- **Back Walkover (BWO)**
- **BWO to BWR to BWO**

Elite Skills

- **BWO Series (2 or more)**
- **BWO Switch Leg**
- **BER to BWO Series**
- **Valdez**
- **1 Arm BWO**
- **1 Arm FWO**



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEVEL 1 TUMBLE SKILLS - RUNNING

- Tumble skills are split into 3 categories: Level Appropriate (easy), Advance (intermediate) Elite (hard).
- Coaches are looking for athlete to hit the elite skills to score highly at competitions.

Level Appropriate Skills

- Cartwheel (CW)
- CW to BWR
- CW ½ CW
- 1 Arm CW

Advanced Skills

- Round Off (RO)
- Front Walkover (FWO)
- FWO to CW/ RO
- Cartwheel to BWO
- FWO to CW to BWO

Elite Skills

- CW to BWO Series
- FWO to CW to BWO Series
- FWO to CW to BWO Switch Leg



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEVEL 2 TUMBLE SKILLS - STANDING

- Tumble skills are split into 3 categories: Level Appropriate (easy), Advance (intermediate) Elite (hard).
- Coaches are looking for athlete to hit the elite skills to score highly at competitions.

Level Appropriate Skills

- Back Handspring (BHS)
- BHS Step Out

Advanced Skills

- BER to BHS
- BWO to BHS
- BWO to BHS Step Out

Elite Skills

- BWO to BHS Step Out to BWO
- BWO Switch Leg to BHS
- BHS Step Out to BWO to BHS
- Valdez to BHS
- Valdez to BHS Step Out



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEVEL 2 TUMBLE SKILLS - RUNNING

- Tumble skills are split into 3 categories: Level Appropriate (easy), Advance (intermediate) Elite (hard).
- Coaches are looking for athlete to hit the elite skills to score highly at competitions.

Level Appropriate Skills

- CW to BHS
- CW to BHS step out
- RO to BHS
- RO to BHS Step Out

Advanced Skills

- CW to BHS Series
- RO to BHS Series
- Front Handspring (FHS)
- FWO to FHS
- FWO to RO to BHS
- CW to BHS Step Out to BWO to BHS

Elite Skills

- Series FHS
- Flyspring
- FWO to RO to BHS Series
- CW to BHS Step Out to BWO to BHS Series
- RO to BHS Step Out to BWO to BHS Series



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEVEL 3 TUMBLE SKILLS - STANDING

- Tumble skills are split into 3 categories: Level Appropriate (easy), Advance (intermediate) Elite (hard).
- Coaches are looking for athlete to hit the elite skills to score highly at competitions.

Level Appropriate Skills

- BHS/BHS Step out to BHS/BHS Step
- Advance (AD) jump to BHS/BHS Step Out
- BHS/BHS Series to AD Jump

Advanced Skills

- BWO to BHS Series
- AD Jump to BHS Series

Elite Skills

- BHS/BHS Series to AD Jump to BHS/BHS Series
- AD Jump to BHS to AD Jump to BHS
- BHS Step Out to BHS Series
- BHs Step Out to BWO to BHS Series
- BWO to BHS to AD Jump to BHS/BHS Series



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEVEL 3 TUMBLE SKILLS - RUNNING

- Tumble skills are split into 3 categories: Level Appropriate (easy), Advance (intermediate) Elite (hard).
- Coaches are looking for athlete to hit the elite skills to score highly at competitions.

Level Appropriate Skills

- RO to Tucked Back Somersault (Tuck)
- Side Aerial (SA)

Advanced Skills

- Front Somersault (PF)
- RO to BHS Series to Tuck

Elite Skills

- FWO to SA
- Flyspring to SA
- RO to BHs to Tuck
- RO to BHS Step Out ½ turn to RO to Tuck
- FWO to RO to Tuck
- Bounder/Flyspring to RO to Tuck
- FHS to PF



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

ADDITIONAL CLUB INFO

Club Owner & Head Coach: Tierney Daley
Welfare Officer: Tracy Fenton

Email: CharltonRocksCheer@gmail.com
Website: www.CharltonRocksCheer.co.uk

Training Address: Salto Centre, Charlton Rd, Charlton, SP10 4AJ, Andover, Hampshire

BANK DETAILS: Tierney Daley
SORT CODE: 04-29-09
ACCOUNT NUMBER: 01403397
Revolut Ltd

*Please use your invoice number or your athletes First Initial and Surname as reference for all bank transfer payments.

For any questions regarding our 2023-2024 Season Information Pack please email us.



THANKS FOR YOUR INTEREST! WE HOPE YOU CAN JOIN US FOR OUR BEST SEASON YET!



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk