

ASCENSION EAGLES INFORMATION PACK 2022-23



The best is yet to come...

OUR BACKGROUND

"Ascension Eagles aims to transform and inspire young people to reach their full potential."



Over the past 26 years, Ascension Eagles has built a tradition of excellence both on and off the competition floor. Using competitive cheerleading, Ascension Eagles aims to transform and inspire young people to reach their full potential, while providing the highest level of training and coaching.

We believe that building champions is about so much more than accumulating trophies & awards; it's the transferable skills that our athletes learn from their time as part of the programme that they will carry with them in to their ever day lives; we are committed to challenging and helping them to become the very best version of themselves.

We are incredibly proud of our top-class coaching staff, each member of the team bringing a wealth of different experience and passion for cheer, and young people; this makes us a strong and incredibly close knit programme.

Ascension Eagles is open to male and female athletes aged 6+ with no prior cheerleading experience necessary. The season ahead will run from September 2022 to July 2023. We are looking for dedicated and hard working athletes to join us for our 26th season which we are looking forward to making our best yet!

For more information on our programme and staff team or to view our Ascension Eagles Data Protection (GDPR) Policy and Safeguarding Child Protection Policy go to www.ascensioneagles.com

IMPORTANT CONTACT INFORMATION

Robert Horton – Safeguarding Lead	Email: robert@ascensioneagles.com
Paula Brown – Front Desk, Administration & Deputy Safeguarding Lead	Email: paula@ascensioneagles.com Gym Mobile: 07866612610
Angela Green – Director	Email: director@ascensioneagles.com

We ask that calls to the gym phone are made between the hours of 9am and 9pm.

Gym address- Talent Central, Unit 27a Gallions Reach Shopping Park, Beckton, London, E6 7ER

SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.00-6.30pm	Prodigy Symphony			Harmony	Prodigy Symphony
6.30-8.00pm	Prophecy Majesty	Royalty Trinity	Prophecy Majesty	Royalty Trinity	Infinity

Competition Dates

All athletes are expected to compete at all competitions that their team attends. Competitions are typically held during weekends. Therefore, school absences are limited. Please note that in the two weeks prior to any competition athletes should not miss any training sessions; it is also possible that training sessions could increase if needed. Attendance is required. Please clear your calendar for all the dates listed below until you're advised as to which day at each competition pertains to you.

Please keep in mind that all dates may not be listed, and additional opportunities may arise.

2022-23 Competition Schedule*

Competition	Date	Location	Overnight stay
Legacy Just Believe	11/12th February 2023	Olympic Park, Stratford	Not required
Future Cheer: Spotlight Showdown	18/19th March 2023	Crawley	Not required
Legacy: Live Your Legacy	10/11th June 2023	Birmingham	May be required
Future Cheer Internationals	23-25th June 2023	Bournemouth	Will be required

*All athletes must stay in Bournemouth the night before they are due to compete at Nationals – parents are responsible for booking this; we advise booking early to ensure you get a room.

IMPORTANT DATES

Please note that all dates around school holidays are based on the Newham schools calendar. If your athlete goes to school in a different Borough you should check these dates against your own.

Date	Information
Monday September 5 th 2022	Twice weekly team training resumes for all AEC teams
Saturday October 22 nd – Saturday October 29 th 2022	Choreography Week*
Friday December 2 nd 2022 TBC	AEC Routine Reveal Showcase @ ExCeL London
Wednesday January 4 th 2023	All classes resume for AEC teams
Thursday June 22 nd 2023	Gym Showcase 6-8pm – compulsory for all athletes**
Tuesday June 27 th 2023	End of Season Awards Evening

*Choreography Week

All teams will have competition choreography upgrades during the October half term (Saturday 22nd – Saturday 29th October 2022). Each team will be given a time slot across the week. All athletes must be present on their specific day. Dates will be confirmed for each team in September 2022.

**Gym Showcase

All AEC athletes will be expected to attend a gym showcase on Thursday 22nd June 2023 6-8pm. There will be no Friday practice on the 23rd 2023 to allow families the chance to travel to Bournemouth for FC Nationals.

Planned Gym Closures

Monday August 29th Summer Bank Holiday 2022

Friday December 16th 2022 – Wednesday January 4th 2023

Good Friday April 7th 2023

Easter Monday April 10th 2023

Monday May 1st Bank Holiday 2023

Friday June 23rd 2023 (No training so that athletes can travel to Bournemouth for FC Nationals)

ATTENDANCE

Please be aware that we do not wish to scare anyone with our attendance requirements. However, competitive cheerleading is a demanding team sport that takes full commitment from both athletes and parents; please remember that one person's absence will affect the entire team. Please ensure that you can fully commit to the team. Only graded school exams/activities and family emergencies are considered reason enough to miss training and competition. We all make social sacrifices for these dates. If you have any pre-booked holidays we ask that you email Paula on paula@ascensioneagles.com so that we can make a note of the sessions your athlete will miss. We do ask that families avoid the weeks leading up to competitions when booking holidays. We also ask that parents do not use missing practice as a form of punishment for their athlete.

Ascension Eagles athletes must commit to all of the dates listed above. Athletes may not miss any training dates in the 2 weeks leading up to competition for any reason, missing practice may result in the coaches having to make changes to the routine for the team's benefit, affecting the athletes position on the team, or it may mean removal from the team altogether for that competition.

Any events that conflict with dates in the AEC calendar must be communicated by email from a parent/guardian no later than 4 weeks before an AEC event. Approval of the absence is always at the AEC coach's discretion. If an athlete is removed as a result of missed practice, no refund will be given.

ATTENDANCE CONT...

All athletes must:

- Make AEC a priority over any other extracurricular activities.
- Understand that all practice sessions are mandatory.
- Attend and be prepared to participate in all AEC activities including those unexpectedly added throughout the season.
- Notify AEC immediately when an injury occurs, including giving an update (preferably in writing) from the doctor. Especially if this will affect your ability to train and perform, Coaches need as much notice as possible.
- Arrive at least 15 minutes early to all AEC activities.
- Schedule holidays so as not to interfere with any AEC activities.
- Notify AEC immediately of all expected absences by email.
- Notify their coaches by phone immediately of any unexpected lateness or absence.
- Maintain high attendance. During the months leading up to Competition, it is important that all athletes have high attendance; any concerns may result in the athlete being unable to compete in the competition. Athletes are expected to maintain 90%+ attendance throughout the season.
- Where reasonable, attend practice if sick or injured. You will not be required to participate. You will be able to watch any changes that directly affect you.
- Understand that all competitions are mandatory.

SCHOOL TRIPS

We fully encourage our members to excel academically and take part in all opportunities presented to them. However, the end of the season is synonymous with the end of the school term and training around our final competitions of the season is difficult due to school trips. Please ensure that you have the competition dates in your diary and if you are going to allow your son/daughter to attend a school event, specifically a residential trip; that it **does not clash with the 2 weeks leading up to a competition.**

UPDATES

All members will be given notes to take home to parents any time information needs to be shared. It is important that AEC have the most current mobile number for the main parent contact as important messages will also be sent via text message. If you are a Facebook user, after our first week of training, you can be added to our private group where athletes and parents can receive updates, share information and see clips from practice. This group is not intended for extended members of the family and is purely for information sharing. Please note that to keep this group secure only current members of the AEC teams will be permitted to be part of the group. The information for this group will be given to those successful in making the programme.



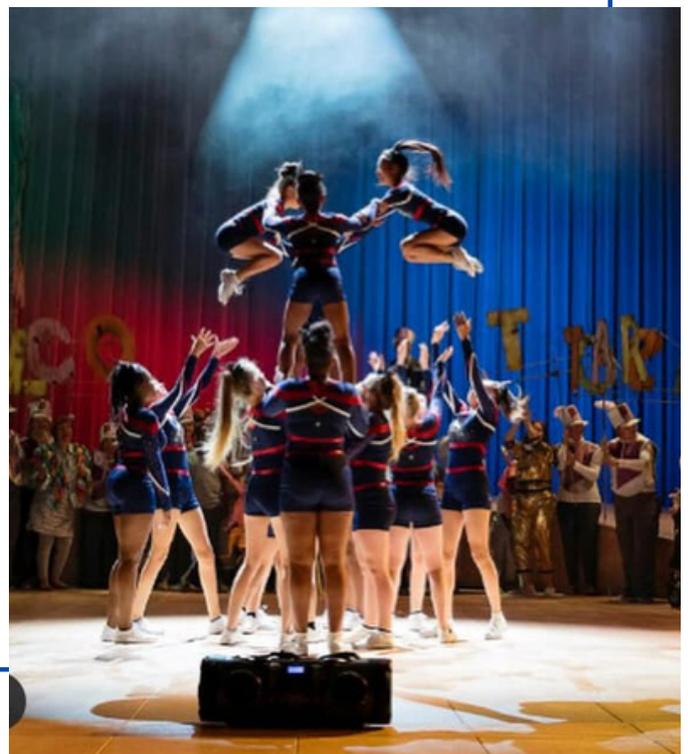
UNIFORMS

The 21-22 season was a new uniform year for all AEC teams. AEC will be keeping the same uniform for the 2022-23 season so existing athletes should only need to purchase a new uniform if they have outgrown their uniform. There will be a chance to sell pre-loved uniforms to new members if they are in good condition.

Uniform payments will be split across the September to January period.

All athletes will be responsible for purchasing and looking after their own competition uniforms. Athletes will be sized and uniforms ordered in October. Uniforms will not be returnable based on size issues, growth of your athlete, or damage during wash etc. All uniforms will come with washing instructions which will need to be adhered to. Any discolouration or loss of stones may result in the athlete being required to purchase another uniform. It will be the athlete's responsibility to bring their own uniform to all competitions/performances; failure to do so may result in the athlete not being able to perform.

'Success is not defined by the outcome but by the journey it takes to get there.'



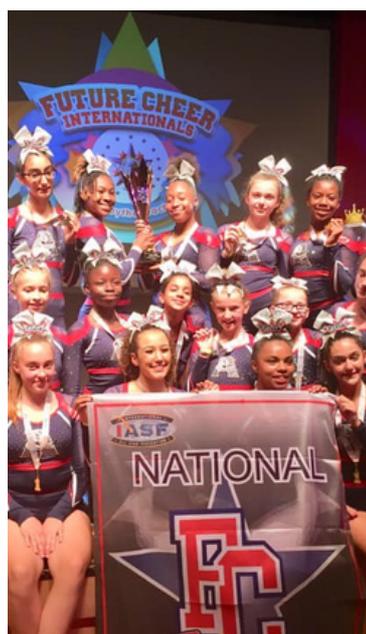
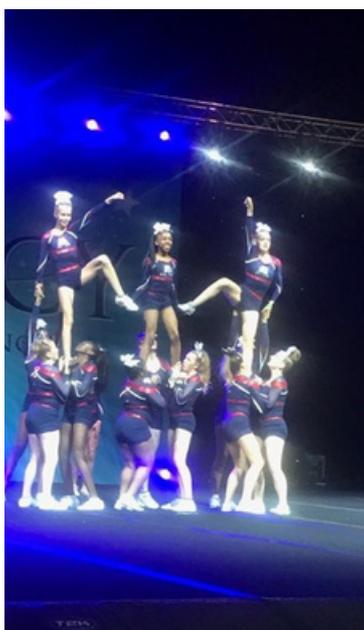
TEAMS

AEC retains the right to:

- Place its athletes on the team(s) it feels will best suit them and the program.
- Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to:
 - Attendance
 - Behaviour/Attitude
 - Skills
 - Finances
 - Parent Conflicts
- Decide if an athlete may participate on more than one team
- Decide the roles and/or positions an athlete will have/play on their team(s) (e.g. base, flyer, back spot, tumbler, dancer, alternate, etc.)
- Request that an athlete or team take additional classes or camps to improve their skills.
- Request that all AEC athletes attend weekly tumbling classes, in addition to their team training.
- Request that an athlete or team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.

An athlete's age for the season is determined by their age as of 31st August 2022. For example if an athlete is 11 on August 31st but turns 12 on September 1st then they are considered 11 for the entirety of the season.

ALL AEC ATHLETES WILL BE REQUIRED TO ADHERE TO THE AEC CODE OF CONDUCT

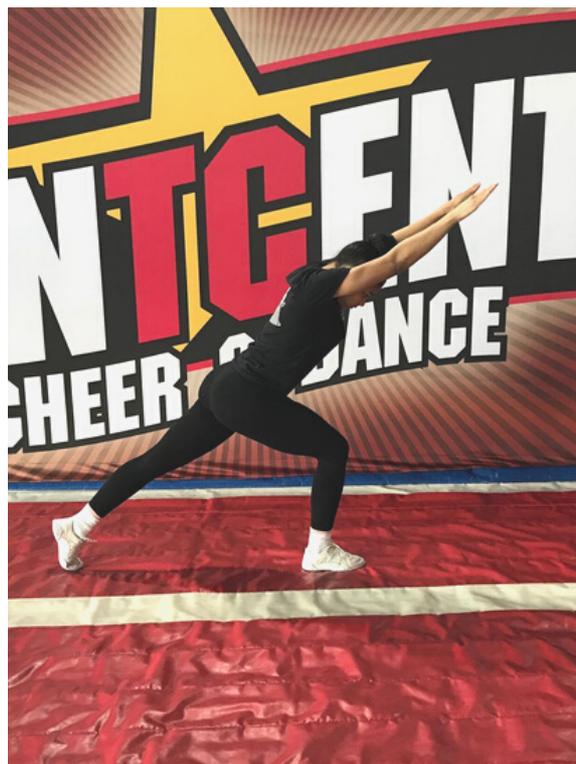


TUMBLE CLASSES

Here at AEC we are lucky to have access not only an incredible facility and tumble equipment but also staff with extensive tumble knowledge and experience.

All athletes are invited to attend 1 tumble session per week as part of their payment plan. These classes are usually grouped by skills and where possible we try to keep these on one of the nights that the athletes are already training to limit their nights at the gym, although this is not always possible. AEC athletes that are seniors and a higher skill level are also welcome to attend our weekly open gym sessions.

New for 2022 - Athletes will have the option to book private tumble sessions with a member of the coaching staff. Please speak to Rob for more details.



DRESS CODE

AEC athletes are expected to wear AEC branded apparel to training sessions and at all events.
Practice Wear:

AEC Branded T-shirt
Black Bottoms
White Socks
Cheer Trainers

There will be a number of AEC branded optional items available for purchase at certain points throughout the year.

Competition/ Performances

Girls	Boys
Hairbow	Dark Underwear/ Armour
Uniform (x2 pieces)	Uniform (x2 pieces)
White ankle socks	White socks
Current season t-shirt	Current season t-shirt
White cheer trainers	White cheer trainers

Before competing:

- All jewellery (except approved medical ID tags) and coloured nail varnish must be removed.
- All non-uniform items such as sunglasses, sliders, mobile phones, and tablets must be put away.
- Any supports or tape needed to perform must be supplied by the athlete and put on before the team takes the warm up mat.

After Competing:

- Athletes may change in to their official AEC competition T-shirt and tracksuits (no PJ bottoms).
- If an athlete chooses to keep their uniform on it must be worn as if competing.
- Socks and trainers are to be worn at all times.
- Hot pants and sports bras are not considered to be appropriate for anytime other than training.
- During awards ceremonies, athletes must be in full competition uniform, including hair in competition style, and may not wear jewellery, t-shirts, sliders, tracksuits, or any other items other than full uniform. Please note that food, drinks and mobile phones are not permitted on the floor during any awards ceremony.

Health

All athletes must:

- Provide AEC with their most current health information and emergency contact information. Remember to notify AEC if anything changes over the season.
- Inform AEC of all medical conditions that may limit or prevent their ability to participate in any AEC activities.
- Notify AEC of any injuries sustained as a result of their participation in any sanction AEC activity.
- Provide AEC with a list of any medications that they are currently taking.
- Provide valid written document from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any AEC activity.
- Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.
- Participate in any drug or health related testing if asked to do so.

Travel/Competition

All athletes and their families must:

- Make their own way to competition. The only exception is likely to be Legacy Nationals in Birmingham where AEC may put on buses which will be free to athletes but an additional cost to any spectators that need a space.
- Have all travel arrangements confirmed on time as requested by AEC.
- Not use competition as family holiday time and therefore follow the designated schedule and abide by all rules set forth by AEC.
- Be responsible for keeping track of competition dates, times and itineraries.
- Ensure to follow the times on the AEC competition notes and communicate any issues immediately to Angela, Paula or their team coach.

