

*Celebrating
30 Years...*



**ASCENSION EAGLES
INFORMATION PACK
2025-26**

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WE TRANSFORM YOUNG LIVES
AND INSPIRE YOUNG PEOPLE TO
REACH THEIR FULL POTENTIAL



WELCOME TO OUR 30TH YEAR

As we move into our 30th season, Ascension Eagles (AEC) has worked hard to build a tradition of excellence both on and off the competition floor.

Using competitive cheerleading, AEC 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 and awards; it's the transferable skills that our athletes learn from their time as part of the programme that they will carry with them into their everyday 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 is what makes us a strong and incredibly close knit programme.

AEC is open to male and female athletes aged 6+ years and no prior experience of cheerleading is necessary. The 30th season will run from September 2025 to July 2026.

Here at AEC we pride ourselves on providing a positive and safe environment for everyone who attends. As such, all members are expected to adhere to our Code of Conduct which is issued after team placements have been announced.

You can find more information about our mission, our programme and staff team on our website, where you can also view our policies on Data Protection, Fairness and Equality, Anti-Bullying and Safeguarding. Please visit: www.ascensioneagles.com

We are looking forward to having you as part of the AEC family and to making our 30th season our best yet!

IMPORTANT CONTACT INFORMATION

Name	Role	Contact info
Angela	Group Programme Director	director@ascensioneagles.com
Laura	AEC Programme Coordinator	laura@ascensioneagles.com
Rob	Talent Central Programme Coordinator	robert@ascensioneagles.com

SCHEDULE

All AEC practices last 90 minutes and AEC teams train twice a week, totalling 3 hours (with the exception of our once-a-week team).

- **Mini & Youth teams:** Monday and Friday 5pm - 6:30pm
- **Once-a-week team:** Tuesday 4:45pm - 6pm
- **Junior teams/Senior teams:** Monday and Wednesday 6:30pm - 8pm / Tuesday and Thursday 6:30pm - 8pm

Exact team schedules will be released at our team reveal night on Friday 11th July 2025 5pm -6pm.

Please note:

AEC athletes are expected to attend **ALL** of their practice sessions.

As part of our focus on attendance, any athlete who is recorded as “absent” on three occasions will be contacted by a member of the senior staff team to discuss their position on the team.

WHAT HAPPENS AFTER TRYOUTS?

Team Reveal

Following tryouts on Wednesday 9th July, athletes are invited to attend the gym on Friday 11th July from 5pm to 6pm to collect their team placements and training schedule for the season.

Coaches will be on hand to answer any questions parents or athletes might have.

Alternatively, emails will be sent by Saturday 12th July 2025, to anyone unable to come and collect their envelope.

Training

Training will start the following week - week commencing 14th July 2025. We will have sessions up to and including Friday 25th July 2025.

The gym will then close on Saturday 26th July for a summer break. A reduced class schedule will resume the week commencing 18th August 2025.

The 2025/26 season's classes will officially begin week commencing 1st September 2025.

Payment

All athletes, new or returning, will be expected to pay £50 at their **first session in July** without exception. Payment can be made by either cash or card payment on the day.

Following tryouts families will be required to sign up to our direct debit system. Please see our finance pack for more details.

Summer Camp

Each team will have a camp day during August to start skills-building for the coming season. These days, where possible, will be set around athletes' holiday plans to try to ensure the best possible attendance for each team.

Holidays

We understand that families may have holidays booked for the summer or during the new season. We ask that you communicate your holiday dates as soon as possible, so that we can plan what we offer at the gym during the summer break and for any absences for the season ahead.

YOUR COMMITMENT

Cheerleading is an intense team sport that requires significant commitment, both in time and money. We ask that you take time to read this information pack, the finance pack and our Code of Conduct to ensure that you fully understand what you are signing up for. If you have any questions - please ask!

By accepting a place on an AEC team athletes are committing to attend all of the required practices and competitions throughout the season, from September through to July.

We understand that there may be times during the year where an athlete simply doesn't feel like coming to practice or would rather be doing something else. But being a part of AEC means being a team player - so we expect our athletes to attend, even when it may be hard. We ask parents and families to support this approach, because we believe passionately that it is 'life lessons' like this which will benefit our athletes the most in the long-term.

Cheerleading is not the kind of activity children can dip in and out of - and it is not an after-school club. It is a high energy, performance sport. When athletes do not attend training, it has a direct impact on the other athletes, not just the overall team's progress. It often means that athletes are unable to practice their skills particularly in stunting.

We expect all of our athletes to keep absences to under three sessions throughout the season. Please keep this commitment level in mind when deciding whether this programme is right for your child.

If you decide your child would be better suited to a more recreational activity then please talk to us about other options.

Please also bear in mind that if your child is mini/youth/junior age then joining the programme will also mean you making a weekly commitment as their parent/guardian. In this sense, cheerleading is very much a family activity!

Over 30 years we've had the privilege of working with thousands of young people and have seen the difference it can make. We appreciate that you will be making a huge commitment - BUT it will also be incredibly rewarding.

The legacy of the countless memories and lasting friendships they will make, as well as the transferable life skills they will gain, will outlive their time in our programme.

PLEASE NOTE: MEMBERS OF AEC AND THEIR PARENTS ARE EXPECTED TO FOLLOW THE AEC CODE OF CONDUCT. BY ACCEPTING A PLACE ON THE TEAM YOU ARE AGREEING TO ADHERE TO THE CODE OF CONDUCT. ANY BREACHES MAY RESULT IN REMOVAL FROM THE PROGRAMME.

COMPETITIONS

All athletes are expected to take part in ALL of the competitions that their team attends. The two weeks leading up to a competition event is considered a **RED ZONE**, and athletes are only permitted to miss practices in extreme circumstances. This is to ensure our athletes are given the opportunity to perform at their best. It is also possible that training sessions may be increased in the lead-up to competitions, if needed, and attendance at these extra sessions will also be required.

Competitions are typically held at weekends so school absences are usually not required. The only exception to this is the Bournemouth event held towards the end of the season. Some divisions are held on the Friday. Where we have teams impacted, we will provide a letter for schools if required.

Parents are required to buy spectator tickets to watch their athlete compete. This price is set by the competition event provider not AEC. We will let all parents know in good time when event tickets are available for purchase. Depending on the event, this may be through AEC or the event provider directly.

Event schedules are made available to us around two weeks before they are scheduled and we ensure that this information is passed on to families as soon as we have it.

Unless specified otherwise, athletes and their families will need to arrange their own transport to and from competition events.

COMPETITION DATES

Please clear your calendar for all the dates listed below until we have confirmed with you which day at each competition is relevant to you.

Please keep in mind that not all dates may be listed here because additional opportunities may arise during the season. The final schedule for each team's event will be updated once the teams are set for the season. The updated competition schedule will be circulated before the season starts officially in September.

Competition	Location	Date	Teams	Overnight stay	Travel plans
Legacy Just Believe	OVO Arena, Wembley	7th & 8th February	All twice a week teams	No	Make own way
FC Spotlight Showdown	Colchester University, Essex	14th & 15th March	All twice a week teams	No	Make own way
ICE	K2 Crawley	9th & 10th May	Once a week team	No	Make own way
Live your Legacy	Birmingham	6th & 7th June	TBC	Optional - may be time dependent	Team bus may be available
FC Prep Nationals	Stonleigh	6th & 7th June	TBC	Likely	Team bus may be available
ICC Nationals	Nottingham	7th June	TBC	Optional - may be time dependent	Team bus may be available
FC Nationals	Bournemouth	26th, 27th & 28th June	TBC	Optional - may be time dependent	Make own way

IMPORTANT DATES

Please note: dates around school holidays are based on the schools' calendar for London Borough of Newham. If your athlete goes to school in a different borough you should check these dates against your local calendar.

Date	Event
Monday 14th - Friday 25th July 2025	Weekly training for all AEC teams
Saturday 26th July - Sunday 17th August 2025	AEC Summer Break
Monday 18th August 2025	Gym reopens for Summer classes
Monday 1st September 2025	Weekly team training resumes for all AEC teams
Saturday 13th September 2025	Induction Day for all AEC athletes
Saturday 25th October to Saturday 1st November 2025	Choreography Week*
Friday 5th or 12th December 2025	AEC Routine Reveal Showcase at ExCeL London - <i>Exact Date TBC</i>
Saturday 20th December 2025 to Sunday 4th January 2026	AEC Christmas Break
Monday 5th January 2026	Classes resume for all AEC teams
Friday April 3rd and Monday April 6th 2026	Gym closed
Monday 4th May 2026	Gym closed
Tuesday 2nd June 2026	Gym Showcase 5pm - 8pm <i>compulsory for all athletes**</i>
Tuesday 30th June 2026	End of Season Awards Evening

*Choreography Week

All teams will have competition choreography during the October half term (Saturday 25th October – Saturday 1st November 2025). 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 2025.

**Gym showcase

All AEC athletes will be expected to attend a gym showcase on Tuesday 2nd June 2026

There are likely to be a number of additional events added for each team as we would like to focus on team bonding this year. These will be team specific and they will be communicated at the start of the new season and throughout the season.

TUMBLE CLASSES

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

All athletes are invited to attend one 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, in order to make the most of their time at the gym (although this is not always possible).

AEC athletes who are seniors are also welcome to attend our weekly Open Gym sessions.

UNIFORMS

2025/2026 will be a new uniform year for the programme. The cost of the uniforms will be split across the first few months of the season.

All athletes will be required to buy - and care for - their own competition uniforms. Athletes will be sized and uniforms ordered in October for delivery in January. Uniforms will only be ordered for athletes who are up-to-date with their payments.

Our uniforms are bespoke and are made to order, so they cannot be returned because they are the wrong size (eg the athlete has grown) or have been damaged during washing etc.

All uniforms will come with washing instructions which we strongly recommend you follow carefully. Any discolouration or loss of stones etc may result in the athlete being required to purchase another uniform.

It is 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.



Nfinity Finals - Florida, USA



Following Destiny's incredible Nfinity Final win in May 2025, we're excited to offer our AEC athletes the chance to compete and be part of the experience in 2026!

Dates for the event are not yet confirmed but it is likely to be April/May 2026. The trip will be a minimum of a week and the athletes that attend will be required to miss school.

For athletes born between 2013 and 2018, this will be a full-season team, with training taking place weekly on a Friday 6:30-8pm, along with an additional Saturday training session each month. The exact dates and times are to be confirmed. Athletes will need to be able to commit to all practices.

Tryouts will be held separately from the main programme tryouts.

Athletes must compete on one of our teams to be eligible for the travel team.

Following tryouts for the travel team, we will hold a meeting which will be mandatory for the parents of any athletes in the travel team. At the meeting, we will give details of the trip and the costs involved, and answer any questions you might have.

Approximate trip cost: £1,500-£1,700 (estimated)

Please note:

- This cost is an estimate and there may be additional costs
- Athletes must be in good financial standing to tryout for the travel team and must be able to fulfil the regular AEC payment plan
- The trip will require a deposit payment in September and the full balance will be due by January 2026
- The trip is managed by an external travel provider, so payment deadlines are final and payments are non refundable.

If you have any questions, please email:
angela@ascensioneagles.com



PAYMENT PLAN

We invite parents to follow a monthly payment plan from July through to the end of the following June. This allows you to spread the costs for the season (eg tuition fees, uniform cost, competition fees etc) across an 11-month period.

Full information on how to sign up for our payment plan are in our finance pack.

Please note that the payment plan only covers coaching fees, competition entry costs and the cost of a uniform; additional personal items will be required during the season.

Full Competition Programme

Month	Amount
July	£50
August	£40
September	£102.50
October	£102.50
November	£102.50
December	£102.50
January	£70
February	£70
March	£70
April	£70
May	£70
June	£70

Once-a-week Programme

Our once a week team costs £45 per month. In addition to the monthly payment, a separate payment will be required for a uniform, as well as some additional items which will also need to be purchased during the season.