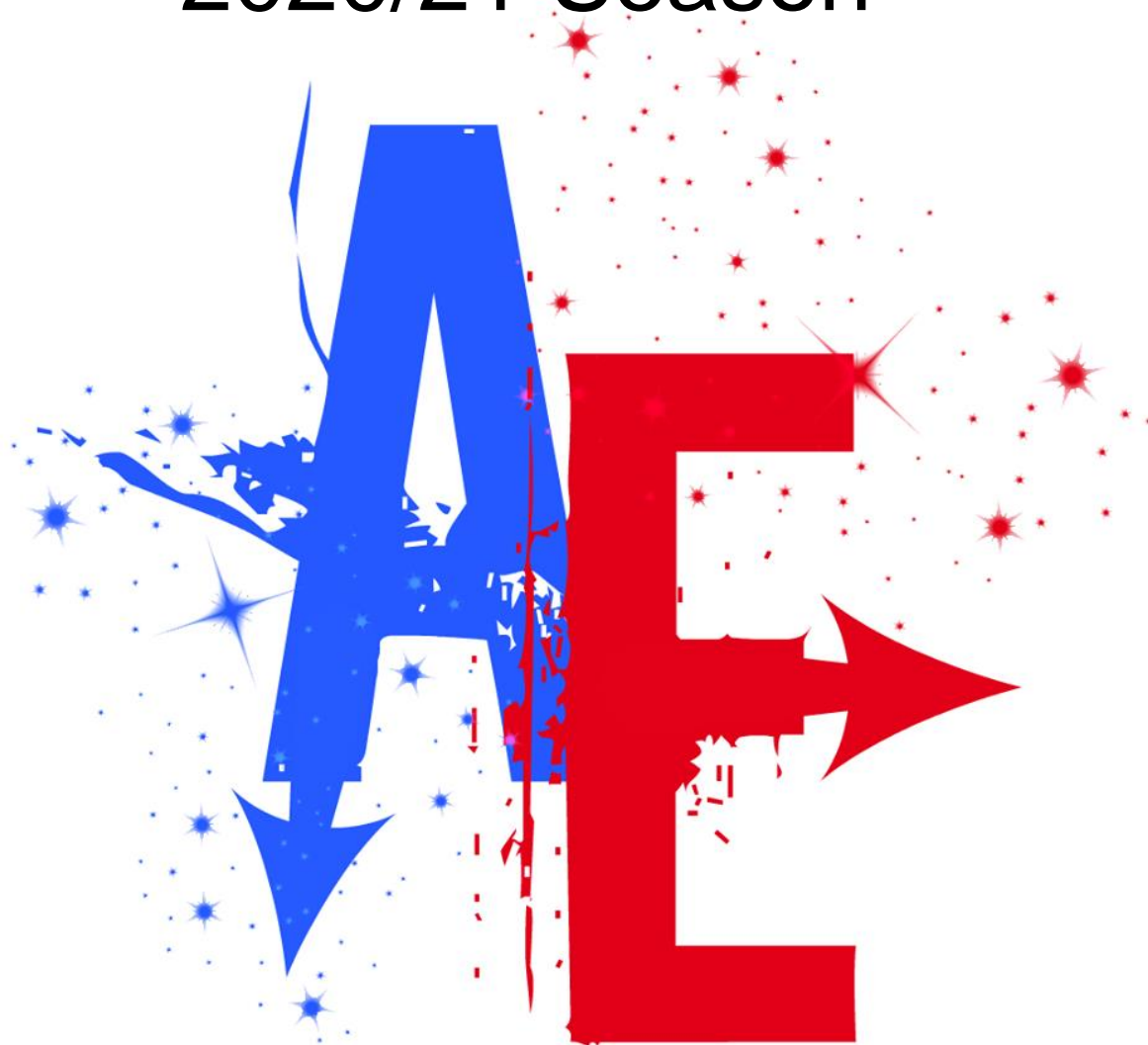


Arrows Elite
Cheerleading & Gymnastics
Information Pack
2020/21 Season



Email: info@arrowselite.co.uk

Welcome and Introduction to the Programme

Welcome to Arrows Elite Cheerleading & Gymnastics. We are very pleased that you have chosen Arrows Elite Cheerleading & Gymnastics as your Cheerleading Team and we hope that you enjoy your time with us.

Arrows Elite Cheerleading and Gymnastics is a local community organisation using Cheerleading and Gymnastics to engage local young people in activity. The aim is to have a positive effect on the lives of young people by providing exceptional coaching, participation in a team environment and opportunities to develop leadership and coaching skills, so that these young people can go on to enthuse future generations in their communities.

Being part of Arrows Elite will provide you with an opportunity to get ahead in your Cheerleading & Gymnastics career. If you take advantage of all we have to offer, you will be well placed to access exceptional coaching and high-level training.

*As always, we aim to give you the most accurate and up to date information available, however sometimes things change. Information provided in this pack was accurate as of time of print 08/09/2020.

Arrows Elite Team

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COVID 19 Update- Updated 20/08/2020

Please note that this section is based on the latest information and research available at the time of writing. The COVID-19 pandemic, and the responses of the public health community and UK Government remains fluid; data and recommendations will change. As they do, this document will be updated to reflect this.

We have taken guidance from our governing bodies to ensure the safety of our athletes, coaches and members during this time.

Full details of return to play from our governing bodies can be found below:

Return to Play Guideline Cheerleading: <https://sportcheerengland.org/wp-content/uploads/2020/07/SportCheer-England-Return-to-Play-Guidance-Document-19.07.2020-V2.pdf>

Return to Play Guidelines Gymnastics: https://be39a41f-3359-4ca4-9f2a-d5fb140dd32a.filesusr.com/ugd/9ec9b2_8d2c575b5d8b4ba0ac9ce11cbcd1b10.pdf

Prior to summarising our return to play strategy, it is important to note that COVID-19 is still a public health risk and thus, being alert is key:

SIGNS AND SYMPTOMS

In the UK, the National Health Service (NHS) describe common symptoms of COVID-19 to include:

- High temperature over 37.8°C
- New and persistent cough
- Loss of taste or sense of smell

In addition, other symptoms can include:

- Hoarseness
- Runny nose
- Sneezing
- Shortness of breath
- Sore throat
- Wheezing
- Tiredness

Though these are common symptoms of other illnesses, they may be signs an individual has been infected by COVID-19, and it is vital that you do not infect teammates, colleagues, your friends, family or the general public.

WHAT CAN YOU DO TO STAY SAFE?

- Wash your hands – regularly and thoroughly clean your hands with soap (for minimum of 20 seconds) or an alcohol-based (minimum 60% ethanol or 70% isopropanol) hand rub. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain social distancing rules - maintain at least 2 metre distance and where not possible, at least 1 metre plus between yourself and others. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus, if the person coughing has the disease.
- Avoid touching hands to face, mouth or nose - Hands touch many surfaces and surface to hand transfer can spread the virus. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Catch it, bin it, kill it - Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

WHAT HAPPENS IF I HAVE BEEN IN CONTACT WITH AN INFECTED PERSON?

- The NHS currently recommends that close contact (within 1 metre of someone with the virus for 15 minutes or more) with an infected person requires that individual be isolated for 14 days from the last time they were exposed to the infected person. You may have been informed of this via the NHS Test and Trace system.
- If you are worried that this may relate to you, you should follow NHS Isolation Guidelines.

RISK ASSESSMENT and KEY INFORMATION

Arrows Elite along with Stratton Upper School have taken a full risk assessment as per Government documentation and adheres to the Return to Play Cheerleading and Gymnastics Roadmap Charts in returning to training.

Risks assessments will continue to be carried out on a bi-weekly basis and if cases are identified, or regional R rates increase, Arrows Elite will re-evaluate the level we are operating at and move back up the levels as deemed appropriate. **This may involve a period of closure.*

Good communication between the Club and the athlete is fundamental to ensure any changes in individual athlete risk is continually evaluated e.g. if new medical conditions are diagnosed or they have new contacts with vulnerable individuals. It is important that Arrows Elite is informed and a bi-weekly check in will be carried out to monitor this aspect.

We will be operating and engaging fully with the NHS Track and Trace scheme and thus it is imperative that we hold accurate records of athlete and staff attendance including name, phone number, arrival and leaving times, we will be monitoring this through our existing registration system Coacha, ensuring GDPR regulations are adhered to. If a breakout is identified within the Club or facility we will liaise directly with Public Health England on next steps of action, but is likely to result in a temporary closure.

COVID-19 can range from asymptomatic, to mild, to severe illness with an incubation period of 5 - 14 days. It is critical that however mild or common the symptom, isolation guidelines are followed until a test is returned as negative or the individual is symptom free for 7 days

(current Government guideline). If a symptom is reported during a training session, the individual must be isolated in a designated area and collected by a household member as soon as possible with advice to isolate and test the household as per current government advice. The most common symptoms include; fever (37.8 or above), cough and shortness of breath. Other symptoms include but not limited to; sore throat, conjunctivitis, headache, fatigue, muscle aches, diarrhoea, nasal congestion, loss of smell or taste, rash, discolouration of fingers or toes, chest pain.

After carrying out a risk assessment (available on our website), we have identified a road map to return to play that is most suitable for our club and facility.

Summary of Stage 1 Phased Return to Play:

- Maximum of 18 athletes in a team or class with adequate staff numbers
- consistent athlete groups between sessions
- Socially distanced
- No stunting or spotting
- No crossing over between athlete 'bubbles' (this will mean that initially athletes will be limited to one Team or Class) *we will continue to monitor this and update as and when needed.

SAFEGUARDING

The COVID-19 outbreak has caused significant mental health and wellbeing difficulties for some children, young people and adults. Arrows Elite has a robust safeguarding policy in place. We strive for continuous and effective communication with parents and guardians.

COVID-19 CLUB OFFICER

Emily Coughlan: cheer@arrowselite.co.uk 07860497893

PERSONAL PROTECTION EQUIPMENT - RECOMMENDATIONS FOR ATHLETES AND COACHES

While the evidence is limited, facial coverings may reduce the risk of infection by reducing the water droplet effect from coughing, sneezing and general breathing.

Facial Coverings – Given that coaches are likely to be stood at the front of the training mat, facing their team; coaches, support staff, and First Aiders are recommended to wear facial coverings to reduce infection risk. Gloves and aprons are also recommended for dealing with incidents of First Aid situations where close contact is unavoidable and when cleaning and wiping down equipment.

Athletes are not required to wear facial coverings unless stunting in Cheerleading (not part of stage 1 return to play)

Athletes who feel more comfortable participating in a mask are welcome to do so. Arrows Elite recommends athletes select a mask that offers both protection and performance. A number of providers are now marketing the use of "athlete-centred" face coverings; these are masks that feature specific qualifications to address the need to offer both protection and performance.

OTHER CONSIDERATIONS

- Parents/ Guardians and athletes do not congregate in communal areas or the car park before or after training
- Arrive on time and leave immediately after practice has finished to avoid prolonged periods of social interaction.
- Arrows Elite are advising against carpooling where possible.
- Waiting areas and changing rooms (apart from access to the toilet) will be closed and that training space is limited to athletes only. (Exemption: the provision of carers/support workers for disabled athletes).

SCREENING OF ATHLETES & STAFF

Due to the close contact nature of Gymnastics, Dance and Cheerleading, Arrows Elite is advocating screening of anyone training or participating in any discipline within the programme to ascertain whether individuals are able to train safely. Arrows Elite are asking all individuals associated with the club (such as family members) to take responsibility for reducing the risk of COVID-19.

INDIVIDUAL SELF SCREENING

Before leaving the house to participate in a session athletes should check that:

- They do not have symptoms of a high temperature (feeling hot, feeling cold, shivers, feeling under the weather) or a measured temperature of 37.8 or above.
- They do not have a new persistent cough.
- They do not have a loss of taste or smell.
- They have not been in contact with a person with suspected COVID-19 within the past 48 hours.
- They have not been advised to self-isolate due to a third party from another setting (i.e. school) being infected with COVID-19.
- No one within their household has COVID-19 symptoms as outlined above which would require the whole household to self-isolation as guided by the UK Government.

Individuals must not attend a session if any of the above are true. In addition Arrows Elite will not:

- Apply no pressure on an athlete to attend a training session or competition if they have symptoms or they feel like the environment is unsafe for them.
- Apply pressure on an individual, if during a session they feel uncomfortable with the management of the session and decide to opt-out of that session.
- All individuals should have read the Arrows Elite COVID- 19 Guidance Information as set out in this document.

All participants (athletes, coaches, staff) in the training session have the responsibility to notify the Club COVID-19 Officer (Emily Coughlan) should they experience symptoms of COVID-19 within 48 hours of the training session ending. The Club COVID-19 officer will then be able to advise you on the next steps to take.

PREPARATION FOR TRAINING (CAN APPLY TO ATHLETES, COACHES AND OTHER STAFF)

- Athletes to arrive at the venue already changed and ready to participate and to only bring what is necessary
- After going to the toilet, thoroughly wash hands for a minimum of 20 seconds with soap or alcohol gel (minimum 60% ethanol or 70% isopropanol)
- Minimal use of changing rooms
- No unnecessary physical contact such as high fives, hugs, rituals involving contact (handshakes etc)
- Social distancing applies
- Use markers on the floor to show direction of travel around the gym
- Separate entrances and exits for teams arriving and leaving, to avoid crossover periods where social distancing is difficult
- Suitable and sufficient rubbish bins in these areas with regular removal and disposal
- Advise against athletes and coaches carpooling to venues.
- Avoid touching high-contact surfaces such as door handles, benches, chairs, etc.
- Shorter training sessions

HYGIENE DURING TRAINING

- Social distancing markers on the floor will show where athletes must wait to enter and how to move around the mat
- Remain socially distanced from other athletes. Limit physical interaction as much as possible.
- Water bottles to be kept socially distanced, in the space provided by the coach (either individual boxes, floor markers, or kept in the space next to the athlete)
- No sharing of water bottles
- All water bottles clearly labelled with the individuals name on it
- No handshakes, high fives or other physical contact
- No sharing of towels, t-shirts or other items
- Cleaning of shared equipment between each use and again between sessions
- No shouting over music, or yelling / 'mat talk' between athletes that may increase the risk of droplet spray in the air
- Regular handwashing
- Regular cleaning of equipment between use by different athletes

HYGIENE AFTER TRAINING

- Wash hands immediately and thoroughly after training
- No congregating at the venue after training
- No handshakes, high fives, hugs or other physical contact
- Carpooling is not recommended from the venue
- Individuals will be required to wash their kit in 60°C high temperature wash in order to kill off any viral load

Key Contact Information

This year we will be introducing Spond as our day to day communication method, in an effort to make everything more streamlined and easier to manage both as a parent and coach. Spond is an easy to use app that you can download to your phone and keep up to date with information, let us know if your athlete is unable to attend etc.. We will be providing a virtual parent meeting on Thursday 10th September via Microsoft Teams to go through how to set this up.

Alternatively, you can still get in touch with us through our email: info@arrowselite.co.uk

We also post information on our Facebook Group: **Arrows Elite Parents Group**, please ensure you are part of this group on Facebook to keep up to date with the latest Information.

Management Team Telephone Numbers:

Emily Coughlan: 07860 497 893

Charlotte Stapleton: 07970 461 465

Geoff Coughlan: 07843 274 702

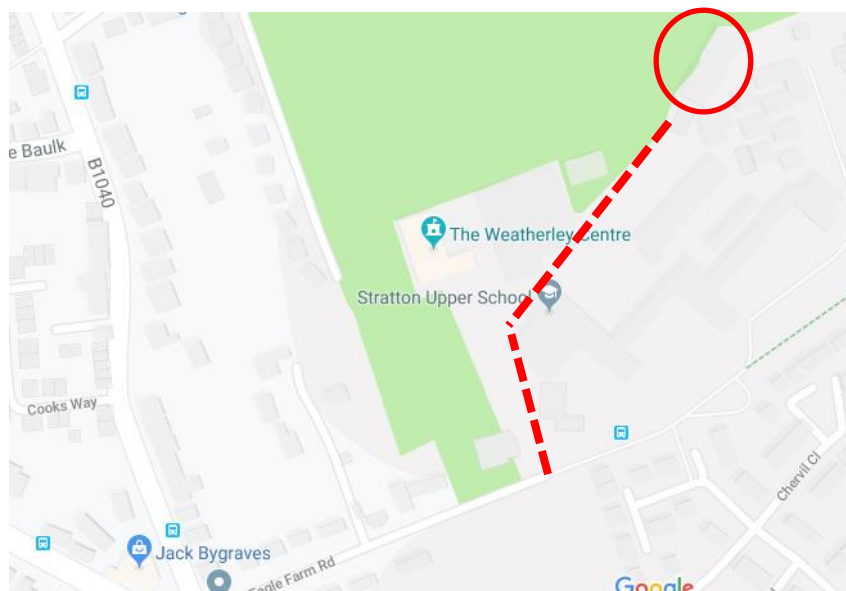
Location:

Stratton Recreation Centre:
Eagle Farm road,
Biggleswade,
Bedfordshire
SG18 8JB

We train in the 'New Gymnasium' which can be found across the playground BEHIND the Recreation Centre.

Recreation centre facilities:

- Free parking
- Changing rooms
- Secure access



Training Timetable CHEER

- **BOLT: 1 Training session per week**
Thursday 17.15-18.30
- **PARADOX: 2 Training sessions per week**
Monday 17:15 – 18:45
Wednesday 17:15 – 18:45
- **APOLLO: 2 Training sessions per week**
Monday 19:00 – 20:30
Wednesday 19.00-20.30

Training Timetable DANCE

- **DANCE 9+yrs HIP HOP: 1 Training Session per week**
Tuesday 19.00-20.00
- **DANCE 11+yrs JAZZ: 1 Training Session per week**
Tuesday 20.15-21.15
- **DANCE 6-8yrs POM: 1 Training Session per week**
Saturday's 9.15-10.15
- **DANCE 9-12yrs: 1 Training Session per week**
Saturday's 10.30-11.30

Training Timetable GYMNASTICS

- **TINY TUMBLE: 1 Training Session per week**
Tuesday 17.15-18.00
- **FLIP: 1 Training Session per week**
Thursday 19.00-20.00
- **TWIST: 1 Training Session per week**
Thursday's 20.15-21.15
- **FLIGHT 1 Training Session per week**
Saturday's 9.00-10.00
- **BOUNCE: 1 Training Session per week**
Saturday's 10.15-11.15
- **SPRING: 1 Training Session per week**
Saturday's 11.30-12.30
- **LEAP: 1 Training Session per week**
Saturday's 12.45-13.45

Term Dates and Training Attendance

We follow Stratton Upper School term dates, which occasionally vary from other local schools. Please note that any missed sessions are still payable.

**Please refer to COVID-19 policy for changes to attendance guidelines*

***If an athlete is unable to attend a training session, please can you inform your coach prior to the start of training via Spond.**

Virtual Guardian & Athlete Induction: Thursday 10th September 2020: 18.00-20.00

This meeting is **compulsory** for **ALL** guardians of athletes and the athletes and will be via Microsoft Teams: to join the meeting press ctrl +click the link provided below, this should open the team's app and you should be able to join the meeting. Please attempt to login before the start time so we can make any additional arrangements if needed for technical support.

Join Virtual Induction Meeting

***If you are unable to attend please let coaches know asap so that an alternative meeting can be arranged.**

Annual Training Calendar and KEY dates:

1. Autumn Term 1 07/09/2020 – 23/10/2020

Half term	26/10/2020– 30/10/2020
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- Autumn Term 2 02/11/2020 – 18/12/2020
2. Spring Term 1 05/01/2021 – 12/02/2021

Half Term	15/02/2021 – 19/02/2021
------------------	--------------------------------
- Spring Term 2 23/02/2021 – 26/03/2021

Easter Break	26/03//2021 – 12/04/2021
---------------------	---------------------------------
3. Summer Term 1 13/04/2021 – 30/05/2021

Half Term	01/06/2021 – 04/06/2021
------------------	--------------------------------
- Summer Term 2 07/06/2020 – 22/07/2021

***COMPETITION for Cheer teams planned for last term of the year, subject to event providers and safety.**

Payment and Costs

As with most team sports, the cost of being involved can be quite high, we have tried to keep the cost down over our entire provision as much as we possibly can.

Monthly subs/ payments will cover:

- Training fees

These monthly payments will not cover the following:

- Uniform items
- Competition fees
- New Season T-shirt
- Spectator tickets
- Competition travel
- Athlete insurance*

**If competitions do go ahead towards the end of the season, we will put together a payment plan for these well in advance to help plan for these.*

*Athlete Insurance:

For athlete insurance this year, you will be required to buy this through the UK Gymnastics website. This is currently £9.99 for the year and registration opens on 02/09/2019.

We will be collecting fees through monthly direct debit through GOCARDLESS, you will receive information by email on how to set this up.

If you are having difficulty making payments, please speak to Charlotte who will assist in any way that we can.

Pricing

Team	Cost Per Month (£)
Cheer: Bolt	40
Cheer: Paradox	50
Cheer: Apollo	50
Gymnastics	30
Tiny Tumble	20
Dance	30

**Unfortunately, we will not be able to refund ANY sessions missed due to COVID-19. (Exemption- the club is closed for more than 2-week, e.g. localised lockdown).*

Private Tumbling/ Training Sessions:

- Private Sessions will be available this year with **ALL** our coaches
- Please contact the coach directly: timings and availability will be at their discretion.
- £30 per 1-hour session, maximum 2 athletes per session (cost can be split between both athletes).

Cheerleading Uniform Information

All Cheerleading athletes are welcome to purchase an Arrows Elite competitive uniform and cheerleading shoes. All uniform pieces are custom made; therefore, measurements are required. If you wish to purchase a uniform, can we ask that you please submit the uniform order form (appendix II) by the **23th October 2020** along with a **£50 deposit**.

*Payment plans for remaining uniform pieces can be arranged on an individual basis, but full payment will be due by the end of the Autumn term.

Uniform Cost

Item	Cost
Competitive Uniform, inc: Top & Skirt	£110
Cheer Trainers	£40
Cheer Sox	£5
Black leotard (under uniform)	£15
Bow/ Hair Tie	£10

**prices accurate at time of print, these may be subject to change*

Cheerleading/ Dance & Gymnastics Training Kit/ Merchandise Information

We do offer Arrows Elite branded training kit and items, if you would like to order any items please visit our online merchandise shop. This will be linked on our website soon, please keep an eye out for the link going live.

Code of Conduct

**Please also see COVID-19 amendments and protocol at beginning of this document*

General

All medical conditions MUST be reported to the coach, including injuries, however minor you think they may be. Emergency contact details must be kept up to date. Stratton recreation centre is a no smoking facility. Athletes are not permitted to smoke while at any event linked to Arrows Elite, this includes training and fundraisers. No chewing gum, if you have gum in your mouth you will not be allowed to participate in training, no exceptions.

We understand that you are generally STUDENT athletes; therefore, your grades are the highest priority and school work should not suffer as a result of cheerleading. However, schoolwork should be organised around training times wherever possible, this includes exam revision. Having an exam, the morning after training is not an excused absence, you know when your exams are and should be prepared well in advance. Mobile phones must be off or on silent; and should only be used during training times in an emergency. Use of phones at inappropriate times will result in the phone being confiscated until the end of the session.

Clothing

Where possible 'Arrows' training wear should be worn to training sessions, however those who do not have these are required to wear appropriate sportswear. Clothing should have no buttons/zips or string. Trainers should be cheerleading trainers, preferably all white as these will be required for competitions. Plimsolls are not suitable as they provide no protection to the feet. Any athlete without trainers will not be allowed to train. Hair should be tied back, off the face and shoulders, with no hard hair accessories allowed. No Jewellery is allowed. Coaches will not be responsible for looking after jewellery, so if you don't want to risk losing it, do not wear it. We advise that you do not get any new piercings during the cheerleading season (Sept-July) as you will be made to take piercings out and covering them with tape is not acceptable due to the nature of the sport. Nail tips are not permitted, and finger nails need to be kept at a short length, not being able to see the nail over the finger is a good gauge of the correct length for participation in team sport activities.

Punctuality

Athletes are expected to be ready to start the session on time, this means arriving in correct clothing for training. It is preferred that parents/ guardians do not discuss payments or have discussions with coaches during training times and arrange an alternative meeting/ discussion time with the necessary coach to resolve any issues.

Attendance and Absences

Coaches must be made aware of absences a minimum of 2 weeks in advance, with exceptions made for emergencies or illness. Please email an absence request to cheer@arrowselite.co.uk. If an athlete is too ill to attend training, then coaches should be made aware of the absence by 3pm at the latest. If an athlete is injured it would benefit them to still attend training where possible, to work on skills such as flexibility or motions and to follow the progress of the routine. Missed sessions are still subject to payment.

Social Media

No one other than the coaches can post music, choreography, routines, competition stunts, etc. on any public websites or social media. Pictures in uniform or individual skills (e.g. Tumbling) are allowed with permission. This includes, but is not limited to 'Facebook', 'Twitter', 'Instagram' and 'You Tube'. Any items found on the internet (Facebook, Instagram, etc.) that display a member of the squad participating in any action against the code of conduct will result in disciplinary action.

Attitude

Cheerleading is a team sport and all members should be supportive of each other. No one will criticise or degrade other squad members, other squads or coaches at any time. Negativity, lack of productivity and disrespect will not be tolerated.

Behaviour/Harassment Policy

The club takes measures to avoid situations in which an athlete may feel isolated or harassed, by fostering a positive environment. Any behaviour/attitude which is deemed inappropriate or disruptive by the coaches will be addressed professionally and discreetly. Any outcomes or decisions made will be at the discretion of the coaches and committee. It is important that you approach us immediately if you feel uncomfortable or see any behaviour you feel is inappropriate.

My parent/guardian and I have read and reviewed the code of conduct. We fully understand all the rules and expectations of the program. We also understand the consequences for violations of any part of the code of conduct. My parent/guardian and I agree to respect the coaches, committee and all athletes always.

Print athlete Name: _____

Athlete signature: _____

Date: _____

Parent/Guardian signature: _____ Date: _____

MEDIA RELEASE FORM

I, _____, grant permission to Arrows Elite Cheerleading and Gymnastics to use my image (photographs and/or video) for use in Media publication including:

(Check All That Apply)

☐ - Videos ☐ - Email Blasts ☐ - Recruiting Brochures ☐ - Newsletters ☐ - Magazines ☐ - General Publications ☐ - Website and/or Affiliates ☐ - Other: _____

I hereby waive any right to inspect or approve the finished photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the image.

Please **initial** the paragraph below which is applicable to your present situation:

_____ - I am 20 years of age or older and I am competent to contract in my own name. I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

_____ - I am the parent or legal guardian of the below named child. I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

Signature: _____ Date: _____ Name
(please print):

_____ Address: _____

Signature of parent or legal guardian: _____

(if under 20 years of age)

***When Registering on Coacha you are asked to agree to code of conduct and media publications as stated in relevant documents/forms**

Double Duty Athletes/ Sibling Discount/ Gymnastics, Dance & Cheerleading

**Unfortunately, due to COVID-19 regulations we are unable to offer any crossovers between teams or classes initially (our thinking is at least until October half term). This is in accordance with government guidelines and is something that we will keep you updated on as policy and return to play develops within our disciplines.*

Sibling Discount:

Where an athlete has a sibling within the programme, for each full paying athlete, **ONE** sibling will receive a **5% discount** on training costs, unfortunately we are unable to offer discounts on uniform or competition fees.

Junior Leadership Team/ Coaching Development

If your athlete is a member of our junior team or older, they are welcome to make an application to become a part of our junior leadership team (JLT). The junior leadership team will be a group of athletes that would like to take more responsibilities with the programme, this could be for coaching younger teams, arranging team bonding activities or fundraising events. We are looking for athletes who show commitment and enthusiasm for Arrows Elite. Successful applicants will become part of our JLT, and we will help them progress in areas they want to develop, be it coaching or education, deadline for application for the JLT (appendix IV) is **December 20th, 2020**.

Parents Committee

We do have a parent's committee, where parents get together to help support Arrows Elite in fundraising and organising events, if you are interested in joining the parents committee you will need to contact Debbie Ridley, our committee leader, you can do this via our Arrows Elite Parents Group on Facebook or email her on: debsrod76@msn.com

Easy Fundraising

We've registered with easyfundraising, it's a great site where you can help Arrows Elite Cheerleading and Gymnastics raise funds simply by doing your everyday online shopping! Over 3,600 big name retailers are included, such as Amazon, Argos, John Lewis, ASOS, eBay, Boden and M&S. Every time you shop, we receive a small donation to say, 'thank you!' It's completely free and over £27M has been raised for causes just like us so far. We want to raise as much as possible so please sign up and help us at <https://www.easyfundraising.org.uk/causes/arrowselitecg/>

Appendix I

Appendix II

Uniform Order Form- Deadline for submission **October 20th 2020**

Name of Cheerleader:		
Item	Cost	Amount of items needed
Competitive Uniform, inc: Top & Skirt	£110	
Cheer Trainers	£40	
Cheer Sox	£5	
Black leotard (under uniform)	£15	
Bow/ Hair Tie	£10	
Total to Pay:		

Measurements in CM (If you need help with this, please ask)

Hips:

Waist:

Chest:

Back (from base of neck to base of back)

Appendix IV

Junior Leadership Team Application Form: Deadline for submission December 20th 2020

NAME:	Team:
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Please explain why you wish to become/ remain a member of the Junior Leadership Team and what skills you would bring to the role.

What contribution have you already made to Arrows Elite Cheerleading and Gymnastics and what contribution you intend to make as a Junior Leader. (Mention which area of responsibility you would like to be involved in)

If you could change or improve one area of Arrows Elite Cheerleading and Gymnastics what would it be and why? How would you change/improve it?

Please ask two members of staff to sign below to support your application

Signed:_____ **Name:** _____

Signed:_____ **Name:** _____

Junior Leadership Key Responsibilities:

1. Meet with Coach Emily every two weeks
2. Attend Junior Leadership Meetings every month
3. Support Arrows Elite with either:
 - a. Fundraising ideas and events
 - b. Team members focus groups
 - c. Mentoring
 - d. Coaching and Development
 - e. Events
4. Give feedback about your areas of responsibility and evaluate the impact of your work
5. Organise and monitor leadership group support for younger teams
6. Represent Arrows Elite at key events
7. Represent Arrows Elite at events in the local community