



**I'VE MADE**

*Lady  
Flame*

**SENIOR 2**

**TWINS WITH MISS FLAME**

# CONTENTS

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**01** INTRODUCTION

**02** TERM DATES

**03** TRAINING TIMES

**04** COMPETITION DATES

**05** PRICING

**06** UNIFORM

**07** ATTENDANCE POLICY

**08** CLUB COMMUNICATION

**09** COACHA

2026/27

# INTRODUCTION

Welcome to Arrows Elite 2026/27! As a programme we have so many exciting things planned for this season and we can't wait to get started. Thank you for choosing to join us as we embark on this journey.

This information pack contains all of the information you need for the season, so please read it carefully before accepting your team place. If you have any questions please email us on [cheer@arrowselite.co.uk](mailto:cheer@arrowselite.co.uk)

## KEY CHANGES TO CLASSES

- This season tumble classes will not be included in monthly training fees, as attending additional tumble sessions will not be compulsory. All teams will have tumble elements built into their main team training session, but if you would like to attend specific tumble sessions, these will be booked separately.
- The timetable has been redesigned this year to ensure all teams have use of the full floor space within their training sessions to help work on formations and performing 'full outs' regularly.



2026/27

# TERM DATES

**SUMMER TRAINING**

17th August - 6th September 2026

**AUTUMN TERM**

7th Sept - 13th Dec 2026

HALF TERM

19th Oct - 1st Nov 2026

**SPRING TERM**

4th Jan - 25th March 2027

HALF TERM

15th - 21st Feb 2027

**SUMMER TERM**

12th April - 18th July 2027

HALF TERM

31st May - 6th June 2027

**GYM CLOSURES**

Bank holidays

31st Aug 2026

3rd & 31st May 2027

Where the gym may need to be closed during the season, 'catch up weeks' have been built into the timetable

14 - 20th Dec 2026 and 19th - 25th July 2027

2026/27

# TRAINING TIMES

## TEAM TRAINING

### MONDAY

19:30 - 21:00

#### TUMBLE SESSIONS

Tumble sessions need to be booked on Coacha  
£30 per month, or £9.00 PAYG  
Level 0+  
(Beginner through to walkover)

Monday 17:30 - 18:30  
Wednesday 17:15 - 18:15

Level 1+  
(Must have a confident backwalkover)

Wednesday 16:15 - 17:15  
Friday 19:15 - 20:15

Level 2+  
(Must have a confident back handspring)

Thursday 16:15 - 17:15

Level 3+  
(Must have a confident round off, back  
handspring series)

Thursday 20:15 - 21:15

#### ADDITIONAL SESSIONS

Additional sessions need to be booked on  
Coacha

Jumps & Flex  
(small group - limited numbers)  
£7.50  
Thursday 17:15 - 18:00

Flex & Stretch  
(small group - limited numbers)  
£7.50  
Saturday 11:15 - 12:00

Tumble privates  
Monday 16:15 - 17:00  
Thursday 19:30 - 20:00  
1-2-1  
£32.50 or bundle of 6 for £180.00  
2-2-1  
£50.00 or bundle of 6 for £275.00

2026/27

# SUMMER TRAINING

These dates are not compulsory, but attendance at sessions is strongly encouraged.

Day	Session info
Monday Tumble & Flexibility	Tumble 0+ 16:45 - 17:45 Tumble 1+ 17:45 - 18:45 Tumble 2+ 19:00 - 20:00 Tumble 3+ 20:00 - 21:00
Wednesday Stunt development & Conditioning	Hotshots 16:45 - 17:45 Cupids & Bolt 17:45 - 19:15 Miss Flame & Lady Flame 19:30 - 21:00
Thursday Stunt development & Conditioning	Chrome & Missiles 17:00 - 18:30 Lightning & Strike 18:30 - 20:00 HuNTers 20:00 - 21:30

2026/27

# COMPETITION DATES

We do not know days/times until around 6 weeks before the event so  
please keep both dates free



2026/27

# PRICING INFO

All payments listed below are made through Coacha  
Missed or Late payments will be subject to a late payment fee of £2.50 per week after  
the due date

## MONTHLY FEE

Training fees will be taken by direct debit on the 12<sup>th</sup> of each month  
(12<sup>th</sup> August - 12<sup>th</sup> June 2027).

£30.00

## MEMBERSHIP FEE

£40.00

This is a one off payment due on 1<sup>st</sup>  
February 2026.

Payment includes

- Bow
- Team Music

## COMPETITION FEES

Competition fees are taken in installments  
through the year via direct debit.

Spectator tickets are NOT included in these  
prices and will need to be ordered separately  
(Pricing will be provided asap)

**Installment 1 - £37.50**

Due 1<sup>st</sup> September 2026

**Installment 2 - £75.00**

Due 1<sup>st</sup> January 2027

2026/27

# UNIFORM INFO

All payments listed below are made through Coacha  
Missed or Late payments will be subject to a late payment fee of £2.50 per week after  
the due date

## UNIFORM

**£200.00**

This is a one off payment due on 1<sup>st</sup> October 2026.

All athletes will need

- plain black sports socks,
- plain black cheerleading trainers (NO split sole trainers)

These items are NOT included in the uniform fee.

## ADDITIONAL ITEMS

### Training Kit items

Order & payment deadline is 1<sup>st</sup> October 2026.

Travel team training kit (Compulsory for athletes on travel teams)

**£60.00**

Arrows crop top (Optional)

**£30.00**

Arrows shorts (Optional)

**£25.00**

Team specific crop top (Optional)

**£30.00**

2026/27

# ATTENDANCE POLICY

## ATTENDANCE IS VITAL

Cheerleading is a team sport, so if one person is missing from training this can have a huge effect on the rest of the team. The results speak for themselves, teams who train consistently with strong attendance make more progress across the season, feel more confident in their performances and develop their skills with more technical accuracy. Please help us to give our athletes the best chance for success by abiding by our attendance policy.

### MISSING TRAINING

All planned absences should be reported via Coacha with at least 2 weeks notice.

Athletes should not miss training sessions within 2 weeks of a competition.

Illnesses should be reported on Coacha as soon as you know it will affect training. If athletes are injured or have a minor and non-contagious illness, they should still attend training to watch.



### AUTHORISED ABSENCES

Absences will be listed as authorised for compulsory school events, important family events such as funerals and weddings and sickness.

Absences will **not** be authorised for events such as birthdays, exams the next day or non-compulsory school events.

If you are unsure, please speak to your team coach.

### ATHLETE REMOVAL

Arrows Elite reserves the right to remove athletes from parts or the whole of a routine if an athlete's attendance is not in line with our attendance policy.

If an athlete is repeatedly missing training without notice or for unauthorised reasons and this leads to them being removed from the routine/team, any fees paid so far will be non-refundable.

2026/27

# COMMUNICATION POLICY

## CONTACT DETAILS

Email: [cheer@arrowselite.co.uk](mailto:cheer@arrowselite.co.uk)

- Questions specifically about your child
- Financial queries
- Complaints or Concerns

Whatsapp Community

- Quick questions for coaches or other parents about general team info
- Competition day communication method
- Team media such as routine music and videos for athletes to practise with
- Information around social events

Coaches should **not** be contacted on personal accounts such as whatsapp or social media. Code of conduct should be followed in all communications within the gym, and within online/text communications within the club.

## WHATSAPP COMMUNITY LINK



2026/27

# USING COACHA

## PARENT PORTAL

All athletes must be registered on Coacha, with up to date information.

Coacha can be used by parents for the following functions:

- View class schedules
- Book additional classes and tumble privates
- View payment records
- Report absences
- Purchase spectator tickets (some event providers)
- Purchase team kit items
- View event information for competitions
- Access club documents such as Code of Conduct and Media policy

There is a Coacha mobile app, however we have found that the website is easier to navigate and has more functions available.

### COACHA WEBSITE LINK



# ACCEPTANCE CHECKLIST

## Check availability for competition dates

Athletes must be available for **all** competitions and should not be absent in the 2 weeks prior to competitions.

## Read the Arrows Elite Code of Conduct

Parents/Guardians AND athletes must have read and agreed to the code of conduct prior to confirming their team place. By accepting your team space you agree to follow the code of conduct.

## Set up your payments

You will be sent a one off payment request for your membership fee, a direct debit request for your training fees and a separate direct debit request for your competition fees. Please ensure direct debit requests are set up **at least 5 business days** ahead of the due date to ensure they have time to be processed correctly.

Your space on the team will be confirmed once your membership fee has been paid.

## Complete the acceptance form

Please complete the acceptance form by 13<sup>th</sup> July 2026 to let us know you would like to accept your place on the team.