MYSTIQUE CHEER AND DANCE

Season 8 Handbook



ABOUT US

Mystique was set up back in 2019 by coaches Fiona and Beth as both had a huge passion for cheerleading and wanted to encourage more athletes in to the sport. Here at Mystique, as we now enter our 8th season, we offer training to all levels and abilities from reception age children to adults. We pride ourselves on offering a family feel team that invests in, supports and encourages all athletes to achieve their best potential.

Our coaches are all experts in their fields and this has been highlighted through their teams not only showing incredible progression of skills but by achieving fantastic results at competitions both regionally, nationally and internationally.

We also have a very successful cheerdance programme, with dancers taking home many national titles, and teams placing within the top 3 in the country at CheerdanceUK competitions!

We love our sport and we love to see this passion for cheerleading develop in others. Our aim is to help our athletes not only gain in physical skills and ability but to help them grow as individuals and develop life skills such as team work, accountability, self confidence and kindness to others.

Further Information
on divisons/levels

CHEER DIVISIONS

Novice

This is the first division in cheerleading, ideal for beginners. It introduces the fundamentals to cheerleading in a 1:30 minute routine.

Prep

Serving as an intermediate stage, prep teams allow athletes to build up to the advanced skills required for allstar teams. There are fewer restrictions than novice, and routines are 2 minutes long.

All-Star

This is elite-level cheerleading, for athletes with advanced skills and ability. Routines are 2:30 minutes and involve complex skills and choreography.

SEASON 8 TEAMS





Primrose U6 Novice
Catnip U8 1.1
Rue U10 1
Glimmer U12 1.1
Victors U12 2
Songbirds U14 1.1
Tigris U14 2.1
Tributes U14 1
Mockingjay U14 3
Venom U16 2
Cinna U18 NT 2
Everdeen Senior 4.2
D13 Open NT 3
Sunrise U12 1 INTERNATIONAL
Nightlock U14 1.1 INTERNATIONAL
Capitol U16 2 INTERNATIONAL
+ Cheerdance teams TBC

PRICING STRUCTURE



£40 per month 1 Class per week	Novice cheer
£50 per month 1 Class per week	Prep and All star Cheer / Tumble
£30 per month 1 Class per week	Cheerdance solos only
£40 per month 2 Classes per week	Cheerdance solo and team class.
+ £10 per month 1 Add On	Any two of Cheer/ Tumble/ Dance (Cheerdance Solos + Team or Street Dance).
+£20 per month 2 Add Ons	All three class options; Cheer, Tumble and Dance (Cheerdance Solos + Team or Street Dance).
+ £10 per month Per Team	Crossover fee, for athletes that opt to be selected for more than one stunt team.

SIBLING DISCOUNTS ARE AVAILABLE!

FURTHER SEASON COSTS



- Stunt Team Membership: £50 per athlete

This covers team costs such as music and choreography. It is a one off payment, to be paid on acceptance of team placement. This will also include a season t-shirt, to wear at team training sessions.

- Cheerdance Team Membership: £10 per athlete

This covers team costs such as music. Similarly to stunt teams, this is a one off payment at the beginning of the season.

- Uniforms: £140 per athlete

Our bespoke uniforms cost £140 (this includes top, skirt/shorts and bow). These are mandatory for competing athletes.

- Competition Fees: Dependent on team and any crossovers

Competition fees will be charged monthly. The cost will depend on team placement. Those who opted to be crossover athletes will be charged extra, in order to cover the crossover fees that competitions charge.

COMPETITIONS

= Stunt competitons

= International Team Only competitions

Upon team acceptance, a team-specific information page will be sent, detailing team-specific key dates. Opportunities for international competitions will be discussed within teams once the season begins. Those marked with an asterisk are provisional dates.

21st - 22nd November
Showdown
Bath

16th - 17th January
ICC
Manchester

13th - 14th February
Future Cheer
Manchester

20th - 21st February
Stunt City
Belfast
Provisional Date

6th - 7th March
Revolution
Worcester

8th - 9th May
Showdown
Worcester

23rd - 25th May
European Cheer Championships
Movie Park Germany
Provisional Date

19th - 20th June
Revolution
Sheffield



TRAINING KITS + CLASS DRESS POLICY



Team Apparel

We offer several items of team apparel including t-shirts, hoodies and onesies and these can be purchased directly from Rock the Dragon
https://rockthedragon.co.uk/cheer/mystique-cheer-and-dance/
Other items such as team jackets, jumpers, oodies and blankets can be ordered through your team coach directly.
Mystique training kits can be ordered in the office,

Please note that none of these items of team apparel are compulsory.

Class Dress Code

Athletes are required to wear team colours (purple, blue, black or white) / mystique training kit/ season t-shirt to team training sessions. No jewellery or watches are to be worn at any training session and hair must be tied back securely. Athletes are to wear clean indoor trainers only.



CHEERDANCE CLASSES

Cheerdance is also offered at Mystique, with classes for all ages and abilities. This style of dance is a fusion of pom dance, jazz and street dance, and is competed in solo dances, as well as duos and teams. Cheerdance can build athlete confidence with competing, while developing excellent performance skills. Athletes can choose to attend just solo classes, or both solo and team classes.

ATTENDANCE POLICY

Our attendance policy allows us to ensure that our teams remain competitive. As it is a team sport, athletes are adversely effected when team mates are absent, and team progression is hindered. This isn't meant to scare anybody, simply to inform that we are a competitive program. If you are not willing to commit to these attendance guidelines, a competitive team at Mystique may not be the correct fit.

- Athletes must attend all training sessions, unless authorised by program director; Fiona, in advance.
- Athletes must attend all competition dates.
- All important dates for teams will be communicated by your team's coach shortly after team placements, including choreography dates and competition dates (Although specific days/times aren't always available until closer to the time). If there are any issues with any of these dates, it is essential that you communicate these with the team's coach before the competitive season starts on Monday 1st September.
- 3 unexcused absenses within the season will result in your athete's team position being compromised.







1:1 / 2:1 SESSIONS

At Mystique, we also offer private sessions in cheer, tumbling and cheerdance. Prices vary, and both individual sessions and duo sessions are offered. These are bookable on Coacha. Please contact individual coaches for prices and availability!



GYM CLOSURES

Saturday Classes: The gym will be closed on any Saturdays that clash with competitions in our diary.

Christmas Break: The gym will be closed from the 21st December to the 4th January.

We DO NOT close on bank holidays.

All gym closures are reflected in the monthly fees.