

MYSTIQUE CHEER AND DANCE

Season7 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 7th 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.



CHEER DIVISIONS

Novice



Prep



All-Star

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

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.

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





SEASON 7 TEAMS



Primrose: U6 Novice

Catnip: U8 Novice

Rue: U10 Level 1

Glimmer: U12 Prep

Songbirds: U12 Level 1

Victors: U12 Level 2

Tigris: U14 L2

Capitol: U16 L2 (International Team)

Tributes: U18 Non-Tumble Level

Cinna: Senior Level 3

District 13 : Open Level 2

Glory: 7 and under Cheerdance Team

Reign: 11 and under Cheerdance Team

Dynasty: 15 and under Cheerdance Team



PRICING STRUCTURE



£40 per month
1 Class per week

Novice cheer

£50 per month
1 Class per week

Prep and All star Cheer / Tumble / Dance class only.

+ £10 per month
1 Add On

Any two of Cheer/ Tumble/ Dance.

+£20 per month
2 Add Ons

All three class options; Cheer, Tumble and Dance.

+ £10 per month
Per Team

Crossover fee, for athletes that opt to be selected for more than one team.

SIBLING DISCOUNTS ARE AVAILABLE!



FURTHER SEASON COSTS

Team
Membership:
£40 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.

Uniforms: £140
per athlete

Our brand new, bespoke prep and all star uniforms are estimated to cost £140 (this includes top, skirt/shorts and bow). Novice teams will have a variation of this uniform (also bespoke) at a lower cost. More details will be communicated shortly.

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

 = Cheerdance
only competitions

 = Stunt
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.

September 21st :
CheerDanceUK,
Preston

November 1st - 2nd :
CheerDance UK,
Blackpool

January 24th-25th :
Revolution,
Blackpool

February 07th- 08th.
ICE, Blackpool

February 22nd :
CheerDance UK
Oldham

March 15th -16th :
Legacy,
Birmingham

May 3rd : CheerDance
UK, Penrith *

May 9th-10th :
Revolution,
Machester

May 31st :
CheerDanceUK,
Blackpool *

June 13th - 14th: ICE
Leicester



A collage of eight images showing cheerleaders in purple and pink uniforms performing various stunts and jumps against a dark blue background. The images include: a cheerleader in a purple uniform performing a handstand; a cheerleader in a purple uniform jumping with arms outstretched; a cheerleader in a purple uniform jumping with arms raised; a cheerleader in a pink uniform jumping with arms raised; a cheerleader in a purple uniform performing a high kick; a cheerleader in a purple uniform performing a backflip; a cheerleader in a pink uniform performing a high kick; and a cheerleader in a pink uniform performing a backflip.

<https://rockthedragon.co.uk/cheer/mystique-cheer-and-dance/>

Mystique training kits are new this season and can again be ordered through your coach directly. The training kit consists of crop top and shorts.

Crop top + shorts = £40

Athletes are required to wear team colours (purple, blue, black or white) / mystique training kit 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. In Season 7, Mystique will be offering three cheerdance teams, allowing all ages the opportunity to compete both solo dances and a team dance. 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 absences within the season will result in your athlete'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 22nd December to the 2nd January.

We DO NOT close on bank holidays.

All gym closures are reflected in the monthly fees.

