



## **Information Pack–2016-2017 Season**

Ultimate Cheer All-Stars ASBL – Avenue du Yorkshire 9, Boite 6, 1200 Woluwe-Saint-  
Tel : 0472727466 – Mail : [contact.ultimatecheer@gmail.com](mailto:contact.ultimatecheer@gmail.com) - N° entreprise : 0651.694.795

## Welcome to the world of competitive cheerleading, Welcome to Ultimate Cheer All-Stars!

Competitive cheerleading is a great way to gain valuable life experience, contributing to the development of athletes both in the sport and in everyday life.

At Ultimate Cheer All-Stars, we want to promote the values that are so important to this sport: tolerance, self-confidence building, personal and social growth, all the while creating fun and entertaining practices for everyone.

We can't wait for this new season to start, but in the meantime you will find all the information you need here in this pack.

We hope you will decide to join us for an amazing 2016-2017 season!

### What you will find in this pack:

- 1- What is competitive cheerleading
- 2- Ultimate Cheer All-Stars
- 3- Team placement
- 4- Practices
- 5- Costs
- 6- Registration information

## **1 – Competitive Cheerleading**

Competitive cheerleading is a sport combining tumbling, stunts, pyramids, dance,...All thrown together for an intense 2min30 routine performed to music.

It is a team sport that is very popular in the USA, but that has been growing rapidly in Europe over the last couple of years.

Teams can either be all girls or co-ed. There are different levels depending on the age and skill level of athletes.

There are also different types of competitions, regional, national and even international, where teams from all over the world compete against each other.

## **2- Ultimate Cheer All-Stars**

UCA was launched in 2016 by two former French cheerleaders living in Belgium.

Our gym is committed to ensuring that each athlete, starting from age 7, can evolve in a structured environment, promoting values such as discipline, teamwork and perseverance.

At UCA you will find a team of international coaches, with many qualifications as well as national and international titles, who have a real passion for the sport and who stand ready to use their skills and knowledge of the sport to help athletes reach their goals.

Everyone is welcome, boys and girls, beginners and elite athletes, with or without previous cheerleading experience!

We are affiliated with the Belgian Cheerleading Federation, the official cheer federation in Belgium, which itself is part of the International Cheerleading Union. This means we can take part in national and international competitions.

### **3 – Team Placement**

<b>Division</b>	<b>Age</b>	<b>Number of athletes</b>	<b>Level</b>
Peewee	7 to 11	5 to 25	1
Junior	11 to 14	8 to 25	3
Senior	14 +	8 to 25	3 or 4

The different team divisions and their composition are set out by the Belgian Cheerleading Federation.

Athletes join teams according to their age and skill level.

We offer every athlete a spot on one of our teams!!

### **4 – Practices**

UCA teams practice on the ULB Solbosch campus, building E2, room 6.

Here are the 2016-2017 season's practice times:

<b>Division</b>	<b>Times</b>
Peewee	Saturday from 9h to 10h30
Junior	Saturday from 10h30 to 12h30
Senior	Saturday from 10h30 to 13h30

Each athlete will receive a practice outfit (sport bra/tank top + shorts) at the beginning of the year. It has to be worn to all UCA practices.

Athletes must also wear appropriate white trainers with flat soles, used for cheerleading only, to all UCA practices.

## **5 – Costs**

Here are the registrations fees for the 2016-2017 season:

<b>Division</b>	<b>Cost</b>
Peewee	250 €/ Year
Junior	270 €/ Year
Senior	300 €/ Year

Fees include:

- Renting gym + equipment
- Belgian Cheerleading Federation licence
- Insurance
- Competition fees
- Practice wear
- Competition music

Other fees might have to be incurred:

<b>Additional fees for</b>	<b>Peewee</b>	<b>Junior</b>	<b>Senior</b>
Uniforms	/	≈ 150 €	≈ 150 €
White trainers	≈ 10 €	≈ 10 €	≈ 50 €
Travel fees (for competitions outside of the Brussels area)	/	≈100 €	≈100 €
<b>TOTAL</b>	≈ 10 €	≈ 260 €	≈ 300 €

The costs shown above are indicative and subject to change.

Fees can be paid in several instalments.

UCA is committed to making sure that costs don't prevent athletes from taking part in our practices and competitions and will therefore organise fundraising events throughout the year to lower the financial burden on our athletes' families.

## **6 – Registration information**

It is very simple to register and start this adventure with us. All you have to do is download the English version of the pre-registration form on our Internet website ([www.ultimatecheer.jimdo.com](http://www.ultimatecheer.jimdo.com)) fill it out and send it back to us, either by postal mail or email, along with a medical certificate authorising the practice of cheerleading.

To finalise registration, come to our information meeting on Saturday, September 10 at 10h00 (in the gym).

Payment of the registration fees will have to be made that day to finalise the process and guarantee that athletes can start practicing from the following week.

Official practices will begin on Saturday, September 17.

If an athlete wishes to quit, UCA will reimburse the registration fee, minus 75€ (cost of the licence, insurance and practice wear already incurred) if the athlete sends a written request before the end of September.

Find us on social media:

Internet website: [www.ultimatecheer.jimdo.com](http://www.ultimatecheer.jimdo.com)

Email: [contact.ultimatecheer@gmail.com](mailto:contact.ultimatecheer@gmail.com)

Facebook, Twitter, Instagram: Ultimate Cheer All-Stars

