



# 2022/23 SEASON INFORMATION PACK

## Welcome to EMCA!

Thank you for choosing to join us for the 2022-23 season. We hope that the information included here will answer most of your questions and will be your first point of reference for help and information throughout the year.

We're so excited to begin our 14th season, we have a lot of great plans to take the program to new heights and offer our athletes and families the best Allstar cheerleading experience possible. This season we aim to continue to make EMCA more accessible to all through our competitive Allstar teams, classes and other fantastic programs and offerings, here's a quick outline of what we do...

- **EMCA's competitive program is open to athletes aged 5 (year 1 pupils) to adult, male & female**
  - We cater for all ability/experience levels and offer teams and classes to suit different preferred commitment levels
    - **We offer teams at IASF Levels 1-6**
    - Our season runs from May 2022 through March 2023
    - **This season our International teams compete 6 times, National teams compete 5 times and Local teams 3 times**
  - All competitions are mandatory and athletes must attend every training session. Consistent training is the key to a successful and fun season!
  - **EMCA are looking for unique individuals that would like to develop current skills and gain new skills throughout the season, we believe in developing each individual athlete as well as pursuing team success.**
  - Not all teams require specific skills; for lower level teams we simply ask that you are hard-working, passionate and committed!
    - **EMCA are not just a program, but a family. We train hard and enjoy our social time together, personality, work-ethic and ability to be a great teammate are extremely important!**

## IMPORTANT CONTACT INFORMATION

Phone Number: 07930 647032  
Email Address: [emca@live.com](mailto:emca@live.com)  
Instagram: [@emca\\_allstar\\_cheer](https://www.instagram.com/emca_allstar_cheer)  
Facebook: [@EMCAallstarcheer](https://www.facebook.com/EMCAallstarcheer)





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## Allstar teams - Key information

The teams we field in 2022/23 are determined based on the athletes attending May evaluations. All athletes who try out for EMCA will be offered a team placement, please see the evaluations pack FAQ for more information on how we determine placements.

### **2022-23 Age appropriate teams**

Age for the season is determined by the athlete's age AS OF 31 AUGUST 2022 (Example - If an athlete is 12 as of 31 August 2022 and turns 13 in September 2022, their age for the season is still 12). Where possible we always try to place athletes within their primary age group as this makes for the best social and coaching experience.

### **2022-23 Provisional team training schedule**

Finalised schedule with days and times will be confirmed following tryouts once teams are determined and will be included with team placement emails.

LOCAL TEAMS - once weekly training

NATIONAL TINY / MINI TEAMS - twice weekly training

NATIONAL YOUTH / JUNIOR / SENIOR TEAMS - twice weekly training \*

WORLDS TEAMS - twice weekly training \*

\* NEW FOR 2022 - For our National teams, tumbling will be included with team training sessions for 2022-23 with one session being extended to 2.5 hours. Additional tumble classes will also be available and are recommended for all team athletes. Information and schedule for classes will follow in June 2022.

### **Non-Worlds travel team - CHEERSPORT Nationals**

We are excited to announce this specific travel team for 2022/23. Tryouts will be held in September with full information to follow closer to the time. Team age group and level will be determined at that time.

Held in Atlanta, Georgia USA, CHEERSPORT Nationals is one of the largest and most prestigious Allstar cheer competitions in the world and we are so excited to offer our athletes the opportunity to attend this incredible event. In 2023, CHEERSPORT falls on the second weekend of the Nottinghamshire February half term.

This travel team will train once weekly from September to February. Fees will be approximately £60 per month with estimated trip cost £1500 (until we are booked we cannot say exact amounts).



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## **EMCA 2022-23 Attendance policy**

We don't want to scare anyone with our attendance requirements, but it's extremely important that all athletes and parents appreciate and agree to the required commitment. Allstar Cheerleading is a demanding team sport that requires regular training and consistent full-team practices, EMCA is dedicated to training teams and athletes to compete at the highest levels and we expect the same dedication from our athletes. The following excused and unexcused policy is not bendable and applies to every team member. Please remember that one athlete can affect the entire team. All competitions, showcases and training sessions are considered compulsory.

### **EXCUSED**

- Family bereavement
- Close family wedding
- Illness in line with Public Health School Exclusion guidelines
- Compulsory GCSE or A-Level field trip (letter from educational institute required with at least 4 weeks warning)

### **UNEXCUSED**

- Homework / Revising
- Parental Punishment e.g. being grounded
- Birthdays / Birthday Parties / Family Parties
- Prom
- School Trips
- Recreational Sports
- Holidays

Whilst we emphasise the importance of school work and education, we expect athletes to manage their schedules efficiently so that they do not require sessions to be missed for last minute revision or assignment deadlines. We consider teaching time-management, prioritisation and work-life balance an important part of the EMCA experience and expect that our athletes recognise the importance of exercise and taking breaks to aid their education.

We expect athletes to liaise with their employers to ensure any work commitments do not interfere with training or competitions.

### **Please note:**

1. Athletes may not miss any training dates in the 2 team training sessions leading up to competition for any reason. Missing these sessions will mean the athlete may not be able to compete in that competition - this decision is at the coaches discretion. Competition entry fees and spectator ticket monies will not be refunded.
2. Athletes may not miss any competition dates.
3. Any events that conflict with dates on the EMCA calendar must be communicated by email from a parent/guardian no later than 4 weeks before an EMCA event. Approval of the absence is always up to the EMCA coach's discretion.
4. Unexcused absences within the season may result in loss of position on the team.



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## **EMCA 2022-23 Membership Costs and fees**

EMCA is a registered charity (Charity No.: 1154233). We aim to keep costs to an absolute minimum throughout the season and fundraise whenever possible. We offer a state of the art training facility and equipment that are among the best in Europe.

All members are expected to pay their fees on time and participate in fundraisers in order to share in proceeds. If for any reason you are unable to fulfil your EMCA Membership, **ALL FEES ARE NON-REFUNDABLE.**

Please note that all team training fees will be payable monthly - all paid via Coacha - we do not accept payments directly into the bank account or via cash. Payments are due on the 28th of each month; payment includes all compulsory training and UK competition entry fees. Payments will be spread over 11 months, first payment due 28th May 2022 and last 28th March 2023, if you leave the program prior to the end of the season you will still be required to pay the remaining competition entry fees (competitions are entered in September 2022).

A non-refundable annual registration fee of £40 is required by 27th May 2022 if you wish to accept your/your child's place within a team - payable via the EMCA online shop. Include in this membership fee is:

- *EMCA's Season t-shirt*
- *Choreography contribution*
- *Music contribution*
- *Club insurance contribution*
- *SportCheer England membership contribution (new for 2022-23).*

### **Monthly Payment Amounts:**

Payments due from 28th May 2022, monthly through to the last payment made on March 28th 2023 (payable monthly for 11 months).

LOCAL (once weekly training) - £42.40 per month

NATIONAL TINY/MINI (twice weekly training, 90 mins per session) - £63 per month

NATIONAL YOUTH/JUNIOR/SENIOR/WORLDS (twice weekly training including tumble, 2hrs + 2.5hrs) - £93.90 per month

WORLDS (Non-Tumble) TEAM (twice weekly training, 2hrs per session) - £88.50 per month

*\*Please note that the training fee part of the monthly fees has not increased. The monthly increase takes into account competition fees which most athletes did not pay in 2021-22 due to competition fees being paid during the Covid pandemic.*



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## Practice Wear:

In 2022-23 all athletes are required to wear the following kit to training:

- Black shorts or leggings
- EMCA Season T-shirt or jumper (Day 1 training)
- Other EMCA T-shirt, jumper or sports bra (Day 2 training)
- Cheer trainers.

## Uniforms:

All athletes require a uniform and have responsibility for the upkeep.

Local teams - NEW Prep team uniforms available to hire or buy (under £50). Athletes are required to own their bow (£10)

National teams - NEW National team uniform. Uniforms £100. Athletes are required to own their bow (£15)

Worlds teams - Individual team uniforms. Uniforms £100. Athletes are required to own their bow (£15)

*If you experience any financial difficulty please contact Helena at [emca@live.com](mailto:emca@live.com) as soon as possible.*

## EMCA Apparel & Pro Shop

We know that our athletes and parents love to represent EMCA and show their support by wearing EMCA apparel. Our club pro shop carries a range of stock items and offers seasonal and limited release items throughout the season. Item releases are advertised to members and can be purchased through the online store on the EMCA website.





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## 2022/23 Season Provisional Schedule

Dates	Activity	Location
Tues 3 May - Sun 8 May	Evaluation preparation clinics and open gyms <i>See evaluations pack for full info</i>	The Cheer Gym
Mon 9 May - Sun 15 May	Team evaluations (by age group) <i>See evaluations pack for full info</i>	The Cheer Gym
Mon 16 May - Fri 27 May	Provisional placement weeks	The Cheer Gym
Fri 27 May	Registration payment deadline to accept team placement	Payment via <a href="http://www.emcanottingham.com">www.emcanottingham.com</a>
Sat 28 May - Sun 5 June	EMCA CLOSED - HALF TERM (excludes Bournemouth travel teams)	
Mon 6 Jun - Thurs 30 Jun	EMCA Open - 'Season 14 Kick off'	The Cheer Gym
Fri 1 Jul - Mon 4 Jul	EMCA CLOSED - Bournemouth International Championships	
Tues 5 Jul - Sat 20 Aug	EMCA Open - 'Perfecting our art' (Normal training timetable)	The Cheer Gym
Sun 21 Aug - Sun 4 Sept	EMCA CLOSED - Summer break	
Sat 3 Sept	CHEERSPORT travel team try-outs - <i>age and level TBC after tryouts</i>	The Cheer Gym
Mon 5 Sept - Sun 16 Oct	EMCA Open - 'Prepare to Sparkle'	The Cheer Gym
Mon 17 Oct - Fri 28 Oct	EMCA CLOSED - October half term	
Sat 29 Oct - Fri 16 Dec	EMCA Open - 'It's time to shine'	The Cheer Gym
TBC - Nov 2022	Cheer City Competition - International and National teams only. <i>Saturday teams likely to be able to train before going to competition.</i>	TBC
TBC - Sun 4/11th Dec	21CC Competition - <b>Worlds Teams Only</b>	Dublin, Ireland
TBC - Sun 4/11th Dec	EMCA Showcase - EMCA's annual fundraiser!	Wildcats Arena, Nottingham, NG3 7FJ
Sat 17 Dec - Wed 4 Jan 2023	EMCA CLOSED - Christmas holidays	
Thurs 5 Jan - Fri 31 Mar	EMCA Open - 'Road to Nationals' <b>NB - Training continues in February half term</b>	
Fri 27 Jan	Saturday teams train - times TBC.	The Cheer Gym
Sat 28 / Sun 29 Jan 2023	BCA Super Classic - International and National teams only	University of Worcester Arena, WR2 5JN
Sat 4 / Sun 5 Feb	Cheer City Competition - All teams. <i>Saturday teams likely to be able to train before going to competition.</i>	Warwick University, CV4 7EU
Dates TBC - Provisional Wed 15th - Tues 21st February	CHEERSPORT Nationals travel team adventure (competition 18th & 19th February 2023)	Georgia World Congress Center, Atlanta, USA
TBC - Mar 2023	FC Circus Spectacular - All teams. <i>Saturday teams likely to be able to train before going to competition.</i>	Institute of Sport, Sheffield, S9 5DA
Fri 24 Mar	Saturday teams train - times TBC.	



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Sat 25 / Sun 26 Mar	ICC British Open - International and National teams only.	Motorpoint Arena, Nottingham, NG1 1
Sat 1 / Sun 2 Apr	Cheer City Competition - Local teams only	Wildcats Arena, Nottingham, NG3 7FJ
TBC	EMCA Awards	TBC
Mon 3 - Thurs 13th Apr	Worlds teams continue training	The Cheer Gym
Dates TBC - Provisional Sat 15th - Thurs 27th April	World Championship travel dates (IASF compete 22nd - 24th April. ICU competition dates TBC)	ESPN Wide World of Sports, Florida, USA

## Meet our management team:



### **Anna Mead - Program Director**

Hi, I'm Anna. I'm a co-founder of EMCA and program director. As well as overseeing all club operations alongside Helena and Ant, I take care of Uniforms, International travel and a lot of scheduling and financial things.



### **Helena Zarzycki - Program Director**

Hi, I'm Helena. I'm a co-founder of EMCA and program director. As well as overseeing all club operations alongside Anna and Ant, I take care of a lot of the admin side of the club including team and class registration, competition registration, tickets and special events like the showcase and awards night.



### **Ant Ridgway - Allstar Director**

Hi, I'm Ant. I'm the Allstar director at EMCA. I Oversee most of the day to day running of the club and everything going on in the gym. I deal with the majority of athlete, team and parent issues and manage the coaching staff.



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## FAQ

### *Getting Started*

#### **Is EMCA the right program for me?**

In a word...Yes! We believe we can offer the best Allstar cheerleading experience for every athlete regardless of age, experience and ability level. We pride ourselves on maintaining the highest standards of professionalism and coaching and aim for our teams to be competitive at the highest levels of the sport, but our number one goal is to have a program full of happy athletes whose lives are enriched by the EMCA experience.

#### **Does Everyone who tries out make a team?**

Yes, we aim to offer a suitable team placement for every athlete who wants to join EMCA barring any exceptional circumstances. Of course we don't have team at every possible age and level combination, but our teams cover the spectrum from tiny to adult and entry level to elite.

#### **What if I've never done cheerleading before?**

No problem! We have teams for all abilities, including beginners. We start every season with skills-based training that introduces the basics of the sport and guide you every step of the way from your first practice until you're a seasoned performer!

#### **I'm worried about the commitment involved in joining a team.**

Joining an allstar cheer team is a significant commitment and it's important that you understand that when signing up. It's vital to the success of our teams that every athlete is fully dedicated and attends all training sessions, competitions and team events for the full season. If our national teams schedule sounds like a lot or you're not sure if cheerleading is your passion just yet, you should consider one of our local teams. They have a more limited training and competition schedule and could be a great way to try out the sport.

### *Training*

#### **Who are the EMCA coaches?**

Our coaching staff are hand-picked and incredibly talented with years of coaching and competition experience. All our coaches are fully credentialed to the appropriate IASF/ICU levels, enhanced DBS checked and are first-aid and safeguarding trained. Our coaches undergo regular training to continually update and develop their knowledge and skills.

#### **How do team training sessions run?**

All sessions begin with a suitable warm-up, beyond that the style and content do vary throughout the season depending whether we're learning skills, developing routines or preparing for competition and we try to keep them varied and interesting. Our twice-weekly teams will have a scheduled tumbling-specific session during their longer practice each week (excluding non-tumble teams of course!).

#### **Do I need to take extra tumbling classes?**

We don't require athletes to take additional classes but we do offer them and recommend them for athletes who are keen to advance their tumbling skills. We will be offering a full schedule of tumbling classes for all levels, full information and schedule will be available in June.





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## **What do I wear for training?**

This year we are enstating a more structured policy for practice-wear (see page 5 of this pack). Athletes will be expected to wear their season T-Shirt for the first training session each week, and can wear another EMCA T-shirt or top for their second session. Wearing matching practice-wear not only promotes a sense of team unity, it really helps our coaches to see choreography and technique clearly.

## **What about extra skills sessions and private lessons?**

We may offer additional specific classes for things like flyer skills, stretching and conditioning as demand dictates, we also hold tumbling clinics periodically and regular open gyms where athletes can work freely on their skills. Many of our coaches offer private lessons, these are arranged directly with the coach and a directory is provided to members wanting to book these.

## ***Communication***

### **How do you communicate with athletes and parents?**

Our primary communication tools are email and WhatsApp. Most official communications from the management team are sent by email and we also send a regular EMCA Updates Newsletter. Each team also has an official WhatsApp group to which all members and/or parents are added. These are used for much of the day-to-day communication and organisation between coaches and teams.

### **Who do I talk to if I have a question or problem?**

Your first point of contact should be your team coach, if they're not able to fully assist then you should contact Ant - [ant@emcanottingham.com](mailto:ant@emcanottingham.com)

If your query specifically relates to travel or uniforms (Anna), Tickets or registrations (Helena) you should email [emca@live.com](mailto:emca@live.com)

For anything to do with apparel or the pro shop you can email [emcapparel@gmail.com](mailto:emcapparel@gmail.com)

### **How soon should I expect a response?**

Of course we aim to respond to all queries in a timely manner but please appreciate that we all only work part time for EMCA and have other jobs and lives outside of the gym. 24-48 hours is a good guide for expected response times. In the case of something requiring a more urgent response you can contact us directly through WhatsApp or use the EMCA phone number listed on page 1 of this pack.

## ***Evaluations/Placements***

### **Can my child be placed with their friends?/Can my children be placed on the same team?**

There's no guarantees. We build our teams based on age and ability with the aim of setting them up for competitive success. If athletes fit within the team requirements it may be possible but we won't deviate from our placement guidelines to accommodate personal preferences/requests. Athletes always make new friendships on their teams over the season.

### **I/my child only wants to be a flyer, can I specify that?**

We take everything into account when placing our teams, including previous stunt position experience. However we don't guarantee flyer spots, all positions are earned on merit. When you tryout for EMCA you tryout to be an athlete in the program, not to be a flyer/base/tumbler. Every athlete and every stunt position is equally valuable. Athletes do change positions throughout their cheer careers as they grow and move in and out of age groups and this should be expected. We know it's scary to learn a new position but it's also incredibly re-



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warding, our coaches are here to guide and teach and we want what's best for every athlete and team. The more adaptable an athlete is in terms of their stunt position, the more options they have at each stage of their progression.

## **I want to be on a specific team, can I specify?**

in a word...no. We offer placements based on age and ability of athletes, team needs and the demands of the scoresheet in terms of numbers etc. We want to put every athlete in the best possible position to be successful and develop each season. The best mindset to adopt is not one of "I want to be on this team", but "I trust the incredibly experienced and professional EMCA directors and coaches to place me on a team where I can thrive!"

You can of course specify that you only want to be on a Local or National team rather than a National or International team if you're not able to commit to the increased training/travel of those higher commitment teams.

## **I want to be on a National team but can't commit to twice a week training?**

Unfortunately, training isn't optional and our National and International teams do require a large amount of dedication and commitment. It's important that everyone understands and accepts the required commitment levels right from the start. If you're not ready or able to commit to twice a week training, then specify local teams only on your registration.

## ***Practicalities & Financial matters***

### **Can parents watch training sessions?**

Unfortunately we don't have a parent viewing area. We do regularly invite parents in to watch routine run-throughs at the end of training sessions during competition season and we hold our showcase at the start of the season so that local family members can get a preview of everything we've been working on. In general, we don't allow parents or other non-athletes/coaches past the inside doors to the "athlete zone" to ensure a safe environment for all our athletes and as an ongoing COVID consideration. We ask our coaches to be available 5 minutes before and after every training session in case parents have any questions or need to discuss anything. We also keep lines of communication as open as possible at all times so that you're happy your children are in great hands.

### **Is there parking at the gym?**

We only have a very limited parking area on site and this is reserved for coaches only. There is a good amount of on-street parking around the gym and a pay and display car park opposite with limited hours (many of which fall outside of our regular training times). In order to keep athletes safe during arrival/departure from the gym, we don't allow drop off/pick up in the car park or immediately outside the entrance so that there aren't cars swinging in and out or pulling up onto the pavement.

### **Do we pay during months when we don't train as much or if I'm away on holiday?**

Yes, training fees are an annual cost, we break them down into monthly installments for your convenience.

### **Can I pay my fees up front rather than monthly?**

Yes, and you'll get a 5% discount too! If you'd like to take this option just contact Helena at [emca@live.com](mailto:emca@live.com)



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## ***Uniforms & Apparel***

### **Are uniforms going to be the same as last season?**

Worlds teams will be keeping the same uniforms this season, all other teams will be getting our new program uniform for the 2022/23 season. Sizing and ordering for these will be done during the summer.

### **Can I buy a second hand uniform?**

Not for most teams as we are getting a new program uniform this season. Our uniform cost is kept extremely low though, especially compared to other top programs out there. There may be second hand uniform options available for Worlds teams.

### **What shoes will I need?**

For local teams we allow any suitable PLAIN WHITE trainers, we can offer advice on suitable shoes as they need to be low profile, safe to tumble in and stable on a cheer floor. Flyers in particular may find it best to source specialist cheer shoes.

Our National and International teams wear Nfinity shoes and we can provide links to purchase these