

ATHLETE MANUAL



Peak Athletics
SEASON 24-25



INTRODUCTION

Welcome Message

Hello and WELCOME to the 2024-2025 season at PEAK ATHLETICS. In this pack you will find the information for the 2024-2025 season, there is a lot of information regarding training, fees, competitions, uniform etc. Please download a copy to keep for reference. We cant wait to have you on board.

NEW TO CHEERLEADING? WELCOME

Cheerleading is one of the UKs fastest growing sports with teams competing in regional and national events and the competition is fierce. Cheerleading is physically demanding with routines combining choreographed dance with gymnastics, jumps and stunts
HERE AT PEAK ATHLETICS THERE IS A CHEER TEAM FOR EVERYONE. WE OFFER BEGINNER, NOVICE, PREP AND ALL STAR CHEERLEADING



CHEERLEADING

REC

The first step on the ladder for beginner cheerleaders. Fall in love with our sport before committing to a competition season. Each week our hour long class will focus on a different element of cheerleading. The athletes will begin to build a routine to perform at our annual Showcase.

The first step to competitive cheerleading. Novice athletes will build a beginners routine in cheerleading and later in the season compete at their very first competition. The Novice cheer team will require a greater commitment than Rec

NOVICE

PREP

Our PREP teams will be training for a minimum of 1.5 hours a week. We strongly encourage athletes to continue to develop their fitness, flexibility and tumbling skills with the use of home learning and additional classes. Teams will compete at a minimum of 3 competitions and perform their routines at our annual showcase.

All Star teams will be training for a minimum of 1.5 hours a week. We strongly encourage athletes to continue to develop their fitness, flexibility and tumbling skills with the use of home learning and additional classes. Our Allstar teams will compete at a minimum of 3 competitions and perform their routines at our annual showcase.

ALLSTAR

INTERNATIONAL

Our international teams are open to members with a higher skill set, or working towards one. Their competitive divisions allow them to compete for bids at some of the Worlds most prestigious events. This year we will be fielding two international teams if interest permits.

○-----○
Mini Novice- APEX

Age 5-8



○-----○
Youth Prep- ELEVATION

Age 9-11

○-----○
Junior Prep- ZENITH

Age 12-14



○-----○
Senior Allstar- EMINENCE

Age 14+

○-----○
Allstar Masters- ALTITUDE

Age 25+



○-----○
International- GLACIER

U18 2006-2011

○-----○
Monthly Team- PINNACLE

Age 16+ 2009 or earlier



Our competition cheer teams train for a minimum of 1 hour a week. All classes are open to new members, our INTERNATIONAL TEAMS require a tryout

A cheerleaders age is determined by their age on 31st August 2024- This is their set age for the season, unless a date of birth is listed above

CHEER

Teams



TUMBLING



Tumble 4 Cheer

Tumble A-Relative to level 1 cheerleading. No prerequisite skills required. Skills taught up to front and back walkover

Tumble B- Relative to level 2 cheerleading. Prerequisite skills include front and back walkover. Class aim HANDSPRINGS

Tumble C- Relative to level 3+ cheerleading. Pre-requisite skills include front and back handsprings. Class aim SOMERSAULTS and above



Rec Tumble

Rec tumble is our beginners tumbling class, this class focusses on a different floor gymnastics skills each week



Adult Tumble

Our adult tumble classes are Pay As You go and allow participants to work on new tumbling skills at your own pace



JOIN US JOIN US JOIN US JOIN US JOIN US
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Membership

MEMBERSHIP FEE covers new Season t shirt, team insurance, music and choreography. The FEE is payable in FULL by ALL competitive team athletes first training session of the season as confirmation of their place on the team. Mid season joiners: Athletes joining mid season must pay membership by the 3rd training session (amount may differ if out of competitive calendar).

MONTHLY TRAINING FEES All training fees are collected on the 1st of each month for that month via Direct Debit setup by PEAK ATHLETICS using our collection company Stripe. The full cost of the seasons training is split equally across the 12months and includes dress rehearsals/additional training listed above. All competition dates, bank holidays and half term training has been accounted for.

By signing up you are financially committing to the FULL 12 month season.



FEEES

TEAM	MEMBERSHIP FEE	FEEES SEPT-AUG	UNIFORM	COMPETITION PAYMENT 1	COMPETITION PAYMENT 2	COMPETITION PAYMENT 3	COMPETITION PAYMENT 4
	DUE by 1st training session	Payment taken on the 1st of each month		01/10/2024	01/12/2024	01/03/2025	01/05/2025
CHEERLEADING							
Rec Cheer (Term time only, NO payment in August)	N/A	£28.50	N/A				
Mini Novice: ASCEND	£35.00	£32.50	TBC	£20.00	£20.00	£20.00	
Youth Cheer: ELEVATION	£35.00	£40.00	£211.00	£42.00	£42.00	£42.00	£42.00
Junior Cheer: ZENITH	£35.00	£40.00	£211.00	£42.00	£42.00	£42.00	£42.00
Senior Cheer: EMINENCE	£35.00	£40.00	£211.00	£44.50	£44.50	£44.50	£44.50
Masters Cheer: ALTITUDE	£35.00	£45.00	£65.00	£44.50	£44.50	£44.50	£44.50
International Cheer: U18/NT	£35.00	£45.00	£211.00	tbc			
Cross over athlete	N/A	£30.00	N/A	tbc			
TUMBLING							
Recreational tumbling (Term time only, NO payment in August)	N/A	£28.50	N/A				
TUMBLING	N/A	£32.50	N/A				
Cross over athlete	N/A	£20.50	N/A				
COMBINED TRAINING							
Rec Cheer and tumble	N/A	£48.50	N/A				

Competition dates

DATE	EVENT	LOCATIONS	TEAMS
7th and 8th December	Cheer City	EIS Sheffield	All Teams
15th February	FC Heart of England	Manchester Central	All Teams
15th and 16th March	Power Up	Morningside Arena, Leicester	Youth, Juniors, Seniors, Masters
7th and 8th June	Jamfest Europe	Manchester Central	Youth, Juniors, Seniors, Masters
22nd June	SHOWCASE	Glossop	All Teams

Competition payments are broken up in to 3 or 4 equal payments, paid across the the season. Athletes are expected upon sign up to commit to each competition so please check dates carefully. Where two days are listed athletes will usually be only required to attend one, the schedule for this will be announced nearer to the time of event

INTERNATIONALS teams are not included in the above graphic

RED ZONE means athletes MUST be at training the 3 weeks prior to competition

NEW UNIFORM



Prep and Allstar Uniform



Season T-Shirt

All competitive athletes will receive a season shirt upon sign up, Rec members can purchase one via the store

We are excited to share with you our new programme uniform. YOUTH, JUNIORS, SENIORS AND INTERNATIONAL TEAMS Like with previous uniforms these will be worn for the next 3 seasons.

**Mini cheer will be exempt for their first season



Cheer Shoes

All competitive athletes are required to wear black cheer shoes, these will be available with your ordering of the new uniform

Competitions



Showcase

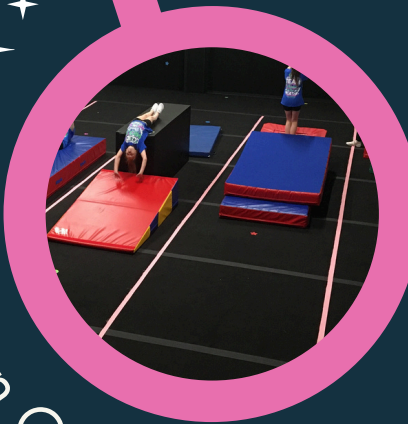


Fundraisers



EVENTS

Calendar



Open Gyms



Holiday Activities



Event dates can be found by downloading our calendar on the website

PEAK

PA 2024-2025

ATHLETICS

TIMETABLE

MONDAY TUESDAY WEDNESDAY THURSDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Tumble A 4.30-5.30pm	APEX: Rec Cheer 4.30-5.30pm	ASCEND: Mini Cheer 4.30-5.30pm
	Tumble B 5.25-6.25pm	Rec Tumble 5.35-6.35pm	ELEVATION: Youth Cheer 5.15-6.45pm
Adult Tumble 7-8pm	Tumble C 6.20-7.20pm	Rec Tumble 10+ 6.20-7.20pm	ZENITH: Junior Cheer 6.30-8pm
Stretch 8-8.45pm	U18s 7.30-9pm	ALTITUDE: Masters Cheer 7.30-9.30pm	EMINENCE: Senior Cheer 8-9.30pm

TIMETABLE

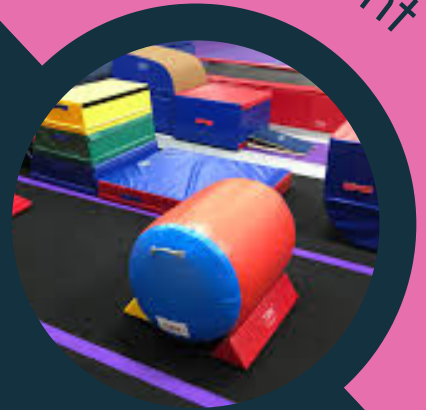
The Gym



Spring floor



Equipment



Facility

THE ROCK

Here at Peak Athletics we train in our own dedicated facility. Our athletes benefit from a sprung floor, tumble track, mobile tumble equipment, sound system and video playback.

Address- The Rock (Formally Bodycheck), Littlemoor Chapel, Gladstone Street, Glossop, Sk13 8LX

 **SIGN UP**



JOIN
Us



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