

# **Oblivion Allstars - Chelmsford**

## **Information & Membership Pack 2019-2020**



Welcome to Oblivion Allstars. Our extensive programme offers both competitive cheer and tumbling classes for all ages and abilities across two locations. Your information pack is specific to our Chelmsford location at The Centre of Excellence. We hope that this pack includes all the information you require and can aid you in any queries or questions you need answered as well as providing an insight into our programme.



## This Pack Contains The Following

- About Us
- Introduction to our Team Mum's
- Team List
- Training Details & Timetable
- Competition Information
- Important Dates
- Attendance Expectations
- Fee's & Costs
- Membership & Registration Day
- New Kits
- Social Media & Pre-Season Checklist
- Registration Form
- Code of Conduct
- Medical & Liability Form





## About Oblivion Allstars

The Centre of Excellence Training Facility is home to our Chelmsford brand of the programme. Our Chelmsford brand was our first location established in July 2012. Only 7 years down the line and an aim of ours from day 1 we have our purpose built training facility on the outskirts of Chelmsford.

- The Centre of Excellence is open to athletes aged 4 to Adult, both male and female.
- Across our programme and two locations we have competitive Cheer teams in a range of Levels varying from 1-5.
- Our teams train on a weekly basis and all competitive team members must attend every session.
- Oblivion Allstars aim to work with any ability in a hope of developing current skills and gaining new skills throughout the seasons. Although some teams require specific skills Oblivion Allstars will always provide a place on a team for everyone.
- We strive to better our athletes with a requirement that they are committed, punctual, polite, passionate and hard-working.
- All members of Oblivion Allstars are only permitted to cheer on Oblivion Allstars teams with the exception of school/university teams.
- We hope to provide not only fantastic and innovative training but to create a family network in which our OA athletes can develop teamwork, social skills and confidence in an atmosphere in which they feel comfortable to be the best they can be.







## Introduction Of Team Mums

Our OA Team Mum's have been chosen specifically to help out with small jobs and to keep each individual team on track throughout the season.

You can find out who is your Team Mum for the 2019-2020 season by heading to our website: [www.oblivionallstars.co.uk](http://www.oblivionallstars.co.uk) and clicking the tab 'Team Mum's'.

Team mums are being selected carefully and are your first point of contact regarding the following throughout the season:

- Showcase tickets
- Uniform sizing
- Uniform Payments
- General competition questions
- Meeting teams at competitions on the teams allocated meeting time



## Team Lists

**TEACUPS** – Tiny

**RUSH** - Mini

**EVOLUTION** – Youth

**STEALTH** - Junior (Travel Team)

**INFERNO** – Junior

**VERTIGO** – Senior

**NEMESIS** – Senior

**VORTEX** - Senior Coed

**REVOLUTION** – (Worlds Team)

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Oblivion Allstars aim to provide teams for all ages and abilities and follow the guidelines of Cheerleading's international governing body USASF/IASF.  
([www.usasf.net](http://www.usasf.net))

These guidelines provide a fundamental set of rules and regulations which ensure that cheerleading is open to a variety of abilities but maintains a competitive experience for all athletes. We have therefore created the above teams for our Chelmsford location.

**(All team names, divisions and levels are not final and are subject to change).**

Coaches of teams will be announced towards the start of the season, for more information on our amazing staff members please head to our staff page at '[www.oblivionallstars.co.uk](http://www.oblivionallstars.co.uk)' and follow the 'Staff' link.



## Training & Timetable

All Chelmsford based Cheer and Tumble sessions are held at 'The Centre of Excellence'.

Unit 17B

Ongar Road Trading Estate

Ongar Road

Great Dunmow

Essex

CM6 1EU

This is our fully equipped cheerleading and tumbling facility hosting a 9 panel sprung floor, 15 metre air track, 6 metre trampoline track, mirrored wall and various other cheerleading and tumbling aids.

We are looking to move and will keep everyone updated as and when this goes through.

<u>DAY</u>	<u>TIME</u>	<u>SESSIONS</u>
<u>Monday</u>	5:00pm - 7:00pm	STEALTH
	7:00pm - 7:30pm	STEALTH FLYERS CLASS
	6:30pm - 7:00pm	NEMESIS FLYERS CLASS
	7:00pm - 9:00pm	NEMESIS
<u>Tuesday</u>	5:00pm - 7:00pm	INFERNO
	7:00pm - 7:30pm	INFERNO FLYER CLASS
	6:30pm - 7:00pm	REVOLUTION FLYER CLASS
	7:00pm - 9:00pm	REVOLUTION
<u>Wednesday</u>	5:00pm - 7:00pm	EVOLUTION
	7:00pm - 7:30pm	EVOLUTION FLYERS CLASS
<u>Thursday</u>	5:00pm - 7:00pm	TEACUPS
	5:00pm - 7:00pm	RUSH
	6:30pm - 7:00pm	VERTIGO FLYERS CLASS
	7:00pm - 8:30pm	VERTIGO
<u>Sunday</u>	11:00pm-12:00pm	BRONZE TUMBLE
	12:00pm - 1:00pm	SILVER TUMBLE
	1:00pm - 2:00pm	GOLD TUMBLE
	2:00pm - 3:00pm	PLATINUM TUMBLE
	3:00pm - 4:00pm	TITANIUM TUMBLE
	4:00pm - 6:00pm	VORTEX
	6:30pm - 7:00pm	VORTEX FLYERS CLASS
	5:30pm - 6:00pm	REVOLUTION FLYERS CLASS
	6:00pm-9:00pm	REVOLUTION



## Competition Information

Please see below our Chelmsford Location Competition Schedule:

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which</u>	<u>Prices</u>	<u>Payment</u>
ICC SOUTHERN	8th-9th February 2020	Guildford Spectrum, Guildford	All Teams	First Team: £28.00  Additional Team: £20.00	01/09/2019

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which</u>	<u>Prices</u>	<u>Payment</u>
ICC EASTERN	29th February 2020	East of Eng- land Arena, Peterbor- ough	All Teams	First Team: £28.00  Additional	01/11/2029

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which Teams</u>	<u>Prices</u>	<u>Payment Dates</u>
FC SPOTLIGHT SHOWDOWN	14th-15th March 2020	Five Lakes , Maldon, Essex	All Teams	First Team: £33.00  Additional Team: £23.00	01/12/2019



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<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which Teams</u>	<u>Prices</u>	<u>Payment Dates</u>
ICC NATIONALS	28th-29th March 2020	Motorpoint Arena, Nottingham	Evolution, Inferno, Nemesis, Vortex, Worlds Team	First Team: £38.00 Additional Team: £20.00	01/10/2019

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which</u>	<u>Prices</u>	<u>Payment</u>
FC ADVENTURE IN ATLANTIS	5th April 2020	Arena MK, Milton Keynes	Worlds Team & Stealth	First Team: £33.00	01/01/2020

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which</u>	<u>Prices</u>	<u>Payment</u>
USASF WORLDS	25th-27th April 2020	ESPN, Orlando, Florida, USA	Worlds Team	TBC	First Installments Start 28/08/2019





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Please see below our Chelmsford Location Competition Schedule:

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which Teams</u>	<u>Prices</u>	<u>Payment Dates</u>
ICC BATTLE OF THE CHAMPIONS	27th /28th June 2020	Motorpoint Arena, Nottingham	Revolution, Vortex, Nemesis, Vertigo & Inferno  Rush & Tea-cups	First Team: £28.00  Additional Team: £20.00	?????

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which Teams</u>	<u>Prices</u>	<u>Payment Dates</u>
FC BARCELONA	11th-14th June 2020	TBC Barcelona	Stealth	First Team: TBC TBC	TBC

<u>Competition</u>	<u>Date</u>	<u>Where</u>	<u>Which</u>	<u>Prices</u>	<u>Payment</u>
FC NATIONALS	4th-5th July 2020	Bournemouth International Centre, Bournemouth	All Teams	First Team: £43.00 Additional Team: £27.00	01/04/2020



Competitions are an integral part of our programme and we aim to provide the best training in order to achieve the greatest results. We aim to cover a variety of competitions throughout the year and it is **ESSENTIAL** that you are able to make **ALL** competitions if you would like a place on a team.



All competition Entry and Spectator fee's **MUST** be paid on the allocated date to your specific team mum. If you do not get your entry payment in on time your child will not be registered and spectator tickets not ordered for the competitions.

All spectator tickets will need to be ordered and paid for on the same deadlines as above – Spectator forms will be sent out with your team results after tryouts.





## Important Dates

Please ensure you have taken a note and entered the above competition dates in your diaries.

As well as our competition dates we will be holding a showcase during the Season.

Our Showcase's will be held at 'Great Dunmow Leisure Centre, Parsonage Downs, Dunmow, CM6 2AT'. The showcase will be joint showcase with our other location in Milton Keynes and used as a warm up for our teams before competitions.

It is of huge importance that our two locations get to support and show off their hard work under one roof as OA.

These Showcases are compulsory for all athletes!

Please see your Showcase schedule below:

<u>Showcase</u>	<u>Dates</u>	<u>Arrival Times</u>	<u>Ticket Infor-</u>
Season Kick Off (Both Locations)	Sunday 26th January 2020	Athlete Arrival – 2:00pm Spectator Arrival – 5:00pm	£5 per Ticket
Worlds Showcase (Revolution Only)	Tuesday 14 <sup>th</sup> April 2019	Athlete Arrival – 6:00pm Spectator Arrival – 7:00pm	TBC
Barcelona Showcase	Monday 8th June 2020	Athlete Arrival 5pm Spectator Arrival 7:00pm	TBC

Please return your forms and payment to your team specific Team Mum by Sunday 12th January 2020.

All athletes will wear their training kit and bows for all showcases unless specified otherwise.



## Team Summer Training

This upcoming season our summer training schedule is going to be run the same as the previous season.

After tryouts and registration day each team will have a specific date set for their opening training session of the season.

This will be a full day of training, getting to know their new team members and some of our members of staff as well as a chance for our coaching staff to work on the fundamentals of each teams stunting, jump work and tumbling for their specific level.

These full day sessions are included in your monthly training fee's which should start on 1st August 2018.

Please see below our summer training schedule:

<u>Team</u>	<u>Dates</u>	<u>Times</u>
• Evolution	25.07.2019	10am-4pm
• Teacups & Rush	26.07.2019	10am-4pm
• Nemesis	27.07.2019	10am-4pm
• Stealth	28.07.2019	10am-4pm
• Inferno	29.07.2019	10am-4pm
• Vertigo	04.08.2019	10am-4pm
• Vortex	05.08.2019	10am-4pm
• Worlds Team	TBC on group chat	TBC on group chat
• Open Gym	07.08.2019	4pm-7pm

# Attendance & Training Expectations



Cheerleading requires full commitment from athletes, parents and coaches as good attendance is vital for the success of all teams. Due to the nature of the sport, a team relies on all athletes for all aspects of cheerleading. It is crucial that athletes attend ALL training sessions and are fully committed to ALL competition and showcase dates.

The following guidelines apply to all members of our program:

- All Athletes **MUST** attend their 'Team training' session in their 2018-2019 Practice wear. (More information is shown in the Membership section of this pack).
- Coaches must be made aware of any sessions that will be missed by an athlete with as much prior notice as possible.
- If an athlete is ill, depending on how severe, we request that the athlete still attends and observes the session in case of routine changes. (If an athlete is too unwell to attend the session coaches **MUST** be made aware of this within at least 2 hours before the session).
- We expect all athletes to arrive to their session at least 5 minutes before to allow time for the teams to get changed, settled and registered. Punctuality is vital for the smooth running of our program.
- All athletes must attend the last 3 sessions on the lead up to a competition. If an athlete misses one of these sessions they will be replaced on the team for that upcoming competition.



## Excused Absences

- School Trip/School Event or Grading
- Illness which includes fever, contagious infection or vomiting
- Family Bereavement/Wedding

## Unexcused Absences

- Parties or Family Celebrations
- Homework or Revision
- Vacations/Day Trips outside of School Holidays

## Gym Closure Dates

Please ensure you check our 2019-2020 calendar which is on our website. '[www.oblivionallstars.com](http://www.oblivionallstars.com)'.



## Fee's & Costs



All athletes are expected to pay their fee's on time and in full. Training fee's are averaged out across the 12 months of the year and will be paid on a monthly basis due in on the 1st of each month starting 1st August 2019.

Payments MUST be paid via Direct Debit. We do not accept weekly payments or any form of payment other than direct debit. There are no 'special circumstances' for any athletes and we expect that fee's are paid in full regardless of attendance.

FEES MUST BE PAID ON THE 1<sup>st</sup> OF EVERY MONTH.

THERE WILL BE AN ADDITIONAL 10% ON ANY OWED FEES FROM THE 4<sup>TH</sup> OF EACH MONTH.

ATHLETES ARE FORBIDDEN TO JOIN IN TRAINING OR ANY UPCOMING EVENTS IF FEES ARE PAID UP TO DATE.

ALL COMPETITION FEE'S, COMPETITION KIT AND MEMBERSHIP FEE'S ARE NON REFUNDABLE.

Please find below monthly training fees:

**TEACUPS** – £40.00 pcm

**RUSH** - £40.00 pcm

**EVOLUTION** – £60.00 pcm

**STEALTH**—£60.00pcm

**INFERNO** – £60.00 pcm

**VERTIGO** - £50.00 Pcm

**NEMESIS** – £60.00 pcm

**VORTEX** – £60.00 pcm

**REVOLUTION** – £70.00 pcm



If you would like to cross over into an additional cheerleading team (e.g. Inferno & Vortex) this will cost £25.00 per month addition to your monthly fee's.

Account Details:

Sort Code: 40-17-08

Account Number: 82478285

Please ensure when setting up your standing order you reference the athletes name only, for example: 'William Carter'.

# Membership



Oblivion Allstars have a membership fee for all members. This is a one-time payment annually and is compulsory when starting the new season with Oblivion Allstars.

## Existing Members Pack:

Pack A (Girls)	Pack A (Boys)
New Season Bow	New Season Tshirt
New Season Tshirt	OA Popsocket
OA Popsocket	OA Training Socks
OA Training Socks	
£60	£50

## New Members Pack:

### Pack A Girls

New Season Tshirt

OA Sports Bra

OA Shorts

New Season Bow

OA Zipper

OA Training Socks

£95

### Pack A Boys

New Season Tshirt

OA Shorts

OA Zipper

OA Training Socks

£70

### Pack B Girls

New Season Tshirt

OA Sports Bra

OA Shorts

New Season Bow

OA Zipper

OA Training Socks

OA Leggings

£115

### Pack B Boys

New Season Tshirt

OA Shorts

OA Zipper

OA Training Socks

OA Trackies

£90

**All membership packs include a cost for the teams music for the season.**

All training wear **MUST** be worn when training in your weekly team sessions.  
All the above training kit plus more additional items can be seen on our website '[www.oblivionallstars.co.uk](http://www.oblivionallstars.co.uk)' and follow the 'Pro Shop' link.



## Registration Day

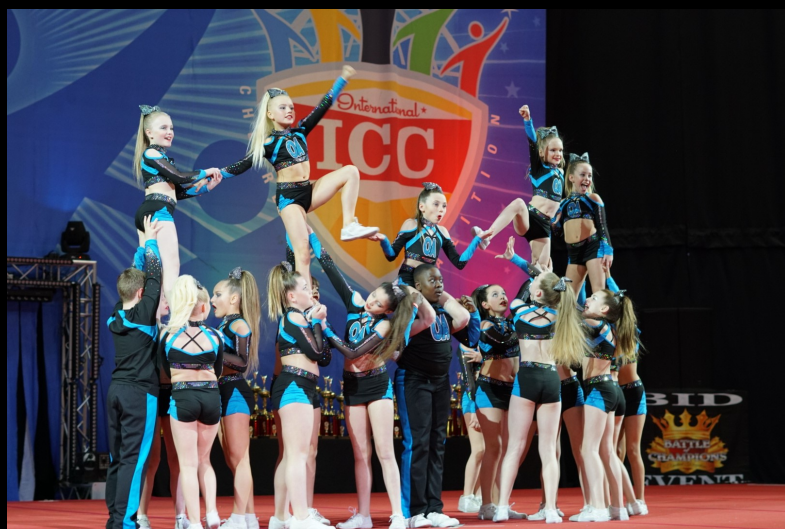
Registration & Open gym day will be on Saturday 20th July 2018 between 12:00pm and 4:00pm.

This is the day that all Registration forms and payments need to be handed in at the gym.

Staff members will be at the gym to meet and greet new and existing athletes, parents and get you all signed up for the upcoming season with complimentary tea, coffee, cakes and biscuits. This is a great opportunity for any parents with any questions, queries or would just like a general chit chat with any of our staff. It is also a great opportunity to chat to and get to know your athletes 'Team Mums'.

Anyone unable to attend this date MUST post all forms and payment by Saturday 20<sup>th</sup> July 2019 to the following address:

*'The Centre of Excellence Training Facility,*  
Unit 17B  
Ongar Road Trading Estate,  
Ongar Road.,  
Great Dunmow,  
Essex,  
CM6 1EU





## Competition Kits

Oblivion Allstars change our competition kits at the start of every 4th season. Our current kits are an amazing design by Varsity which all athletes across our two locations wear. We have one kit for the Worlds team and a different kit for all other teams.

All athletes will need to purchase an Oblivion Allstars Competition Uniform. The Cost of this is £175.00 for girls kit and £165.00 for the boys kit.

If you are new to Oblivion Allstars you will need to get your sizes registered by your team mums on your summer training day and make sure this is purchased by 1<sup>st</sup> October 2019.

If you are in need of new Cheerleading Shoes at anytime this season please see the following link to the most efficient seller in our country: (<http://www.excelcheer.co.uk>).







## Communication & Social Media

In order to communicate all information to parents and athletes we rely heavily on emails and our private 'Oblivion Allstars Facebook' group. All information with regards to training, competitions, fees and other important messages are given via email and also on the Facebook page so please ensure you search and request to join our private facebook group and that you have informed us of your most up to date email address. As well as this teams have Whatsapp group chats and some teams have parent Whatsapp groups too.

Remember if you have any questions please do see your allocated Team Mums.

We are also on twitter (@oblivioncheer) and Instagram 'OblivionAllstars'

You can follow us on these and keep updated with upcoming events, training videos, pictures etc from our two locations.

## New Season Checklist

Use the tick list shown below to help make sure everything is completed on time and ready for the new season.

Confirm place on OA Team for upcoming season via email

Read and complete registration forms

Read, complete & Sign code of conduct

Read and complete medical and liability form

Return all of the above forms & make your payment for your chosen membership pack

Set up standing order for the 1<sup>st</sup> of each month August 2019 – July 2020 and provide evidence that this has been done with your membership forms

**Remember: ALL MEMBERSHIP FORMS & PAYMENT MUST BE HANDED IN BY SATURDAY 20th JULY 2019 OR POSTED TO 'THE CENTRE OF EXCELLENCE TRAINING FACILITY'.**





## **OBLIVION ALLSTARS (CHELMSFORD)**

### **REGISTRATION FORM 2019-2020**

I give permission by filling in this form that I am happy for 'The Centre of Excellence' & 'Oblivion Allstars' to use my data when needed & contact me for marketing reasons

**Please ensure all details are printed clearly**

Athletes Full Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_\_

Home Address:

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Postcode: \_\_\_\_\_

Parents Name(s): \_\_\_\_\_

Parents Contact Number/(s): (Home) \_\_\_\_\_

(Mobile) \_\_\_\_\_

Athletes Mobile Number (Whatsapp Team Chat Purposes): \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

Current School/Occupation: \_\_\_\_\_

Doctors Name: \_\_\_\_\_ Doctors Telephone: \_\_\_\_\_

**Emergency Contact (In Case Parents Can't Be Reached)**

Name \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relationship to Athlete \_\_\_\_\_

Medical History (Any known allergies or medical conditions): \_\_\_\_\_

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We give permission for our Son/Daughter to be photographed/videoed for use by Oblivion Allstars.

Parent Name:

Signature:

Date:



## **OBLIVION ALLSTARS CODE OF CONDUCT**

Oblivion Allstars expect a high standard of behaviour in order to create an atmosphere in which athletes can develop teamwork, self esteem, health and fitness, discipline, friendship and respect. We urge that the following rules and regulations are taken very seriously into consideration before signing up for our program and that each athlete is fully aware of the standards of behaviour and expectations our program entails.

**As a member and athlete of Oblivion Allstars I will abide by the following:**

- **I understand that my actions both inside and outside of training are a reflection of Oblivion Allstars and I should reflect good behaviour. I will not use inappropriate language and partake in inappropriate activities.**
- **I will ensure that I am courteous and polite and am not rude or derogatory in any way to fellow athletes, parents, coaches and members of staff. This includes not only face to face but on social networking sites, text and telephone.**
- **I will not wear any jewellery or watches when training due to safety reasons and I will dress appropriately when training and competing with Oblivion Allstars. I confirm that I will wear my training kit for all team training sessions and when required to do so.**
- **I will attend all sessions with a positive attitude in a hope that my positivity reflects upon others helping us to achieve our team and personal goals. I will be sure to follow all instructions given by the coaching staff.**
- **I understand that my team depend on me to be committed as an athlete and I will not purposely let the team down in any way. I will commit to work with any athlete and coach and pay them all the same level of respect.**
- **I will always demonstrate a high level of sportsmanship and ensure I am a grateful winner and a gracious loser. I will not say negative comments regarding other teams at Oblivion Allstars training sessions and at competitions.**

**I understand that all music and choreography are the property of Oblivion Allstars and I will not use them for any other purposes including talent shows, social networking sites, personal web pages and internet video sites such as YouTube.**

**I as an athlete/parent at Oblivion Allstars promise to pay all fee's in full and on time and failure to do so will incur a 10% late fee.**

**I understand that by breaking any of rules and regulations outlined in this code of conduct I may receive suspension or immediate dismissal from Oblivion Allstars.**

**Athlete Name & Signature** \_\_\_\_\_

**Parents Name & Signature** \_\_\_\_\_



## **OBLIVION ALLSTARS LIABILITY AND MEDICAL FORM 2019-2020**

I (parent or guardian if under 18) \_\_\_\_\_ hereby release and absolve Oblivion Allstars Cheer, Dance and Tumble, its subsidiaries, staff, coaches and directors from all liability and responsibility for any injuries, accidents, loss of money and property that may be sustained whilst participating in any of Oblivion Allstars training sessions and competition.

I also fully acknowledge the risks involved when taking part in this sport (cheerleading/dance & tumble) and I am able to make use of NHS medical care in the unlikely and unfortunate event of an injury or accident when taking part.

By signing this release form, I confirm that myself/my child is allowed to participate in training sessions and competitions with Oblivion Allstars and I/We, the undersigned for ourselves, our heirs, executors and administrators, waive, release and forever discharge Oblivion Allstars, its coaches, board members and others working with me/my child, from all rights and claims for damages, injury, or loss to person during participation at an event (training session/competition)

I can also confirm that I /my child is fully capable of engaging in this sport's activity, and I am confident that I am/my child is able to engage in such a sport. Should Oblivion Allstars staff feel in their professional opinion that I am not physically able to participate, I / my child will cease participation.

I also give permission for myself / my child to be photographed, video or audio-taped during any of the Oblivion Allstars events and training sessions, and give permission for such photographs, video and audio tapes to be used in print or broadcast through any media that is used to promote Oblivion Allstars.

### **Participants Details (PLEASE PRINT)**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Team:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postcode:** \_\_\_\_\_

**Medical Details** \_\_\_\_\_

**I have read and fully understand the above conditions and by signing, agree to accept them.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_