

# Bristol Jets Cheerleading Squad Members' Handbook 2023/24



**Bristol SU**  
Supporting Student Groups

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**Season timeline** - please note these dates are subject to change throughout the season and are not set in stone.

	<b>Date</b>	<b>Time</b>	<b>Location</b> (see <i>Training Venues</i> )	<b>Event</b>	<b>Members</b>
<b>Sept</b>	Weds 13th Thursday 14th Sun 17th Sun 17th Thurs 21st Mon 25th Fri 23rd Weds 27th	12.50-3.50pm 8:00-9.30PM 9.15am-1.30pm 4.30-6.00PM 3pm -4pm Evening, TBC 9.30am-5pm 12.50-3.50pm	ADA Studio 1 Preds Studio 1 Carpenter Rooms, SU, Anson Rooms, Durdham Downs ADA	Preseason Preseason Preseason Preseason Pom GIAG Cheer + pom GIAG Welcome Fair New member competition team tryouts/Pom new member tryouts	Returners Returners Returners Returners Captains + New Captains + New Comm/Caps New
<b>Oct</b>	Sun 1st Sun 1st Sun 1st  Sun 1st Mon 2nd Mon 2nd Wed 4th Monday 9th Mon 9th Sun 23rd TBC	9.25-10:25 10:25 -1:25 4:30-6:00PM  Evening Evening, TBC* N/A N/a N/a N/a N/A N/A TBC	Preds Preds Studio 1  N/a Anson Rooms, SU N/A N/a N/a Online Online TBC	Committee/captains tryouts Returners tryouts Pom callbacks/returners tryouts Team selection emails Start of training Start of cool-off period Welcome drinks End of cool off period TB1 memberships released TB1 memberships deadline Pom Choreo	Comm/Caps Returners All  Comp teams All All Comp teams Pom  Pom
<b>Nov</b>	Sunday 19th Sunday 26th	9.15am-1.30pm 9.15am-1.30pm	Preds Preds	3hr choreo session 3hr choreo session	Team TBC Team TBC
<b>Dec</b>	Fri 1st Sun 3rd Weds 6th Mon 11th	Evening, TBC 9.15am-1.30pm Evening TBC Evening, TBC*	TBC Preds TBC Anson Rooms, SU	Winter formal 3hr choreo session Mid-year review + EGM Final training before break	TBC Team TBC All All
<b>Jan</b>	Mon 8th Mon 22nd  Fri 27th	N/A Evening, TBC*  N/A	Online Anson Rooms, SU  Online	TB2 memberships released Training restarts after exams TB2 memberships deadline	All All  All
<b>Feb</b>	Fri 9th Fri 16th Sun 18th	TBC, Evening Evening, TBC* All day	TBC TBC* Manchester	Pre comp showcase Comp teams' send-off meal Future Cheer comp	Comp teams All Comp teams
<b>Mar</b>	16th/17th 23rd/24th	TBC TBC	Nottingham Birmingham	ICC comp Legacy comp	Comp teams Comp teams

<b>Apr</b>	Weds 17th Mon 22th Fri 26th	Evening, TBC* N/A Evening, TBC*	TBC* N/A TBC*	AGM + re-elections Club handover begins Summer formal	All Comm/Caps All
<b>May</b>	Sun 5th Mon 6th	N/A N/A	N/A N/A	Club handover ends New Comm/Caps takeover	Comm/Caps Comm/Caps

\* This information will be confirmed closer to the time but if applicable to you, please keep these dates free in the meantime. Where applicable, the venue will depend on space and availability on these dates.

### **Choreography sessions**

Competitive teams will be sent a choreography pack once external venues have been confirmed. The dates set for predators are final and will take place. **ALL** members are expected to be at these sessions. Not doing so may result in removal from a team. Catch up sessions are currently being arranged at external gyms for teams that would miss their usual Sunday training space due to choreography and this information will be sent out in the choreography pack. Pom choreography plans will be sent to members once confirmed as per with levels members.

### **Jets' committee + captains**

Bristol Jets is a student-led sports club run by an exceptional group of committee members and team captains, all of who have been elected by fellow members because they share a genuine love and passion for both the sport and the club. All committee members and team captains are full-paying members of the club and seek no financial benefit for the time they devote to the successful running of the club and the opportunities that are offered by the club.

#### **Committee 23/24:**

**Club Captain** - Georgina Mitchell

**Secretary** - Ella Mason

**Treasurer** - Natalie O'Hara

**Welfare and Equalities Officer** - Lauren Evans

**Social Secretaries** - Evie Home, Betsy Clarke and Lucy Pritchard.

**Social Media Secretary** - Grace Johnson

**Uniform Officer** - Beth Littlejohn

**Charities Officer** - Scarlett Taylor and Emily Sedgwick

**Head of Teams** - Charlotte Whiteford

**Pom Representatives** - Aime Jupe and Bethan Nicholas

#### **Captains 23/24:**

**Gameday and Varsity Captain(s)** - Taylor Woods, Connie Taylor and Lily Thompson.

**Level 1 Captain(s)** - Lucy Lyth and Lia Jones

**Level 2 Captain(s)** - Freya Selman and Hattie Allen

**Level 3 Captain(s)** - Charlotte Whiteford and Elissa Neil-Dwyer

**Pom Captain(s)** - Aime Jupe and Bethan Nicholas

## **Jets' teams**

The Bristol Jets Cheerleading Squad is made up of five teams. These teams provide opportunities for absolutely anyone, regardless of experience. Our members have a combination of no experience, some gymnastics/dance experience and some competitive cheer experience. We highly recommend trying out for a competitive team if you have previous gymnastics/dance/cheer experience so that you can put your skills into use straight off the bat. If, however, you are looking for a lower-commitment, non-competitive team, you will still have plenty of opportunity to demonstrate your past experience and skills as a member of our Gameday and Varsity squads.

Our Gameday team is our large, non-competitive team open to people of all abilities and experience levels. It is considered our lowest commitment team, only training once a week. It provides amazing opportunities to work closely with other sports societies and members of the team are encouraged to attend American football, lacrosse and football matches to name just a few. The Gameday Captain(s) will teach you everything you need to know about cheerleading during your time as a Jets member and the most committed members of Gameday have the opportunity to be selected for our Varsity performance squad who train separately after the winter break to put together a cheer routine which they perform throughout TB2. Varsity selection is based solely on commitment to training and game days, as opposed to skills and ability, which makes it a great choice for beginners and cheer enthusiasts alike!

Our Level 1,2 and 3 teams are competitive teams which demand a higher level of commitment but which offer an equally high level of reward. These teams combine stunting, tumbling and dance to perform high-energy 2 minute 30 second routines at national competitions. Our fourth competitive team is our 'small but mighty' dance-oriented Pom team. Similarly, this team demands a higher level of commitment with a high level of reward, working throughout the season to prepare a killer routine to perform at national cheer competitions. If you want to give cheer a go but the dancing appeals to you more than stunting and tumbling, and you have dance experience, it is worth trying out.

**New for 23-24** - We are looking to introduce some competitive stunt teams this coming season, and interest would be gauged at our 23/24 tryouts.

Stunt groups complete a stunt only routine at a specific level. Routines are 1:15 minutes long and teams will compete at 1/2 national competitions against other university teams as per levels teams. Stunt groups would allow for a lower commitment competitive experience, with

members training only 1-2 times per week. The aim of this team is to allow members to develop higher level stunting skills without the tumbling requirement as well as a lower commitment requirement for any members that would like to continue to compete, but cannot commit to the normal 3 times per week as per levels. Specific information about stunt groups will be communicated at tryouts/after tryouts.

The table below outlines the necessary abilities, skills and commitments required by our teams:

	<b>Appropriate skills and/or tumble passes</b>	<b>Time commitments</b>	<b>Travel commitments</b>	<b>Extra commitments</b>
<b>Gameday /Varsity</b>	<ul style="list-style-type: none"> <li>-No prior skills needed</li> <li>-Enthusiasm and willingness to try new things and learn new skills</li> <li>-Good, positive attitude</li> <li>-Teamwork</li> </ul>	<ul style="list-style-type: none"> <li>- 2 hours of weekly training to learn cheer skills</li> <li>-optional 1 hour B:Active sessions to develop tumbling and fitness</li> <li>-2-4 hours on game days</li> </ul>	<ul style="list-style-type: none"> <li>To and from:</li> <li>- SU for regular training</li> <li>- Coombe Dingle Sports Complex on game days</li> <li>- Showcase(s)</li> </ul>	<ul style="list-style-type: none"> <li>- Attendance on game days as outlined by the Gameday Captain(s)</li> <li>- Between 1-3 showcase performances</li> <li>- Additional training on sprung floor 1-3 times per TB</li> <li>- Additional varsity training and performances if selected for the team</li> </ul>
<b>Level 1</b>	<ul style="list-style-type: none"> <li>- Forwards roll</li> <li>- Backwards roll</li> <li>- Forwards walkover</li> <li>- Backwards walkover</li> <li>- Cartwheel</li> <li>- Roundoff</li> <li>- Handstand</li> <li>- Front/Back walkover combination passes</li> <li>- Multiple back and forward walkover series</li> </ul>	<ul style="list-style-type: none"> <li>- Approximately 3.5 hours of training a week</li> </ul>	<ul style="list-style-type: none"> <li>To and from:</li> <li>- SU, Angels Dance Academy and Predators gym for regular training</li> <li>-Showcase(s)</li> </ul>	<ul style="list-style-type: none"> <li>- Attendance at competition days</li> <li>- Additional training sessions during comp season</li> <li>- Additional training session for routine choreo with Head Coach (2-4 hours)</li> <li>- Independent practise of stretches and routines between training</li> <li>- Between 1-3 showcase performances</li> <li>- Assisting fundraising initiatives for comp fees</li> </ul>
<b>Level 2</b>	<p><i>*As well as L1 skills*</i></p> <ul style="list-style-type: none"> <li>- Front handspring</li> <li>- Back handspring</li> <li>- Standing/T jump-back handspring</li> <li>- Combination passes (cartwheel/back walkover /front walkover) back handspring</li> <li>- Round off - back</li> </ul>	As expected for L1	As expected for L1	As expected for L1

	handspring series			
<b>Level 3</b>	<i>*As well as L1+2 skills*</i> - Aerial - Front tuck - Round-off tuck - Round-off back handspring to tuck - Standing back handspring series - Jump - back handspring - Combination passes e.g front walkover - back handspring - tuck	As expected for L1	As expected for L1	As expected for L1
<b>Pom</b>	- Double pirouette - Fouettes - Triple toe touch - Front and side leaps - Pom and 'C' jumps - Clean and flexible kicks - Strong arm motion technique	-3 hours of weekly training	To and from: -Indoor sports centre for regular training -Showcase(s)	- Attendance at competition days - Additional training sessions during comp season -Independent practise of stretches and routines between training -Independent fitness training outside of training -Between 1-3 showcase performances -Assisting fundraising initiatives for comp fees

NOTE: Whilst preferable, you do not need to be able to perform all of the appropriate skills in order to try out for a team. We look for potential in other areas of cheer like strong stunting and performance skills and you will have opportunities to work on the necessary skills throughout the year.

### Varsity selection

In order to be considered for our Varsity team, you must attend at least **two** American Football games and **one** other event / match during TB1. Members will be chosen based on enthusiasm, commitment to improvement and their general attitude towards the team. Varsity thrives on the commitment of its members, so please keep this in mind throughout the year!

If selected for Varsity, members cannot miss two consecutive practices, unless with good reason (to be determined by us on a case-by-case basis). If this occurs, we will have to have a talk about whether Varsity is right for you.

## Preseason

The Jets' pre-season training is offered to all returning members free of charge the week prior to the University Welcome Week (see '*Season Timeline*' for exact dates). Training is split across our different training venues and aims to replicate the training times for the upcoming season.

It is recommended for both our competitive and non-competitive returning members. It serves as a re-introduction to cheer after the summer break and is recommended for Gameday/ Varsity members looking to try out for a competitive team, competitive members looking to re-tryout for the same competitive team, and/or competitive members looking to try out for a different competitive team. The training is run by the team captains for the upcoming season so is also a great opportunity to get to know them if members do not already.

All pre-season training will primarily focus on cheer-based strength, conditioning and cardio fitness. For members of our stunt-based teams, additional training will be focused on ability-appropriate jumps, tumbling and stunting skills. For members of our Pom team, additional training will be focused on appropriate jumps and dance skills.

Members wishing to attend are required to sign-up for pre-season training using a link provided to the club by the university. This link will become available over the summer break and will be passed onto members by the incoming team captains.

## Tryouts

Attendance at tryouts is required by anyone looking to try out for a competitive team. This is a mandatory process which applies to all new members and returners, including members of committee. Our tryouts take place in the week following University Welcome Week (see '*Season Timeline*' for exact dates). New members tryouts for both Pom and levels will be held at ADA. Returners tryouts will be held at preds (see '*Season Timeline*' for exact dates). This allows the team captains to safely and accurately assess members' ability through a series of tumbling, stunting and dance workshops. Pom will have their own separate tryouts for returners as well as new members callbacks, held at an alternate location (see '*Season Timeline*' for exact dates)

Captains and committee members will have their own tryout session, the hour prior to returners tryouts to allow committee and captains to fully support members at both of the tryout sessions.

All members wishing to attend should sign up in advance using a link which will be provided by the club closer to the time, however should this not be completed, it will be possible to complete the form at the sessions. After tryouts, selections will be made following a meeting between all team captains. Members selected for a team will be notified via email on **Sunday 1st of**

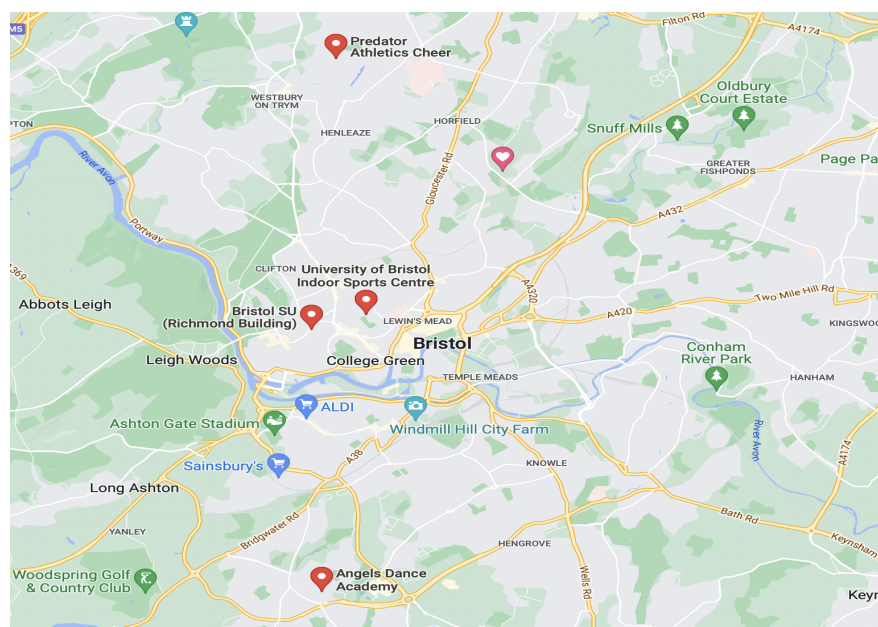
October 2023 and added into team group chats, the same day as returners tryouts. Competitive level training will start the following day (Monday 2nd).

## Training schedule

	Gameday/ Varsity	Level 1	Level 2	Level 3	Pom
<b>Training</b>	-2 hours on Monday evening in the Anson Rooms, SU	-1 hour on Monday evening in Anson Rooms, SU -1 hour on Wednesday afternoon at ADA -1 hour 20 mins on Sunday morning at Preds	-1 hour on Monday evening in Anson Rooms, SU -1 hour on Wednesday afternoon at ADA -1 hour 20 mins on Sunday morning at Preds	-1 hour on Monday evening in Anson Rooms, SU -1 hour on Wednesday afternoon at ADA -1 hour 20 minutes on Sunday morning at Preds	-2 hours on Wednesday evening in Studio 1, ISC -1 hour on Sunday evening in Studio 1, ISC

Please note teams may rotate sessions on a sunday/wednesday to make sure all teams have a fair share of early/late training slots. This timetable will be made available via groupchats once finalised and teams confirmed.

## Training venues



**Angels Dance Academy (ADA), 20 min drive -**  
*Block 11, 13 Cater Road, Bristol, BS13 7TW*  
**Predators Gym (Preds), 15 min drive -**  
*Greenway Business Centre, Doncaster Road, Bristol, BS10 5PX*  
**University of Bristol Indoor Sports Centre (ISC), on campus -**  
*Tyndall Avenue, Bristol, BS8 1TP*

**University of Bristol Students' Union (SU), 10 min walk from campus -**  
*Richmond Building, 105 Queen's Road, Clifton, Bristol, BS8 1LN*

## Membership fees

All memberships (except the Gameday FULL membership) can be paid in one up-front instalment in TB1 or two equal instalments split across TB1 and TB2. Please speak to the club treasurer about the Activity Hardship Fund if you have concerns about funding your membership.

### Activity Hardship fund

We appreciate that cheerleading is an expensive sport, and we do everything that we can to keep membership costs as low as possible for members. The activity hardship fund is available to support students who wouldn't be able to participate in sport due to costs. Members are able to apply for 100 pounds per year to cover joining fees. Our treasurer will let everyone know when the activity hardship fund opens, and answer any questions you may have about it.

### Full membership fee breakdown

	<b>Gameday/Varsity</b>	<b>Level 1/2/3</b>	<b>Pom</b>
<b>Annual price</b>	Gameday only: £40 Gameday + Varsity: £80	£230	£150 + £25 SEH fee
<b>Fee breakdown</b>	<ul style="list-style-type: none"> <li>-Access to whatsapp group</li> <li>-Access to discounts for socials</li> <li>-Access to uniforms for the varsity squad</li> <li>-Annual club training t-shirt</li> <li>-Access to sprung floor training space (at Captains' discretion)</li> <li>-Access to professional cheer coach (at Captains' discretion)</li> <li>-Captains coaching courses (~£160 per captain)</li> </ul>	<ul style="list-style-type: none"> <li>-Access to whatsapp group</li> <li>-Access to discounts for socials</li> <li>-Access to well maintained uniforms</li> <li>-Annual club training t-shirt</li> <li>-Access to sprung floor training space (£25 an hour, ~£2500 a year)</li> <li>-Weekly training session with Mychael (£25 an hour, ~£1000 a year)</li> <li>-Competition registration fees (~£500 per team per competition)</li> <li>-Transport to and from competitions (~£2000 for entire comp season)</li> </ul>	<ul style="list-style-type: none"> <li>-Access to whatsapp group</li> <li>-Access to discounts for socials</li> <li>-Access to well maintained uniforms</li> <li>-Annual club training t-shirt</li> <li>-Access to rehearsal space (granted by £25 annual SEH fee)</li> <li>-Access to professional pom coach (at Captains' discretion)</li> <li>-Competition registration fees (~£500 per team per competition)</li> <li>-Transport to and from competitions (~£2000 for entire comp season)</li> </ul>

		-Captains coaching courses (~£160 per captain)	-Captains coaching courses (~£160 per captain)
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### **Possible additional expenses for all teams:**

- Cheer hair bow (compulsory extra purchase for L1/L2/L3 and Pom)
- Cheer shoes (compulsory extra purchase for L1/L2/L3 and Pom)
- Purchase of own uniform
- Transport fees to and from training
- Bristol Jets stash

## **Code of Conduct**

### Our Values

1. I agree to give 100% at every session, whether a practice, performance or supporting UoB teams. This includes:
  - a. not disrupting practice
  - b. giving full effort, cooperating and having a good attitude
2. I agree to not bad-mouth, undermine or criticise coaches, captains or teammates unless giving constructive criticism in an appropriate situation.
3. I will remember that my behaviour reflects on the team, Jets and the University, and to act accordingly.
4. I understand there will be zero tolerance for:
  - a. Being disrespectful towards coaches, team captains, committee members, teammates, Jets alumni and judges
  - b. Abusive language or gestures and physical aggression
  - c. Discrimination due to race, sexuality, gender, religion, disability or age
  - d. Poor sportsmanship to other teams
  - e. Bullying
5. I understand that as part of my commitment to Jets it is my responsibility to pay my membership fees in a timely manner and I acknowledge I will no longer be allowed to train should I miss the deadline without prior communication with the Treasurer/Club Captain.

### Health and Safety

1. I agree to confidentiality disclose any/all medical conditions and necessary medication to Jets prior to the beginning of training for my own safety and to protect Jets legally. This includes:
  - a. Allergies
  - b. Mental health diagnoses
  - c. Personality disorders

- d. Long term physical injuries
- e. Chronic conditions
- 2. Due to the nature of the sport, I acknowledge the possible risk of injury.
- 3. No jewellery or long false nails will be worn during training or at cheer competitions.
- 4. I will strictly adhere to any safety rules put in place.

### Socials

- 1. I acknowledge that uniform/stash is not permitted to be worn at socials where alcohol is involved.
- 2. I will conduct myself in the expected manner when out with Jets and/or other societies. This includes not using aggressive language or behaviour.
- 3. I will look out for my teammates as they will look out for me and I will request appropriate advice/assistance where necessary.

### Training and Competitions

- 1. I am expected to attend every training session unless for legitimate reasons as outlined by the authorised absence policy.
- 2. I agree to give a minimum of 24 hours' notice of both authorised and unauthorised absences, where possible, if I cannot attend training or a game.
- 3. If I breach the authorised absences policy I understand I will be expected to have a discussion with my Captain(s)/Head Captain.
- 4. I agree to arrive on time for training and understand that leaving early is also not acceptable.
- 5. The team will be given my full commitment the week leading up to any competitions and/or performances.
- 6. I understand that the coaches'/captains' decisions are for the good of the team and should be respected. Any disputes should be brought up with the Head of Teams and/or Welfare and Equalities Officer.
- 7. I understand that not adhering to the attendance policy without good reason, may result in removal from the team.

### **Authorised absences policy.**

For all teams which implement authorised absences policy (including Varsity but not Gameday), each team member is permitted two unauthorised absences per season and any number of authorised absences at the discretion of your team captain(s).

Following **two unauthorised absences**, you will be expected to have a discussion with your team captain(s) and/or Head of Teams. Unauthorised absences include:

- a. Failure to attend training without a legitimate reason.
- b. Failure to provide a minimum of 24 hours' notice for an otherwise authorised absence.

- c. Non-contagious illnesses such as common colds.
- d. Non-critical injuries such as tears and sprains.

NOTE: In the case of non-contagious illness and/or injury, you will not be required to train but are still expected to attend training to watch.

**Authorised absences** must be pre-approved by your team captain(s) at least 24 hours prior to the affected training session. Authorised absences are at the discretion of your team captain, and include those taken for:

- a. Academic commitments such as lectures, examinations, meetings and placements. This excludes looming deadlines and revision.
- b. Emergency illnesses such as diarrhoea, vomiting and the flu. This excludes common colds.
- c. Personal emergencies such as mental health respite breaks and bereavement.
- d. Other personal circumstances such as medical appointments and family commitments.

NOTE: Training commitments are to be considered when making arrangements to go home during reading weeks and any absence taken for this reason will be viewed as an unauthorised absence.

**Important notice:** Complete attendance at training is both expected and mandatory in the two weeks prior to each competition/performance and an absence of any kind will be considered unauthorised unless in the case of an emergency. Absences during these weeks may result in being removed from the routine/performance.

**Removal from team :** If a captain decides to remove a member from a team, all instances will be passed through head captain and club captain to ensure removal from the team is fair. Regardless of outcome, jets will always be available to support members.

## Drop-out policy

We appreciate that cheerleading is a higher commitment sport than others offered by the university and so by having this policy in place, it means you can use the first few weeks of the season to decide if it is truly for you. This policy allows you to withdraw from a competitive team and/or for team captain(s) to shuffle their teams around to best match your skill sets, before you are committed to a team for the rest of the season.

Please note, it is inconvenient for our team captain(s) to have to find replacements so if you are unsure whether this type of commitment is for you right from the start of the season, we advise you to join our lower-commitment Gameday team instead. This policy is in place for people who realise they cannot upkeep the level of commitment asked of them despite initially thinking they could, for example due to academic workload or other personal commitments.

The policy is outlined below:

*At the start of the season, the club offers a 'cool-off period' (see Season Timeline for specific dates) during which no fees will be incurred if a member chooses to drop out of a team. This period runs alongside TB1 membership fee purchase, and so should a member choose to drop out, they will not lose any money. Once purchased, refunds on memberships will not be issued and hence following the cool-off period and the deadline of TB1 membership purchase, should a member choose to leave their team, their membership fee will be retained by the club. In addition to the retention of their membership fee, should a member of a competitive team drop out of their team once competition registration has taken place, they will be responsible for any fees regarding changes to team registration details. Once the cool-off period has passed, the club expects that all members are aware of the level of commitment expected of and hence expect all members to adhere to the authorised absences policy.*

*The only exception to this cool-off period is our developmental, lower-commitment Gameday squad. As this team neither represents the club via performances nor competitions, members are free to attend training as often or as little as they like and the authorised absence policy is not instated. Whilst non-refundable purchase of a membership prior to the membership purchase deadline is mandatory to train as a member of Gameday, members are not obligated to attend weekly training and instead a member's voluntary commitment to training and game days will be used to determine their place on the Varsity squad.*

*Note, a cool-off period is not offered following the selection of the Varsity performance squad because it is expected that by the time squad selection takes place over the winter break, members should already have an understanding of the commitment expected of them from the Varsity captain(s) and all members will previously have been given the opportunity to opt-out of Varsity selection whilst training as a member of the Gameday team.*

## **FAQs**

### **1. Who can I talk to if I am having trouble/need extra support from the club?**

Absolutely anyone! Your team captain(s), the Head of Teams, the club Welfare and Equalities Officer and the Club Captain will always be available for you to talk to should you need anything at all (from menial questions to more serious concerns/struggles) and if we, as a club, cannot provide necessary and/or sufficient support, these roles will be able to point you in the right direction for said support. As well as in your own interest, we encourage you to talk to us if you are worried about a teammate. All communications will be treated confidentially, within reason, and we have our members' best interests at the heart of everything we offer and provide as a club. As well as this, we pride Bristol Jets on being a friendly and supportive club and like to think that you can talk to your teammates about anything at all and vice versa.

### **2. How can I contact my captain(s)/committee?**

Your team captain(s) should also add you into a team group chat at the start of the year, as well as making it clear how you can contact them individually should you need them. Beyond your

own team captain(s), all members of committee and other team captains will be members of the Bristol Jets 2023/34 whatsapp group. If all else fails, all team captains and members of the club committee are students of the University. Should you need to contact anyone, at the bare minimum you can find them in your university email address book by searching their name.

### **3. What are tryouts like?**

If you decide to try out for a competitive team, come to tryouts with an open mind, and be aware that our captains and our Head of Teams will place members onto teams which they feel are the most suitable for your ability. Make sure at tryouts you showcase everything that you are able to do, as captains will mainly make selections based on this. All of our captains are also qualified to coach their level's skills so if you would like to be spotted for a skill that you are not so confident with at tryouts, just ask. Make sure to also let captains know about any previous cheerleading/gymnastics skills that you may have previously been able to perform, even if you have not trained for a while.

If after tryouts you are unhappy with your team placement, and feel you would be more suited to a higher/lower level, get in touch with the Head of Teams and we can, if applicable, make some amendments. It is usual for our captains to shuffle members around in the first couple of weeks of training anyway to make sure we have the strongest teams we can for the season.