



Information Pack

2024-25

Welcome...

Thank you for your interest in joining the Surrey Starlets for the 2024-25 season. This pack is here to help you decide which of our teams you would like to be considered for and understand the commitment needed for the season.

The Surrey Starlets began in 1998 as a 'pee-wee' team and ever since our first competition (where we placed 2nd out of 14!!) our teams have achieved great success both nationally and internationally.

Over the past 25 years our teams have represented Surrey at many prestigious events such as multiple World Cheerleading Championships, the London 2012 Olympics, T4 on the Beach, Reading Festival, Rugby 7s Finals, as well as numerous television appearances.

This year, we celebrate our 27th anniversary, making us one of the **longest running programmes in the UK**. The upcoming season looks to be the most exciting yet with many events, competitions and developments for the year.

Our teams train at the Surrey Starlets Gym located within Rosebery School, Epsom. The gym is fully equipped with a full sprung floor, along with other custom tumbling equipment such as air tracks etc. Easily reached via public transport with direct trains to and from London – Victoria and Waterloo, the gym is a short drive from the M25, with ample parking.

Surrey Starlets are more than just a cheerleading team. The programme has a strong sense of family and teamwork, providing athletes with an opportunity to make friends, compete nationally and learn important life skills.



“ My daughter’s self confidence has risen up since joining Surrey Starlets, its been wonderful to see” - Kim.W, parent

Team Placement Information...

Each athlete wishing to be considered for the 2023-24 season with Surrey Starlets will first need to sign up online and pay their team placement fee:

www.surreystarlets.co.uk/teamplacements2024

Here you will find the online application form, which once completed, will lead you to the Team Placement fee link.

Applications will not be accepted until the fee is made:

COST: £15

Payments can be made online from all major card providers.

Athletes are invited to our Team Placement evenings in groups dictated by age into the gym. Athletes will participate in a 'general class' and we will be evaluating athletes on their flexibility, strength, fitness, jumps, tumbling and stunting.

Athletes wishing to be considered to cross over on to another level / older age team can highlight this on their application form, and will attend the 2nd day of trials also.

NEW THIS YEAR: Flyer trials! Anyone in year 3+ wishing to be considered as a flyer for the new season will need to attend the flyer trial section, where you will be assessed on your flexibility, performance and choreography, twisting and somersault skills.

Senior aged athletes may be called back for a second session on Thursday.

You will be contacted and informed of whether you have been offered a space on the Surrey Starlets Programme and which team at this stage.

"I'm so proud to be a Surrey Starlets Mum, the whole family feel that we have is wonderful" - Gayle.A, parent

"Going to Worlds is one of the best experiences you can find, the best set of Starlet teams who work incredibly hard to be the best athletes and teammates" - Perdi, athlete

A reminder that all athletes must attend their youngest age group first, and can attend an older slot if they wish to cross over

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2024

Monday
5:00-6:30pm :
U6 (birth year 2018-2020) and **U8** (birth year 2016-2020)

7:00-8:30pm:
U12 (birth year 2012-2017)

Tuesday
5:00-7:00pm :
U14 (birth year 2010-2015) and **U16** (birth year 2006-2013)

7:30-9:30pm:
U18 (birth year 2006-2011) and **Open Level 1-3** (birth year 2009 or earlier)

Wednesday
5:30-6:30pm :
Flyer Trials (U8 and higher)

7:00-9:30pm:
U18 (birth year 2006-2011) and **Open Level 1-3** (birth year 2009 or earlier)

Thursday
7:00-9:00pm :
Call Backs



About the programme...

Our Teams...

Teams in italics are proposed for the new season but subject to athletes attending Team Placements

Team Name	Team Age (ages inclusive)	Ages / Birth Years	Team Level
Blackcurrant	Mini Novice	(School year reception, 1, 2 3 and 4)	Novice 1
Lilac	U8	2016-2020	IASF 1
Grape	Youth Novice	(School yr 5-7)	Novice 1
Iris	Youth Prep	(school years 5, 6 and 7)	IASF 1
Razzmic	U12	2012-2017	IASF 1
Byzantium	U12	2012-2017	IASF 2
Wisteria	Junior Novice	(School yr 8-10)	Novice 1
Lavender	U14	2010-2015	IASF 1
Tanzanite	U14	2010-2015	IASF 3
Indigo	U16	2008-2013	IASF 2
Eminence	U16	2008-2013	IASF 4
Violet	Senior	Year 8+	IASF 4.2
Mulberry	IO	2009 or earlier	IASF NT 5
Amethyst	U18	2006-2011	IASF NT 6
Allium	IO	2009 or earlier	IASF NT 6
Astraea	IO	2009 or earlier	IASF 7



“ My coaches believe in me. I’ve learned so much and made friends that are like sisters to me” - Lola, athlete

Requirements for all Starlets...

- All athletes compete in teams in accordance to age rules from the USASF – when there are more than 1 team for 1 age group, athletes will compete in teams in accordance to ability.
- All athletes will compete for a full season at all competitions the teams attend.
- All athletes will compete for the season only as a Starlet with no other commitments to other cheerleading teams and programmes to avoid a conflict of interest.
- All athletes will attend all training sessions and competitions throughout the year and will only miss for extenuating circumstances (found in constitution)
- No athletes will take a holiday 3 weeks before a competition.
- All athletes will keep up to date with financial requirements
- All athletes will sign and abide by the Surrey Starlets Constitution (given after team placements) and a Surrey Starlet Medical form



New this season...

... Novice Teams!

New this season, we will be introducing our Novice teams. These teams are for athlete's who are beginner level, they may have competed before but are not quite at the tumbling level required for a tumbling team.

Our Novice Teams are also a great first step to getting involved with competitive cheerleading. This is a great introduction into the competitive field and a perfect starting point for those with less experience, or hoping for a less intense season.



"It is such an uplifting sport. My daughter has learnt the importance of being a supportive team member and built strong friendships" - Aine. parent

These teams will have a slightly altered competition schedule than the rest of the teams, competing less frequently and more locally. This means not only is there a lesser time commitment, but also, a lesser financial commitment including the novice team uniform.

(please see pages 8 and 9 for more details on this)

Being a beginner or starting competing for the first time doesn't mean you need to automatically go on to a Novice team, many athletes will have the ability to join a higher level team, but it does give the opportunity for entry level athletes who may have joined our recreational programme otherwise, but still want that competitive element.



Start of Season...

This season, training for all teams will begin in July, giving us even more training time ahead of competitions!

Training is compulsory, across the summer, although we are understanding of athlete holidays etc.

Registration Day...

Registration day is the start day of the new season!

We welcome all athletes into the gym, to register, complete all documents, sort uniform and trainers, and get to meet your coaches and Team Mums!

Sunday 4th August 2024

Tinies prep, U6, U8 and Novice	12-13:30
U12, U14, U16, U18	14:00-15:30
Int Open	15:30-16:30
Worlds Teams	16:30-17:30

“ For a teenager, the strong sense of team and friendship outside of school that Surrey Starlets has provided is invaluable” - Jo, parent



Summer Training Schedule...

16th –31st July

Byzantium, Wisteria, Lavender, Indigo	5:30-7:30pm	Tuesday 16th, 23rd and 30th July
Amethyst, Mulberry, Allium, Astraea	7:30-9:30pm	Tuesday 16th, 23rd and 30th July
Blackcurrant, Lilac, Grape, Iris, Razzmic	5:30-7:30pm	Thursday 18th, 25th and Wednesday 31st July
Violet, Tanzanite, Eminence	7:30-9:30pm	Thursday 18th, 25th and Wednesday 31st July

August —Tuesdays

Blackcurrant, Lilac, Grape, Iris, Razzmic, Byzantium	5-6:30pm
Wisteria, Lavender, Tanzanite, Indigo, Eminence	6:30-8pm
Violet, Mulberry, Amethyst, Allium, Astraea	8-9:30pm

Training Schedule...

TEAM	TRAINING	Choreo Day
Blackcurrant	Tuesdays 4:30-6pm	TBC
Lilac	Wednesdays 4:30-6pm	
Grape	Mondays 4:30-6pm	TBC
Iris	Wednesdays 4:30-6:30pm	
Razzmic	Wednesdays 5:30-7:30pm	TBC
Byzantium	Mondays 4:30-6pm and Tuesdays 4:30-6pm	TBC
Wisteria	Wednesdays 6-7:30pm	
Lavender	Mondays 6-8pm	TBC
Tanzanite	Mondays 6-7:30pm and Thursdays 5-6:30pm	TBC
Indigo	Tuesdays 6-7:30pm and Thursdays 5-6:30pm	TBC
Eminence	Mondays 7:30-9:30pm and Thursdays 7:30-9pm	TBC
Violet	Mondays 8-9:30pm and Wednesdays 6-7:30pm	TBC
Mulberry	Wednesdays 7:30-9:30pm	TBC
Amethyst	Tuesdays 6-8pm	TBC
Allium	Tuesdays 8-9:30pm and Wednesdays 7:30-9:30pm	TBC
Astraea	Tuesdays 7:30-9:30pm and Thursdays 7:30-9:45pm	TBC

Flyer Classes...

Tumble classes run every week and are included in your monthly fee! Flyers must attend a minimum of 2 per month, and be seen to be making adequate developments through stretch and conditioning at home to remain as a flyer. Classes are bookable via the furtherinfo page

Choreo Days...

This season, we are hosting a choreography day for most teams, to cover the main portion of choreography for the competitive routine. This day will be compulsory for all athletes on that team to attend. This leaves training sessions with much more time to work on skills and technique. Dates can be seen in the chart and

Tumble Classes...

Tumble classes run every week and are included in your monthly fee! On notification of Team Placements, you will be allocated a tumble class which you can attend weekly! These are bookable via the website, details on the www.surreystarlets.co.uk/furtherinfo page

Tumble 1—Sundays 3-4pm

Tumble 2—Sundays 4-5pm

Tumble 3—Tuesdays 6:30-7:30pm



Private Classes...

£30 per session

We will be offering private coaching sessions for athletes who wish to sign up to them. These will be offered on a first come first served basis. Private sessions will be a maximum of 3 athletes working with a coach, specifically focused on progressions in tumbling and jumps, or flyer skills. Classes are 45mins for a 121, or 1hour for 2 or 3 athletes.

Competition Schedule...

- Purple Premier— 2nd Feb tbc —Starlets Gym
- * ICC Southern— 8th/9th Feb —Spectrum, Guildford
- * JamFest Rise of the Regions—15th AND 16th Feb - Telford Centre, Telford—2 DAY EVENT FOR ALL!
- * ICC Nationals— 29th /30th March—Nottingham Arena
- *BCA Crawley—5th/6th April—K2 Arena, Crawley
- *Worlds—(see Worlds Page)

- *Nfinity Finals—(see travel page)
- *BCA Nationals—24th/26th May—Telford
- *JamFest Europe—7th/8th June—Manchester
- *ICC Southern Jam—14th/15th June—Guildford
- *FC Nationals—20th-22nd June—Bournemouth Int Centre

TEAM	COMPETITIONS										
	Purple Premier	ICC Southern	Jam-Fest Telford	ICC Nationals	BCA Crawley	Worlds	Nfinity Finals	BCA Nationals	Jam-Fest Europe	ICC Southern Jam	FC Nationals
Blackcurrant	★	★			★					★	
Lilac	★	★	★		★			★		★	
Grape	★	★			★					★	
Iris	★	★	★		★			★		★	★
Razzmic	★	★	★		★			★		★	★
Byzantium	★	★	★		★			★		★	★
Wisteria	★	★			★					★	
Lavender	★	★	★		★			★	★		★
Tanzanite	★	★	★		★			★	★		★
Indigo	★	★	★		★			★	★		★
Eminence	★	★	★		★			★	★		★
Violet	★	★	★		★			★	★		★
Mulberry	★	★	★		★			★	★		★
Amethyst	★	★	★		★			★	★		★
Allium	★	★		★	★	★		★	★		★
Astraea	★	★		★	★	★		★	★		★
Nfinity Team							★				★

Athletes are responsible for making their own way to all competitions

ICC BATTLE OF THE CHAMPS—BOTC is an invite only competition for teams with free entry for athletes. We will be working towards winning a bid at the 2 ICC competitions that we will be going to. If a team win a bid, we will accept the bid and that team will attend BOTC. As we wont be able to determine this until those events, each team will be informed if they will be attending once bids are awarded

Financial Costs...

- Our aim is to try to keep costs to an absolute minimum, charging only what is needed. We pride ourselves on being the most affordable high level team in the local area.
- Competitive cheerleading, while not as costly as some sporting activities, can still be an expensive sport. Tuition fees (are paid in a monthly fee (this may differ for each team) and with 2 competition balances paid throughout the year to attend competitions.

TEAM	MONTHLY FEE	MEMBERSHIP COST	COMPETITION DEPOSITS <i>(these costs are 23-24 prices, and so are approximates for the new season. They will be finalised in the information pack in September based on final competitions selected—which for some is more than listed below)</i>	COMP UNIFORM	COMPETITION BOW & SOCK
Blackcurrant	£58pcm (10 months)	£95	£70 due in October and £45 due in Feb (covers 3 comps)	£80	£10 (no socks)
Lilac	£58pcm (10 months)	£95	£125 due in Oct and £100 due in Feb (covered 5 comps)	£125	£25
Grape	£58pcm (10 months)	£95	£70 due in October and £45 due in Feb (covers 3 comps)	£80	£10 (no socks)
Iris	£72pcm (10 months)	£95	£160 due in Oct and £120 due in Feb (covered 6 comps)	£125	£25
Razzmic	£72pcm (10 months)	£95	£160 due in Oct and £120 due in Feb (covered 6 comps)	£125	£25
Byzantium	£88pcm (10 months)	£95	£160 due in Oct and £120 due in Feb (covered 6 comps)	£125	£25
Wisteria	£58pcm (10 months)	£95	£70 due in October and £45 due in Feb (covers 3 comps)	£80	£10 (no socks)
Lavender	£72pcm (10 months)	£95	£165 due in Oct and £140 due in Feb (covered 6 comps)	£125	£25
Tanzanite	£88pcm (10 months)	£95	£165 due in Oct and £140 due in Feb (covered 6 comps)	£125	£25
Indigo	£88pcm (10 months)	£95	£165 due in Oct and £140 due in Feb (covered 6 comps)	£125	£25
Eminence	£95pcm (10 months)	£95	£165 due in Oct and £140 due in Feb (covered 6 comps)	£125	£25
Violet	£88pcm (10 months)	£105	£165 due in Oct and £140 due in Feb (covered 6 comps)	£170	£25
Mulberry	£75pcm (10 months)	£105	£165 due in Oct and £140 due in Feb (covered 6 comps)	£170	£25
Amethyst	£75pcm (10 months)	£105	£165 due in Oct and £140 due in Feb (covered 6 comps)	£185	£21
Allium	£95pcm (10 months)	£105	£160 due in Oct and £135 due in Feb (covered 6 comps)	£170	£21
Astraea	£95pcm (10 months)	£105	£160 due in Oct and £135 due in Feb (covered 6 comps)	£185	£21
Crossovers	Crossovers pay the higher team monthly fee. And an additional £20 per month		The amount will vary per athlete, depending on what team they are in, which events they are attending et. This will be given .		

MONTHLY TRAINING FEE

- Monthly training fees cover the weekly sessions as listed on page 6 as well as tumble classes as listed on page 9.
- Training fees (for the whole year) are divided out equally per month. Monthly fees do not vary per month based on the amount of sessions. *(think gym memberships)*.
- Training fees will be reduced for siblings by £15 per month which is taken off of the monthly fee = First sibling-full price, Second sibling £15 off, third sibling full price, fourth sibling £15 off etc... on classes **both siblings** participate in.
- Additional stunt training and workshops may be organised once or twice a year – all cheerleaders are expected to attend and pay the cost incurred
 - Fees are due monthly and there is a £10 late fee (per month) when this is not kept to.
- Fees are due monthly on the 1st of the month. Fees paid after the 1st (or above noted date for comps) will incur a £10 late fee.

MEMBERSHIP PACK

The membership pack covers the costs of things such as insurance, equipment hire, music expenses, etc.

This membership includes an annual team t-shirt, a team jacket,. The team jacket will remain the same for next season, so athletes that cheer with us for the 2023-24 season who already have this will have their membership price for that season reduced by £15

A-Team, Worlds 2025...



Allium INT6–Astraea IO7–Amethyst U18 5



Following from the most successful Worlds trip in 2024, where our World's teams scooped a 9th and a 7th ranked title in the World, Allium and Astraea have secured a bid to the 2025 World Championships! We aim to take our 3 teams to the IASF World Championships in Disney Florida in 2025, to represent the UK and look for Amethyst to receive their bids in the upcoming weeks!

The trip will as always consist of exciting events, team building activities, showoffs and of course the competition.

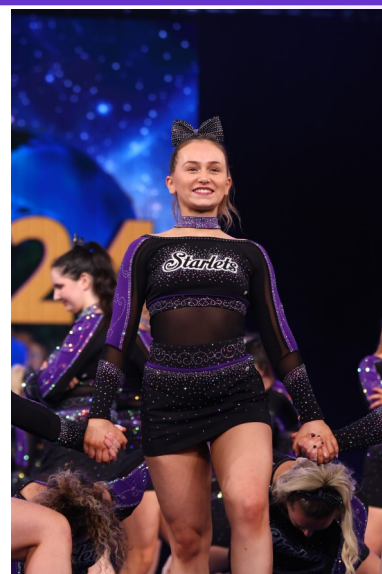
The travel package covers every element of the trip, including flights, accommodation, transport, entry, training stash etc and costs approx. £2300 which covers every aspect of the trip, except food! Payments are taken in instalments throughout the year. This estimation is based on the last trip .

Due to the high level of this team, athletes aiming to compete with the A Team will be expected to have the highest level of commitment and ability.

BID WINNERS

**2006, 2012, 2013, 2014, 2015,
2016, 2017, 2018, 2019, 2020,
2021, 2022, 2023, 2024, 2025**

"Competing in Florida at the Cheer World Championships this year at just 14 was a dream come true for my daughter" - Jo, parent



NFINITY Finals 2025...



7 bids to Finals 2025!

Following from our successes at ICC Battle of Champs in June, we have received 7 bids for Iris, Razzmic, Lavender, Byzantium, Tanzanite, Wisteria and Allium!

We intend to take at least 1, potentially 2 teams to the NFINITY Finals, and the specific team will be decided after team placements!

The trip will run from the 27th April—5th May.

Whilst costs have not been released yet, it is worth noting the average cost to Worlds is £2,500pp and we anticipate this will be slightly less



Further Info...

Purple Premiere...

Hosted at Rosebery School, our 18th annual showcase—the PURPLE PREMIERE—will be held on the 2nd Feb tbc 2025. We invite all parents, friends and family to watch the premiere of all of our competition and recreational routines ahead of their first competition.



“The coaches always give everything they have. They always do the best for the girls, and they never give up on them!” - Gayle. A

Uniforms...

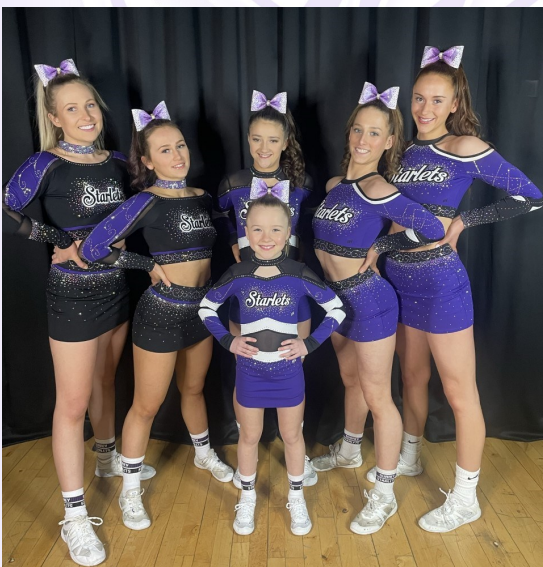
Every athlete is provided with an annual training Tshirt and team jacket as part of their membership pack.

Additional training uniform can be purchased via the training uniform order form which will be available in the post tryout information pack.

Every athlete will need to purchase a competition uniform , a competition bow and competition socks.

Team Leads...

The Team Leads are an excellent source of support for new and returning parents on the programme. Helping with the organisation of each team, Team Leads are the first point of contact for athletes and parents.



What to do next...

Each athlete wishing to be considered for the 2023-24 season with Surrey Starlets will first need to sign up online and pay their team placement fee:

[www.surreystarlets.co.uk/
teamplacements2024](http://www.surreystarlets.co.uk/teamplacements2024)

Applications will not be registered and considered until the team placement fee has been paid.

COST: £15 prior to team placements. £20 on the day or post team placements.

A reminder that all athletes must attend their youngest age group first, and can attend an older slot if they wish to cross over

July						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2024

Monday

5:00-6:30pm:
U6 and U8
(birth year 2016-2020)

7:00-8:30pm:
U12
(birth year 2012-2017)

Tuesday

5:00-7:00pm:
U14, U16 and U18
(birth year 2006-2015)

7:30-9:30pm:
Open Level 1-3
(birth year 2009 or earlier)

Wednesday

5:30-6:30pm:
Flyer Trials

7:00-9:30pm:
Open Level 4-7
(birth year 2009 or earlier)

Thursday

7:00-9:00pm:
Senior/Open Call Backs

