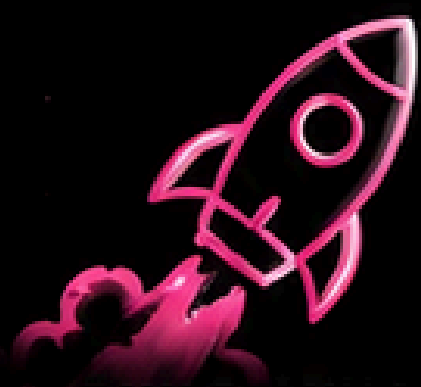


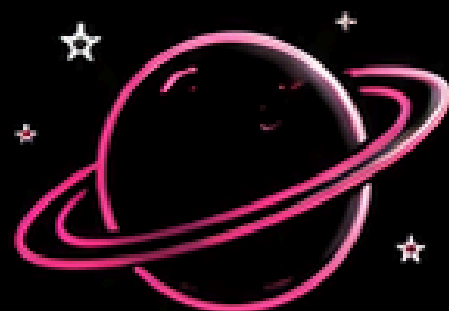


SRR *Elite* CHEERLEADING

FOUNDATION CLASSES ≡ *Membership Pack* ≡



BUILD SKILLS
Build Confidence



MAKE FRIENDS
*Be Part of
the Team*



HAVE FUN
*Dream. Believe.
Achieve.*

ONE TEAM. *One Dream.* SRR ELITE. ♡

WELCOME

A warm welcome to the SRR Elite Cheerleading family! We are delighted that you have chosen to begin your cheerleading journey with us. Whether this is your child's very first experience in cheerleading or they are looking to develop new skills and confidence, we are committed to making every class a fun, safe and rewarding experience.

At SRR Elite Cheerleading, we believe that every athlete has the potential to shine. Our experienced coaching team is passionate about helping each child grow at their own pace while building friendships, confidence and a love for the sport. We look forward to supporting your family every step of the way and can't wait to see what your athlete achieves.

ABOUT SRR ELITE CHEERLEADING

SRR Elite Cheerleading is a welcoming and inclusive club dedicated to providing high-quality cheerleading coaching for athletes of all abilities. Our Foundation programme has been designed specifically for beginners, giving athletes the opportunity to learn the fundamental skills of cheerleading in a positive and encouraging environment.

As athletes progress, they will have the opportunity to develop their skills further and move into our recreational and competitive teams if they wish. Above all, our aim is to create an environment where every athlete feels valued, supported and proud to be part of our club community.



WHAT ARE CHEERLEADING FOUNDATION CLASSES

Our Foundation Cheerleading programme is the perfect starting point for athletes who are new to cheerleading or looking to build strong fundamental skills. These classes provide a fun, safe and supportive environment where athletes can develop confidence while learning the basics of the sport at their own pace. Foundation classes are designed to introduce every aspect of cheerleading through structured sessions led by qualified coaches. We focus on creating a positive atmosphere where athletes feel encouraged to challenge themselves, celebrate their achievements and enjoy learning alongside new friends. No previous experience is required—just enthusiasm, a willingness to learn and a positive attitude!

Athletes will develop the core skills needed to become confident cheerleaders. Each class is carefully planned to build technique, strength and coordination while ensuring learning remains enjoyable.

Athletes will have the opportunity to learn:

- Basic motions and arm placements
- Cheer jumps and jump technique
- Flexibility and mobility exercises
- Strength and body control
- Balance and coordination
- Beginner tumbling skills, including rolls, cartwheels and handstands (age and ability dependent)
- Introduction to stunting fundamentals and safety techniques
- Dance and performance skills
- Rhythm, timing and musicality
- Teamwork, communication and leadership
- Confidence, resilience and sportsmanship

As athletes progress, they will continue to refine these skills while working towards more advanced techniques in a safe and structured manner.

CLASS TIMETABLE

Class Name	Location	Time	Price
Shooting Stars	Stanway Secondary School, Colchester CO3 0QA	Mondays 5:00-6:00pm	£30 Monthly Subscription
Rockets	KL Ariel Studio, Witham, CM8 3YY	Friday 6:15-7:15pm	£30 Monthly Subscription
SEND Tumble Class	Stanway Secondary School, Colchester CO3 0QA	Mondays 5:00-5:45pm	£22.50 Monthly Subscription
Open Tumble	Iceni Gymnastics Club, Colchester CO3 0BE	Sundays (Twice a month) 9:00-11:00am 9:00-10:00am	£7 per hour or £12 for 2 hours PAY AS YOU GO

MEMBERSHIP FEES

Membership fees renew in September and are a one - off annual payment

Membership fees include:

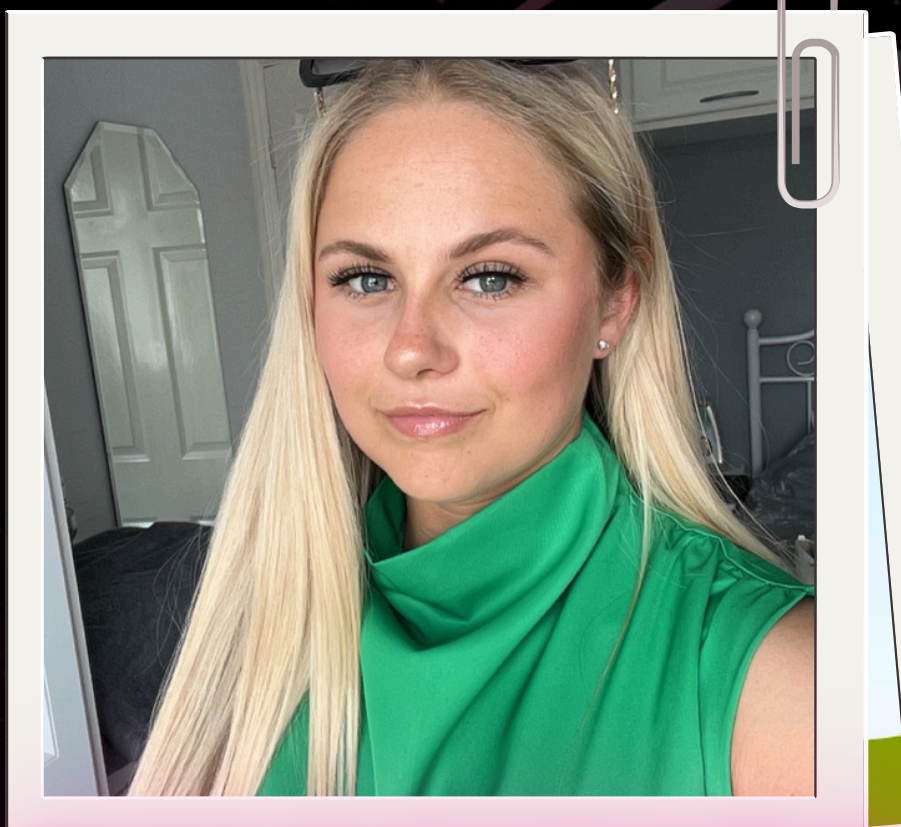
- A new year t-shirt (we have changed our logo so this t-shirt will reflect this)
- Music Fees
- Club Insurance etc.

Membership Fees for foundation classes is:

£28 - this is due within the first two weeks of starting the class in September ❤️

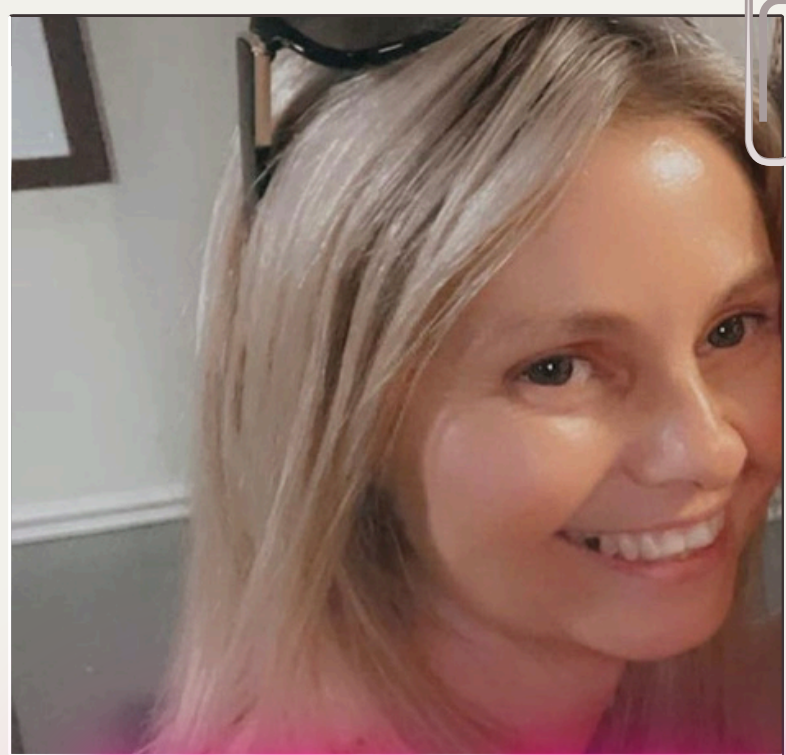


MEET YOUR COACHES - HEAD COACHES



SHANNON

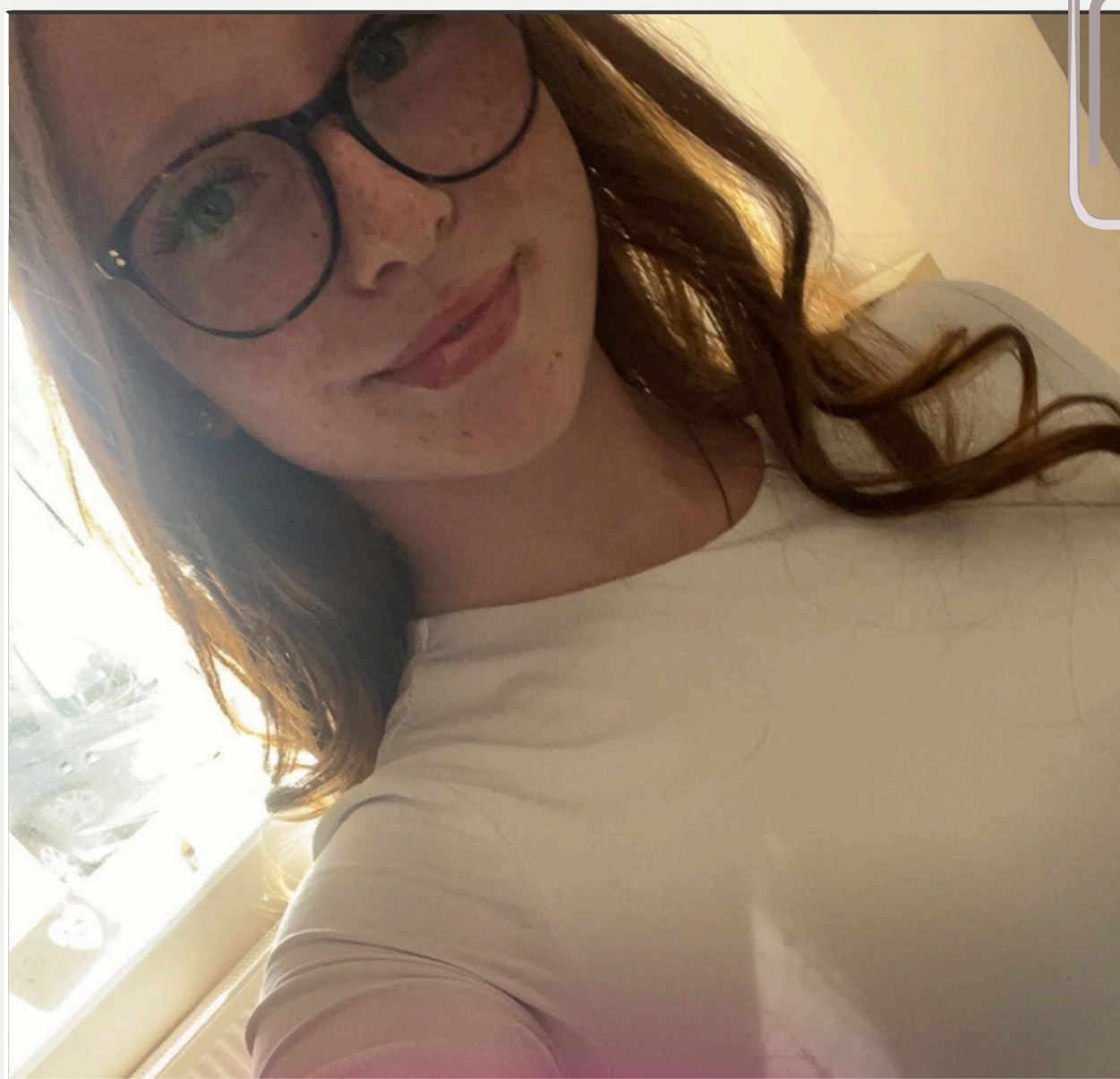
Rockets, Open
Tumble



HELEN

Shooting Stars

MEET YOUR COACHES - LEAD COACHES



IZZV

SEND Tumble, Rockets

MEET YOUR COACHES - JUNIOR COACHES



CHARLOTTE

Shooting Stars



REMIE

Shooting Stars

KEY DATES FOR YOUR DIARY

Week Commencing 07/09/26 - Classes Start back

December 2026 - Christmas Party - Time and Date TBC

This year we will be holding several fundraising events for our travel teams - this will be a mix of in class fundraising and outside of class events

Also, we will be attending several carnivals and external events throughout the year!



FREQUENTLY ASKED QUESTIONS

What to wear to class?

To your class, please wear something your athlete can easily move around in without any items getting in the way. Long hair must be tied back, trainers can be worn depending on the class and no hoodies with zips open, please zip your hoodie up or take it off.

Is the membership fee different to training fees?

Yes, your membership fee contributes towards music fees for your class, club insurance etc. where as your monthly subscription is the cost of your weekly training sessions.

What does the class entail?

Each class is different, depending on the type of class you attend, Shooting stars and rockets develop a routine over the course of the term to perform to parents, working on jumps, dance, tumbles and stunts.

NEXT STEPS

To sign up to our classes:

1. Sign up to Coacha

hosted-

uk.coacha.app/member_signup/3LJFTOBDHJ

2. Assign to the desired class for your location

3. Pay your membership fee once all the onboarding is complete, this will be sent via a link on Coacha



CONTACT INFORMATION

If you have any questions or concerns
contact us below:



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SRR Elite Cheerleading



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www.srrelitecheerleading.co.uk

