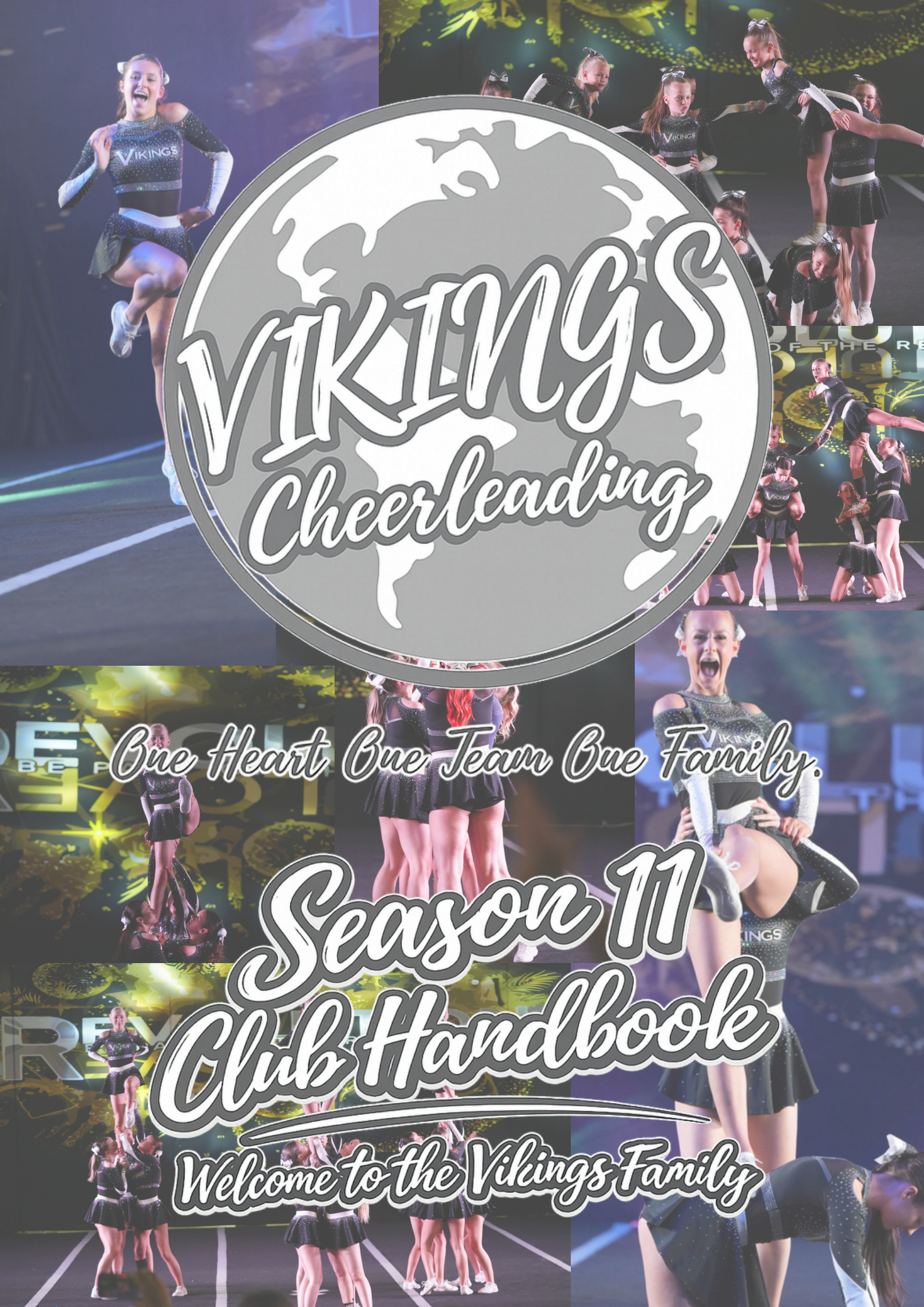




VIKINGS Cheerleading

One Heart One Team One Family.

Season 11 Club Handbook

Welcome to the Vikings Family

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Welcome to Vikings

Season 11

We are so excited to welcome both returning and new athletes to another incredible season at Vikings Cheerleading.

Whether this is your very first cheerleading class or you've already competed before, we are proud to have you as part of our Vikings family.

At Vikings, we are more than just a cheerleading club. We are a community built on teamwork, confidence, honesty, resilience, dedication, friendship, and growth.

Throughout the season, athletes will:

- Build confidence
 - Learn new skills
 - Make lifelong friendships
 - Experience teamwork and trust
 - Perform and compete together
 - Become part of a supportive cheer family
-

Season 11 is going to be full of hard work, unforgettable memories, exciting performances, and huge achievements, we cannot wait to share it with you.

Who are we and why should you join us?

Vikings Cheerleading was founded in July 2023 with a clear mission: to support and develop all athletes in an inclusive, positive environment.

We believe there is a place for everyone within our programme and are proud to have built a supportive community of athletes, coaches, and families.

Our goal is to help every athlete grow not only in skill, but also in confidence, discipline, and teamwork, all while having fun.



Safe practice, structured progression, and athlete wellbeing are at the heart of everything we do.

We strive to create an environment where every athlete feels valued, supported, and part of a second family.

Inclusivity is one of our core values, and we are committed to ensuring everyone feels welcome and has a place to belong. These values define who we are and will continue to guide us as we grow.

One of the biggest things people say about Vikings is how welcoming and supportive the environment feels.

Our Mission

To create a positive, inclusive, and empowering environment where athletes of all ages and abilities can grow in confidence, skill, teamwork, and character.

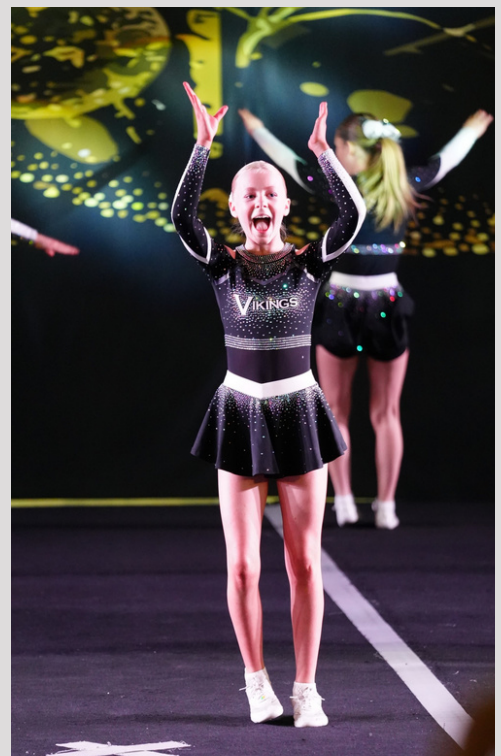


Our Vision

To inspire athletes to believe in themselves, support one another, and achieve their goals both on and off the mat. We like to think we create more than just amazing athletes, but we help to shape incredible human beings too who believe that their dreams are always achievable.

What makes Vikings different?

- Inclusive and welcoming environment
 - Supportive coaching team
 - Competitive and recreational opportunities
- Strong focus on athlete wellbeing
 - A true family atmosphere
- Passion for personal athlete development over placement and trophies.



Why athletes love Vikings

Confidence Building

Cheer helps athletes grow in confidence both on and off the mat. We accept absolutely everybody for who they are and we want to celebrate that. We pride ourselves in making all of our athletes feel valued, loved and important.

Teamwork

Athletes learn trust, communication, and how to support one another. They also learn how to take accountability for themselves and have open and honest communication with us coaches and other athletes.

Opportunities

Athletes have opportunities to:

- Compete
- Perform
- Attend showcases
- Travel
- Progress into higher-level teams

Friendships

Many of our athletes build friendships that last for a lifetime. We are very proud to have created an environment that even after athletes have left as adults or gone to university, they always come back and say "There's something special about Vikings, nowhere has ever compared or felt the same" - We are very proud of this and to have a place everyone can call home.

Fitness & Strength

Cheer develops flexibility, stamina, coordination, and strength. It allows both our competitive and non competitive athletes to have a place they can let off steam and really involve themselves in a truly special sport.

Most importantly, they get a
Second Family.

We truly mean that.

What is Cheerleading?

So... What actually is cheerleading?

Cheerleading is a fast-paced team sport that combines:

- Stunts
- Tumbling
- Jumps
- Motions
- Dance
- Performance
- Teamwork

Cheer routines are performed to music and are designed to showcase strength, athleticism, coordination, confidence, and teamwork.

No Experience? No Problem!

Many athletes join Vikings with no previous experience. Our coaches work hard to support every athlete at their own pace while helping them build confidence and skills throughout the season.

Cheer Is for Everyone

At Vikings, we welcome athletes of all backgrounds, abilities, and experience levels.

There is a place for everyone in our programme.

What to expect during the season

What a cheer season looks like

Every season is packed with training, learning, growth and exciting events!

During the season athletes will:

- Attend weekly training sessions
- Learn choreography and routines
- Practice stunts and tumbling
- Work towards performances and competitions
- Take part in team bonding activities
- Build confidence and teamwork skills



The first few weeks:

At the start of the season athletes will:

- Meet teammates and coaches
- Learn team expectations
- Begin routine Choreography
- Start working on skills and technique

Progress takes time

Cheerleading is a challenging sport, and every athlete develops at different speeds.

Consistency, positivity, and commitment are key.

We encourage athletes and families to trust the coaching process, as our coaches are committed to each athlete's long-term development and will support progression to the next level when the athlete is ready.

Training & Commitment

Training Expectations

Training sessions are where athletes develop skills, build routines, and prepare for competitions and performances.

Athletes should:

- Arrive on time
- Have all jewellery removed
- Wear appropriate clothing and footwear (Leggings, shorts, sports bra, top, non split sole cheer shoes)
- Bring water
- Tie hair back securely
- Listen to and respect coaches
- Encourage teammates
- Give their best effort

Attendance matters

Cheerleading is a team sport, and every athlete plays an important role.

Regular attendance is extremely important to ensure routines can progress safely and successfully, which is why even though we pride ourselves on kindness, respect and understanding, we have very strict training and attendance expectations.

Before you commit to a team, both parents and athletes need to read and understand these rules so you know what to expect for the season ahead.

Absences

If an athlete cannot attend training, please inform coaches as early as possible.

- Athletes must commit to all training sessions and competitions.
- Absences must be communicated in advance to allow for team planning.
- A maximum of **three unauthorised absences** is allowed per season. (No absences are permitted within three weeks before a competition.)
- Excessive absences or absences within three weeks prior to competition may result in a reduced role or removal from that team until after the competition.

Authorised Absences (Does not count as one of the three absences):

- Funerals
- Close family weddings
- GCSE/College/University exams
- Serious illness (e.g., vomiting and diarrhoea)

Unauthorised Absences (Does count as one of the three absences):

- Exam revision
- Birthdays and holidays
- Social events (proms, parties, etc.)
- Other sports commitments
- Being grounded
- Repeated minor illnesses
- Injured athletes should still attend training where possible.
- Participation in fundraising events is expected for eligibility to benefit from funds raised.
- Social events are optional but encouraged.

*This is not an exhaustive list

Teams & Programmes

Our Teams:

Recreational Cheerleading
U12 Prep Level 1 - Fearless
Open Level 4 - Valhalla (Development year)
Open Level 2 - Combat
Senior Level 3 - Endeavour
Recreational SEND Cheerleading
Senior Level 1 - Ascension
U14 Level 1 - Warriors
U18 Level 1 - Raiders
Senior Level 2 - Prodigy
Open Non-tumble Level 3 - Titans



Team Placements

Athletes are placed into teams based on:

- Age
- Ability
- Tumbles
- Experience
- Team needs
- Safety considerations



Recreational vs Competitive teams

Recreational teams:

Focused on fun, fitness, confidence, and learning cheer skills

Competitive teams:

Focused on training routines and competing at events throughout the season

Competitions

Competition season

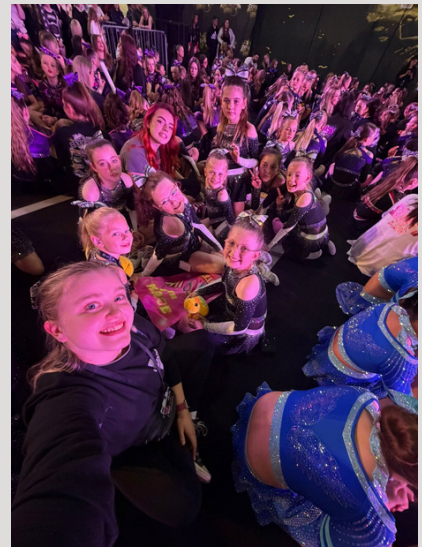
Competitions are one of the most exciting parts of cheerleading!

Teams perform routines in front of judges and audiences whilst representing Vikings.

Competition expectations

Athletes should:

- Arrive on time when stated (This will be communicated in advance)
- Wear full uniform correctly
- Support teammates positively
- Display good sportsmanship
- Represent the club respectfully



Absences

Athletes cannot miss any of the 3 training sessions in the lead up to a competition unless previously communicated and agreed upon at the start of a season.

If an athlete does miss one of these, they may be removed from the team for that competition, or be given a significantly reduced role on the team for that competition. This is for the safety and consistency of the athletes on the team.

Important reminder

Placements and trophies are exciting, but growth, teamwork, effort, and sportsmanship are equally important and we pride ourselves on teaching our athletes this.

Uniforms & Appearance

Our New Uniform



Uniform Expectations

- Athletes are expected to wear full and correct uniform for all performances and competitions.
- Makeup and fake tan is not required - This is a personal preference for athletes
- Uniforms must be kept clean and in good condition at all times. Any damaged or unkempt items may need to be replaced at the athlete's expense to maintain Vikings' high standards

Competition Uniform Checklist

- Uniform Skirt
- Bodysuit
- Bow
- White Cheerleading Shoes
- White Crew Socks
- Extra Shorts for under uniform (Uniforms can be deemed inappropriate if the shorts ride up too high at the back and the team can receive a deduction)

We ask that any tape, training supports, bandages, or similar items match the athlete's skin tone where possible. Alternatively, they should match the area on which they are worn. Eg. white on the ankle to match socks. This is to help them blend in and maintain a neat, uniform appearance.



Training wear

Athletes should wear:

- Comfortable appropriate clothing
- Appropriate cheer shoes/trainers
- Hair tied back
- No jewellery

Athlete expectations

Being a great Vikings athlete

We expect all athletes to:

- Show respect to coaches and teammates
- Encourage others
- Demonstrate good sportsmanship
- Listen and learn positively
- Maintain a positive attitude
- Represent the club proudly

Bullying & Negative behaviour

Vikings has a zero-tolerance approach to bullying, discrimination, cyberbullying or inappropriate behaviour. This includes speaking negatively about other athletes or teams, both in person or online. Athletes represent Vikings at all times and are expected to treat others with kindness, respect and good sportsmanship. Any concerns should be raised with coaches rather than handled through social media or personal conflict. Breaches of this policy will be addressed immediately and may result in disciplinary action.

We are committed to maintaining a safe and supportive environment for everyone and want everyone to feel safe, respected and a part of a supportive environment.

Parent expectations

Parent & Guardian support

We are incredibly grateful for the support of our families!

We ask parents & guardians to:

- Support athletes and coaches positively and with respect
- Encourage commitment and attendance
- communicate respectfully with coaches
- Follow club policies and procedures
- Help maintain a positive club environment

Sideline Behaviour

We want competitions and events to remain a positive and fun experience for all athletes.

Please show respect to:

- Coaches
- Athletes
- Officials
- Event staff
- Other clubs



Club Values

Our Vikings Values

Team Work -

We succeed together, lose together and learn together

Respect-

We treat everyone with kindness and fairness

Confidence-

We encourage athletes to believe in themselves and encourage others to do the same

Dedication-

Hard work and commitment help us grow

Inclusivity-

Everyone deserves to feel welcomed and valued

Positivity-

We support each other through every challenge and success



Safety & Welfare

Athletes safety

Athlete safety is our top priority.

All stunts, tumbling and other skills are taught progressively and safely by trained coaches with appropriate experience and qualifications.

Important safety rules

- Never practice stunts without supervision
- Report injuries immediately so we can help
- Follow coach instructions carefully
- Wear appropriate footwear and clothing
- Remove jewellery before training and competitions

Welfare & Safeguarding

Vikings Cheerleading is committed to providing a safe, inclusive and supportive environment for all members. We promote the welfare, wellbeing, and safety of every athlete, coach, volunteer, parent and staff member regardless of age

Our key commitments are:

- Providing a safe environment for all participants.
- Identifying and protecting those at risk.
- Taking appropriate action to prevent harm.

To achieve this, Vikings Cheerleading will:

- Raise awareness of child welfare issues.
- Implement clear reporting procedures.
- Ensure staff and volunteers undergo safeguarding training every three years.
- Conduct DBS checks on all staff members aged 18 and over

The designated safeguarding officer for Vikings is
Kerry Foulger.

Communication

Staying connected

We aim to communicate clearly and consistently throughout the season

Main communication platforms

Email : Vikingscheerkids@gmail.com

Social Media

Follow us for updates, achievements, photos and announcements.

Instagram : [vikingscheeryork](#)

Facebook : New facebook and community group coming soon.

Whatsapp : Community group chat- can be added once you have joined the club.

Monthly Fees & competition payment

Season Fees

- One Competition Team - £48
- Two Competition Teams - £72
- Three Competition Teams - £96
- Rec/SEND/Tumble - £32
- YCGF - £58
- Endeavour, Millthorpe & Tumble - £116.40
- Tumble add on / Mandatory tumble - £20

If your child is on a level 2 team or higher, tumble is mandatory. Your monthly fees will be the number of teams your child is on, plus £20 for tumble

If payments are consistently unsuccessful via Coacha, we may ask you to set up a more suitable date to help ensure payments are made on time.

Competition payment

We don't yet have all competition fee prices- these will be emailed to parents when they get released!

Competition fees

This season, competition fees can be paid in one of two ways:

Option 1 – Monthly Coacha Payments

Payments will be issued as one-off invoices through Coacha. Invoices will be charged up to 3 days prior to the 1st of each month from September to January.

You will receive an invoice by email which must be approved before payment is taken - Please do this as soon as possible and no later than the 1st.

Please note that each payment will incur an additional £2 transaction fee if it is taken this way.

Option 2 – Bank Transfer

Pay all competition fees upfront in one payment by 1st September, or

Split the total into two instalments due on:

- 1st August
- 1st September

This option avoids the additional £2 transaction fees.

Please note that if you do not have a DD set up via Go Cardless (Send monthly by Standing Order instead), then you will have to do this option as we cannot charge you monthly.

Any payment that has not been approved and paid by the 1st of the month will be cancelled. A new invoice will then need to be issued, and a £5 administration fee will be added to cover the additional processing and administration costs.

Important Dates

- Season starts - WC 6th July - Athletes will move into new teams
- Competition season starts - WC 31st August - Teams are locked and choreography will start.
- Half term - 26th October-1st November - NO TRAINING
- Winter showcase - 6th December - YCGF
- Christmas Holidays - 21st December-3rd January
- ICC Northernns - 16th & 17th January - Manchester
- Half term - 15th - 21st February - NO TRAINING
- Circus Spectacular - 27th & 28th February - Sheffield
- Easter Holidays - 26th March - 11th April - Competition teams at training only(26th March-2nd April)
- Rise - 3rd & 4th April - Newcastle
- BCA Nationals - 29th & 30th May - Telford
- Half term - 31st May - 6th June - NO TRAINING
- Cheer City Nationals - 12th & 13th June - Sheffield
- Summer showcase&Awards - 19th or 20th June (TBC)

Weekly Timetable

	Mon	Tue	Wed	Thu	Fri
4:30		Tumble Pre-Level 1			Tumble Level 1/2
5:00	Recreational Cheerleading	4:30-5:30pm			4:30-5:30pm
5:30	5-6pm	Tumble Level 1	SEND Cheerleading	U14 Level 1 Warriors	
6:00		5:30-6:30	5:30-6:30pm	5-7pm	Senior Level 2 Prodigy
6:30	U12 Prep Level 1 Fearless	Tumble Level 3			5:30-7:30pm
7:00	6-8pm	6:30-7:30			
7:30			Senior Level 1 Ascension	U18 Level 1 Raiders	
8:00		Open Level 2 Combat	7-9pm	7-9pm	Open NT Level 3 Titans
8:30	Open Level 4 Valhalla	7:30-9:30			7:30-9:30pm
9:00	8-10pm	Senior Level 3 Endeavour			
9:30		8-10pm			
10:00					

Frequently asked questions

Does my child need experience?

No ---- Beginners are always welcome.

What should athletes bring to training?

Water, appropriate clothing, cheer shoes/ trainers, and a positive attitude.

How often do teams train?

Each team trains once a week - see how our year plans out on page 20.

Can parents watch training?

Sadly not. This is to minimise distractions and allow athletes to train and develop in a focused environment. Access is only permitted when invited by a Director or Coach, and where appropriate safeguarding requirements (including DBS checks) have been met.

What happens if we miss training?

Please notify coaches as early as possible- we have a 3 strike policy. Athletes cannot miss any training in the 3 weeks leading up to any competition or performance.

Are competitions mandatory?

If you are on a competition team, yes. If you know that you cannot attend a competition we may look at placing that athlete in a tumble class or recreational team.

Contact Information

Get In touch!

Website:

<https://www.vikingscheerleadingu18s.com/>

Email:

vikingscheerkids@gmail.com

Instagram:

[vikingscheeryork](https://www.instagram.com/vikingscheeryork)

Training Location:

Millthorpe school & York City Gymnastics
Foundation

Final Message

Thank you for joining Vikings!



We are so excited for everything Season 11 will bring.

Thank you for trusting us to be a part of your athlete's journey - We cannot wait to see where this takes them!

We cannot wait to grow, learn, compete and celebrate this season together.

Welcome to the Vikings Family!
#oneheartoneteamonefamily