

Schools Cheerleading Proposal

- Did you know that cheerleading is one of the fastest growing sports in the UK?

<http://www.telegraph.co.uk/health-fitness/body/the-rise-of-uk-cheerleading/>

- Did you know that it is on it's way to becoming an Olympic sport?
- Did you know that each 1 – 2 hour practice is said to burn about 600 calories?
- Did you know that it builds teamwork, communication, commitment, and perseverance in its athletes as well as many health benefits?

<https://www.livestrong.com/article/418057-the-health-benefits-of-cheerleading/>

- Did you know that the England was represented in the World Championships where their All Girl Team came 1st place and their Co-Ed Team came 2nd ? Check out the link to the video & an article on their win below.

<https://www.youtube.com/watch?v=9E5qg2Nb0IY>

<http://www.bbc.co.uk/newsbeat/article/39756431/englands-cheerleaders-are-world-champions>

- Lastly, Did you know that there are major events in this region that provide competitions with school/community divisions as close as Newcastle and Blackpool?

Although cheerleading is a co-ed sport and we welcome boys and girls in our program, the lack of girls in particular involved with sports in the UK is very concerning. Schools and authorities everywhere are constantly struggling with how to engage and keep girls interested in sport. With the influence of YouTube and Netflix documentaries showcasing the amazing sport of Allstar Cheerleading, youth all over the UK are desperate to get a chance to try cheerleading.

I am a Fully qualified Cheerleading and Tumbling coach through USASF

(United States All Star Federation) <http://www.usasf.net/home/> with my own Insurance, DBS, First Aid, & background check. I am also a former maths teacher so I know how to keep the attention of students. I

have moved over from Dallas, Texas where I grew up and competed as a school & Allstar cheerleader. Since moving to England I have competed Internationally in the UK on Level 6 teams. As well as having Judged cheerleading competitions in the US, I have attended coaching conferences at Cheer Athletics and USASF. I am now the Co-Director of Limitless Allstars, a new and exciting Allstar Cheerleading program in Teesside.

I am here to help your school offer this new and exciting sport. I can offer as minimal as a one off session to give your school a taste of Allstar Cheer and as much as a full year of coaching with a plan to take a team to a regional competition. This package also includes mentoring with appointed PE teachers on how to carry out sessions on their own.

Allstar Cheer

*Hour Session	£30
6 Week block	£150
12 Week block	£290
*Full Year Team	£1500

*First Hour booked is free and time after that is £30/hour

*Full Year Team is available beginning September 2018

What Each Option Includes

Hour Session: This session is a fun introduction to what Allstar Cheerleading is. This session includes stretching, tumbling, stunting, and a short introductory video.

6 Week Block: An extension of the hour session, each session will include stretching, tumbling, and stunting. This block will give us time to introduce more advance skills and start to perfect the beginner skills as well as introducing jumps and dance.

12 Week Block: A 12 week block can be used like an extension of the 6 week block if you choose to use it with different groups throughout the

school. Another option is to keep the same group timetabled into each session so that a short routine can be put together for the final week. For an extra £30 a showcase of a 1:30 minute routine will be offered at the end of the block to showcase what the athletes have learned.

Full Year Team: This is a fantastic opportunity to offer your pupils the amazing opportunity of being a part of a real cheerleading team. Pupils can be timetabled into a few consistent lessons each week together. This is the best option because it means that the athletes will get the most practice as it is part of their timetable. Limitless Allstars will come in on a weekly basis to coach a session during the school day. They will also offer bi weekly consultation meetings with the PE coaches assigned to the team to offer instruction and support. Coaches from the school can then continue working with the team more regularly when a Limitless Allstars coach is not on session.

This option also includes:

- * Choreography & Music cut for a 2:00 minute competition routine
- * Limitless Allstars staffed in house Showcase for friends and family
- * Competition Entry fee for Regional Competition (TBD with your school)
- * Weekly coaching from a Limitless Allstars coach
- * Mentoring for staff development of cheerleading within the school including a handbook on basic cheerleading skills, rules, and how to run sessions.

(Uniforms and shoes are not included in this price. Both can be purchased at varied prices, but £100 is an average cost for a great pair of cheerleading shoes and uniform. This extra cost could be covered by parents or fundraised for if it is not in the schools budget to provide apparel.)

To get in touch to find out more about what we can do for you, call or email me at:

Paige Robinson
07722 080405
paige@limitlessallstars.com