

SEASON 2024-2025



A L L G I R L

Annex

UPCOMING SEASON

EXTRA DETAILS

This document is meant to inform you
about the upcoming season in more detail

SCHEDULE

Team training weekends

Team training sessions are approximately once a month, and as we get closer to April, they may become more frequent. We advise you to not book or plan a vacation in march as the coaches can decide to add an extra training this month.

Training weekends are set dates when the team gathers to train with the coaches. These days usually start at 10:30 AM and finish at 5:30 PM (times may vary based on hall availability). You will get about a half-hour break midway through the day. You are expected to bring your own food and drinks and to help with setting up and taking down the mats.

Here is a typical training day schedule:

10:30	Hall opens, start unloading the van and setting up the floors
10:45	Board and coach announcements
10:50	Start warming up and training
TBD	Lunch
After lunch	Start warming up and training
17:30	Begin cleaning up the floors, loading them into the van and cleaning the hall
18:00	Hall closes

Individual Training

Individual training is your own responsibility. You should arrange training sessions with your group. Stunt training is done during your individual sessions, not the weekends. Although the schedule indicates monthly training, this is a reminder to train regularly. To make significant progress, train with your group at least once a week.

Work outs

In addition to individual training, there are weekly workouts to help you build physical strength. These workouts will be sent to you via the Band app and are part of your training. Coaches will monitor this. You are expected to film your workouts and post them in the Band app, where only the coaches, board, and fellow athletes can see them. This also serves as motivation for everyone.

Extra dates

- ✓ Team dinner at ABC restaurant with all athletes, program wide: November 1st 2024

Orlando schedule

This is a rough outline of what the week/week-and-a-half in Orlando will look like:

Saturday 19 april 2025	Athletes arrive at the house The rest of the day is for unpacking, enjoy the pool and just relax.
Sunday 20 april 2025	Team bonding during the day Fancy dinner at night
Monday 21 april 2025	First training day: <ul style="list-style-type: none"> ▪ Training at Uknights ▪ Training at the football field When you don't have training: eat and rest.
Tuesday 22 april 2025	Second training day: <ul style="list-style-type: none"> ▪ Training at Uknights ▪ Training on the field next to the house 20 minutes on the warm up floor at ESPN

Wednesday 23 april 2025	Third training day: <ul style="list-style-type: none"> ▪ Training at Uknight ▪ Opening ceremony and exchange party at ESPN at night
Thursday 24 april 2025	Competition day <ul style="list-style-type: none"> ▪ First competition, hear announcement if we are going to finals and support other teams at ESPN. ▪ Chipotle at the house
Friday 25 april 2025	Finals day <ul style="list-style-type: none"> ▪ Compete in the finale and support other teams at ESPN ▪ Party at the house
Saturday 26 april 2025	Free day (go to Disney, football field or spend time with your family) If you are not home at night, make sure to pack your suitcase in the morning.
Sunday 27 april 2025	Clean the house Leave the house at 10AM; not a minute later!

DOCUMENTS

What we need from you

These are the documents the board needs from all of the athletes. We will send you a google form where you can upload the documents. We do not want to receive these documents through email.

There are two deadlines. Make sure you upload them before the deadline otherwise you will not be able to attend the upcoming training weekend. We are this strict because it takes the board a lot of unnecessary time to chase athletes for their documents.

The first deadline is on Monday 14-10-2024 24:00.

The documents you need to upload are the signed athlete contract, a picture of your passport and if necessary proof of residence.

The second deadline is Monday 03-02-2024 24:00.

The documents you need to upload are your flight information to Orlando and back home, your Esta and medical passport if you take medication.

Signed athlete contract

The athlete contract needs to be signed with your full passport name, place, date and your signature. You can upload a picture of the last page of the contract or you can send the whole contract signed. With signing the contract you agree to all the terms that are written.

Passport photo

We need a picture of your passport. Front page is enough. Make sure that your passport is not almost expired. We need to print this out to get all the athletes registered and to enter the warm up halls at ESPN.

Proof of residence (for non-Dutch people)

If you do not have a dutch passport the board needs proof of residence so you are able to compete for the national team. This is a document you can ask at your local municipality(gemeente). This document is called BRP(basisregister personen). It will take about a week until you receive it so make sure you apply for this in time.

Flight information

Take a screenshot or download your flight information and download it in the google form. We will be picking people up from the airport on the 19th and bringing them back on the 27th. If you decide to come earlier or stay longer in a hotel you will need to provide your own ride to and from the house. The orga team will need to make a schedule for this.

If you can not afford to buy the plane ticket before February, let us know so we have an overview (it is cheaper to buy it as early as possible).

Esta

To go to the US you need an Esta. You can apply for it here <https://esta.cbp.dhs.gov/> Make sure you do this after you book your flight. We will provide further information to fill in after we book the houses etc

Medical passport

If you take any medication make sure to get a medical passport from your doctor's office. You can just call them and ask for it. This not only to take with you on the plane but also to make sure there is no

doping involved. Read through this website to make sure you are not taking anything that is on the WADA prohibited list. <https://www.wada-ama.org/en>

Insurance

Getting insurance is your own choice and responsibility. This is to prevent high costs in case you need to go to the hospital, for example. Some of you already have travel insurance. What you need to do is email or call the insurance company and ask them to send confirmation that cheerleading is covered. If you don't have a travel insurance, search for 'short-term travel insurance for extreme sports' (kortlopende verzekering extreme sporten). If you decide not to get any insurance, please let us know.

ATHLETE'S COMPENSATION

<p>Training Halls (NL) You train in a hall two days a month and sometimes 4 days a month. This is booked and paid for in advance.</p>	130,00 €
<p>Training Halls (US) In the US we will be training in the UKnights hall about two or three times</p>	40,00 €
<p>Clothing This will include:</p> <ul style="list-style-type: none"> • Your uniform If you already have a uniform you do not need to buy a new one. • Training Clothing This will be shorts, t-shirts, sportsbra, hoody/jacket NOT SHOES • Season t-shirt This t-shirt is designed every year and will be sold to reduce the costs and you can use this shirt to exchange with other athletes in Orlando. Every athlete will receive one shirt and if you want more you can buy them. 	450,000 €
<p>Food (US) The orga-team will be doing groceries and making food while we are in Orlando.</p>	140,00 €
<p>Housing (US) This is for our stay in Orlando.</p>	410,00 €
<p>Transportation (US) To travel around we need vans and a orga car.</p>	215,00 €

Coaches compensation The coaches will be flown back and forth during the training weekends.	520,00 €
Miscellaneous (flags, mics, music, etc) Routine music/ pompoms/flags...	20,00 €
Teambonding TBD	30,00
Unexpected costs You never know what can happen....	55,00 €
Competition costs (US) This is to buy your ticket to be able to compete at the ICU.	540,00 €
Sponsoring/Merchandise sales	-200,00 €
Total	2.350,00 €
Refund	TBD

COMMUNICATION

Questions can be sent to: info@teamcheerleading.nl and will be answered as quickly as possible. Keep in mind that we do this in our free time and are not looking at the email 24/7. If your question is urgent, you can text Sanne Neele: 06 – 2355 3862.