



SEASON 2024-2025

A L L G I R L

Info Package



WELCOME

TO SEASON 2024 2025

Let the journey begin...

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INFORMATION SEASON 2024 2025

1. PURPOSE

To create a team environment that is both healthy and competitive for the country of Netherlands.
To strive to create the best possible competitive team out of the best athletes available and able to commit to Team NL.

For the team to be a leader and role model for both individual athletes, the cheerleading community, and the country of the Netherlands.

2. PHILOSOPHY

It is the coaches' believe that cheer is a medium through which we experience the joys of sport and competition.

Cheerleading should bring empowerment to individuals and the community, through discipline and hard work.

It is never acceptable to use cheerleading as an excuse for unwarranted actions towards others.

To accept all individuals on the team as equal contributors, regardless of gender, race, creed, sexual orientation or politics.

It's just cheer. Keep it in perspective. Cheerleaders are not saving the world.

3. MEMBERSHIP AND COMMITMENTS

Team members will be expected to commit to a full season of trainings, performances and competitions, including but not limited to the ICU Worlds in Orlando, FL, April 23-25.

Team members agree to uphold the highest standards of moral and community excellence.

Team members will be designated as either a primary or alternate team member. Regardless of assignment, team members will be expected to fulfil all obligations outlined in this document.

4. RESPONSIBILITIES

Team members are responsible for attending all trainings as outlined in this document. Team members also agree to the addition of practice dates or competition dates as needed and decided by the Coaching staff.

Team members are responsible for maintaining and improving their physical fitness and well-being, which includes diet, exercise and mental health.

Team members are responsible for transport to and from all scheduled practices.

Team members are responsible for scheduling all other responsibilities around the time commitments listed. Work, family, and vacations are not excuses for not attending practices.

Team members will be responsible for communication, including regular check-ins, with coaches through the assigned communication system (i.e. Band, WhatsApp).

Team members are responsible for their behaviour, both on and off the mat.

Team members are responsible for meeting payment- and required documentation deadlines on time.

5. DISCIPLINE

5.1. Team adjustment

Members may be removed from the competitive team for breach of the rules outlined in this document. Causes for removal may include (but are not limited to):

5.1.1. Inappropriate behaviour either in practice or outside of practice.

Example: Physical altercation

5.1.2. Inappropriate behaviour online or on Social Media platforms

Example: Sexually explicit content posted for public view

5.1.3. Substance abuse before or during practice

Example: Drinking alcohol before practice

5.1.4. Legal troubles.

Example: Having to be arrested

5.1.5. Lack of attendance at team practices

5.1.6. Not completing workouts and partner practices as assigned

5.1.7. Personal mental or physical degradation of self or others.

Example: Cyber-bullying

6. ORGANISATIONAL STRUCTURE

6.1. Chain of Command

6.1.1. Cheersport Netherlands (CSN)

6.1.2. Stichting Team Cheer Nederland (TCNL)

CSN

<p>Secretary Eline Verstappen E: info@cheersport.nl</p>	<p>President Louis van den Eijnden E: info@cheersport.nl</p>	<p>Treasurer Justine Bernadac E: info@cheersport.nl</p>
<p>General member Oriol Cano E: info@cheersport.nl</p>	<p>General member Danique v.d. Straten E: info@cheersport.nl</p>	<p>General member Jeroen Westerbeke E: info@cheersport.nl</p>

TCNL

<p>Secretary Sanne Neele 0031 6 23553862 E: info@teamcheerleading.nl</p>	<p>President Rob Tonnaer 0031 6 23767821 E: info@teamcheerleading.nl</p>	<p>Treasurer Karsten van Bezoolijen 0033 6 17091934 E: info@teamcheerleading.nl</p>
<p>General member Anna Maria Jansen 0031 6 18396433 E: info@teamcheerleading.nl</p>	<p>General member Mayke Tonnaer-Bongers 0031 6 46830488 E: info@teamcheerleading.nl</p>	

6.1.3. Committees

- 6.1.3.1. Organisation (orga)
- 6.1.3.2. Sponsoring
- 6.1.3.3. Marcom (Marketing & Communications)

6.1.4. Coaching Staff

<p>Giovanna Smith E: gio.smith005@gmail.com</p>	<p>Rory Jones E: rasj69@googlemail.com</p>
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6.1.5. Team Members
Athletes & alternates

6.2. Communication

6.2.1. BAND:

All athletes will need to download the app BAND and accept the invite to Team NL. Practices and workouts must be posted weekly, in group chats, in order to verify athletes' progress.

6.2.2. WhatsApp:

For international travel, WhatsApp will be the team's standard method of communication.

6.2.3. Social Media:

6.2.3.1. In general, social media will NOT be an acceptable way to communicate with the coaches or the team. Furthermore, social media should be STRICTLY monitored to avoid breaking rules and policies as outlined.

6.2.3.2. Without explicit approval from both the coaches and the board, it is not permitted to post any components of our routine to social media. This includes any videos taken of our routine at Team NL trainings or videos of the Team NL stunt sequences that take place outside of Team NL trainings.

6.3. Competitive Team selection

6.3.1. Competition Team will be selected by the Coaching Staff.

6.3.2. Coaches reserve the right to change, modify, or alter team members' status based on character, dedication and commitments as outlined in this document.

6.4. Clothing and Apparel

Team members will be responsible for purchasing the mandatory uniform of Team NL, including apparel. All other purchases are left up to members' discretion.

7. TEAM PRACTICE AND WORKOUT INFORMATION

7.1. Practice Dates

- 7.1.1. Practice dates as outlined in the BAND app are MANDATORY.
- 7.1.2. Coaches reserve the right to change, modify, add or delete practices as necessary.
- 7.1.3. *Team members will commit to TWO official practices monthly, 1 with stunt partners/groups, and 1 with the full team in attendance. These dates are provided in BAND.*
- 7.1.4. Team members agree to communicate partner practices by posting in the BAND app.

7.2. Team Bonding

Team bonding events are MANDATORY. It is the coaches’ belief that developing team cohesion both in practice and outside of practice is necessary to achieve maximum potential.

7.3. Workouts

- 7.3.1. Workouts are MANDATORY. Workouts will be provided through the BAND app.
- 7.3.2. Team Members agree to 2 workouts weekly

7.4. Fitness Evaluation

- 7.4.1. Team members will be periodically evaluated for fitness levels. Team members that are NOT progressing with physical fitness will be subject to disciplinary action, including possible removal from the competition mat.

7.5. Missing Practice

7.5.1. **Acceptable reasons:**

- 7.5.1.1. Death in the family
- 7.5.1.2. Highly contagious sickness
- 7.5.1.3. Work/School events that cannot be rescheduled/missed

7.5.2. **Unacceptable reasons:**

- 7.5.2.1. “Normal” work schedule
- 7.5.2.2. Social Events
- 7.5.2.3. Lack of Transportation
- 7.5.2.4. Local club events or competitions

SCHEDULE AND DEADLINES

7.6. Competitions

All athletes should anticipate that the national team may participate in a mid-season competition to allow for the attainment of competitive experience.

7.7. Schedule (may be subject to change)

WHAT	WHEN
Try out	28th & 29th of September 2024
Individual Training	14 & 15 September 2024
Team Training	5 & 6 October 2024
Individual Training	19 & 20 October 2024
Team Bonding program wide	November 1st 2024
Team Training	2 & 3 November 2024
Individual Training	16 & 17 November
Team Training	30 November & 1 December 2024
Individual Training	14 & 15 December 2024
Team Training	11 & 12 January 2025
Media Training	TBD
Mid Season Evaluation	31 January 2025
Individual Training	1 & 2 February 2025

T E A M N L A L L G I R L

Team Training	8 & 9 February 2025
Individual training	22 & 23 February 2025
Team Training	1 & 2 March 2025
Individual Training	8 & 9 March 2025
Team Training	15 & 16 March 2025
Individual Training	29 & 30 March 2025
Team Training	5 & 6 April 2025
Team Training	12 April 2025
Showcase	13 April 2025
Arrival Orlando	19 April 2025
Opening Ceremony ICU Worlds	23 April 2025
ICU Worlds preliminaries	24 April 2025
ICU Worlds Finals	25 April 2025
Leaving the house in Orlando	27 April 2025
End-of-Season Event Reunion	19 July 2025

7.8. Deadlines

**Make sure you send these documents in on time.
If you don't make your deadline, there will be consequences.**

REQUIRED DOCUMENTATION	DEADLINE
Intake Form (Emergency Contact Details + contract)	14-10-2024
Signed Athlete contract	14-10-2024
Valid Passport	14-10-2024
Proof of Residence (non-Dutch citizens)	14-10-2024
ESTA/Visa	03-02-2025
Flight	03-02-2025
Insurance covering USA and Extreme Sports (Competitive environment)	03-02-2025
Medicine Passport (TUE)	03-02-2025
Uknights Legal waiver(We will print them out and let you sign it at training weekends)	TBD
ICU Legal Waivers (We will print them out and let you sign it at training weekends)	TBD

8. FINANCIAL OVERVIEW

All athletes have to pay a contribution to fund the season and the trip to the ICU Worlds.

The contribution for this season will be € 2.350,-

The contribution of the athletes is used to pay the following costs:

ATHLETES CONTRIBUTION	
Training Halls (NL)	130,00 €
Training Halls (US)	40,00 €
Clothing	450,000 €
Food (US)	140,00 €
Housing (US)	410,00 €
Transportation (US)	215,00 €
Coaches compensation	520,00 €
Miscellaneous (flags, mics, music, etc)	20,00 €
Teambonding	30,00
Unexpected costs	55,00 €
Competition costs (US)	540,00 €
Sponsoring/merchandise sales	-200,00 €
Total	2.350,00 €
Refund	TBD

8.1. This overview does not include the following costs:

8.1.1. Flights to the US

8.1.2. Visa/ESTA

- 8.1.3. Required documentation
- 8.1.4. Personal insurance
- 8.1.5. Purchase of extra clothing
- 8.1.6. Meals during the NL trainings, and meals outside of breakfast, lunch and dinner during the stay in the US | Block party tickets
- 8.1.7. Travel costs to the practices and events in NL
- 8.1.8. Costs for booking gyms outside the full team practices
- 8.1.9. Team bonding events outside the program event on November 1st

8.2. If the athlete already has purchased a uniform last season it is not necessary to purchase them again for season 24/25 **(unless they do not fit properly or are irreversibly dirty)**. TBD by the board.

People who decided last year to keep their refund on the team NL bank account can deduct that from the first payment.

Sponsoring

During the season, there will be efforts to acquire sponsors to help athletes with covering the costs of the season.

- 8.2.1. Athletes are encouraged to help with the acquisition of sponsors, as this will help reduce their costs and improve the outcome of the current and future seasons of TeamNL.
- 8.2.2. Athletes are responsible for fulfilling the agreements made with sponsors, either by social media promotion, or by attending sponsored events.

8.3. At the end of the season, if a substantial amount has been overbudgeted, the extra money will be returned to the athletes.

8.4. Financial Due Dates

PAYMENT DUE DATES	
October 5th	600,00 €
November 2nd	600,00 €
January 26th	600,00 €
February 23th	550,00 €

TEAM NL ALL GIRL

SEASON 2024 2025

Be a part of it!

9. ATHLETE'S CONTRACT

I, _____ (first name & last name)
have read the information packet provided to me fully and agree to abide by all terms and conditions outlined. I understand that I am committing to a high-level National Team and will do my utmost to represent myself and my country with dignity and respect at all times. I understand that by signing this, I am agreeing to all commitments outlined above and agree to pay all funds required of me.

Place & Date: _____

Signature: