



SEASON 25-26

ATHLETE'S INFO & CONTRACT

ALL GIRL ELITE

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Information Season 2025/26

1. Purpose

- 1.1. To create a team environment that is both healthy and competitive for the country of Netherlands.
- 1.2. To create the best possible competitive team out of the best athletes available and able to commit to Team NL.
- 1.3. To be a leader and role model for individual athletes, the cheerleading community and the country of the Netherlands

2. Philosophy

- 2.1. Cheerleading is a medium through which we experience the joys of sport and competition.
- 2.2. Cheerleading should bring empowerment to individuals and the community, through discipline and hard work.
- 2.3. It is never acceptable to use cheerleading as an excuse for unwarranted actions towards others.
- 2.4. To accept all individuals on the team as equal contributors, regardless of gender, race, creed, sexual orientation or politics.
- 2.5. To prioritize the success of the team over the ambition of any single individual.

3. Membership and Commitments

- 3.1. Team members will be expected to commit to a full season of trainings, events and competitions, including but not limited to the ICU Worlds in Orlando, FL, April 22nd to 24th 2026
- 3.2. Team members agree to uphold the highest standards of moral and community excellence.
- 3.3. 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

- 4.1. Team members are expected to attend all scheduled training sessions as outlined in this document and agree to participate in any additional practices or competitions as determined by the coaching staff.
- 4.2. Team members are responsible for maintaining and improving their physical fitness and well-being, which includes diet, exercise and mental health.
- 4.3. Team members are responsible for transport to and from all scheduled practices.
- 4.4. Team members are responsible for scheduling all other responsibilities around the time commitments listed. Work, family events (funeral excluded) and vacations are non-valid excuses for not attending practices.
- 4.5. Team members will be responsible for communication, including regular check-ins, with coaches through the assigned communication system (i.e. Band, WhatsApp).
- 4.6. Team members are responsible for their behaviour, both on and off the mat.
- 4.7. 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 at the discretion of the coaches and the board 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 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 Team Cheerleading Nederland (TCNL)



6.1.2. Coaching Staff

Giovanna Smith E: gio.smith005@gmail.com	Florian de Coster E: floriandecoster@telenet.be	Amber Aerts E: amberaerts@hotmail.com
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6.2. Communication

6.2.1. Band: All athletes will need to download the app BAND and accept the invite to Team NL. Practices, workouts and communication with the coaches 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: 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.

6.2.4. 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. When an athlete already owns a uniform and/or apparel, re-purchasing is not necessary if it is in good condition. The condition is at the discretion of the board.

6.5. Use of photo and video recordings

Team members give permission for the use of photo and video material on which they are displayed or portrayed for publication on our website and social media channels (such as Facebook, Instagram, Linked in, etc.), promotional material, newsletters and other marketing and communication purposes. If a member does not agree for any reason, the member notifies TCNL in writing by sending an email to:

info@teamcheerleading.nl

7. Team Practice Information

7.1. Practice Dates

7.1.1. Practice dates as outlined in this document are MANDATORY.

7.1.2. Coaches reserve the right to change, modify, add or delete practices as necessary.

7.1.3. Team members agree to communicate practices by posting in the BAND app.

7.2. Team Bonding

Team bonding events are MANDATORY.

7.3. Workouts

7.3.1. Workouts are MANDATORY.

7.3.2. Team Members agree to a minimum of 3 workouts weekly, including 1 practice with your stuntpartner(s)

7.4. Fitness Evaluation

7.4.1. Team members will periodically be evaluated on fitness levels. Team members that are NOT progressing on 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. Only mandatory work or school obligations that are officially verified, formally documented and proven to be entirely non-reschedulable.

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)

Team training sessions take place at least once a month in or closeby Utrecht and as we get closer to April, they become more frequent. It is strongly advised to not plan any vacation in March due to the full schedule and extra practices with team members that may be necessary

Training weekends are set dates when the team gathers to train with the coaches. These days start at 10:30 AM and finish at 6:00 PM (times may vary based on hall availability). Athletes will have an half-hour break midway through the day. Athletes are expected to bring their own food and drinks and to help with setting up and taking down the floor.

Individual practices are the responsibility of the athletes and need to be scheduled in between training weekends by the athletes themselves. Stunt and tumble practice/ training is done during your individual sessions. To make significant progress, training with your group/couple at least once a week is important.

What	When
Try out	30th and 31st of August 2025
Team Training	27th and 28th of September 2025
Team Training	25th and 26th of October 2025
Team Training	15th and 16th of November 2025
Team Training	21st and 22nd of December 2025
Team training	17th and 18th of January 2026
Mid Season Evaluation	31st of January (by online evaluation)
Team Training	14th and 15th of February 2026
Team Training	7th and 8th of March 2026
Team Training	21st and 22nd of March 2026
Team Training	4th and 5th of April 2026
Team Training	11th of April
Showcase	12th of April
Arrival Orlando	Saturday 18th of April 2026
Opening Ceremony ICU Worlds	Wednesday 22nd of April 2026
ICU Worlds preliminaries	Thursday 23th of April 2026

ICU Worlds Finals	Friday 24th of April 2026
Leaving the house in Orlando	Sunday 26th of April 2026
Performance/showcase at Nationals (Mandatory)	TBD: 30th or 31st of May 2026
End-of-Season Event Reunion	Saturday 18th of July 2026

7.8 Deadlines

Team members are expected to meet the following documentation deadlines. Team members that do NOT meet deadlines will be subject to disciplinary action.

Deadline	Required Documentation
26th of September 2025	Intake Form (Emergency Contact Details + contract)
	Signed Athlete contract
	Valid Passport
	Proof of Residence (non-Dutch citizens)
1st of February 2026	ESTA/Visa/ETA
	Flight
	Insurance covering USA and Extreme Sports (Competitive environment)
	Medicine Passport (TUE)
T.B.D	US practices Legal Waivers

	ICU Legal Waivers
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- Signed athlete contract: The athlete contract needs to be signed with your full passport name, place, date and your signature. Athletes can upload a picture of the last page of the contract or send the whole contract signed. With signing the contract an athlete agrees to all the terms that are written.
- Passport photo: A picture of your passport (front page) is required for registration purposes. Although it is not officially required it is recommended to have a passport that is valid for at least 6 months upon return.
- Proof of residence (for non dutch people): For persons who do not have a Dutch passport/citizenship a proof of residence is required to be able to compete for the national team. Application can be done at your local municipality ('gemeente'). This document is called BRP ('basisregister personen'). It will take about a week until receiving after application.
- Flight information: Flight information is needed for every athlete. The organisation of TCNL will transport athletes from and to the airport (MCO) on the 18th and the 26th of April. Athletes who decide to come before the 18th or stay after 26th need to provide their own transportation to and from the house.
- Esta: To go to the US and Esta is required. Application can be done at <https://esta.cbp.dhs.gov/> Further information about e.g. the address of your stay will be provided at a later point.
- Medical passport: Athletes who take any medication do need a medical passport from their doctor's office. A medical passport is required for traveling to the USA. This passport proves these medications are used on prescription and is often required at customs. Athletes need to read through this website to make sure no substances are used that are on the WADA prohibited list. <https://www.wada-ama.org/en>
- Insurance: Getting insurance is an athlete's choice and responsibility. Insurance is recommended to prevent high costs in case medical care is needed. Athletes can ask at

their personal travel insurance company to provide a written confirmation that declares that cheerleading is covered. Otherwise we advise a short-term travel insurance for extreme sports ('kortlopende verzekering extreme sporten').

8. Financial Overview

- 8.1. All athletes pay a contribution to fund the season and the trip to the ICU Worlds. The contribution for this season will be € 2.350,-
- 8.2. The contributions made by athletes are divided to allocate funds for the following expenses:

Athletes Contribution	
Training Halls (NL)	175,00 €
Training Halls (US)	40,00 €
Clothing	400,00 €
Food (US)	130,00 €
Housing (US)	380,00 €
Transportation (US)	215,00 €
Coaches compensation	550,00 €
Miscellaneous (flags, megaphones, poms, music, etc)	20,00 €
Teambonding	30,00 €
Unexpected costs	50,00 €
Competition costs (US)	560,00 €

sponsoring/merchandise sales (see point 8.2.1)	-200,00 €
Total	2.350,00 €

8.2.1. This budget takes into account participation in sponsorship activities. If an athlete chooses to not participate, the costs of 200 euros will be borne by the athlete.

8.3. This overview does not include the following costs:

- 8.3.1. Flights to the US.
 - 8.3.2. Required documentation (eg. passport, proof of residence, ESTA)
 - 8.3.3. Personal insurance.
 - 8.3.4. Purchase of extra apparel and/or merchandising.
 - 8.3.5. Meals during the NL trainings, and meals outside of breakfast, lunch and dinner during the stay in the US and block party tickets.
 - 8.3.6. Travel costs to the practices and events in NL.
 - 8.3.7. Costs for gym rental outside the full team practices.
 - 8.3.8. Team bonding events external from the program event.
- 8.4. If a team member already purchased a uniform and/or apparel last season, it is not mandatory to purchase them again for season 25/26 (*Unless it is in unacceptable condition e.g. does not fit properly, are irreversibly dirty, are faded or battered*). TBD by the board during the first practice weekend.
- 8.5. Team members who decided last year to keep their refund on the team NL bank account may deduct that from the last payment.
- 8.6. Sponsoring**
During the season, there will be efforts to acquire sponsors to help athletes with covering the costs of the season.

8.6.1. Sponsorship is motivated and managed on behalf of TCNL. Throughout the year, targeted initiatives are organized to reduce costs for participants. Athletes do have the option to pay the full contribution or to take part in these initiatives in order to lower their expenses.

8.6.2. Athletes are required 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.

8.6.3. Athletes are responsible for fulfilling the agreements made with sponsors, which may include wearing branded apparel, promoting on social media, attending sponsored events, and any other activities required to deliver value in line with the sponsorship commitments.

8.7. Financial Due Dates

Bank details

Account number: NL 26 RABO 0330 8137 22

In name of: Stichting Team Cheerleading Nederland

Please ensure that the payment is received within the specified payment period, referencing your full name and payment number in the bank transaction details.

Payment Due Dates		
September 26th, 2025	payment 1	600,00 €
October 24th, 2025	payment 2	600,00 €
January 23th, 2026	payment 3	600,00 €
February 20th, 2026	payment 4	550,00 €

9. Athlete 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.

I declare that I am in a physical and mental state that enables me to meet the standards expected of a TeamNL athlete for the full season, including the World Championships.

Place & Date: _____ Signature: _____