



September 3, 2018

aNGELS dANCE aCADEMY

The Cloud Cater Road, Bristol Bs13 7tw

**Welcome to Angels Dance Academy All-star Cheer & Dance competition programme.**

*Angels Dance Academy formally known as Ashton Angels was founded back in the 1990’s by Tracy Bedford. With only 6 dancers, Tracy began teaching in the south of the Bristol city, where she inspired and developed young athletes into talented dancers, cheerleaders and coaches.*

*Ashton Angels quickly flourished into a competitive Dance & Cheer Academy with an ethos of ‘Total inclusion’. Tracy Bedford’s development continued when she handed the Academy over to her son Charlie Bedford and best friend Michelle Sergeant.*

*Today, Charlie & Michelle manage and run the extremely successful ‘Angels Dance Academy’ also known as ‘ADA’. With the administrative support from Stephanie Bedford and 16 awesome assistant coaches; Angels Dance Academy engages 350+ members and 22 competitive teams.*

*Angels have competed Nationally and Internationally, representing their country at the USASF competition for 11 consecutive years. In 2008, ADA Dark Angels were crowned ‘World Hip hop Dance Champions’ and have since consistently placed Top 10 in the World! Angels Dance Academy, continue to strive to be the best we can be.*

*We believe that the biggest competition is yourself!*

*“Angels Fly Higher”*

At Angels Dance Academy we take pride in the importance of developing far more than just the cheer skills and routines you see on the competition floor. The athletes develop confidence, strength of character to push through the hard times, dedication to the team, setting and working towards goals, skills in time keeping, sportsmanship and the importance of a healthy lifestyle.

**Head Cheer Coach**

# Michelle Sergeant

*Proud Co-owner, Director, Choreographer and Head Cheer Coach of an incredibly talented and successful Academy.*

*Qualified level 1-4 cheerleading and tumble coach. I have now retired from competing in cheer myself; however, you are likely to still see me on stage filling in at ADA showcases. I have the pleasure of training our athletes to become superstars, role models and assistant coaches. Crazy, Machine, Black Panther, Superhero & Twerk Queen, are a few of the names I am called daily. I love it all and wouldn't trade it in for the world!*

*Angels really do fly higher!*

**Cheer coaching team**

Head Tumble Coach.

Cheer Coach for all Junior & Senior Teams level 2-4

# Mychael Zak James-Dixon

*Began Cheerleading 7 years ago Background as a sponsored free runner and Circus performer Coaching tumble for approximately 7 years Qualified level 1-5 cheerleading and tumble coach Competed levels 2-6 Has been national champion at levels 2-5 This will be season 6 with Angels Dance Academy Competed with Coventry Dynamite Ignite, Predators Athletics, Angels Dance Academy, University of Bristol Jets, University of the West of England Comets, Swansea Sirens Currently on Unity Allstars Black IOC6.*

Cheer Coach for Tiny & Mini Teams level 1



# Emma Dee Banks

*Unlike the other coaches in the academy I don't have a dance or cheer background but found my love of cheer through my kids. I started helping out with kits and uniforms soon after Mitch joined ADA in 2010. Since then I've gained a cheerleading coaches’ qualification and truly fallen in love with the sport and all the athletes that step through the door.*



Cheer Coach for Tiny & Mini Teams level 1

# Lauren Dennis

*I've been with ADA since 2005 when Kingswood Unique Angels and Ashton Angels merged together creating Angels Dance Academy! I coach Arc Angels and assist coaching virtues. I am in Dark Angels, Guardian Angels and Tabris Elite. I've competed at the Dance Worlds every year since 2013. My biggest achievements would be coming 2nd in the world with Dark! Competing in 2 teams (Dark and Shadows) at the Dance Worlds, competing in Team England hip hop 2015 and winning Dark Angels Loyalty Award 2017!! Fun fact I have a degree in Dance!*



# Toby Brewer

|  |
| --- |
|  |

*I started off cheering for Angels 10 years ago when I was 14 and I’m very happy to be back coaching this year! I currently cheer for Unity Allstars Black which was also my first worlds team back in 2013. I recently became a World Champion with Team England - Coed Elite at Worlds 2018 and I have represented my country for the past 5 years at Worlds in both level 5 and 6. Partner Stunting and dance are my two favourite parts of a routine, there’s nothing I love more than performing and showing off a routine to a crowd! I can’t wait to put my knowledge and experience into a wonderful academy of athletes and coaches!*

Assistant Cheer Coach for all teams

**How to join**

Initially every member will be assigned a team to begin training with. Positions within teams will be reviewed over the summer, to ensure everyone is in the correct team for their ability level. Movement may take place both up and down the levels throughout the season as necessary.

**Once assigned a team-**

Current members do not need to do anything further, you should have set up your standing orders to match your new team accordingly.

New members should follow the following steps:

1. Sign up to Coacha using the link below:

<https://my.coacha.co.uk/member_signup/655124584F>

1. Set up payment plan. Sort code: 56/00/05 Account: 30499585 Ref: Athletes name.

Price list for teams on page 4.

Payment needs to be transferred by standing order by the 1st of each month. (Please refer to Code of conduct pack regarding failed/missed payments).

1. Every Cheer/Dance athlete in the academy is required to read, print/sign & pay registration fees. 2018/19 ADA Registration pack is now available to download from our website, and payment is now due. [www.angelsdanceacademy.org](http://www.angelsdanceacademy.org)

**The Teams**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Team Name | Age | Level | Training Time | Min skill required unless provides high level skill in another area |
| Cupid | Tiny | Level 1 | Sundays 17:15-18:30 | No pre-skill required |
| Arc | Mini | Level 1 | Sundays 16:00-17:15 | No pre-skill required |
| Cherubs | Youth | Level 1 | Wednesdays  18:30-20:00 | Preferably Forward/Back walkover (Not essential) |
| Seraphim | Senior | Level 1 | Wednesdays 20:00-21:30 | No pre-skill required |
| Ariel | Junior | Level 2 | Wednesdays 16:30-18:30 | Standing back handspring |
| Halo | Senior | Level 3 | Wednesdays 18:30-21:30 | Standing flick series/Ro tuck |
| Tabris | Senior | Level 4 | Sundays 18:30-21:30 | Standing tuck/ Ro flick tuck/layout |

**Training Fees -2018/19 Season**

|  |  |
| --- | --- |
| Teams and training hours per week | Monthly payment- 1st payment due the 1st of each month. (Starting 1st August) |
| Cupid = 1hr 15mins | £24 |
| Arc = 1hr 15mins | £24 |
| Cherubs = 1hr 30mins | £25 |
| Seraphim = 1hr 30mins | £25 |
| Ariel = 2 hrs | £27 |
| Halo = 3 hrs | £35 |
| Tabris = 3hrs | £35 |
| Reserve team | £15 |
| Fourth team discount | £4 |
|  |  |
|  |  |
|  |  |

**Fees remaining unpaid on the 10th of the month will result in the athlete sitting out at training until fees are brought up to date. This may affect position in routine.**

**Fees can be payable via a monthly standing order, or other payment plan at the beginning of each month. (See payment plan on page 2).**

**Competitions & events**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Team Name** | **ADA Winter showcase 6th December. Venue TBC** | **BCA Spring Spirit**  **27th January.**  **University of Worcester Arena**  **Worcester**  **£30 & £20** | **Legacy INSPIRE GREATNESS 13th April. Motorpoint Arena Cardiff Wales**  **£41 & £23** | **Cheersport Wales 19th May. Ice Arena Cardiff**  **£29 & £16** | **Elite Cheerleading Championships**  **Germany.**  **08th-10th June.**  **£44 & £24** | **ADA Annual showcase 12th-14th June. Oasis John Williams Bristol** | **Future Cheer**  **Nationals 5th -7th July. BIC Bournemouth**  **£42 & £26** |
| Cupid | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png **Choir** |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |
| Arc | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png **Choir** |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |
| Cherubs |  |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |
| Seraphim |  |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |
| Ariel |  |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |
| Halo |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |
| Tabris |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |  | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png | http://www.angelsghosts.com/images/angel_wings_pictures_62009a.png |

**Team members will need to participate in all events listed for their team.**

**Teams will participate in the events indicated with the ‘Angel Wings’.**

**Competition costs & payment dates**

**\*Please note for all competitions parents/guardians and athletes must arrange own travel to and from the competition venue and book and organise own accommodation.**

**Additional cost for spectators’ tickets/wristbands will also be required.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Team Name | Total cost for all competitions  (1st Division entry) | Total cost for all competitions  (2nd Division entry) | Comp fees split into 5 monthly payments | Months payments are due 1st of the following months: | Option to pay total balance |
| Cupid | £41 EXCLUDING BOURNEMOUTH | £64-If you double duty | 1st entry only = £8.20  1st & 2nd entries = £12.80 | Nov, Dec, Jan, Feb, March | Dec 2019  £41 or £64 |
| Arc | £41 EXCLUDING BOURNEMOUTH | £64-If you double duty | 1st entry only = £8.20  1st & 2nd entries = £12.80 | Nov, Dec, Jan, Feb, March | Dec 2019 |
| Cherubs | £70 EXCLUDING BOURNEMOUTH | £109 If you double duty | 1st entry only = £14.00  1st & 2nd entries = £21.80 | Nov, Dec, Jan, Feb, March | Dec 2019  £70 or £109 |
| Seraphim | £70 EXCLUDING BOURNEMOUTH | £109 If you double duty | 1st entry only = £14.00  1st & 2nd entries = £21.80 | Nov, Dec, Jan, Feb, March | Dec 2019  £70 or £109 |
| Ariel | £70 EXCLUDING BOURNEMOUTH | £109 If you double duty | 1st entry only = £14.00  1st & 2nd entries = £21.80 | Nov, Dec, Jan, Feb, March | Dec 2019  £70 or £109 |
| Halo | £104 EXCLUDING: Bournemouth | £171-If you double duty  EXCLUDING: Bournemouth | 1st entry only = £20.80  1st & 2nd entries = £34.20 | Nov, Dec, Jan, Feb, March | Dec 2019  £104 or £171 |
| Tabris | £119  EXCLUDING: Bournemouth, flights & accommodation for Germany | £194  EXCLUDING: Bournemouth, flights & accommodation for Germany | 1st entry only = £23.80  1st & 2nd entries = £38.80 | Nov, Dec, Jan, Feb, March | Dec 2019  £119 or £194 |

**Competition costs for the athlete entry will be paid in full or split over 5 months. Please see above the fee and monthly payment to be made for each team. 1st division entry the cost of the first routine an athlete competes at competition. For those in more than one routine, you will pay one 1st division cost, then 2nd division costs for each additional routine.**

**Competition fees are refundable up to December 31st 2018. AFTER THIS POINT THEY ARE NON REFUNADABLE!**

**Uniforms**

**Those needing a uniform will need to attend ‘Uniform Day’ Sunday 18th November 17:00-18:00 at The Cloud.**

**Athletes will be sized for uniform, and orders taken with a 50% deposit. Anyone with a pre-worn uniform to sell will also be able to bring their uniform to sell on this day. NO KITS ORDERED AFTER THIS DATE!**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Team | Uniform & Bow | Brand new uniform cost: (Purchase price) | Hire fee from another athlete or coach | Second hand kit price | Bow cost |
| Cupid | As 2018 season | £100 | £20 | £50 | £12 |
| Arc | As 2018 season | £100 | £20 | £50 | £12 |
| Cherubs | As 2018 season | £100 | £20 | £50 | £12 |
| Seraphim | As 2018 season | £100 | £20 | £50 | £12 |
| Ariel | Details of new kit coming soon. | £100-£170 | £20 | N/A | £12 |
| Halo | Details of new kit coming soon. | £100-£170 | £20 | N/A | £12 |
| Tabris | Details of new kit coming soon. | £100-£170 | £20 | N/A | £12 |

**UNIFORMS ARE MADE TO MEASURE, SO ONCE DEPOSIT IS MADE NO REFUND CAN BE ISSUED!**

**Uniform Day**

**For training, members will be required to wear an ADA branded t shirt/vest. These will be available from October. Plain bottoms or ADA training kit can also be worn. ADA merchandise can be purchased from our shop at The Cloud.**

**Fundraising**

All teams must take part in at least 2 fundraising events per competition season.

Fundraising will help to support the costs of music for each team. Cheer music must meet the appropriate music copyright laws, these tracks of music range in price and start at £150.

Music was not purchased for teams last season, so we anticipate fundraising and purchasing new tracks for each cheer team for 2018/19 season.

**Cheer clinics and camps**

Some teams will take part in compulsory external sessions with guest coaches and choreographers. These sessions are likely to take place at ‘The Cloud’ to reduce travel costs.

Below is an indication of teams likely to have external camps, along with an estimated cost.

|  |  |
| --- | --- |
| Team | Estimated cost per athlete over the season |
| Cherubs | £25 |
| Ariel | £25 |
| Halo | £25 |
| Tabris | £30 |

Dates for clinics/camps will be released as soon as they are confirmed with the external agencies.

**Tumbling**

Tumbling is an important aspect of Allstar Cheer and team generally have a minimum tumble requirement related to the level of the team. We have the option of both Open gym sessions on Saturday evenings (See Facebook page/Instagram for updates) and tumble privates with Coach Mychael, for those who are looking to develop their tumbling ability.

**Attendance**

Cheerleading is a team sport that does require regular attendance at training sessions in order for the team to be successful. During the sessions team members work in groups to perform the stunts and repetition is important in order for these to be mastered. It is important therefore that members commit to attend the sessions.

**Please complete & submit this page to coach**

# Attendance Contract

|  |  |
| --- | --- |
| Athlete name: |  |
| **Date of birth:** |  |
| **Address:** |  |
|  |  |
|  |  |
| **Team(s):** |  |
|  |  |

|  |
| --- |
| **Agreed actions:** |
| * The weeks of training prior to a competition are compulsory. No absences or holidays 4 weeks prior to competition date. * Parent/guardian will inform coaches through private message on the first day of a sickness or any other cause for athlete non-participation. The coach will agree appropriate action at this point. * During the school holidays we ask that athletes attend unless they are away on holiday. * Athletes are allowed up to a maximum of 3 absences during the term time. NO ABSENCES ARE ALLOWED 4 WEEKS PRIOR TO A COMPETITION! |

|  |  |
| --- | --- |
| Attendance target: | 100% |
| Pre-planned Holiday/absences: (including school holidays) | *Date(s)* |

**I confirm that this Attendance Action Plan was agreed by all present.**

Signed: ……………………………………………Parent/guardian

Signed:……………………………………………Athlete

If athlete is at risk of losing position on team. Parent/guardian and athlete will be called into a meeting.

|  |  |  |
| --- | --- | --- |
| Date of review meeting: |  | |
| **New agreed actions:** | |
|  | |

**I confirm that this Attendance Action Plan was agreed by all present.**

Signed:……………………………………………Parent/guardian

Signed:……………………………………………Athlete

**Communication**

Communication, reminders and updates throughout the season takes place via the following:

Angels Dance Academy Facebook page: ADA Bristol

Angels Dance Academy Instagram page: @angelsdanceacademy

Angels Dance Academy Website: [www.angelsdanceacademy.org](http://www.angelsdanceacademy.org)

Individual team communication will also be re-laid through Whatsapp messenger groups

Looking forward to a successful 2018-19 season!

*“Tis the season to fly higher”.*

***Michelle Sergeant***

*Director: Angels Dance Academy*

*Head coach: Angels Dance Academy Cheer programme.*

*Tel: 07788640957*