

ASCENSION EAGLES INFORMATION PACK 2024-25



The best is yet to come...

OUR BACKGROUND

"Ascension Eagles aims to transform and inspire young people to reach their full potential"

Over the past 28 years, Ascension Eagles (AEC) has built a tradition of excellence both on and off the competition floor. Using competitive cheerleading, AEC aims to transform and inspire young people to reach their full potential, while providing the highest level of training and coaching.

We believe that building champions is about so much more than accumulating trophies & awards; it's the transferable skills that our athletes learn from their time as part of the programme that they will carry with them in to their ever day lives; we are committed to challenging and helping them to become the very best version of themselves.

We are incredibly proud of our top-class coaching staff, each member of the team bringing a wealth of different experience and passion for cheer, and young people; this makes us a strong and incredibly close knit programme.



AEC is open to male and female athletes aged 6+ with no prior cheerleading experience necessary. The season ahead will run from September 2024 to July 2025.

Here at AEC we pride ourselves on providing a positive and safe environment for everyone that attends. As such, all members are expected to adhere to our code of conduct which will be sent out at the beginning of the season.

For more information on our programme and staff team or to view our Ascension Eagles GDPR Policy, Anti-Bullying Policy and Safeguarding/ Child Protection Policy go to www.ascensioneagles.com

We are looking forward to having you as part of the family and making our 29th season our very best yet!

IMPORTANT CONTACT INFORMATION

Robert Horton – Safeguarding Lead	Email: robert@ascensioneagles.com
Paula Brown – Front Desk, Administration & Deputy Safeguarding Lead	Email: paula@ascensioneagles.com Gym Mobile: 07866612610
Angela Green – Director	Email: director@ascensioneagles.com

SCHEDULE

All AEC practices are 1.5 hours long. ALL AEC teams with the exception of our once a week team, Gravity, train twice a week, totalling 3 hours.

Athletes are required to attend every session scheduled for their team each week.

Prodigy & Symphony - Monday & Friday 5-6:30pm

Gravity - Tuesday 4:30-6pm

Prophecy & Majesty - Monday & Wednesday 6:30-8pm

Synergy - Tuesday & Thursday 6:30-8pm

Please note: AEC athletes are expected to attend all of their practice sessions. As part of our focus on attendance this coming season, any athletes that reach 3 absences will be contacted by a member of the senior staff team to discuss their position on the team.

THE COMMITMENT

Cheerleading is an intense team sport that requires a high level of commitment both in time and financially. We ask that everyone takes time to read the information pack, finance pack and code of conduct to ensure that they fully understand what they are signing up for.

Once athletes have accepted their place on an AEC team they are expected to see their commitment through for the season, from September to July. We understand that there will almost certainly be times during the year where they do not feel like coming to practice or would rather be doing other things. We expect them to attend anyway and ask parents to support this; we fully believe in the life lessons that this will teach our athletes in the long term.

Cheerleading is not the kind of activity children can dip in and out of, and it is not an after school club. Please keep this in mind when deciding whether our sport/gym is right for your child.

We expect our athletes to attend every practice and competition set for their team, so if your child is mini/youth/junior age then joining the programme will also mean a weekly commitment from you as their parent/guardian.

Over the past 28 years, we have had the privilege of working with thousands of young people and have seen first hand the difference it has made in their lives. We appreciate that joining cheerleading is a huge commitment and we try to be as up front as possible about that, BUT it is also incredibly rewarding. The countless memories and friendships they will make as well as the transferable skills they will gain, will long outlast their time in our programme.

PLEASE NOTE ALL MEMBERS OF AEC ARE EXPECTED TO FOLLOW THE AEC CODE OF CONDUCT, WHICH WILL BE SHARED AT THE BEGINNING OF THE SEASON. BY ACCEPTING YOUR SPACE ON THE TEAM YOU ARE AGREEING TO THIS EXPECTATION. ANY BREACHES OF THE CODE OF CONDUCT MAY RESULT IN REMOVAL FROM THE PROGRAMME.

COMPETITION DATES

(Please note that the competition schedule has changed this year for some teams)

All athletes are expected to compete at all competitions that their team attends. Competitions are typically held during weekends. Therefore, school absences are limited. Please note that in the two weeks prior to any competition athletes should not miss any training sessions; it is also possible that training sessions could increase if needed. Attendance is required. Please clear your calendar for all the dates listed below until you're advised as to which day at each competition pertains to you.

Please keep in mind that all dates may not be listed, and additional opportunities may arise.

Competition	Location	Date	Teams	Overnight stay	Travel Plans
Legacy Just Believe	OVO Arena, Wembley	15&16th February	Prodigy Symphony Prophecy Synergy Majesty	No	Make own way
FC Spotlight Showdown	Colchester University, Essex	15&16th March	Prodigy Symphony Prophecy Synergy Majesty	No	Make own way
ICE	K2 Crawley	10&11th May	Gravity	No	Make own way
Live your Legacy	Birmingham	7-8th June	Prophecy Majesty	Optional may be time dependent	Team Bus may be available
FC Prep Nationals	Stonleigh	14th June	Prodigy Gravity Symphony Synergy	Optional may be time dependent	Team Bus may be available
FC Nationals	Bournemouth	20/22nd June	Prophecy Majesty	Optional may be time dependent	Make own way
ICC British Open Part 2	Nottingham	6th July	Prodigy Symphony Synergy	Required division time dependent	Team Bus may be available

IMPORTANT DATES

Please note that all dates around school holidays are based on the Newham schools calendar. If your athlete goes to school in a different Borough you should check these dates against your own.

Date	Information
Wednesday 4th September 2024	Weekly team training resumes for all AEC teams
Saturday 14th September 2024	Induction Day for all AEC athletes
Saturday 28th October-Saturday 2nd November 2024	Choreography Week*
Friday 6th or 13th December 2024 TBC	AEC Routine Reveal Showcase @ ExCeL London
Saturday 21st December 2024- Sunday 5th January 2025	AEC Christmas Break
Monday 6th January 2025	Classes resume for all AEC teams
Thursday 19th June 2025	Gym Showcase 5-8pm compulsory for all athletes**
Tuesday 8th July 2025	End of Season Awards Evening

*Choreography Week

All teams will have competition choreography during the October half term (Saturday 28th October –Saturday 2nd November 2024). Each team will be given a time slot across the week. All athletes must be present on their specific day. Dates will be confirmed for each team in September 2024.

**Gym Showcase

All AEC athletes will be expected to attend a gym showcase on Thursday 19th June 2024 5-8pm.

NEW FOR 2024/2025

There are likely to be a number of additional events added per team as we would like to focus on team bonding this year. These will be team specific and will be communicated at the start of the new season as well as throughout the season.

Planned Gym Closures

Saturday December 21st 2024 –Sunday January 5th 2025
 Good Friday April 18th 2025
 Easter Monday April 21st 2025
 Monday May 5th Bank Holiday 2025

Please note that in some circumstances further dates may be added.

TUMBLE CLASSES

Here at AEC we are lucky to have access not only an incredible facility and tumble equipment but also staff with extensive tumble knowledge and experience.

All athletes are invited to attend 1 tumble session per week as part of their payment plan. These classes are usually grouped by skills and where possible we try to keep these on one of the nights that the athletes are already training to limit their nights at the gym, although this is not always possible. AEC athletes that are seniors and a higher skill level are also welcome to attend our weekly open gym sessions.



UNIFORMS

AEC will be keeping the same uniform for the 2024-25 season so existing athletes should only need to purchase a new uniform if they have outgrown their uniform. There will be a chance to sell pre-loved uniforms to new members if they are in good condition. Pre-loved uniforms may be available for purchase, if this is something you are interested in please see Paula. We expect to get a new full programme uniform for our 30th Anniversary season (2025-26).

All athletes will be responsible for purchasing and looking after their own competition uniforms. Athletes will be sized and uniforms ordered in October. Only athletes that are up to date with their payments will be ordered a uniform. Uniforms are expected to arrive in January.

Uniforms will not be returnable based on size issues, growth of your athlete, or damage during washing etc.

All uniforms will come with washing instructions which will need to be adhered to. Any discolouration or loss of stones may result in the athlete being required to purchase another uniform.

It will be the athlete's responsibility to bring their own uniform to all competitions/performances; failure to do so may result in the athlete not being able to perform.

The payment plan for athlete's uniforms, split across the September to January period, is outlined in our finance information pack. Please note that any athletes behind on their payment plan will not receive their uniform.

FINANCE

AEC operates a payment plan that runs from September through to the following June and costs for the season are split across the 10 month period. Full costs for the season can be found in our finance pack.