VOGUE ATHLETICS!

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Get your V's up!

Locations in:
Soham, Cambridgeshire, UK
Albuquerque, NM, USA

ITS THE VA WAY

VOGUE ATHLETICS

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2022/2023 SEASON PACK

We are excited to announce the beginning of our 2022-2023 Vogue Athletics season. At VA we are committed to being the "difference" in cheerleading. We strive to grow athletes on an individual basis. We know that no two athletes are the same, and it is our mission to enable every athlete to shine bright. Ultimately we aim to provide everyone with the support and confidence needed to succeed in sport, and in life!

Our motto is "Work Hard, Be Kind, Stay Humble." Each year we strive to grow and learn together as we work toward becoming the best we can possibly be! Throughout Vogue Athletics we have several world class coaches and athletes, with the utmost passion for the sport.

We work everyday to provide the best possible learning environment and experience for every athlete, we cannot wait to unlock your potential!

VA IS THE PLACE TO BE!

Come learn the "VA WAY!"

Please take some time and look through our information pack to learn more about what it takes to become a VA family member!

HOW TO JOIN A RECREATIONAL CLASS OR TUMBLING CLASS

VOGUE ATHLETICS

Go to
www.vogueathletics.co.uk

Click the "book online" page

Book yourself a FREE trial session and come and meet the VA Family!

Ask us about joining our competition teams!

info@vogueathletics.co.uk

Vogue athletics

WORK HARD- BE KIND- STAY HUMBLE

Be Part of something AMAZING!!

HOW TO SIGN UP FOR YOUR COMPETITIVE TEAM PLACEMENTS

VOGUE ATHLETICS

Go to
www.vogueathletics.co.uk

Click the "book online" page

Register and pay your assesment fee online to secure your spot

Our 22/23 competitive team evaluation day will be July 9th 2022

info@vogueathletics.co.uk

Vogue Athletics

WORK HARD- BE KIND- STAY HUMBLE

Team placements for the 2022/2023 season will be based on a number of factors. Some of which include but ARE NOT LIMITED TO : tumbling skills, stunt experience, flexibility, strength, "cheer age", and maturity.

What should I expect to do at Cheerleading?

We can't wait to show you....

Jumps, Dance, Tumbling, and Stunts

Learn to train the VA Way!

You can expect to try FIERCE dances, our elite VA jumps, amazing tumbling, and challenging stunts with help from our incredible staff.

Cheering for your Future!

We have been lucky enough to see many of our VA athletes continue to be very successful in life! We are keen to contribute to your future success!

- **Confidence**
- **Teamwork**
- **Set & achieve goals**

- **Perseverance**
- **Time management**
- **Inter-personal skills**

We are an inclusive gym with a place for EVERYONE!

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Our Commitment to you!

We are committed to your growth and success. Our athletes learn to work hard, be kind, and stay humble, all while growing skills in a safe and encouraging environment. Our world class staff is continually pushing to be the best leaders and role models possible. We are focused on giving the athletes the best competitive and recreational experience!

What tumbling level am I?

While tumbling isn't the only factor in cheerleading, it is a simple way to gain an "idea" of where your skills are within the levels. NO EXPERIENCE NECESSARY TO BEGIN! Athletes must be able to execute all skills in a level before moving on, athletes must also maintain their skills of a previous level as they progress forwards.

	Entry skills	Advanced skills
Prep/Level 1	No experience necessary	cartwheel, front walkover, back walkover, switch leg walkover and combo skills
Level 2	Standing back handspring, round off multiple handsprings	Front walkover or handspring through to multiple back handsprings.
LEVEL 3	Jump to 2 back handsprings, roundoff back handspring tuck	Punch front through to back handspring tuck.
Level 4	Standing back tuck, standing back handspring to tuck, round-off back handspring layout	Jump to bhs tuck, front punch step out through to layout.
LEVEL 5 +	Multiple jumps to tuck, standing multiples to layout,roundoff bhs full	Specialty through to full/double (6) , standing skill through to full

Pricing

Get your whole family involved for one affordable price

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One price per family, just add your siblings' hours together for your total per month!

HOURS PER WEEK	HOURLY RATE	MONTHLY TOTAL
10	4.20	£168.00
9.5	4.30	£163.40
9	4.40	£158.40
8.5	4.50	£153.00
8	4.60	£147.20
7.5	4.70	£141.00
7	4.80	£134.40
6.5	4.90	£127.40
6	5.00	£120.00
5.5	5.10	£112.20
5	5.20	£104.00
4.5	5.30	£95.40
4	5.41	£86.50
3.5	5.57	£78
3	6.00	£72
2.5	6.50	£65
2	6.50	£52
1.5	6.50	£39

DIRECT DEBIT- 1ST OF THE MONTH

Competition Team Fees

*2 PAYMENTS OF 175 POUNDS (IF YOU NEED A UNIFORM)
*1 PAYMENT OF 175 POUNDS (IF YOU HAVE A UNIFORM)

FIRST PAYMENT DUE BY SEPTEMBER 21ST
SECOND PAYMENT DUE BY NOVEMBER 21ST
THOSE WITH A UNIFORM MUST SUBMIT PAYMENT BY SEPTEMBER 21ST DEADLINE
ATHLETES AND PARENTS ARE RESPONSIBLE FOR THEIR OWN TRAVEL AND ACCOMMODATIONS.
CROSSOVER COMPETITION FEES WILL APPLY TO THOSE ON MULTIPLE TEAMS

TINY NOVICE (ages 3-6)

*1 PAYMENT OF 180 POUNDS
DUE BY SEPTEMBER 21ST
INCLUDES NOVICE UNIFORM

Competition Dates

VA Showcase- 29th January 2023

(all teams)

Cheer City- Spring Open- Feb 2023

(prep, elite, tiny novice)
exact date TBC
Midlands

Legacy- Dream Extreme-March 2023

(prep and elite teams)
exact date TBC
Birmingham

Cheer City-Summer Games-May 20th&21st 2023

(prep, elite, tiny novice)
Hertfordshire

Jamfest Nationals- June 17th & 18th, 2023

(prep and elite teams)
Liverpool

How are teams selected?

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For those interested in competitive teams!

Cheerleading is based on a set of compulsory rules laid out by the Governing Body of Cheerleading that tell us what elements, and how many of them should be done by each athlete and what range of ages athletes can be in each team.

When we create teams and offer an athlete spots on each team, we go by the following guidelines:

1) Is it an age appropriate team within the rules?
2) Does the team/level match the skills your athlete can successfully execute multiple times .
3) We use our athlete ratio guidelines to create a cohesive team with the most successful combination of athletes.

What happens after I receive my Team Offer?

1) You are offered a space on a team, or multiple teams
2) If you are offered a place on multiple teams the first offer is your "PRIMARY" team, the second offer may be a "SECONDARY" team of a different level or age group. (Note, you MUST accept your PRIMARY team to be able to accept your SECONDARY team)
3) ALL ATHLETES MUST READ AND AGREE TO THE ATHLETE CODE OF CONDUCT BEFORE ACCEPTING THEIR PLACE,
4) You have 1 week after your team offer is made to accept your place on your team or teams.

What is the commitment like?

Recreational athletes can train as much or as little as they like!

Competitive team athletes will train a minimum of two hours a week and are encouraged to attend additional tumbling classes to help maximize their success!

How Many Competitions do we attend?

Our competitive teams can look forward to 4 competitions and our annual Vogue Athletics Showcase this season! Our Tiny Novice teams can look forward to 2 competitions and Vogue Athletics Showcase!

Tumble the VA Way

Here at Vogue Athletics we are very passionate about giving athletes the tools to grow. With our tumbling program we emphasize strong technique and body awareness. We stress the importance of perfection over progression by implementing the latest drills and techniques in the industry. Our tumbling program consists of power tumbling and traditional floor gymnastics techniques. We have seen significant success in our drill and mat based methods, and we are lucky to have the best collection of equipment and coaches around! We look forward to showing you "THE VA WAY!"

We offer private lessons!

Private stunting and tumbling lessons are available with select coaches. Fees and times are dependent upon coach and gym availability.

thank you for your interest

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