



UNITED ATHLETICS NEMESIS

United Athletics Manchester are excited to welcome new and returning members to the 2022-2023 Cheer Season! Based at Trafford School of Gymnastics in Sale since 2011, United Athletics is a competitive cheer programme for new and experienced athletes aged 5-16.

We believe that cheer is a sport for LIFE- it is an activity that teaches lessons well beyond the benefits of physical fitness. It is the mission of United Athletics Manchester to provide a positive and challenging athletic environment that builds leadership, responsibility, meaningful friendships and a healthy competitive experience for athletes of all ages.

United Athletics (UA) encourages hard work, dedication and loyalty. Our coaches continually work to provide structured training that rewards those who take part and push themselves to reach goals big and small.

PLEASE READ THIS SEASON INFORMATION IN FULL AND SAVE FOR REFERENCE THROUGHOUT THE SEASON.
ALL INFORMATION IS AVAILABLE ON OUR WEBSITE www.uamanchester.com.

- GYM CLOSED - NO TRAINING -
 December 25th - January 1st inclusive (Christmas and New Year)
 May 28 (May Bank Holiday)
Team training dates are September 8th 2022 - July 13th 2023

TEAM TRAINING INFO	WEEKLY DAY & TIME	LOCATION
NEMESIS: Youth Level 1 All Star	Thursdays 6-7:30pm	Trafford School of Gymnastics

NEMESIS COMPETITION INFO	DATE	EVENT	LOCATION
NEMESIS	Saturday, FEBRUARY 18 2023 ALL TEAMS	Future Cheer's Heart of England	Manchester Central Convention Complex, Windmill St, Manchester M2 3GX
NEMESIS	Saturday, March 18 2023 APOLLO Sunday, March 19 2023 NEMESIS, ARTEMIS	Legacy's Dream Extreme	Resorts World Arena, Perimeter Rd, Birmingham B40 1NT
NEMESIS	Saturday, July 1 & Sunday, July 2 2023 ALL TEAMS	JAMfest Europe	King's Dock, Port of Liverpool, Liverpool L3 4FP
TBD: NEMESIS	JULY 2023 TBD	BCA Summer Showdown	EIS Sheffield -TBD
NEMESIS	Sunday, July 16th, 2023	End of Season Awards Picnic	Walton Park, Sale M33 4AN

NEMESIS MONTHLY TRAINING FEE	NEMESIS MEMBERSHIP FEE
£30 per month Sept-July	Total Fee: £215 October 1: £75 December 1: £70 February 1: £70

***PLEASE NOTE THAT ADDITIONAL FEES APPLY TO MEMBERS WHO DO NOT OWN A COMPETITION UNIFORM. SEE PAGE 3 FOR DETAILS.**

www.uamanchester.com



ATHLETE AGE GROUPS AND TEAM PLACEMENT:

United Athletics follows the SportCheer England guidelines for Ages and Divisions. Team placement is at the sole discretion of United Athletics Coaches. Placements are made based on an athlete's current abilities and skill progression in tumbling, stunts, jumps and choreography.

CHEER ABILITIES CLASS: Age 5-14 as of August 31st 2022

1:30-2:00 Routine, up to Level 2 skills, no tosses

This class is for athletes with varied needs and is scheduled for a 10 week block from September 8 - October 27 2022. Additional blocks may be scheduled based on uptake from November 3rd onwards.

ELECTRA: Age 5-10 as of August 31st 2022

Division: Mini/Youth Level 1 Novice/Prep, 1:30-2:00 Routine

Electra is a competitive team is for new and experienced athletes working towards walkovers and shoulder level stunts.

NEMESIS: Age 6-11 as of August 31st 2022

Division: Youth Level 1 All Star , 2:30 routine

Nemesis is a competitive team for experienced athletes working on walkovers and shoulder level skills as well as progressing towards airborne tumbling and extended stunts.

APOLLO: Birth Years 2006-2011

Division: U16 Level 1 All Star, 2:30 routine

Apollo is a competitive team for experienced athletes with walkovers and shoulder level skills as well as progressing towards airborne tumbling and extended stunts.

ARTEMIS: Age 7-14 as of August 31st 2022

Division: Junior Level 2 All Star, 2:30 routine

Artemis is a competitive team for experienced athletes with back handsprings and single leg shoulder level skills as well as progressing towards more airborne tumbling and extended stunts.



FEES AND REGISTRATION: United Athletics Manchester operate as a volunteer coaching staff to minimise costs within the sport. All fees are allocated towards costs paid by United Athletics to suppliers on the Athletes' behalf such as: venue rental, insurance, music purchase and licensing, competition entry, uniform costs, website fees, office supply, athlete awards picnic, and a small stipend for coaches to travel to events. Competition Fees are paid to event producers using EARLY registration dates where possible to reduce costs and are chosen based on proximity to our location, dates that fit our local school and holiday schedules. On this basis, **fees paid will not be refunded** (with the exception of the BCA Summer Showdown) should an athlete leave the programme before the season is complete as individual refunds from suppliers are not possible. In the 21-22 Season, T-Shirt, Shorts, Competition Uniform and Hair Accessory were included in Membership. In the 22-23 Season, these Uniform fees are additional and are only necessary if an athlete requires that item. **A FULL COMPETITION UNIFORM (INCLUDING HAIR ACCESSORY) IS REQUIRED FOR EACH ATHLETE.**

IN THE 22-23 SEASON, UNITED ATHLETICS FEES ARE SPLIT INTO 3 CATEGORIES:

- **TRAINING SUBSCRIPTIONS:** Training Subscriptions are paid on a Monthly Subscription on the 1st of each month, September-July inclusive.
- **MEMBERSHIP:** Membership Fees can be paid in FULL by October 1st 2022 or split into 3 payments due by October 1st 2022, December 1st 2022 and February 1st, 2023.
 - PLEASE SET PAYMENT REMINDERS FOR THESE DUE DATES IF YOU ARE NOT PAYING IN FULL
 - If the programme chooses to NOT compete at the BCA Summer Showdown in July 2023, Fees for Nemesis, Apollo and Artemis will be reduced by £34.
- **UNIFORM:** Uniform Fees will have various due dates as dictated by suppliers. **ALL COMPETING ATHLETES MUST HAVE A Uniform BODYSUIT, Uniform SHORTS, HAIR ACCESSORY AND CHEER SHOES.** All other listed items are voluntary. Uniform pieces MUST be ordered by October 1st 2022.
 - FULL NEW UNIFORM bodysuit and shorts (same uniform as used in the 21-22 Season): £140
 - Uniform Body Suit Only: £105
 - Uniform Shorts Only: £35
 - Hair Accessory: £12
 - UA Training Shirt: TBD
 - UA Training Kit (shorts and crop top): TBD
 - ALL Athletes REQUIRE cheer-specific or APPROVED shoes no later than the 1st event of the season. Please see our website for more information on where to purchase cheer shoes to support your athlete. (Approved Athletic shoe range £15-£30, Cheer Shoe Price range £40-£99)



CODE OF CONDUCT AND TERMS OF MEMBERSHIP:

Commitment to our sport requires the participation of the athletes AND their support network. Please ensure you can ALL commit to the following terms.

UNITED ATHLETICS MANCHESTER COMPETITIVE TEAMS REQUIRE COMMITMENT TO THE FOLLOWING:

1. **Scheduled Training Sessions:** All athletes are REQUIRED at the 3 training sessions in the lead up to a competitive event. Cheer is a TEAM sport. When 1 member is missing, the entire team is affected. Excessive absences will result in the removal of an athlete from a competitive team without refund.
 1. Communicate planned absences for required school events and trips
 2. Communicate illness. (Athletes who are not ill often feel better when they come into training)
 3. Do NOT take away sport as a punishment. Taking away less value-added activities follows the same rationale of deterrence without risking the benefits of developmental activities and commitments made to a TEAM.
2. **Scheduled Competitive Events**
3. **ON-TIME Payment of Fees** - Please set payment reminders as needed.
4. **Required Uniform and Equipment** - Ensure athletes come to training with hair up, cheer shoes and socks, and athletic training gear EVERY WEEK.
5. **Excellent Sports-Personship** - Being a valuable teammate goes far beyond coming to training every week. Let the players play, the coaches coach, the officials officiate, and the spectators be positive. United Athletics requires athletes to be EXCELLENT TEAM MEMBERS and COMPETITORS. We cheer for our teammates, fellow teams and our RIVALS - NO MATTER WHAT. Bullying, aggressive and negative behaviour will NOT be tolerated and will result in the removal from the programme.

FOR THE FULL UNITED ATHLETICS CODE OF CONDUCT AND SAFEGUARDING POLICY- PLEASE VISIT OUR WEBSITE: www.uamanchester.com

CONTACT INFORMATION

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