

**24  
25** SEASONS

SUMMER  
CHAMPIONSHIP

**ECLIPSE ALLSTARS  
SEASON INFORMATION  
2024/25**



# WELCOME TO OUR #PURPLEARMY!

Welcome to Eclipse Allstars, we are delighted that you are interested in joining us for our 2024/25 season!

At Eclipse Allstars, you will gain life lessons that you will take with you far beyond your years of cheerleading. We believe cheerleading serves a higher purpose, it is more than just a new skill or trophy. Being an Eclipse Allstars cheerleader means being part of a supportive and inclusive family where it is everyone's chance to shine!

## ABOUT US

We offer Novice teams, Prep teams, Allstar teams & Elite teams as well as Pom Dance teams.

### Locations:

The Wavell School, Lynchford Road, Farnborough, GU14 6BH

All Hallows Catholic School, Weybourne Road, Farnham, GU9 9HF.

- Eclipse Allstars is **open to athletes ages 3+**, male and female.
- We are looking for athletes that can develop current skills and gain new skills throughout the season.
- **No previous experience is needed to join Eclipse Allstars** - not all teams require specific skills, just a hard-working, positive attitude.
- Eclipse Allstars are more than a team, we have an inclusive, family environment where friendships, self-confidence and a strong sense of pride is developed. From coaches to athletes, to parents, **everyone is considered part of our #PurpleArmy.**





# SOMETHING FOR EVERYONE

## NOVICE TEAMS

Our Novice cheer teams are the first steps in competitive cheerleading. There is no entry-level requirement for these teams and offer a good opportunity for progression for athletes with lower tumbling skills/athletes new to cheerleading.

**Novice Teams will train once a week. Attendance to tumbling session is encouraged but not compulsory.**

**You MUST attend the team placement session to be considered for a place on an Novice team.**

## ALLSTAR TEAMS

Our Allstar Teams require a higher level of commitment and dedication than our Novice and Prep Teams.

These teams will compete between 3 and 6 times per season, at high standard competitions.

It requires a huge amount of commitment to be placed on one of our Allstar Teams, as you will be representing EAC at a high level.

**Allstar Teams will train twice a week. Attendance to tumbling session is compulsory.**

**You MUST attend the team placement session to be considered for a place on an Allstar team.**

## PREP TEAMS

Our Prep teams allows athletes an opportunity to participate in a more competitive level of cheerleading while offering a smaller time commitment than our Allstar Teams.

**Prep Teams will train once a week. Attendance to tumbling session is encouraged but not compulsory.**

**You MUST attend the team placement session to be considered for a place on an Prep team.**



## POM TEAMS

Pom Dance is a motion based dance style, incorporating visual effects and jumps.

These teams require a high level of commitment and dedication.

**Pom Teams will train once a week.**

Places on our Pom teams will be **selective** for the 2024/25 season, however no previous experience is required. It may be the case that not all athletes who attend team placements for a pom team will gain a place.

However, we are looking to include Pom Prep teams, a new division offered for beginner pom athletes.

**You MUST attend the team placement session to be considered for a place on the team.**

We will try to accommodate teams for all ages, based on who attends team placements, and athlete interest.





# TEAM PLACEMENTS

Eclipse Allstars Team Placements are very specific and each member is thoughtfully placed in order for teams to be successful in each division. Teams are determined based on an athlete's difficulty level and execution of competitive score sheet elements: performance, stunting, pyramids, jumps, and dance. We also greatly consider age, athletic mentality, dedication, attitude and work ethic when placing teams.

**All athletes, including those who are currently on an EAC competitive team, MUST attend team placements to earn a place on a team next season for both cheer AND dance.**

We endeavour to place every athlete that intends team placements onto a team.

## HOW IT WORKS...

The team placement process is nothing to worry about! It is an opportunity for coaches to meet you and be able to make an informed decision on which team will best develop your skills this season.

Tiny and Mini athletes will only be required to attend a Team Placement session on **Saturday 13th July**.

Youth/Junior/Senior Team Placements will be broken down into 2 stages, over two separate days:

- Tumble Evaluations** - Coaches will look at athletes individual tumbling ability. At the end of this session, you will receive a hard copy form detailing which team placement session to attend later in the week.
- Team Placement Sessions** - Athletes are grouped in these sessions by tumbling ability, coaches will look at stunt, dance and work ethic to determine teams for the 24/25 season.

All team placement sessions will take place at Wavell School, Lynchford Road, Farnborough, GU14 6BH.

**PLEASE NOTE** - Athletes are not able to trial for a specific team. Coaches will place all athletes on the team that we believe to be most appropriate for them and the success of the team itself this season. However, you may select to only be considered only for a Novice/Prep Team (training once a week only).

<b>SATURDAY 13th JULY</b> <b>TINY CHEER</b> (Last Year of Pre-school - Yr 2) 3.30-4.30pm <b>MINI CHEER</b> (Yr 3 - Yr 4) 4.30-6pm	<b>SUNDAY 14th JULY</b> <b>LEVEL 0 TUMBLE EVALUATIONS</b> 9.30-11am <b>LEVEL 1 TUMBLE EVALUATIONS</b> 11.15am-12.45pm <b>LEVEL 2 TUMBLE EVALUATIONS</b> 1.00-2.30pm	<b>SUNDAY 14th JULY CONT.</b> <b>LEVEL 3+ TUMBLE EVALUATIONS</b> 2.45-4.15pm <b>POM DANCE</b> (All ages) 4.30-6pm
<b>MONDAY 15th JULY</b> <b>PREP/NOVICE CHEER</b> (All ages) 5-6.30pm <b>LEVEL 3+ CHEER</b> (All ages) 7.45-9.15pm	<b>TUESDAY 16th JULY</b> <b>LEVEL 1 CHEER</b> (All ages) 5-6.30pm <b>LEVEL 2 CHEER</b> (All ages) 6.45pm-8.15pm	<b>THURSDAY 18th JULY</b> <b>TRAVEL TEAM CALLBACKS</b> (Invite Only) 6-8pm



# HOW TO REGISTER FOR CHEER TEAM PLACEMENTS

## TINY/MINI TEAM PLACEMENTS:

### STEP 1

Complete the 2024/25 season Team Placement form linked here.

[CLICK HERE](#)



### STEP 2

Attend team placement session.

£15 payment via Paypal OR card on the day of session required.



### STEP 3

Receive your Team Placement Result via Email.

Welcome to our #PurpleArmy!

## YOUTH/JUNIOR/SENIOR TEAM PLACEMENTS:

### STEP 1

Complete the 2024/25 season Team Placement form linked here.

[CLICK HERE](#)



### STEP 2

Attend Tumble Evaluation session (Sunday 14th July).

Your time slot and more information will be emailed to you by the 20th June, following completing the Team Placement sign up Form.

£15 payment via Paypal OR card on the day of Tumble evaluation session required.



### STEP 3

Attend team placement session detailed on hard copy form received at your Tumble Evaluation.



### STEP 4

Receive your Team Placement Result via Email.

Welcome to our #PurpleArmy!



**ALL TEAM PLACEMENTS COST £15 PER ATHLETE. ALL ATHLETES MUST BOOK ON.**

If you are unable to make a team placement session, please contact us via email for an alternative date - [eclipse\\_allstars@yahoo.com](mailto:eclipse_allstars@yahoo.com)



# HOW TO REGISTER FOR POM TEAM PLACEMENTS

## POM TEAM PLACEMENTS:

### STEP 1

Complete the 2024/25 season Team Placement form linked [here](#).

[CLICK HERE](#)



### STEP 2

Attend team placement session.

£15 payment via Paypal OR card on the day of session required.



### STEP 3

Receive your Team Placement Result via Email.

Welcome to our #PurpleArmy!

If you are unable to make a team placement session, please contact us via email for an alternative date - [eclipse\\_allstars@yahoo.com](mailto:eclipse_allstars@yahoo.com)

## Pom Preparation Class

We will be running a FREE "Pom Preparation" session ahead of pom team placements. This will allow dancers who want to attend team placements to learn the required dance and fine tune any existing pom skills prior to the day.

A video of the dance will be provided to all dancers signed up to pom team placements prior to the day.

Please note - the Pom team placement dance WILL NOT be re-taught during the Pom team placement session. We strongly encourage all those wanting to be a part of a Pom team in the upcoming season to attend the Pom Preparation class. At team placements, dancers will have a short period of time to go over the dance independently in the space before we begin.

Pom Preparation sessions will take place on:

Session	Date	Location
Tiny/Mini (Reception - Year 5)*	Thursday 27th June 5.00pm-5.45pm	Wavell School Location
Youth/Junior + (Year 6+)*	Friday 28th June 5.00pm-5.45pm	All Hallows School Location

\*School year as of Sept 2024



# TRAVEL TEAM - SUMMIT

Our U16 Level 2 team **Discovery** successfully earned a bid for the **Summit 2025!** This is a prestigious invite only competition held in Orlando, Florida. Teams compete against the best of the best to be crowned Summit Champions!

Whilst in Florida, **the team will participate in team activities while also focusing on preparing for the largest competition in the world.** This includes multiple training sessions to ensure they are fully prepared for the event.

**The team will be accompanied by coaches and chaperones throughout the trip,** ensuring their safety and well-being. While parents and other spectators are welcome, the athletes will have their own separate arrangements under the care of EAC coaches. It is not necessary for athletes to have a parent in attendance.

**In addition to competing at the Summit in Florida, the team will also participate in their respective divisions at our UK competitions.**

Further details regarding the trip itinerary, confirmed costs, and dates will be provided at a later date.

## DETAILS

### THE SUMMIT - ORLANDO, FLORIDA

**Trip Dates: 25th April - 5th May 2025**

#### **Team: U18 Level 2**

Open to athletes born on any date between 2006-2011. Athletes also need to demonstrate excellent elite level 2 tumbling and stunting.

#### **Approx. Cost for trip: £1,600 per athlete.**

This estimated figure is based on our 2024 Summit trip. This figure is subject to change based on the final team numbers. The final cost will be determined after team placements and confirmation of flight and accommodation expenses. The pricing may vary depending on the group size, and travel dates, flights, and villas (These are not guaranteed until the group size is confirmed)

**A non-refundable deposit of £100 per athlete is required upon acceptance of the team place, with the final balance due in December 2024.**

#### **Pricing includes: Flights, Accommodation, Travel/Mini bus hire. Not included:**

- Spectator Tickets - TBC
- Travel insurance - Parent sourced
- ESTA Visa - Approx £20
- Choreography - £100
- Athlete spending money & Food allowance

## COMMITMENT

Being on the Summit Team requires the **MOST** amount of hard work, commitment and dedication.

This team competes at the highest level, in the toughest divisions at competitions. They face the best of the best and must be prepared to put in the hard work that goes with competing at this level. **This includes but not limited to:**

- Mandatory weekly additional training sessions.
- Multiple clean up camps and extra training sessions.
- Mandatory weekly homework of an additional 3-7 items per week.

#### **Athletes must also be able to:**

- Financially commit to the full cost of the trip.
- Commit to all training sessions between Jan-April with no pre-booked holidays that would mean an athlete is missing from training.
- Submit holidays forms on acceptance of team place, with no further dates able to be booked so coaches can plan sessions accordingly.
- Maintain skills they tryout with for the entirety of the season. Athletes who lack skills must actively work towards these skills.

Dates for additional clean-up sessions and camps will be communicated promptly after team placements.

## REQUIREMENTS

- Athletes must be born between **2006-2011**
- Athletes must have **elite level 2 tumbling skills with exceptional technique.**
- Athletes must **demonstrate elite level 2 stunting skills.**
- Athletes who excel in stunting, jumping, or dancing but do not meet the tumbling requirements are still encouraged to try out and will be considered.





# TRAVEL TEAM - YOUTH SUMMIT 2025

Our U12 Level 1 team Delta has successfully earned a bid to Youth Summit 2025 taking place in Florida, USA! This prestigious competition held in Tampa, Florida. The event promises to deliver an exceptional Summit experience, with a special emphasis on providing high-caliber competition to young athletes.

Whilst in Florida, the team will participate in team activities while also focusing on preparing for the largest youth competition in the world. This includes multiple training sessions to ensure they are fully prepared for the event.

The team will be accompanied by coaches and chaperones throughout the trip, ensuring their safety and well-being. While parents and other spectators are welcome, the athletes will have their own separate arrangements under the care of EAC coaches and staff for the majority of the trip. It is not necessary for athletes to have a parent in attendance.

In addition to competing in at Youth Summit in Florida, the team will also participate in their respective divisions at our UK competitions.

## DETAILS

Youth Summit 2025 - Tampa, Florida

Competition Dates: 24th/25th April 2025

We expect the trip to be between 7-9 days.

Team: U12 Level 1

Approximate Cost for trip: £1,600

This estimated figure is based on our 2024 Summit trip. This figure is subject to change based on the final team numbers. The final cost will be determined after team placements and confirmation of flight and accommodation expenses. The pricing may vary depending on the group size, and travel dates, flights, and villas (These are not guaranteed until the group size is confirmed)

A non-refundable deposit of £100 per athlete is required upon acceptance of the team place, with the final balance due in December 2024.

Pricing includes: Flights, Accommodation, Travel/Mini bus hire. Not included:

- Competition Entry Fee - Approx £200 (Usually covered by sponsorship/fundraising)
- Spectator Tickets - TBC
- Travel insurance - Parent sourced
- ESTA Visa - Approx £20
- Choreography - £100
- Athlete spending money & Food allowance

## COMMITMENT

Being on the Youth Summit Team requires the **MOST** amount of hard work, commitment and dedication.

This team competes at the highest level, in the toughest divisions at competitions. They face the best of the best and must be prepared to put in the hard work that goes hand in hand with competing at this level. **This includes but not limited to:**

- Mandatory weekly additional training sessions.
- Multiple clean up camps and extra training sessions.
- Mandatory weekly homework of an additional 3-7 items per week.

**Athletes must also be able to:**

- Financially commit to the full cost of the trip.
- Commit to all training sessions between January - April with NO pre-booked holidays that would mean an athlete is missing from training.
- Submit holidays forms on acceptance of team place, with no further dates able to be booked so coaches can plan sessions accordingly.
- Maintain skills they tryout with for the entirety of the season. Athletes who lack skills must actively work towards these skills

Dates for additional clean-up sessions and camps will be communicated promptly after team placements.

## REQUIREMENTS

- Athletes must be born between 2012 and 2017.
- Athletes must have elite level 1 tumbling skills with exceptional technique.
- Athletes must demonstrate elite level 1 stunting skills.
- Athletes who excel in stunting, jumping, or dancing but do not meet the tumbling requirements are still encouraged to try out and will be considered.

Those interested in being considered for the Youth Summit travel team must select the "Please consider me for a travel team" option on the team placement registration form.

Following team placements, if we are interested in an athlete and would like to see more of them, they will receive a callback email inviting them to attend Travel Team Callbacks on Thursday, July 18th.

# 24/25 TEAMS AND TUMBLING

There has been some changes implemented by Sport Cheer England (SCE) to the age grids for the 2024/25 season, this may alter the teams we field following team placements.

Novice/Prep Cheer teams and all Pom teams will continue to follow the school year system for age groups - ages are determined by the athlete's school year as of September 2024. (Example, a child going into Year 7 in September will be aged 11 for the whole season.)

For Allstar Cheer teams, age groups will be determined by year of birth (with the exception of the Senior division).

EAC reserves the right to set our own age minimums and team levels for competitions. The age ranges provided are general guidelines, and younger athletes may be invited to "crossover" and compete on older teams.

Teams and scheduling is subject to change following Team Placements. Teams and levels are provisional and will be set to ensure that all teams reflect athlete skill sets. Dates for choreography and extra training sessions will be provided following Team Placements.

Please note - Friday training session run from All Hallows School, Farnham. All other sessions run at Wavell School, Farnborough.

**ROCKETS**  
Tiny Novice/Prep  
(Last year of Pre-school - Yr 2)  
Monday  
5.00pm-6.00pm

**ASTEROIDS**  
Mini Novice  
(Yr 3 - Yr 4)  
Monday  
5.00pm-6.00pm

**ASTRONAUTS**  
Mini Prep L1  
(Yr 3 - Yr 4)  
Monday  
6.00pm-7.00pm

**NOVA**  
Youth Novice  
(Yr 5 - Yr 7)  
Sunday  
2.00pm-3.00pm

**LUNAR**  
Youth Prep L1  
(Yr 5 - Yr 7)  
Monday  
6.00pm-7.00pm

**DELTA**  
U12 L1  
(Born 2012-2017)  
Tuesday  
5.00pm-6.30pm  
Friday  
5.00pm-6.30pm

**UFOs**  
U12 L2  
(Born 2012-2017)  
Tuesday  
5.00pm-6.30pm  
Friday  
5.00pm-6.30pm

**COSMIC**  
U14 L1  
(Born 2010-2015)  
Tuesday  
6.30-8.00pm  
Friday  
6.30pm-8.00pm

**RADIATION**  
U16 L3  
(Born 2008-2013)  
Friday  
8.00pm-9.30pm  
Sunday  
1.30pm-3pm

**DISCOVERY**  
U18 L2  
(Born 2006-2011)  
Thursday  
6.30pm-8.30pm  
Sunday  
12.00pm-1.30pm

**GALACTIC**  
Senior L1  
(Yr 8+)  
Tuesday  
8-9.30pm

**ULTRAVIOLET**  
Senior L4  
(Yr 8+)  
Monday  
7.30pm-9.00pm  
Sunday  
3pm-4.30pm

**GLIMMER**  
Mini Pom  
(Yr 1 - Yr 2)  
Sunday  
1.00pm-2.00pm

**STARDUST**  
Mini Pom  
(Yr 3 - Yr 5)  
Sunday  
1.00pm-2.00pm

**AURORA**  
Youth Pom  
(Yr 6 - Yr 8)  
Thursday  
5.00pm-5.45pm

**ASTERIA**  
U16 Pom  
(2008-2014)  
Thursday  
8.30pm-9.30pm

## TUMBLING CLASSES

Tumbling is an incredibly important part of All Star Cheerleading which is why we recommend that all athletes supplement their weekly training with a tumbling class.

Teams are generally set by tumble level and if you/your athlete are keen to progress to the next level within Cheerleading, then working on tumbling consistently throughout the season is essential.

All tumbling sessions will take place on a Sunday morning between 9am-12pm.

More info to follow after Team Placements.

DIVISION	YEAR OF BIRTH
U12	2012-2017
U14	2010-2015
U16	2008-2013



# YEARLY COSTS

## REGISTRATION FEE

All athletes must pay the annual registration fee before commencing classes with us.

Fees have increased from last season to include registration with Sport Cheer England.

**Registration Fee includes:** 24/25 Season T-shirt, Registration with Sport Cheer England, Music fees & music licensing, admin costs and achievement badges.

### Registration Fee

Novice & Prep Teams - £50

Pom Teams - £50

Allstar Teams - £65

*\*If you accept a placement in both a cheer team and a pom team you will only need to pay 1 All-Star Fee payment in total.*

One registration fee is due per athlete regardless of how many teams that athlete competes on.

Registration fees will be due via direct debit on the 1st August.

## ADDITIONAL FEES/COSTS

### Routine Choreography Fee:

Choreography fee will apply to the following teams: Travel Team, Pom teams (excluding tiny and traditional pom). Routine Choreography fees will be approx. £50.

### Late Fee:

Any fees that are 10 days past their due date will incur a late administration fee of £10. This charge is due per athlete, per charge on the account.

It is the responsibility of the athlete/ parent to ensure all card and billing information is up to date and funds are available on the payment deadlines.

## MONTHLY FEE

Monthly tuition fees at Eclipse Allstars covers all of your training sessions for your team.

**All fees are due on 1st of each month via direct debit.** Fees are collected via our online payment system Coacha. Full information on how direct debits will be collected will be sent out following team placements.

Full fees are due each month regardless of athlete absence or holidays. If fees are not paid within the month they are due, then your athlete will not be permitted to train until their account is brought up to date.

Please note, the season runs from September 2024 to July 2025. Training fees are split into 11 equal instalments and takes into consideration dates where there may be amended training due to:

- The varying amount of sessions due to shorter or longer months.
- Gym closures for competitions
- Summer, Christmas and Easter holidays
- Coaches training days

### Monthly Fees:

Prep/Novice - £30

Allstar - £60

Pom - £30

Tumbling - £20

### Crossovers:

Athletes that compete on more than one cheerleading team within EAC have reduced monthly training fees for their second team.

## PURPLE HEART FUND

The purple heart fund sets out to ensure families at EAC feel supported in all aspects of cheer. Sometimes this support extends to making ends meet in regarding to cheerleading costs and fees.

To support the purple heart foundation we offer the opportunity for families to add a couple of pounds/round up the cost of their monthly training fees. This fund is then used to support families over the season when or where needed.

Small numbers add up to big impacts! More details to follow on how to sign up to be part of this meaningful cause.





# COMPETITION SCHEDULE



**ALL athletes must be available for ALL competitions.**

Please note that while **competition event producers have released their dates**, these competition dates are subject to change. Every effort will be made to give advanced notice of any necessary changes.

All athletes must arrange their own transport to all competitions.

**All pricing for entry fees is an estimated price** - Event producers have not yet confirmed pricing for the 24/25 season. We expect prices to be similar to previous years, but will confirm these as soon as they are released.

**Please Note:** Extra Competition dates **very occasionally** may be added, but will always be communicated in advance.

Event	Dates	Athlete Entry	Address	Teams
<b>BCA Bid Battle</b>	25th January 2025	Free	NAEC, Stoneleigh	Travel Teams Only
<b>ICC SOUTHERNS</b>	1st & 2nd February	TBC	Guildford Spectrum Leisure Centre, Parkway, Guildford GU1 1UP	Travel Teams Only
<b>Jamfest Rise of the Regions</b>	15th & 16th February 2025	TBC	Telford International Centre, International Way, Telford TF3 4JH	Allstar & Pom Teams
<b>Total Eclipse Showcase</b>	8th OR 9th March 2025 (TBC)	£10 Entry per athlete	Surrey Sports Park, Richard Meyjes Rd, Guildford GU2 7AD	ALL
<b>Legacy Dream Extreme</b>	29th-30th March 2025	TBC	Resorts World Arena, Perimeter Rd, Birmingham B40 1NT	ALL
<b>ICE Blast</b>	10th-11th May 2025	Approx £32 per athlete	K2, Pease Pottage Hill, Crawley RH11 9BQ	Prep & Novice Only
<b>Legacy Live Your Legacy</b>	7th-8th June 2025	TBC	Resorts World Arena, Perimeter Rd, Birmingham B40 1NT	ALL
<b>Future Cheer Internationals</b>	20th-22nd June 2025	TBC	Bournemouth International Centre, Exeter Rd, Bournemouth BH2 5BH	Allstar, Travel & Pom
<b>ICC Battle of Champions</b>	5th-6th July 2025	Free - Bid Dependent	Motorpoint Aren, Nottingham	Travel Teams only



# ECLIPSE ALLSTARS UNIFORM

## UNIFORMS

- Tiny/Mini Uniform** - £120 (approx)
- Youth/Junior Uniform** - £145 (approx)
- Senior Uniform** - £145 (approx)
- Pom Uniform** - £80 (approx)
- Poms** - £20 hire for the season or £45 to Purchase

## HAIR

- Cheer Scrunchie** -£10 Approx
- Pom Scrunchie** - £10 Approx

## SHOES

**Novice & Prep Teams** - We recommend that Novice & Prep teams wear shoes specifically designed for cheerleading. Alternatively our Novice & Prep teams may choose to wear all black trainers that have a tight fitting design, provide adequate support, and feature a smooth non bulky sole. This will help maintain stability and minimise risk of injuries during training sessions and performances.

**Allstar** - All Allstar athletes **must** wear Varsity V4X trainers in black. These can be purchased via United Cheer Apparel.

**Pom Dancers** - All Pom dancers are required to wear black split soled jazz shoes to all training sessions and competitions.



# TRAINING WEAR & DRESS CODE

## TRAINING DRESS CODE

- Long hair must be worn in a braid or braids to training sessions.
- Only PLAIN black, purple or EAC branded apparel may be worn to training sessions. No large logos or patterns.
- Jewellery must be removed prior to training sessions, coaches are not responsible for looking after jewellery.
- Black cheerleading shoes must be worn to all cheerleading training sessions.
- Jazz shoes must be worn to all dance training sessions.

## TEAM APPAREL

All EAC Apparel is available to purchase through our online shop. Details of how to purchase will be given after Team Placements. Purchasing EAC apparel remains optional.

## LOGO

No one may use any EAC logos or team names for any clothing, novelties or any other use unless authorised by the head coach.

Anything created without approval will not be accepted at any EAC activities.

# COMMITMENT

It requires a huge amount of commitment from both the athlete and their family to be on a competitive team. Competitions involve travel and sometimes hotel stays. Training is compulsory and cannot be missed. There are occasional extra weekend sessions and choreography. All athletes must stretch and condition outside of training. Please think carefully whether you can fully commit to the time needed to be a part of one of our teams.

## ATTENDANCE POLICY

Please be aware that we do not mean to scare anyone with our attendance requirements, however try to remember that one person's absence will affect an entire team. **Please ensure that you can fully commit to the team.** Only graded school exams/activities and family emergencies are considered reason enough to miss training or a competition. **EAC members must commit to all dates.**

**By signing up to be a part of EAC you agree to the following:**

- Athletes **MAY NOT** miss competition dates.
- Athletes **MAY NOT** miss any training dates in the three weeks leading up to competition for any reason.
- Any events that conflict with the dates on the EAC calendar **MUST** be communicated by email from a parent/guardian immediately following team placements. Approval of the absence is always up to EAC coach discretion.
- Unexcused absences are **NOT** permitted.
- Failure to attend training with no explanation or prior communication is **NOT** permitted.
- Sickness related absences **MUST** be communicated before the start of training sessions.

**FAILURE TO COMPLY WITH THESE RULES MAY RESULT IN YOUR ATHLETE BEING REMOVED FROM THE TEAM.**

## ABSENCE FORMS

When accepting your child's place following team placements, you will be given an absence form to complete with **ALL dates your athlete will be absent for during the 2024/24 season.** Absence forms will be reviewed by Coaches promptly after team placements. If dates on this form clash with EAC dates or fall within the three week lead up period to a competition these may not be accepted by coaches. **This could result in your athlete's team placement being changed if the absence is not able to be resolved.**

## CHOREOGRAPHY

Each team at EAC will have **1-2 team choreography days between September-December.**

Athletes **MUST** attend choreography days for their teams.

Choreography dates will be communicated well in advance, after Team Placements and when teams have been fully set.

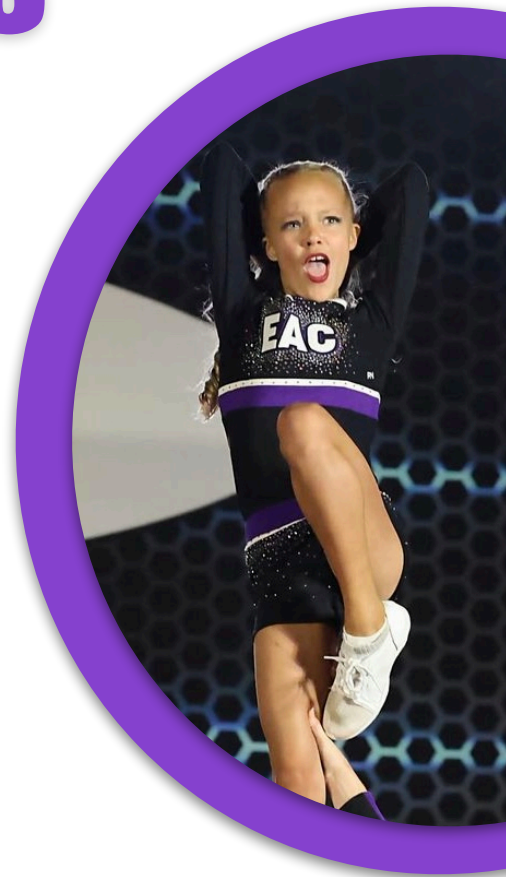




# NEXT STEPS

1. SIGN UP TO TEAM PLACEMENTS
2. ATTEND TEAM PLACEMENT DAY/DAYS
3. TELL YOUR FRIENDS THAT WE ARE RECRUITING
4. HELP SPREAD THE WORD BY SHARING OUR SOCIAL MEDIA POSTS
5. WELCOME TO EAC FOR THE 24/25 SEASON!

If you have any questions, please feel free to contact us via email  
[eclipse\\_allstars@yahoo.com](mailto:eclipse_allstars@yahoo.com)



## SOCIAL MEDIA

Through the use of our social media accounts, we are able to stay connected with our athletes and families, celebrate success and keep everyone up to date with EAC events and notices. Our athletes feel that we are one big family and have so much support provided to them that they refer to everyone involved with EAC as their **#PurpleArmy**.



[@eclipseallstars](https://www.instagram.com/eclipseallstars)



[@eclipseallstars](https://www.tiktok.com/@eclipseallstars)



[Eclipse Allstars Cheerleading](https://www.facebook.com/EclipseAllstarsCheerleading)

