

# UHQ<sup>®</sup>



2023 - 2024  
INFORMATION PACK

U-HQ  
David Weir Leisure Centre  
Middleton Road  
Carshalton  
SM5 1SL

# SEASON 18!

Unity Allstars is home to 25 Allstar teams across every level and age group and we pride ourselves on offering our athletes an experience like no other. With classes and training for children from 18 months all the way through to adults, you will love the fun, energetic and hardworking environment that we offer and make friends for life.

**GET READY TO BECOME ADDICTED TO COMPETITIVE CHEERLEADING!**

## THE LEGACY CONTINUES!

**THE U-HQ, HOME OF THE BACK TO BACK WORLD CHAMPIONSHIP WINNING PROGRAMME UNITY ALLSTARS**

The U-HQ is a state of the art cheer and tumble training facility with two full size sprung floors, full length rod and fast tracks onto a landing pad and video playback systems.

**UNITY OFFERS SOMETHING FOR EVERYONE!**

**For more information contact:**  
**info@unityallstars.com**  
**or visit**  
**www.unityallstars.com**



WE ARE PROUD TO BE HOME TO WORLD CHAMPIONSHIP WINNING COACHES, WHO ARE PASSIONATE ABOUT CHEERLEADING AND INVESTED IN EVERY ATHLETES DEVELOPMENT. THIS HAS LEAD TO A COMMUNITY OF HAPPY AND SUCCESSFUL ATHLETES WHO RETURN YEAR AFTER YEAR.

“ My daughter is new to Unity this season however she has been cheering for 8 years .We decided to come to Unity for the expert coaching and the worldwide opportunities that Unity Allstars offer. Everybody has been so friendly and supportive of Mia and her journey; the programme is professionally run and we always know full details, costs dates and schedules ahead of time. We love it here and would recommend to anyone, and we will be here for many years to come. ”

Becka Martins - Parent

## WHAT WE OFFER...

- ALLSTAR COMPETITIVE TEAMS
- PREP TEAMS
- TRAVEL TEAMS
- REC CLASSES
- PRE-SCHOOL CLASSES
- TUMBLE CLASSES
- PRIVATE LESSONS
- FLYER CLASSES
- POWER TUMBLING
- PRIVATE HIRE
- BIRTHDAY PARTIES

For more information on any of the above please visit our website.  
www.unityallstars.com

## WORLDS TEAMS

WE HAVE FIVE, POTENTIALLY SIX WORLDS TEAMS WHO WILL BE COMPETING AT THE CHEERLEADING WORLD CHAMPIONSHIPS IN APRIL 2024.

**OPPORTUNITIES AT UNITY ALLSTARS ARE LIMITLESS!**



www.unityallstars.com



# EVALUATIONS

# SEASON 18 SCHEDULE

Please note: This provisional schedule is subject to change following trials and team placements. Team levels are provisional and will be set to ensure that all teams reflect the athlete's skill sets. Dates for choreography and extra training sessions will be provided within the athlete pack following trials.

**MONDAY**

**MINI/YOUTH/JUNIOR**  
FLYER EVALUATIONS YEAR 3-10  
5:00-7:00pm

**SENIOR**  
FLYER EVALUATIONS  
7:30-9:30pm

**3RD JULY**

**TUESDAY**

**TINY**  
PRE SCHOOL - YEAR 2  
4:30-5:15m

**MINI/YOUTH**  
YEAR 3-7  
5:00-7:00pm

**SENIOR TUMBLE EVALUATIONS**  
LEVELS 1-7 YEAR 11+  
7:30-9:30pm

**4TH JULY**

**WEDNESDAY**

**JUNIOR**  
YEAR 8-10  
4:30-7:30pm

**SENIOR L1-3 CALL BACKS**  
7:30-9:30pm

**5TH JULY**

**THURSDAY**

**SENIOR & WORLDS**  
TUMBLE TEAMS  
LEVELS 4-6 CALL BACKS  
7:00-9:30pm

**6TH JULY**

**SATURDAY**

**NEW NT ATHLETE EVALUATIONS**  
BORN IN 2008 OR EARLIER  
9:00-11:00m

**CURRENT LEVEL 3-5 NT EVALUATIONS**  
& CALL BACKS  
11:30-2:30pm

**CURRENT L6-7 NT EVALUATIONS**  
& CALL BACKS  
3:00-6:00pm

**8TH JULY**

## PLEASE NOTE

Athletes are not able to trial for a specific team. We place all athletes on the team that we believe to be most appropriate for them and the general success of the programme.

- Athletes must attend evaluations by age group only. School years are as of September 2023
- Non Tumble athletes must be born in 2008 or earlier
- Senior athletes must be available to attend call backs
- Athletes interested in both tumble and non tumble teams should attend a tumble evaluation
- Non tumble athletes who are new athletes to the programme must be prepared to stay the whole day on the Saturday
- Athletes interested in crossing over may be invited to attend an additional session
- Video entries are accepted in some circumstances. Please sent to [info@unityallstars.com](mailto:info@unityallstars.com) by 05/07/23.

**MONDAYS**

<b>KIWI</b> Tiny Novice 4:00-4:45pm	<b>SEN Cheer</b> 4:00-4:45pm
<b>PEACH</b> Youth 4:30-6:00pm	<b>LIME</b> Youth 4:30-6:00pm
<b>GRAPE</b> Youth 5:30-7:00pm	<b>ROYAL</b> Worlds 6:00-8:00pm
<b>BLACK</b> Worlds 7:00-10:00pm	<b>RUBY</b> Worlds 8:00-10:00pm

**TUESDAYS**

<b>PINEAPPLE</b> Tiny 4:00-5:00pm	<b>SKYE</b> Mini 4:30-6:00pm
<b>COCONUT</b> Tiny 4:30-6:00pm	<b>PEARL</b> Junior 6:00-8:00pm
<b>PEARL</b> Junior 6:00-8:00pm	<b>TEAL</b> Junior 6:00-8:00pm
<b>STEEL</b> Worlds 8:00-10:00pm	<b>INDIGO</b> Worlds 8:00-10:00pm

**WEDNESDAYS**

<b>GRAPE</b> Youth 4:30-6:00pm	<b>PEPPERMINT</b> Junior/U16 4:30-6:30pm
<b>PEARL</b> Junior 6:00-8:00pm	<b>LIME</b> Youth 6:30-8:00pm
<b>SAFFRON</b> Senior 8:00-10:00pm	<b>STEEL</b> Worlds 8:00-10:00pm

**THURSDAYS**

<b>PEPPERMINT</b> Junior/U16 4:30-6:00pm	<b>PEACH</b> Youth 4:30-6:00pm
<b>TEAL</b> Junior 5:30-7:30pm	<b>ROYAL</b> Worlds 6:00-8:00pm
<b>RUBY</b> Worlds 7:30-10:00pm	<b>INDIGO</b> Worlds 8:00-10:00pm

**FRIDAYS**

<b>SKYE</b> Mini 4:00-5:30pm	<b>MIDNIGHT</b> Youth Prep 4:00-6:00pm
<b>LILAC</b> U16/U18 5:30-7:00pm	<b>ONYX</b> Junior Prep 5:30-7:30pm
	<b>JADE</b> Open Tumble 7:30-10:00pm

**SATURDAYS**

<b>BLUSH</b> Worlds 9:00am-12:00pm	<b>REC CHEER</b> Age 6-12 Years 9:00am-10:00am
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**SUNDAYS**

<b>CHILLI</b> Senior Open NT 12:30-2:30pm	<b>SMOKE</b> Senior Open NT 1:30-4:00pm
<b>IVY</b> Senior Open NT 2:30-5:00pm	<b>ROSE</b> Senior 4:00-6:30pm
<b>WORLDS TUMBLE</b> 5:00-6:30pm	<b>LILAC</b> U16/U18 6:30-8:30pm

## EVALUATION FEE

(covers all sessions)

TINY: £15  
MINI/YOUTH/JUNIOR: £20  
SENIOR: £25  
FLYER TRIALS: £15  
VIDEO TRIAL: £20

TRIALS MUST BE BOOKED ONLINE VIA OUR BOOKING PLATFORM SIMPLY BOOK - SIMPLY SEARCH FOR THE CORRECT DATE AND SESSION [UNITYALLSTARSLTD.SIMPLY-BOOK.IT/](http://UNITYALLSTARSLTD.SIMPLY-BOOK.IT/)



# BLACK AND BLUSH ADDITIONAL PRACTISES

## BLACK

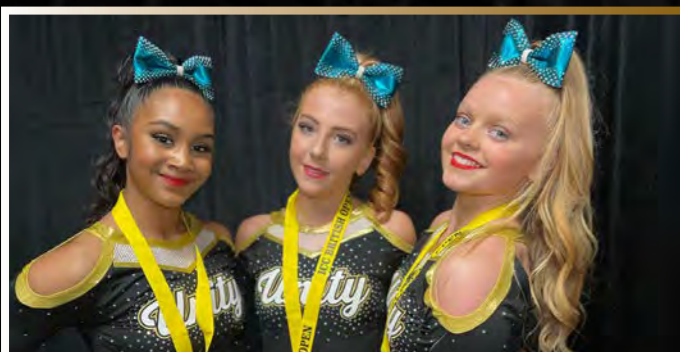
(these dates may be subject to change)

- Friday 1st Sept 7-10pm
- Saturday 18th Nov - 9am-12pm
- Friday 26th Jan - 7-10pm
- Saturday 3rd Feb - 9am-12pm
- Thursday 14th Mar - 8-10pm
- Saturday 30th Mar - 9am-12pm
- Friday 5th Apr - 7-10pm
- Wednesday 17th Apr - 8-10pm
- Friday 10th May - 7-10pm
- Friday 24th May - 7-10pm
- Thursday 4th Jul - 8-10pm
- No training Monday 31st Jul
- No training Monday 7th Aug

## BLUSH

(these dates may be subject to change)

- Friday 15th Sept 7-10pm
- Friday 13th Oct 7-10pm
- Friday 24th Nov - 7-10pm
- Monday 27th Nov 7-10pm
- Friday 26th Jan - 7-10pm
- Sat 3rd Feb - 9am-12pm
- Thursday 14th Mar - 8-10pm
- Friday 12th Apr - 7-10pm
- Wednesday 17th Apr - 8-10pm
- Friday 10th May - 7-10pm
- Friday 24th May - 7-10pm
- Thursday 4th Jul - 8-10pm
- No training Saturday 16th Sept
- No training Saturday 7th Oct



“

Our wonderful story began when we moved house to be closer to Unity Allstars. This was entirely my daughter's choice after having engaged with acro gymnastics and cheerleading teams. Unity. Is exactly just that! Unity. When glitches in life occur in and outside of cheerleading the entire Unity Allstar Family is there to support, the team, coaches, and owners are on-hand mentors. This is true professionalism. Unity Allstars approach resonates into daily life experiences enhancing self-discipline, positive behaviour, respect, and communication, the list is endless. A brilliant platform for life's journey, and even a great contribution to education. Unity creates values for life. Great fun included. Was it the 'right-move'? YES!

”

Egle Lileikyte- Parent

[www.unityallstars.com](http://www.unityallstars.com)



# ADDITIONAL CLASSES

## TUMBLE CLASSES

Tumbling is an incredibly important part of Allstar Cheerleading and we recommend that all athletes supplement their weekly training with a tumble class.

Unity Allstars run a very comprehensive tumble programme. Our classes are structured to meet the needs of our individual athletes in both age and level. We offer small class sizes to MAXIMIZE learning!

Further information on the tumble classes on offer will be emailed out following team placements.

## TUMBLE PRIVATES

We have multiple coaches who are able to offer private tumble lessons to athletes. Privates cost between £20-£25 per person per half hour session.

All private lessons will be monitored by our Tumble Director. Detailed information on how to access private lessons will be released during the first week of the new season.

## STUNT MAX

This is a platform for up and coming athletes youth age and up to work on developing their higher level stunt skills in preparation for moving up through the levels. These small group sessions have been incredibly beneficial to our athletes this season and we're looking forward to the next generation of expert stunters coming through.

Further information on stunt max will be emailed out following team placements.

## FLIGHT SCHOOL

We will be offering multiple classes throughout the week for all flyers on teams for the season! Flight school will be instrumental in improving flyers flexibility, strength and technique! These classes are compulsory although we understand some exceptions may be made in certain circumstances.



# WORLDS TEAMS



## INDIGO . ROYAL . STEEL . RUBY . BLUSH . BLACK

Unity Royal, Steel, Ruby and Black have bids to attend the IASF World Cheerleading Championships in Orlando, Florida in April 2024 having earned a bid in March at ICC Nationals.

Blush and Indigo are competing for a bid at BCA Nationals and Future Cheer Nationals - if they are successful they will also be attending Worlds.

In order to ensure that these teams are excelling in their respective divisions, they train intensively and a high level of commitment is expected. All athletes offered a place on a Worlds team must commit to attending the World Championships.

The provisional dates for the Worlds trip will be Friday 19th April to Thursday 2nd May 2024. We will offer a travel package covering flights, accommodation, transport and entry for the competition to keep costs as low as possible, payable through a monthly payment plan. Under 18 athletes will need to be chaperoned.

We are thankful to Rebel Athletic for continuing to provide uniforms for Royal, Ruby, Steel, Blush and Black, and are excited to announce that they will also be including Indigo for the new season! Please note sponsorship does not cover the full cost of the uniform, therefore a rental fee will be payable to cover these minimal costs.



**\*PLEASE NOTE**  
Additional competitions may be added if required to win bids for the 2025 Cheerleading Worlds.

### IMPORTANT DATES

**U-CHAMP CAMP**  
Sun 10th Sept - 9am-12pm (Steel, Black, Blush)  
Sun 12-3pm (Royal, Indigo, Ruby)

**WORLDS SHOWCASE**  
Saturday 13th April

**CHOREO DATES (These may be subject to change)**  
Indigo - 28/9 8-10pm, 1/10 9am-6pm, 5/10 8-10pm  
Royal - 30/9 9am-5pm, 1/10 9am-3pm  
Steel - 3/10 8-10pm, 4/10 8-10pm, 7/10 10am-6pm  
Ruby - 22/9 7-10pm, 23/9 9am-5pm, 28/9 7-10pm  
Blush - 29/9 7-10pm, 30/9 9am-6pm  
Black - 24/9 9am-6pm, 25/9 7-10pm



“ I have been involved in cheer for 20 years, but being a part of Unity I have experienced something I never have before - the drive to be the best! It has pushed me to be the best version of myself. Unity gave me the opportunity to compete at world's with Black, and it was honestly the best experience I have ever had! To call myself a world champion is something that will stay with me forever. Once you join Unity you will never want to leave this amazing family! ”  
Ben Barnard- Unity Black Athlete

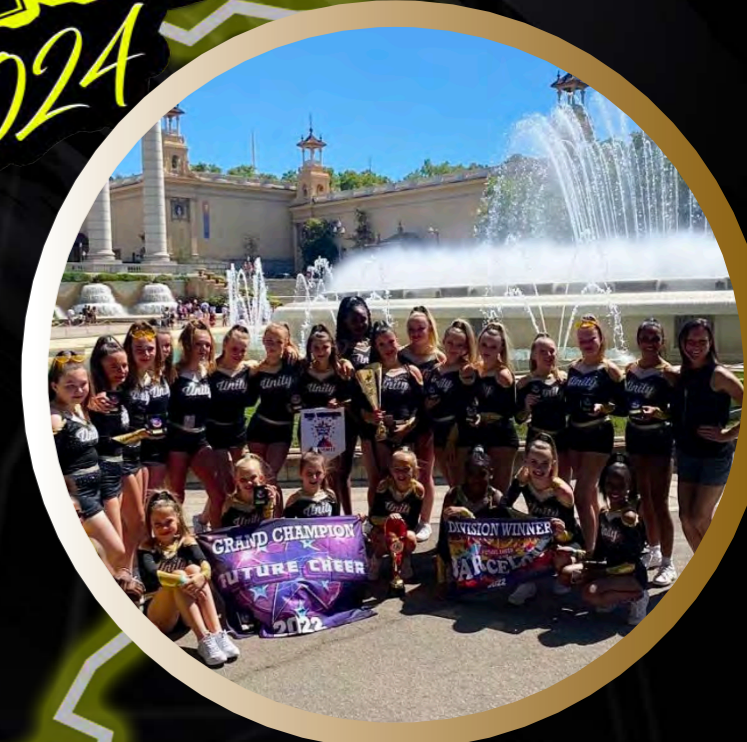
# TRAVEL TEAMS



## Lemon BARCELONA *Spain 2024*

### SUMMIT TEAM

Following the success of our Summit trip last month where Unity Lemon placed 2nd out of 25 teams, we are hoping to attend Summit again in 2024 if we win a bid at Legacy Nationals. At this point we are hoping that the team who will attend will be Unity Peppermint in the U16 Level 1 division. This means that athletes need to be born between 2007 and 2012. Athletes will be asked at trials if they wish to be considered for the Summit team. Athletes will be able to crossover from Peppermint to a higher level junior team/ senior team if appropriate. More information will be released closer to trials.



We are planning for our travel team Unity Lemon to compete at Future Cheer's Barcelona competition in June next year. The Barcelona travel team will be aimed at athletes of all levels. Division, age and level will be determined once the season has begun. Athletes will travel to Barcelona for 3 nights from Friday 31st May to Monday 3rd June. As well as competing there will be beach time and sight seeing, and an all round fantastic team experience. Further information will be released to eligible athletes in September.

# COMPETITION SCHEDULE

## PLEASE NOTE:

Competition dates may be subject to change. Very occasionally, extra competition dates may be added. Every effort will be made to give advance notice of any necessary changes.

Athletes must arrange their own transport to all competitions and accommodation where required.

## WORLDS TEAMS

Worlds teams are not currently scheduled to attend Legacy Nationals, however this competition may be added if required in order to win bids for the Cheerleading Worlds 2025. Please ensure that this date is therefore kept free.



TEAMS	COMPETITIONS									
	U-DEBUT SATURDAY 25TH NOVEMBER	FC WINTER WONDERLAND SAT 2ND/SUN 3RD DECEMBER	BCA SUPER CLASSIC SAT 27TH/SUN 28TH JANUARY	ICC SOUTHERNS SAT 3RD/SUN 4TH FEBRUARY	ICC BRITISH OPEN SAT 16TH/SUN 17TH MARCH	BCA SPRING SPIRIT SAT 6TH/SUN 7TH APRIL	BCA NATIONALS SAT 25TH MAY	LEGACY NATIONALS SAT 8TH/SUN 9TH JUNE	ICC BRITISH OPEN PART 2 SUN 23RD JUNE	FC INTERNATIONALS FRI 5TH - SUN 7TH JULY
KIWI	✓			✓		✓			✓	
PINEAPPLE	✓			✓		✓			✓	
COCONUT	✓		✓	✓	✓			✓		✓
SKYE	✓	✓	✓	✓	✓			✓		✓
MIDNIGHT	✓			✓		✓			✓	
GRAPE	✓	✓	✓	✓	✓			✓		✓
LIME	✓	✓	✓	✓	✓			✓		✓
PEACH	✓	✓	✓	✓	✓			✓		✓
ONYX	✓	✓		✓		✓			✓	
PEPPERMINT	✓	✓	✓	✓	✓			✓		✓
TEAL	✓	✓	✓	✓	✓			✓		✓
PEARL	✓	✓	✓	✓	✓			✓		✓
ROSE	✓	✓	✓	✓	✓			✓		✓
JADE	✓	✓	✓	✓	✓			✓		✓
CHILLI	✓	✓	✓	✓	✓			✓		✓
LILAC	✓	✓	✓	✓	✓			✓		✓
SMOKE	✓	✓	✓	✓	✓			✓		✓
SAFFRON	✓	✓	✓	✓	✓			✓		✓
IVY	✓	✓	✓	✓	✓			✓		✓
ROYAL	✓	✓	✓	✓	✓	✓		✓		✓
INDIGO	✓	✓	✓	✓	✓	✓		✓		✓
STEEL	✓	✓	✓	✓	✓	✓		✓		✓
RUBY	✓	✓	✓	✓	✓	✓		✓		✓
BLUSH	✓	✓	✓	✓	✓	✓		✓		✓
BLACK	✓		✓	✓	✓	✓		✓		✓



## MEMBERSHIP

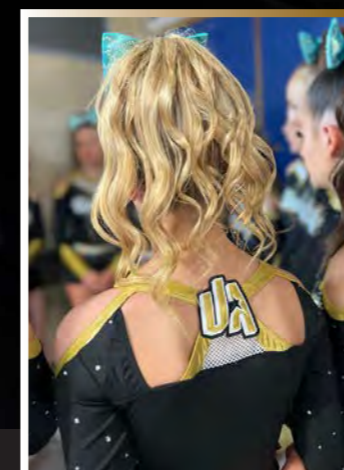
**(one off payment)**  
Membership (insurance, music, team scrunchie)

Prep teams - £45  
Allstar teams - £65  
Worlds Teams - £100

Training Wear Package (t-shirt and shorts) - £40  
\*All athletes must train in Unity training wear. This package is compulsory for NEW athletes. For those who require new items, items can be bought individually.

## UNIFORMS

Uniform cost (not including bow)  
Prep/ Tiny - £95  
Mini/ Youth/ Junior - £175  
Senior - £175  
Bows - £15  
Worlds - Rental cost TBC



# YEARLY COSTS

TEAM	Training hours per week	Estimated Monthly Fees	Choreography Fee	Estimated Cost Competition Entry 1*	Estimated Cost Competition Entry 2**
KIWI	45 minutes	£38	£20	£100	£45
PINEAPPLE	1	£45	£20	£100	£45
COCONUT	1.5	£60	£45	£140	£120
SKYE	3	£80	£50	£180	£120
MIDNIGHT	2	£66	£30	£100	£45
GRAPE	3	£80	£50	£180	£120
LIME	3	£80	£50	£180	£120
PEACH	3	£80	£50	£180	£120
ONYX	2	£66	£30	£140	£45
PEPPERMINT	3.5	£85	£50	£180	£120
TEAL	4	£92	£50	£180	£120
PEARL	4	£92	£50	£180	£120
ROSE	2.5	£72	£50	£180	£120
JADE	2.5	£72	£50	£180	£120
CHILLI	2	£66	£50	£180	£120
LILAC	3.5	£85	£50	£180	£120
SAFFRON	4	£92	£50	£180	£120
SMOKE	2.5	£72	£50	£180	£120
IVY	2.5	£72	£50	£180	£120
INDIGO	4	£125 <sup>▲</sup>	Included within fees	£215	£120
ROYAL	4	£125 <sup>▲</sup>	Included within fees	£215	£120
STEEL	4	£105	Included within fees	£215	£120
RUBY	4.5	£134 <sup>▲</sup>	Included within fees	£215	£120
BLUSH	3	£90	Included within fees	£180	£120
BLACK	3	£90	Included within fees	£180	£120

INDIGO, ROYAL AND RUBY  
▲Fees include 1.5 hours a week of Worlds tumble class starting in October

COMPETITION ENTRY 1\*  
\*U-Debut, Winter Wonderland, BCA Super Classic, ICC Southern's, ICC Nationals, BCA Spring Spirit (where relevant)  
COMPETITION ENTRY 2\*\*  
\*\*BCA Nationals, Legacy Nationals, ICC British Open part 2, Future Cheer Nationals (where relevant)

