



**OBLIVION
ALLSTARS
2023-2024
INFORMATION
PACK**

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WELCOME TO OBLIVION ALLSTARS

Oblivion Allstars is home to hundreds of athletes from all over Essex & Suffolk, offering competitive & recreational cheerleading teams ranging across all levels and age groups.

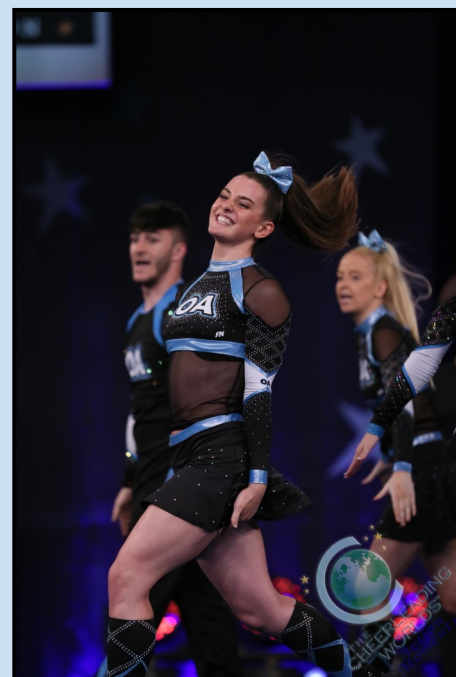
At OA, we pride ourselves on the fun, hardworking & positive atmosphere inside our gyms.



Our coaching staff strive to develop our athletes to be committed, punctual, polite, passionate and hard-working. To keep inline with our values, members of Oblivion Allstars are only permitted to cheer on Oblivion Allstars teams with the exception of their school/university teams.



**JOIN
TODAY
AND
DO IT THE
OA
WAY!**



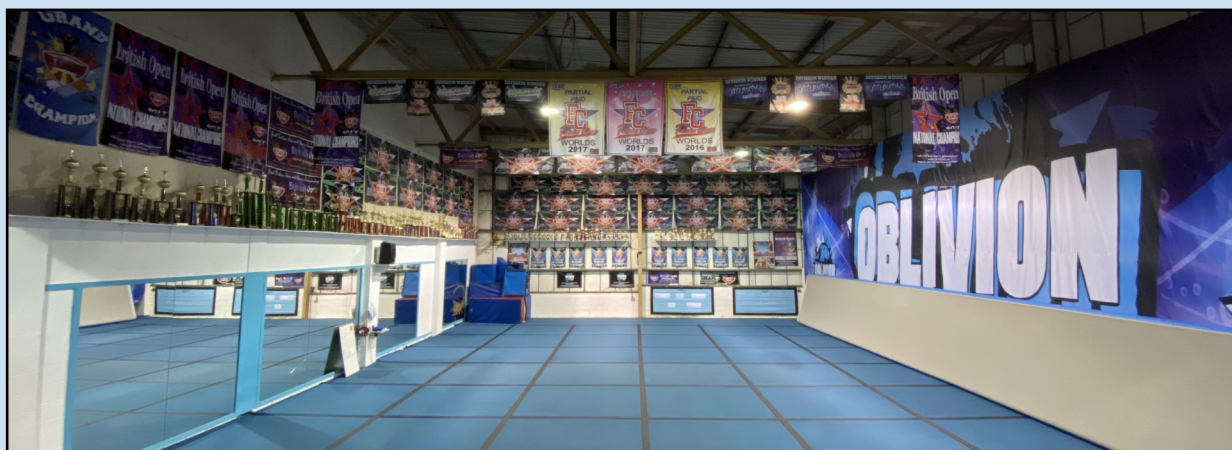
WHAT WE OFFER AT OA...



- ◆ Allstar Competitive Cheer Teams
- ◆ Prep Cheer Teams
- ◆ European Travel Teams
- ◆ International (Worlds) Travel Team
- ◆ Recreational Cheer Teams
- ◆ Non Tumble Cheer Teams
- ◆ Weekly Tumble Classes
- ◆ Tumble Clinics Specific To Skills
- ◆ 1-2-1 Private Lessons
- ◆ Half Term Camps
- ◆ Open Gym Sessions
- ◆ Partner Stunt Classes
- ◆ Birthday Parties
- ◆ Private Facility Hire



Open for 8 years our purpose built gym is located in Great Dunmow, Essex and offers a full size sprung floor, 6m Trampoline track, 15m air track, 12m Inflatable track and a variety of training aids and landing mats. The Gym also offers a waiting room for Parents and athletes. Our Suffolk location train currently out of Gainsborough Leisure Centre, Ipswich offering air tracks, landing mats an a variety of training aids.



THE CENTRE OF EXCELLENCE, UNIT 17B ONGAR ROAD TRADING ESTATE, ONGAR ROAD, GREAT DUNMOW, ESSEX.

GAINSBOROUGH LEISURE CENTRE, BRAZIER'S WOOD ROAD, IPSWICH, SUFFOLK.

Oblivion Allstars aim to work with athletes of all abilities to develop current skills and gain new skills throughout the seasons. No matter your ability, Oblivion Allstars will always provide a place on a team for everyone.

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RECREATIONAL CHEERLEADING

Recreational Cheerleading sessions at OA have proven to be a fantastic place to start your child cheerleading. These sessions whilst being packed with fun are a great way for athletes to gain confidence in a new sport, socialise and meet new friends whilst learning all the skills that would set them up nicely for a competition team when the time is right for them.

Our recreational team Galactica don't compete, however they do attend our annual showdown in January where they can see all the competition teams and is a real eye opener for what they can achieve with hard work and determination.

Rec Cheer is open for ALL members who are new wishing to start cheerleading.



BIRTHDAY PARTIES

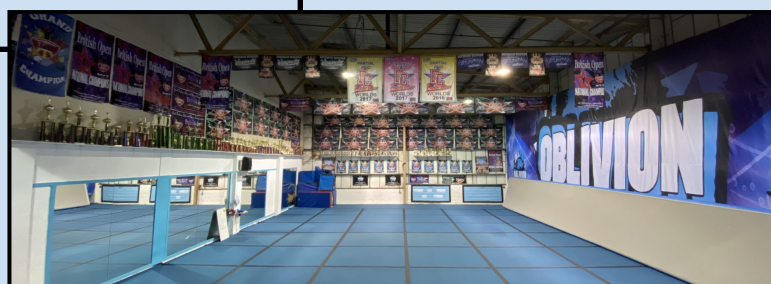
Our facilities are perfect to host children's birthday parties. With over 3500 Sq Ft of indoor space, a sprung floor or flexi roll mat floor, air tracks, bouncy castle and table & chair space for the most important part of a party food & cake! Have yourself a cheerleading specific party or games day at Oblivion Allstars. To enquire about your child's birthday party here at OA get in contact with us at: oacheer@gmail.com.



PRIVATE FACILITY HIRE

The Centre Of Excellence has over 3500 Sq Ft of indoor space. Whether your private hire needs are for the use of the sprung floor and the cheerleading equipment, gymnastics class, a space for yoga, fitness classes, martial arts or a large meeting space or function the gym is a great space for all needs.

If you would like to hire the space for an event please get in contact with us at: oacheer@gmail.com.



ATTENDANCE & EXPECTATIONS

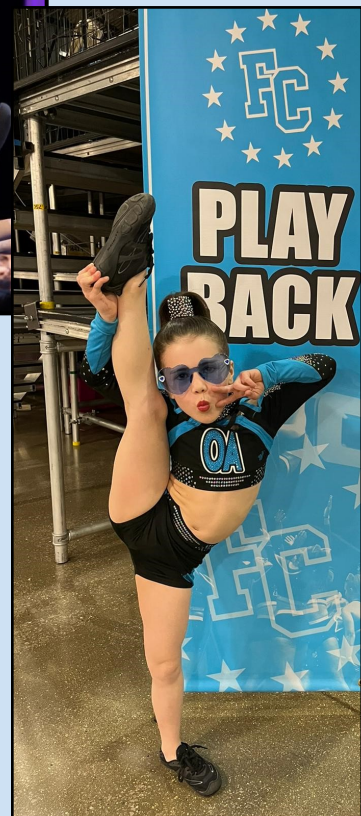


Cheerleading requires full commitment from athletes, parents and coaches as good attendance is vital for the success of all teams. Due to the nature of the sport, a team relies on all athletes for all aspects of cheerleading. It is crucial that our competitive team athletes attend ALL training sessions and are fully committed to ALL competition and showcase dates. The following guidelines apply to ALL members of our program:

- ◆ All Athletes **MUST** attend their 'Team training' session in their 2023-2024 Practice wear.
- ◆ Coaches must be made aware of any sessions that will be missed by an athlete with as much prior notice as possible.
- ◆ If an athlete is ill, we request that the athlete still attends and observes the session in case of routine changes. (If an athlete is too unwell to attend the session coaches **MUST** be made aware of this within at least 4 hours before the session).
- ◆ We expect all athletes to arrive to their session at least 5 minutes before to allow time for the teams to get changed, settled and registered. Punctuality is vital for the smooth running of our program.
- ◆ All athletes must attend the last 3 sessions on the lead up to a competition. If an athlete misses one of these sessions they will be replaced on the team for that upcoming competition.
- ◆ An athlete with poor attendance causing disruption within a team will be removed from the team at the coaching staff discretion.

Excused Absences - School Trip/School Event or Grading - Illness which includes fever, contagious infection or vomiting
- Family Bereavement/Wedding .

Unexcused Absences - Parties or Family Celebrations - Homework or Revision - Vacations/Day Trips outside of School Holidays.





PROVISIONAL TEAMS FOR THE 2023-2024 SEASON

ESSEX LOCATION

GALACTICA

RECREATIONAL CHEER

RUSH

MINI PREP LEVEL 1

TEACUPS

TINY PREP LEVEL 1

STEALTH

U12s INTERNATIONAL LEVEL 2

INFERNO

JUNIOR LEVEL 3

NEMESIS

JUNIOR PREP LEVEL 1

VORTEX

U16's INTERNATIONAL LEVEL 4

AXIS

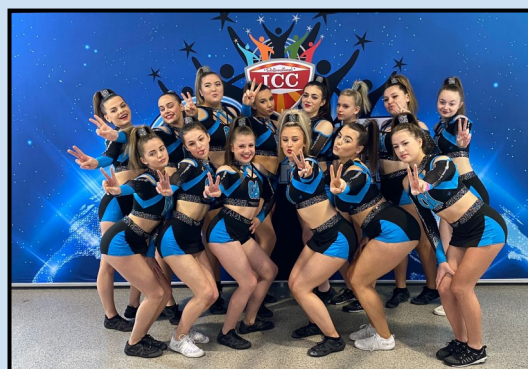
SENIOR LEVEL 4.2

X

INTERNATIONAL SMALL COED 5

COLOSSUS

COED LEVEL 6



IPSWICH LOCATION

VENGEANCE

PREP LEVEL 1

FURY

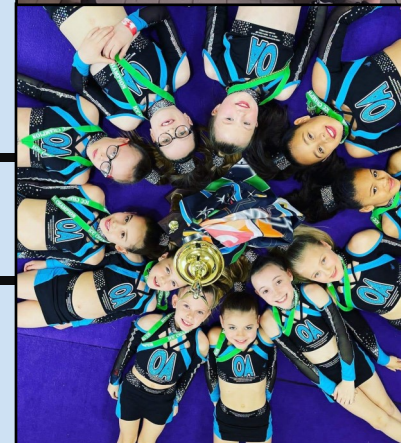
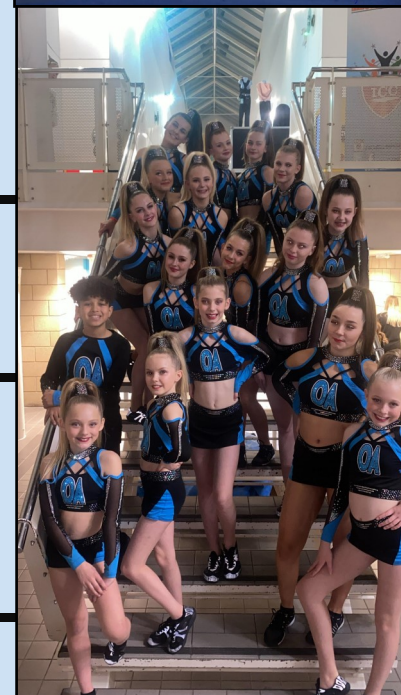
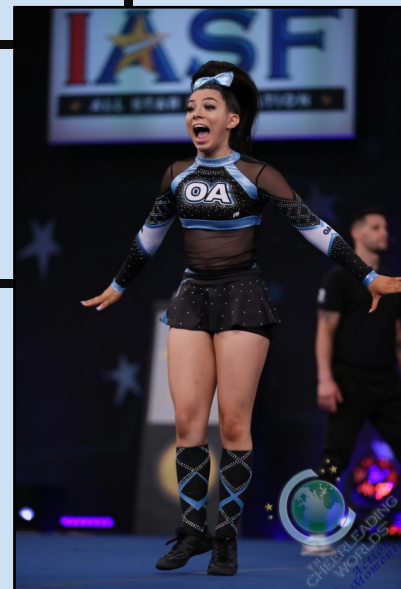
U18s/SENIOR LEVEL 2



OUR 2023-2024 TRAINING SCHEDULE

OA ALSO OFFER FREE TUMBLE CLASSES AT OUR ATHLETES ON OUR COMPETITION TEAMS. THESE CLASSES ARE SET UP BASED ON THE ATHLETES TUMBLING SKILL LEVEL.

DAY	SESSION	TIME SLOTS
MONDAY	VORTEX VORTEX FLYER STRETCH X FLYER STRETCH X	5:00PM-6:45PM 6:45PM-7:15PM 6:30PM-7:00PM 7PM-9:00PM
TUESDAY	GALACTICA TEACUPS RUSH TUMBLE 1 TUMBLE 2 VENGEANCE (IP3) SILVER TUMBLE (IP3) SWARM (IP3) BRONZE TUMBLE (IP3)	5:00PM-6:45PM 5:00PM-6:45PM 5:00PM-6:45PM 6:45PM-7:45PM 7:45PM-8:45PM 5:00PM-6:45PM 5:45PM-6:45PM 6:45PM-8:30PM 6:45PM-7:45PM
WEDNESDAY	TUMBLE 3 TUMBLE 4 X	5PM-6:00PM 6PM-7:00PM 7PM-9:00PM
THURSDAY	NEMESIS NEMESIS FLYER STRETCH AXIS FLYER STRETCH AXIS	5:00PM-6:45PM 6:45PM-7:15PM 6:30PM-7:00PM 7:00PM-8:45PM
FRIDAY	STEALTH FLYER STRETCH STEALTH INFERNO FLYER STRETCH INFERNO	4:30PM-5:00PM 5:00PM-6:45PM 6:30PM-7:00PM 7:00PM-8:45PM
SUNDAY	COLOSSUS (Bi-weekly) OPEN GYMS & ADDITIONAL SESSIONS	1:00PM-3:00PM





2022-2023 TRAINING FEES

TEAM	MONTHLY TRAINING FEE
GALACTICA	£62
TEACUPS	£62
RUSH	£62
STEALTH	£62
INFERNO	£62
NEMESIS	£62
AXIS	£62
X	£72
COLOSSUS	£42
VENGEANCE	£50
SWARM	£50

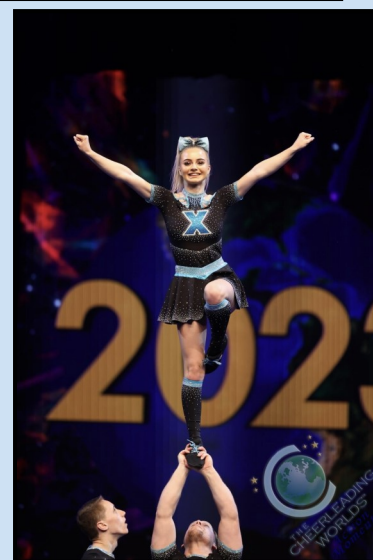
If you would like to cross over into an additional cheerleading team an additional £27.00 per month will be added to your monthly fee's per team.

Sibling Discount—We will be continuing our sibling discount again this season. The sibling discount will be full price for your first child and 20% off for your second child's fees.

Essex Training Fee's Account Details:
'The Centre Of Excellence Training Facility'
Sort Code: 40-17-08 Account Number:
82478285

Suffolk Training Fee's Account Details:
'Oblivion Allstars'
Sort Code:60-05-13 Account Number:
20208332

Please ensure when setting up your standing order you reference the athletes name only, for example: 'William Carter'



All athletes are expected to pay their fee's on time and in full.

Training fee's are averaged out across the 12 months of the year and will be paid on a monthly basis due in on the 1st of each month starting 1st August 2023 and finishing on 1st July 2024. Payments MUST be paid via Direct Debit. We do not accept weekly payments or any form of payment other than direct debit.

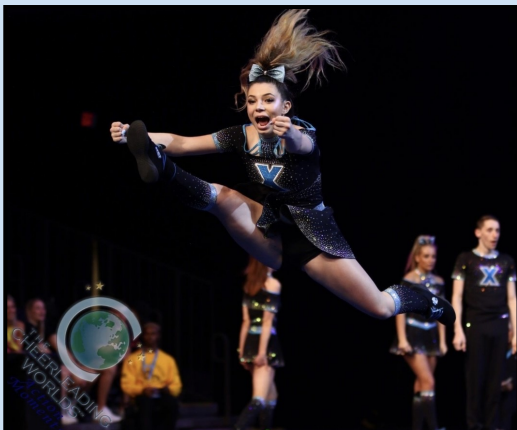
There are no 'special circumstances' for any athletes and we expect that fee's are paid in full regardless of attendance.

FEES MUST BE PAID ON THE 1st OF EVERY MONTH. THERE WILL BE AN ADDITIONAL £10 ON ANY OWED FEES FROM THE 2ND OF EACH MONTH ONWARDS, ATHLETES ARE FORBIDDEN TO JOIN IN TRAINING OR ANY UPCOMING EVENTS IF FEES ARE NOT PAID UP TO DATE. ALL COMPETITION FEE'S, COMPETITION KIT AND MEMBERSHIP FEE'S ARE NON REFUNDABLE.

2023-2024 COMPETITION DATES



- ◆ ICC SOUTHERNS Pt 2 - 24th February 2024 - GUILDFORD SPECTRUM, GUILDFORD.
- ◆ JUST BELIEVE - 17th/18th February 2024 - COPPER BOX ARENA, STRATFORD, LONDON.
- ◆ ICC NATIONALS - 16th/17th March 2024 - MOTORPOINT ARENA, NOTTINGHAM ARENA.
- ◆ USASF WORLDS - 26th/29th April 2024 - ORLANDO, FLORIDA, USA.
- ◆ ELITE CHEERLEADING CHAMPIONSHIPS - 18th-20th May 2024 - BOTTRUP, GERMANY.
- ◆ CHEER CITY NATIONALS - 1st/2nd JUNE 2024 - LOUGHBOROUGH UNIVERSITY.
- ◆ JAMFEST EUROPE - 21st-23rd June 2024 - LIVERPOOL.
- ◆ FC NATIONALS - 5th/7th July 2024 - BOURNEMOUTH INTERNATIONAL CENTRE, BOURNEMOUTH.



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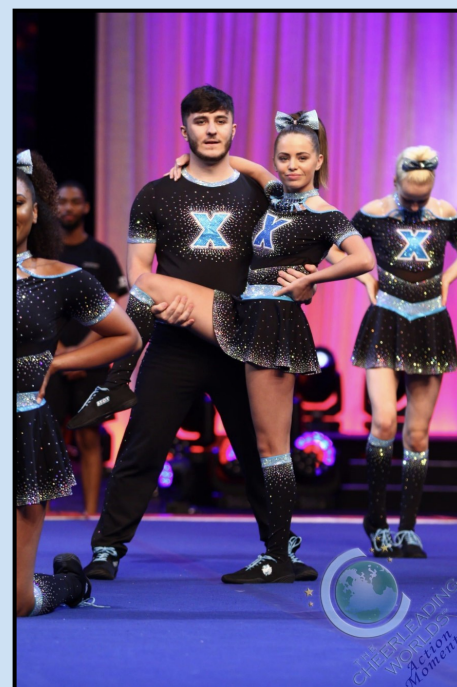




SEASON 2022-2023 COMPETITION TEAM SCHEDULE

	SHOWDOWN	ICC SOUTHERNS Pt 2 ICC	JUST BELIEVE	INTERNATIONALS ICC	USASF WORLDS	Varsity Elite Cheerleading Championships	NATIONALS CHEER CITY	JAMFEST EUROPE	FC NATIONALS FC
GALACTICA	✓								
TEACUPS	✓	✓	✓				✓		✓
RUSH	✓	✓	✓				✓		✓
NEMESIS	✓	✓	✓				✓		✓
STEALTH	✓			✓		✓		✓	✓
INFERNO	✓	✓		✓			✓		✓
AXIS	✓	✓	✓	✓			✓		✓
VORTEX	✓	✓		✓		✓		✓	✓
X	✓	✓		✓	✓			✓	✓
VENGEANCE	✓	✓	✓				✓		✓
SWARM	✓	✓	✓				✓		✓

Competitions are an integral part of our programme and we provide the best training in order to achieve the greatest results. We aim to cover a variety of regional and national events throughout the year and it is **ESSENTIAL** that you are able to make **ALL** competitions if you would like a place on a competitive team. If you are unable to commit to competitions, we also provide recreational teams.





2023-2024 TRAVEL TEAMS

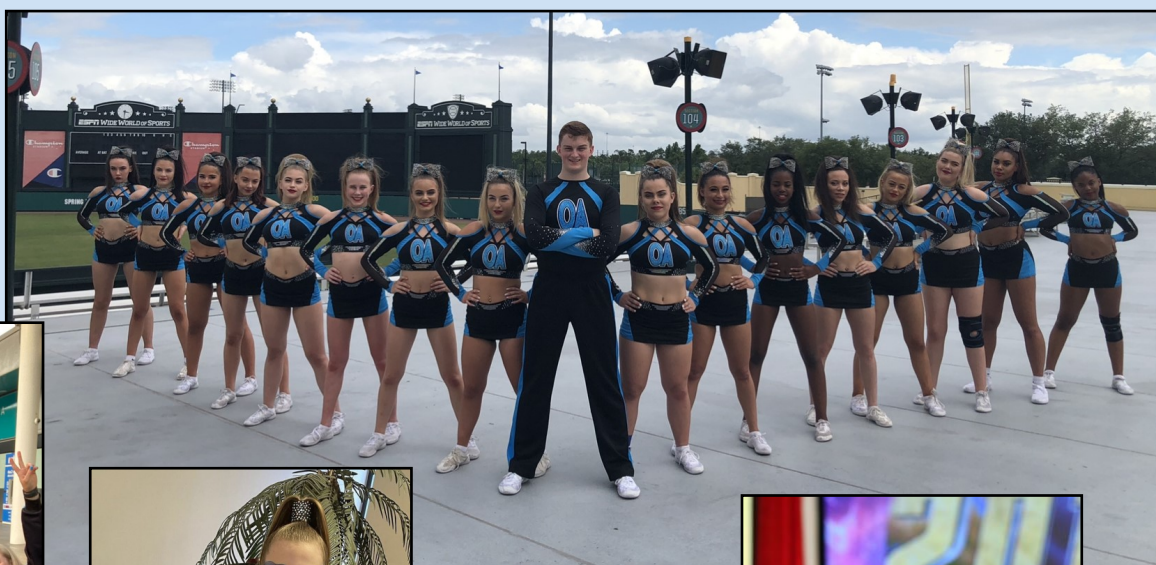
Travel teams are a huge part of our programme and have been for a number of years now. We have been fortunate enough to have been awarded Worlds bids for the past 9 seasons! In addition, we have taken teams to Barcelona as well as U.S events UCA, and Summit in Orlando, Florida.

We are developing our travel teams to include younger age groups giving them the opportunity to experience competitions overseas at the lower levels in Cheer including teams in the Under 16s and Under 18s divisions.

Our worlds team 'X' will be heading to the World Championships in April 2024. The X team will be select athletes with the highest skill sets to represent the UK at this prestigious event.

Additionally, we will also be taking Stealth & Vortex abroad to compete (Europe only).

These trips are not only an amazing opportunity for our athletes to compete overseas against International competition but to enjoy bonding as a team and creating memories which will stick with, not only the athletes but the parents & families of the athletes for years to come.



2023-2024 Membership Package



The Oblivion Allstars Membership pack is designed to ensure all OA members from recreational Cheerleading through to our Elite level athletes look unified at events and in training. Every athlete that becomes a member for the 2023-2024 season will be required to purchase the membership pack including costs for insurance, music and the following items: Season 12 Zip Hoodie, Season 12 Jogger Bottoms, Season 12 Tshirt, Costings cover music and insurance as well.

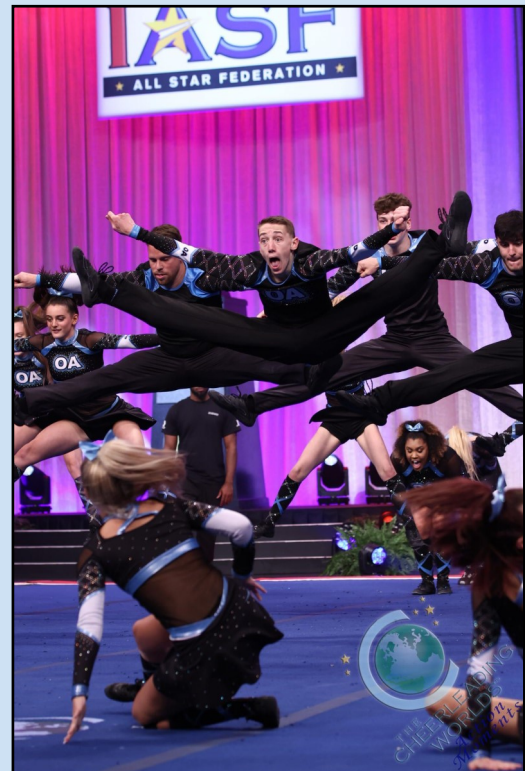
Membership Costs for Female Merchandise: £105
Membership Costs for Male Merchandise: £105

IF ANY OF OUR ATHLETES/PARENTS WOULD LIKE TO PURCHASE ANY OF OUR ADDITIONAL MERCHANDISE YOU MAY DO AT OUR GYM SHOP.

UNIFORMS

Every competitive athlete will need a competition uniform. We have one uniform for the entire programme and one uniform for our Worlds team. Last season we are introduced a BRAND NEW Competition kit to our programme for some of our teams.

As a new member at OA you will need to purchase a competition uniform (if you are a competition cheerleader). Competition uniforms new are £180. This kit will last the athletes for 3 seasons before we look to change kits. The kits are £180 for female and £15 for the bow.

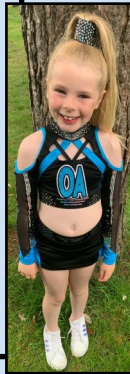


TESTIMONIALS



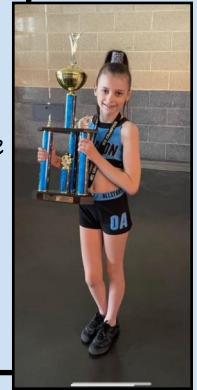
Emme has been with Oblivion Allstar for 3 seasons. Her team have had an amazing season, winning 3 1st places so far. All the coaches are highly skilled. Not only do they bring out the best in their athletes, but the new skills Emme has learnt this season are credit to their hard work, time, and support they give to each and everyone. OA has done wonders for Emme's self esteem and confidence. It's her absolutely favourite thing to do. Not only is Emme learning new skills, she's made the best of friends, and made amazing memories along the way. Bring on the next season.

Jo Sargeant

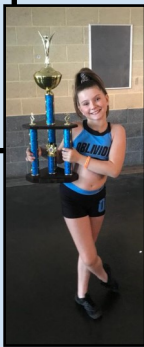


Annabell joined OA aged eight in 2019. She was completely new to Cheer. Now three years on she is a completely different child in terms of her confidence. The coaches at OA are brilliant at bringing the best out of their athletes, whatever level skills they have, and everyone is welcome regardless of ability. Annabell started with just about being able to do a forward roll! It's one of the best decisions we made for her. She has gone from being a very shy girl to brimming with excitement in the gym, and at competitions making some amazing friends along the way. OA is one huge family with parents/carers being involved too where friendships are grown. It's an amazing programme and I'm confident her journey with OA will be for years to come.

Katie Leach



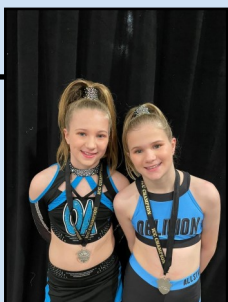
This is my daughters first season with Oblivion Allstars. As soon as we joined we were made to feel very welcome from the post try-out team reveal which was great fun to all the competitions we have attended. We have been so well looked after by our team mum and her regular communication to the group has been outstanding, our team mum has made the first season experience amazing and we are very grateful to her. We are really looking forward to trying out for next season with OA and really love the fact that all the teams and families are so supportive of one another.



Hi. My name is Maddison Seaman, I'm 15 and I have been a cheerleader for 8 years. I joined Oblivion in 2020, and was so nervous going to tryouts at a new cheer team but everyone was really welcoming and I knew straight away Oblivion was where I wanted to be. To my surprise I was offered a place on X, I was so happy and excited, unfortunately we still had lockdown and the only competition we managed that year was Bournemouth, so this has been my first full season, again on team X and I had the fantastic opportunity to compete at worlds. We all had such an amazing time, not only the surreal experience of being on the worlds floor, but getting to know each other more and creating stronger friendships which has made me feel so much closer with the oblivion family, and making memories that I know will last a lifetime. I love being at Oblivion and cannot wait for next season, I have no plans to give up cheerleading for a long time and I'm so excited



My twin daughters joined OA at the beginning of this season, having moved from another club. Both are at very different levels but each has made amazing progress in just this year! I cannot believe how much they have progressed in terms of skills but also in their confidence. OA is like a family and we have been made so welcome by everyone. All the coaches are brilliant and work on developing each child's skills. I am so pleased we moved to OA and am very excited for the future, for both my girls, in their teams.



My Girls joined Oblivion for the 2021 season. Since joining OA I have seen their confidence & determination grow so much, which as a parent is great to see. My girls look forward to going every week with determination to better themselves and work as a team. The team bond is lovely, not to mention the cheer friendships they have built along the way.





Isla joined Oblivion Allstars in April 2018 in Youth Level 1. She has made some amazing friends at OA and made great progress in her cheer skills. With the help and support of the coaching staff at OA she has worked hard to progress her skills and has competed in both Junior Level 2 and 3. Isla is really looked forward to travelling to Barcelona to compete in her first competition outside of the UK and we are really grateful to OA for providing her with that opportunity. Isla now wants to develop her Level 4 skills ready for future seasons and with the support of the coaching staff at OA we are confident she will achieve her goal.



Isaac started cheerleading in 2013. He was 7 years old and loved it the first minute he set foot on the cheer mat! He started in Evolution and his first comp was in Guildford! Little did I know then what would follow. Competitions, long drives, the odd night away and more training sessions than I have had dinners but Isaac just couldn't get enough of Cheerleading. The culmination of all his hard work was competing in the Worlds with X in Orlando in April this year!! I was a very proud parent watching him at Worlds compete with the best! He loves the team spirit within OA. He has made so many close friendships along the way and loves now being coach at OA too. Cheerleading has allowed Isaac to be himself and he adores it!



TEAM MUM'S

Each season our competitive cheerleading teams have Team Mum's assigned to them. Our team mum's are there to be the first point of contact for parents and/or athletes for their specific team.

Our Team Mum's role throughout the season is to help with arranging competition payments with their teams, helping out at OA events, sizing athletes for competition kit, gathering sizes for training kit, handing out competition tickets etc.

If you are interested in being a team mum for the 2023-2024 season do let us know.



PROVISIONAL 2023 SUMMER SESSIONS



OA are aware that throughout the summer our athletes & their families take the opportunity to go away on holiday. To accommodate this we run 2 weeks of sessions for August training instead of regular weekly training. Each team will have an allocated full training day which is a great opportunity for the athletes to get to know each other, start building bonds & new friendships as well as getting to know the coaching staff for those teams and working on level appropriate skills in preparation for the new season.

WEEK 1

TEAM	DATE & TIMES
GALACTICA	Monday 24th July 2023 10:00PM-4:00PM
TEACUPS	Monday 24th July 2023 10:00AM-4:00PM
RUSH	Monday 24th July 2023 10:00AM-4:00PM
VENGEANCE	Tuesday 25th July 2023 10:00AM-4:00PM
SWARM	Tuesday 25th July 2023 10:00AM-4:00PM
INFERNO	Friday 28th July 2023 10:00AM-4:00PM
NEMESIS	Saturday 29th July 2023 10:00AM-4:00PM
VORTEX	Wednesday 26th July 2023 10:00AM-4:00PM
STEALTH	Thursday 27th July 2023 10:00AM-4:00PM
AXIS	Thursday 27th July 2023 - 6:00pM-9:00PM Friday 28th July 2023 - 6:00PM-9:00PM
X	Monday 24th July 2023 6:30PM-9:30PM Wednesday 26th July 2023 6:30PM-9:30PM

WEEK 2

TEAM	DATE & TIMES
GALACTICA AG MS	Monday 14th August 2023 10:00PM-4:00PM
TEACUPS AG MS	Monday 14th August 2023 10:00AM-4:00PM
RUSH ag	Monday 14th August 2023 10:00AM-4:00PM
VENGEANCE	Tuesday 15th August 2023 10:00AM-4:00PM
SWARM	Tuesday 15th August 2023 10:00AM-4:00PM
INFERN O	Friday 18th August 2023 10:00AM-4:00PM
NEMESIS	Saturday 19th August 2023 10:00AM-4:00PM
VORTEX	Wednesday 16th August 2023 10:00AM-4:00PM
STEALTH	Thursday 17th August 2023 10:00AM-4:00PM
AXIS	Thursday 17th August 2023 6:00PM-9:00PM Friday 18th August 2023 6:00AM-9:00PM
X	Monday 14th August 2023 6:30PM-9:30PM Wednesday 16th August 2023 6:30PM - 9:30PM
COLOSSUS	Sunday 20th August 12:00PM-4:00PM



PRIVATE 1-2-1 SESSIONS



Our coaching staff offer private sessions as an extra way to help our athletes on to the next stages of their development. These private sessions have proven a great way for athletes to upgrade skills and work towards tumblers that may be a higher level than what they currently compete.

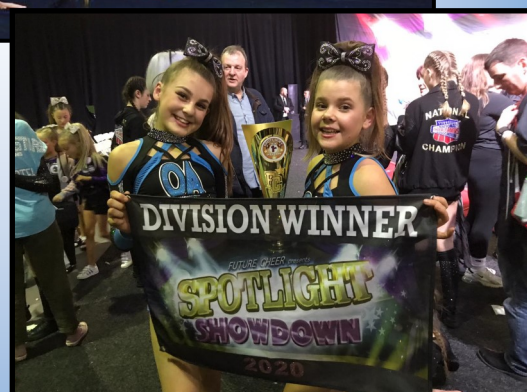
Our athletes can choose which coach they would like to host their private sessions. Private sessions can be booked only in blocks of 5 weeks upfront. Please contact us or your specific coach to book your private slots in the new season.

SKILL SPECIFIC TUMBLE CLINICS

Throughout the season specifically in half terms we will be hosting clinics specific to gaining certain skills. For example a Back handspring clinic where all drills and training is aimed towards gaining that specific skills and variations of that specific skill or a Full Twisting clinic where anyone at the stage of learning to twist can progress that specific skill. These are a huge hit with our parents and athletes. Stay tuned on our social media for which clinics are coming up throughout the new season.

HALF TERM CLINICS & OPEN GYMS

Our Half Terms at OA we have a break from our regular weekly schedule. However after a lot of requests and interest from parents to host additional sessions we will be adding tumble specific clinics and open gyms to the programme during the half term breaks. These sessions will be suitable for OA members and Non members to enjoy. These days will be advertised on our social media coming up to the half term breaks. These are a great way for athletes to socialise in a relaxed environment and make new friends.

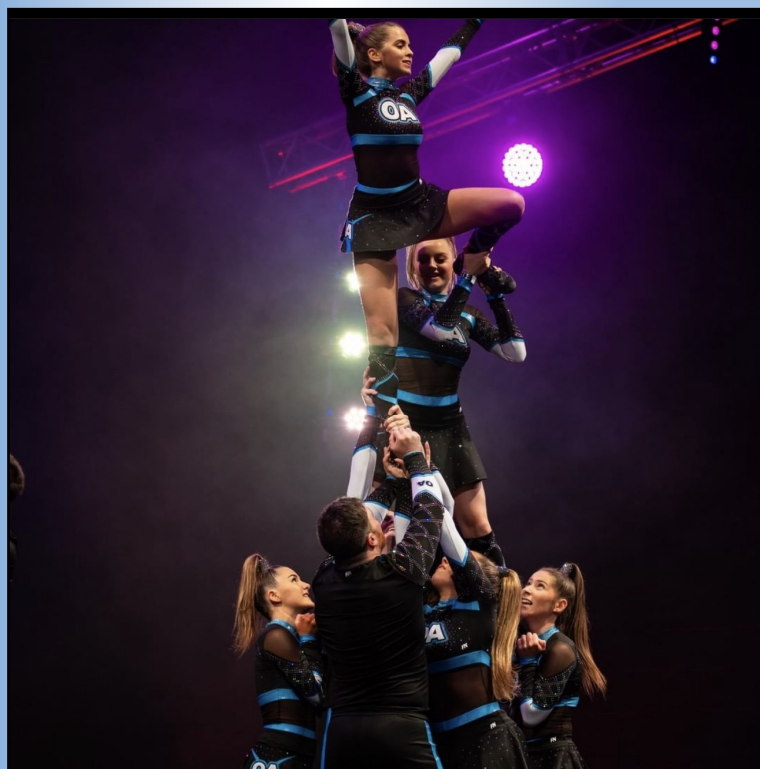


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NEXT STEPS FOR YOU

1. Read and complete registration & membership forms which can be found on our website.
2. Read and complete Parent & Athlete code of conduct forms.
3. Read and complete medical & liability forms.
(All of the above forms can be found on our website on the same page that you signed up for tryout and evaluations).
4. Return the above forms and make payment for your membership pack on your first summer training day so we can ensure all sizes are ordered and hopefully here by the August summer session. The week commencing 24th July 2023. (If you cannot attend your first summer training day please arrange to get the above into the gym before so).
5. Set up your standing order for training fees for your new teams for the 1st of each month starting from August 2023 through until July 2024.
6. Let the member of staff know your sizes for our new membership package on your first summer session.



WE HAVE A TEAM FOR EVERYONE
AT OA!
WE LOOK FORWARD TO SEEING
EXISTING, NEW & OLD ATHLETES
ON BOARD FOR THE 2023-2024