



TEAM UK

2021 INFORMATION PACK



Thank you for your interest in being a part of Team UK for the IFC 2021 Cheerleading World Championships.

In this pack you will find all the important information about Team UK, the teams on offer and where we compete, as well as the type of athletes we are on the lookout for and the tryout process.

We hope you choose to tryout to be a member of Team UK and we look forward to seeing what you can do!

An introduction to Team UK

Team UK is a national team that represents the United Kingdom at the International Federation of Cheerleading World Championships. The Championships have been held every other year since 2001, hosted by countries including Japan, Germany, Finland and the United Kingdom. 2021 will welcome the 11th iteration of the event.

Team UK is an opportunity provided to athletes by the UK Cheerleading Association (UKCA). Team UK have fielded teams at the last 10 Championships, winning medals across multiple disciplines.

Team UK consists of a number of teams covering three main cheer disciplines; Cheerleading, Cheer Dance and Urban Cheer. A more detailed breakdown of each discipline and required skills can be found later on in this pack.



"Team UK is an incredible opportunity for athletes to represent their country, cheering on a global scale. I can't wait to welcome the team for 2021."

- Pat Hawkins, UKCA CEO



Teams are selected through a thorough tryout process; consisting of open applications, skill compilation videos and a callback stage, which will be an invitation to attend our in person tryout day. Throughout all stages of the tryout process we will be assessing athletes stunting, tumbling, jumps, dance and performance ability for their selected discipline.

Once selected, teams will attend multiple in person training sessions based in the North West ahead of the Championships in Winter 2021 (exact date TBC due to Covid-19). There will also be online training sessions, as well as an expectation for athletes to complete workouts and go over choreography in their own time between team sessions.

Throughout the rest of this information pack, you will find information on; each of the disciplines offered and required skills, a summary of the tryout process and how to submit your application, information about the 2021 World Championships, training, associated costs and the commitment involved in being a member of Team UK.

Team UK: Cheerleading

Team UK will be looking to field both a Junior and Senior Cheerleading team to the 2021 IFC World Championships.

To be considered for the Junior team, athletes must be aged 12, 13, 14 or 15 on the day of competition (Winter 2021 - exact date TBC).

To be considered for the Senior team, athletes must be 16+ on the day of competition (Winter 2021 - exact date TBC).

Please use the Desired Skills list as a guide opposed to a definitive checklist. You do not need all listed skills to apply as teams will be selected based on a number of factors.

Please note tumbling skills are desirable but stunting specialists will also be considered.



Desired Skills

Stunting:

- Level 3-5 (Junior)
- Level 4-6 (Senior)

Tumbling:

- Full twist
- Jump tuck
- Running layout
- Standing tuck
- Running tuck

Flyers:

- Bow and arrow
- Scorpion/needle
- Heel stretch both sides
- Scale
- Trick baskets

Jumps:

- Toe touch
- Left herkie
- Right herkie
- Pike
- Double and triple whip

Additional attributes:

- Strong dancer
- High level of performance
- Stamina
- Positive mindset
- Coachable (applies feedback)
- Strong team player
- Dedicated



Team UK: Cheer Dance

Team UK will be looking to field both a Junior and Senior Cheer Dance team to the 2021 IFC World Championships, as well as both a Junior and Senior duo.



To be considered for the Junior team, athletes must be aged 12, 13, 14 or 15 on the day of competition (Winter 2021, exact date TBC).

To be considered for the Senior team, athletes must be 16+ on the day of competition (Winter 2021, exact date TBC).

Please use the Desired Skills list as a guide opposed to a definitive checklist. You do not need all listed skills to apply as teams will be selected based on a number of factors.

Desired Skills

Jumps:

- Toe touch
- Left herkie
- Right herkie
- Pike
- Double and triple whip

Turns:

- Double and triple pirouettes
- A la seconde/fouettés

Leaps:

- Split and box leaps
- Forward and side leaps
- Switch leaps
- Attitude leaps
- Spinning disc

Flexibility:

- Both leg splits
- Box splits
- High kicks

Additional attributes:

- Strong dancer
- High level of performance
- Stamina
- Positive mindset
- Coachable (applies feedback)
- Strong team player
- Dedicated



Team UK: Urban Cheer

Team UK will be looking to field both a Junior and Senior Urban Cheer team to the 2021 IFC World Championships, as well as both a Junior and Senior duo.

To be considered for the Junior team, athletes must be aged 12, 13, 14 or 15 on the day of competition (Winter 2021, exact date TBC).

To be considered for the Senior team, athletes must be 16+ on the day of competition (Winter 2021, exact date TBC).

Tricks and tumbles aren't necessary - just a bonus, but the capability of performing with an urban style and urban 'attitude' is.

Desired Skills

Jumps:

- Toe touch
- Left herkie
- Right herkie
- Pike
- Double and triple whip
- Urban jumps

Tumbling:

- Back handspring
- Toe flip
- Tuck
- Aerials
- Other tumble tricks

Other:

- Splits (right and left)
- Weight bearing/freeze skills

Additional attributes:

- Strong dancer
- Understanding of urban style
- High level of performance
- Stamina
- Positive mindset
- Coachable (applies feedback)
- Strong team player
- Dedicated



Training for and attending the IFC World Championships 2021

Due to Covid-19, we are currently working with less information about the upcoming Championships than usual. The competition is due to run in Winter 2021, but we are still waiting for a confirmed date and location. We are anticipating this announcement to be made by the end of 2020, before final team selections are made for Team UK. We are therefore releasing as much information as we can and commencing our tryout process, but will release this key information as soon as we receive it.

We understand that the host country may be a factor into whether Team UK is a viable option for you due to costs, so we will aim to provide costings as quickly as possible, and you will be able to confirm your place if you are successful once the competition location is confirmed.

Training:

Successful athletes will need to commit to attending the competition in Winter 2021, as well as attending all compulsory team trainings, both in person and online. Training will take place in the North West region and successful applicants must be happy to travel where required. Please note that Dance and Cheer training will happen on different days, so if you are a member of more than one discipline you will be required to attend both days each time.

We are planning to run a maximum of six in person training sessions for athletes leading up to competition, starting from mid 2021. Exact dates will be confirmed in due course. Athletes must be able to commit to all training sessions, and lack of attendance will result in the potential withdrawal of their place.

As well as in person training, athletes will be expected to attend online training workshops, as well as proactively working on technique, choreography and individual skills in the gaps between training.

Team UK members will also be offered a number of online workshops to further aid their development as athletes, including areas such as nutrition.

Extra opportunities:

After team selections have been confirmed, coaches and management will also be selecting athletes for Senior Group Stunt, as well as Junior and Senior duos for both Cheer Dance and Urban Cheer. You will notice on the application form that you will need to confirm you are happy to be considered for these opportunities if you are successful. Extra costs and training time may apply.



Training for and attending the IFC World Championships 2021

Competition:

Athletes will attend the IFC World Championships with Team UK. The trip is estimated to be up to a week long including travel time. All travel and accommodation is included and will be suitable, safe and chaperoned by DBS checked adults. Transfers if required will be provided from the accommodation by coach to the competition venue on 3/4 days.

We always try to include an extra day to give the athletes the opportunity to enjoy the culture of our host country and go site seeing.

Kit:

As part of the overall Team UK package, athletes will have a kit for training, as well as the entirety of the trip to the IFC World Championships.

A breakdown of the kit includes*:

Travel case, backpack, uniform(s), competition bow, training bow, training t-shirt, 6 to 8 additional t-shirts, team tracksuit, shorts and crop top, socks, leggings, travelling trainers, urban trainers if required. Cheerleading athletes will also receive a sponsored pair of competition trainers. *Please note, final kit list will vary based on host country/duration.

Showcase:

This year we are looking to run a Team UK send off showcase before we depart for the IFC World Championships, as an opportunity for friends, family and your regular team coaches to see all routines if they are unable to travel to competition. The date and location for this will be shared in 2021.

Overall costs:

At this time we are unable to give an estimation of costs, due to the pending release of the host country. Once we receive this information, we will be able to share a better guide of expected costs. This cost will include, but is not limited to; training costs, competition entry, travel and accommodation while at competition, competition kit, training kit, music. A finalised cost will be confirmed once the competition dates and location have been released and team selections made. Team UK will also share details of a scheduled payment plan once costs are released to help athletes and families manage this.

Athlete expectations:

All members of Team UK 2021 must adhere to the expectations set out to them in the Code of Conduct, which will be shared upon successful admission to the team. Athletes are expected to treat all fellow team members, coaching staff and management with respect and courtesy, and breaches of this may result in the withdrawal of their place on the team.

Athletes must be training with a community/university team throughout the year, and have a duty to practise choreography and maintain strength, flexibility and fitness in their own time due to the staggered training schedule.

The Tryout Process

Many of you may have already participated in our key skills videos and feedback process, and we hope you found this helpful in ensuring you are best set up for success at tryouts. You will now need to complete an application form and submit a skills compilation video. If you did not participate in our video feedback process - don't worry! Everything you need to do to apply for Team UK is outlined below.

Step one: Complete application form.

This can be found via the following link: <https://ukca.org.uk/2020/09/team-uk-application/>, or by searching 'Team UK' on the UKCA website. The form must be completed in its entirety and submitted by **23:59 Tuesday 1st December 2020**.

Technique Workshops - We are delighted to be offering online technique classes and workshops for Team UK applicants. This is a great opportunity for athletes to work directly with the Team UK coaches during the tryout process and allow athletes to further showcase their skills and work ethic. Emails will be sent out to everyone who has submitted an application form with information on how to book onto each workshop.

Flexibility for Shapes, Jumps and Splits - Saturday 24th October 6:30-7:30pm

Urban Workshop - Friday 6th November 7-8pm

Cheer Jumps Workshop - Friday 20th November 7:15-8pm

Cheer Dance Turns - Saturday 21st November 6:30-7:30pm

Step two: Submit tryout video.

As well as completing the online application form, applicants also need to submit a 90 second - 2 minute skills compilation video. Please ensure this video is an accurate representation of your current skill set and features a variety of skills for the disciplines you are trying out for. Please use the desired skills lists featured earlier in this pack as a guide on what you could include. If you are trying out for more than one discipline, please include all necessary skills in the same video. Your skills video must be emailed to TeamUK2021@ukca.org.uk by **23:59 on Tuesday 1st December 2020**. If you are struggling to send due to file size, we recommend using WeTransfer.

Step three: Callback invitations.

Once we have received all tryout videos, Team UK staff will select a number of athletes to invite to an in person tryout, due to be held early next year in Manchester (date to be confirmed due to ongoing Government guidance). The callback decision process will begin after the 1st of December deadline and all athletes will be emailed in due course. If successful, you will be sent choreography to learn ahead of the in person tryout day.

Step four: In person tryout day.

Athletes who successfully reach this stage will attend an in person skills day early next year, held in Manchester. On the day we will assess tumbling, dance, jumps and performance skills, as well as flexibility, strength, and stunting for cheerleading. You will also perform the choreography sent to you in advance.

Step five: Team selections.

After the skills day, coaches will assess the talent and make final team selections,

FAQ's

When will we find out the country and date of the competition?

Due to Covid-19 we are understandably still waiting for the host country and finalised date to be announced. We are anticipating this information to be released November - December time, during the early stages of the tryout process, and will communicate it with all tryout applicants as soon as it is announced.

I'm not sure I will be able to afford it until I know the country of the competition, is this okay?

Yes of course! We completely understand this is a big financial commitment and the difference in costs depending on where the host country is could make a difference in whether this is a viable opportunity for you. We are hoping to find out this information at the early stage of the tryout process and will be communicating this announcement and our estimated costs with all applicants as soon as possible. Once team selections have been made and places offered to athletes, we will confirm all associated costs so athletes and their families can make an informed decision.

Can I tryout for more than one discipline?

You are absolutely welcome to tryout for more than one discipline, however athletes will be assessed for each discipline independently. Please note that if you are successful, additional disciplines will incur additional costs (uniform etc.).

I don't have all of the skills on the desired skills list, can I still apply?

Absolutely. We are looking to field the best possible team and are therefore looking for athletes with specialist strengths, as well as across the board performers. So please use the desired skills list as a guide opposed to a check list, we will take into account a range of factors when selecting teams. For cheerleading, we will be looking for specialist stunters so non-tumblers are also encouraged to apply.

What is the waitlist option on the application form?

You will have the option on your original application form to select 'please add me to the official waitlist if I am initially unsuccessful'. This is confirming that if you do not make team selection this time around, and someone is unable to continue with their place on the team, you are happy to be considered as a replacement down the line.

I am due to turn 12 in Winter 2021, what happens if my birthday ends up being after the competition date?

The entry requirements state that all competing athletes must turn 12 before the first day of competition. As we are yet to have the exact date of competition, we are taking applications from all those due to turn 12 in Winter 2021. We will query if there will be any changes to the entry requirements due to the delayed competition announcement if needed once the date is announced, however unfortunately if you are due to turn 12 late in 2021, please understand that there is a chance you may be ineligible to compete.

For any further questions on anything to do with Team UK, please get in touch at TeamUK2021@ukca.org.uk.