



FAMILY

23/24

**REGIONAL
COMPETITION TEAMS
SEASON PACK**

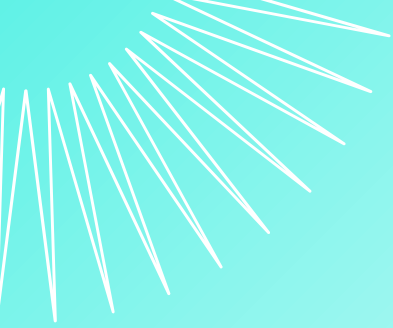
BYE-BYE BORED! HELLO RSD!



Welcome to RSD Cheer & Dance Competition programme. Established in 1999, we are the largest programme of its type in Wales, and one of the largest in the UK. Our teams have won National Titles back to back since 2004, as well as having won qualification to enter the World Championship in Orlando for the last 12 years.

At RSD we take pride in the importance of developing far more than just the cheer and dance skills you see on the competition floor. The athletes develop confidence, strength of character to push through the hard times, dedication to a team, setting and working towards goals, skills in time keeping, sportsmanship and the importance of a healthy lifestyle.

"My daughter is 11 and in her 7th season of competitive dance at RSD. The program at RSD is second to none and has facilitated Ettie to develop her skills in a safe and fun environment. Additionally to team training she is able to access private lessons for dance and tumble which are tailored specifically for her personal development. During all sessions she is coached by a professional team of nurturing coaches who ensure that she receives the training, skills and development needed to progress and become a well balanced athlete who thrives within the demands of a competitive team environment. Best thing I ever did was start Ettie's journey at RSD, her smile says it all!" Sara Lewis



COMPETITION TEAMS

For our competition teams we have 3 options.

Regional Teams

Our Regional teams are the perfect options for those who wish to enjoy competition cheer & dance without a huge commitment level. These teams participate in 4 events per year.

The RSD Premier - ICC Western Regional - BCA Regional - RSD Summer Extravaganza

These teams train once per week.

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Allstar Teams

Our Allstar teams are the next step on the competition ladder.

Teams train between once and twice per week.

For further information on our Allstar Teams please email
rsddanceandcheer@gmail.com.

Elite Teams

Our Elite teams are our highest level competition teams, and are suitable for those who have developed a love for the sport and are ready to fully commit to competition life.

Commitment is for two sessions per week, and members are expected to plan their other activities around their training time in order to see both individual and team development through to its full potential.

For further information on our Elite Teams please email rsddanceandcheer@gmail.com



REGIONAL TEAMS

Our Regional Teams are a great place to start competition cheer. As a team sport regular attendance is important and encouraged. **Attendance** will be compulsory for the 2 weeks prior to events.

Uniform order Day will be September 15th, 50 percent deposit payment will be required on ordering, final payment December 1st. For those currently on a trial there will be a later uniform order date of October 2nd

Other expenses-

- Annual Membership fee £25
- A season T Shirt will be required to be worn at Training - Cost £15
- Appropriate footwear for team.
- Cheer - Competition hair accessories £10
- Pom Dance - Poms £30
- Routine Music £10
- Competition entry cost

Communication

In order to keep up to date with team information please download the app "stack team app". Create an account and then search RSD Regional Dance & Cheer. Request membership and state athlete's name on membership request.

There is also a Parent Facebook group "Parent Group 2023/24 RSD Regional Competition Teams"



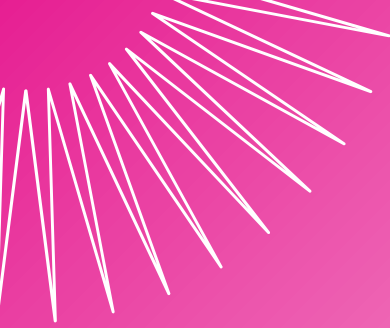
REGIONAL TEAMS

Team	Age & Style	Trainign Times	Weekly Cost	Uniform Cost New
Starburst	3-4yrs Cheer	Sunday 9-10am Studio	£4.75	£75 Unchanged from 2022/23
Showstoppers	3-5yrs Cheer	Saturday 9- 10am Studio	£4.75	£75 as Starburst
Royalty	3-6yrs Cheer	Thursday 5- 6.30pm Ynyswen Welfare Hall	£7.10	£75 Unchanged from 2022/23
Epic	5-6yrs Cheer	Sunday 10-11am Studio	£4.75	£75 Unchanged from 2022/23
Motion	3-5yrs Pom Dance	Saturday 10.30-11.30am at Tonyrefail Sports centre	£4.75	£65
Limelight	5-6yrs Pom Dance	Thursdays 6.30-7.30pm Ynyswen Welfare Hall	£4.75	£65 uncgabgee from 2022/23
Idols	6-8yrs Pom Dance	Saturday 11.30- 12.30 at Tonyrefail Sports centre	£4.75	£65



REGIONAL TEAMS

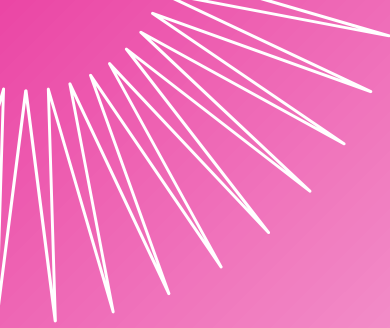
Team	Age	Trainign Times	Weekly Cost	Uniform Cost New
Icons	7-8yrs Cheer	Monday 5- 6.30pm Ynyswen Welfare Hall	£7.10	£75 unchanged from 2022/23
Spotlight	7-9yrs Pom Team	Monday 6.30- 7.30pm Ynyswen Welfare Hall	£4.75	£90 unchanged from 2022/23
Agents	7-11yrs Cheer	Saturday 10am-12pm Studio	£9.50	£85 as Producers
Producers	7-11yrs Cheer	Sunday 3.30- 5.30pm Studio	£9.50	£85 Unchanged from 2022/23
Stars	9-11yrs Cheer	Tuesday 6.20- 7.50pm Ynyswen Welfare Hall	£7.10	£75 unchanged from 2022/23



COMPETITIONS

Event	RSD Premier Dec 17th University of South Wales	ICC Bath Feb 10th or 11th	BCA Newport March 9th or 10th	Possible May / June competition to be confirmed	RSD Show Park & Dare Treorchy June 8th
Pricing Team members	£15	£34 1st Division £26 for each additional division Solo / duo £32	£36 1st division £26.50 for each additional division	To be confirmed	None
Spectators	£8.50	£13.50 per session	£25 per day	To be confirmed	To be confirmed
Due	September 30th	October 30th	Nov 30th	To be confirmed	To be confirmed

Competition entry costs - These can be purchased via your online account from September 1st. Full information to follow



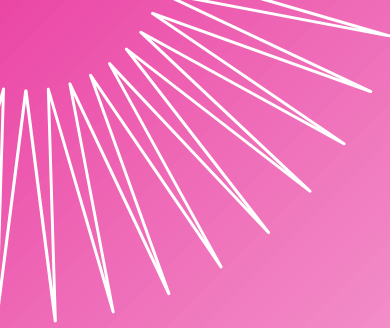
HOLIDAYS

Holidays

Summer Break - Tuesday 15th August - Monday 28th August Inclusive

Christmas Break - Monday 18th December- Monday 1st January Inclusive

Easter Break - Friday 29th March -Monday 1st April Inclusive



POLICIES

- Competition fees are non refundable past the due date.
- Training is compulsory in the 2 weeks prior to an event.
- If compulsory training is missed an athlete may not be able to compete at the event. Please do not ask to be excused from compulsory training, the answer will always be that we have to stick to the rules..
- Team training t-shirt to be worn at training sessions (available September). Hair pulled back.
- RSD or Team names are not to be printed on items.
- Fees are set for the season and split over equal payments from July to June. When the fees are calculated they take into account the holiday and competition dates set out in the season pack. If any additional sessions are cancelled then fees would be adjusted or a make up session would take place.
- Fees are paid monthly on the 1st of the month



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