



# FAMILY FOREVER

23/24

ELITE

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.

For further information on our Regional Teams please email  
[rsddanceandcheer@gmail.com](mailto:rsddanceandcheer@gmail.com).

## **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](mailto: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.



# ELITE TEAMS

Our Elite Teams are a great place to be if you want your focus to be development and competition. .

**Attendance** season is split into 3 terms, September -December, January to March, April to July. Within each term a maximum of 2 sessions can be missed without your position with routine / team being effected. This includes all reasons with the exception of a pre booked holiday. If you have a holiday booked please email Emma the holiday dates and once approved an additional 2 authorised absences will be added to your account. This will give an absolute max of 4. If more than 4 sessions are missed you should expect potential outspcomes to be one of the following - Position within routine moved, position in stunt group moved, switched to reserve. In addition, training 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
- Competition entry cost
- Choerography and camp fee £75

## **Communication**

In order to keep up to date with team information please download the app "stack team app". Create and account and then search RSD Elite Teams 2023/24. Request membership and state athletes name on membership request.

There is also a Facebook group "Parent and Athlete Group 2023/24 RSD Elite Competition Teams"

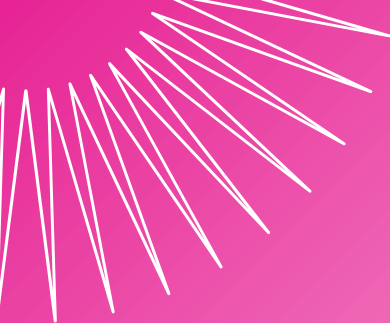
# ELITE TEAMS

Team	Age & Style	Trainign Times	Weekly Cost	Uniform Cost New	Choerography
Paparazzi	7-8Yrs L1	Sunday 9-10.30 am @ Gym Wednesday 5-6.30pm at studio	£11.80	New £130-150	Sept 24th 9-12.30 25th 5-8.30 26th 5-8pm
Xtreme	International U12 L2	Sunday 4-6.30pm@ Gym Wednesday 5.30-6.30pm @ Studio	£15.25	New £150-170	Sept 23rd 12-3pm 24th 1.30-5.30pm 27th 6-9pm
Showgirl s	International U16 L3	Sunday 2.30-4 at Gym Sunday 5-6pm at Studio Wednesday 7.30-8.30 at gym	£15.25	New £150-170	October dates to be confirmed
Vouge	International U16 L2	Sunday 10.30-1 at Gym Wednesday 6.30-7.30pm at Studio	£15.25	New £150-170	October dates to be confirmed
NoToriou 6	International open 2008 or earlier	Monday 7-9pm at Gym Wednesday 7.30-9pm at Studio	£15.25	As last season £130	October dates to be confirmed
Envy	Senior 4	Sunday 6-7pm at Studio Sunday 7.30-9pm at Gym Wednesday 6.30-7.30pm at Gym	£15.25	As last season	October Dates to be confirmed
Legends	International open 2008 or earlier	Sunday 12-2.30pm Wednesdsy 8.30-10pm	£15.25	To be confirmed	October. Dates to be confirmed



# ELITE TEAMS

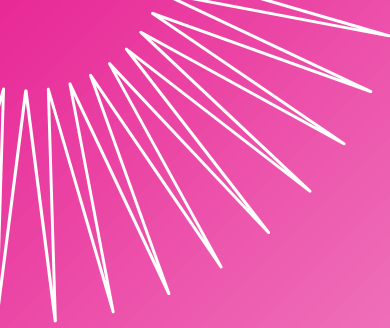
Team	Age	Trainign Times	Weekly Cost	Uniform Cost New
Bombshells Pom	7-8Yrs	Saturday 11-1pm Tonyrefail Sports Centre	£9.50 or £17.10 for both Pom and jazz	Approx £100
Bombshells Jazz	7-8yrs	Monday 4.30-6.30pm Studio	£9.50 or £17.10 for both Pom and Jazz	Approx £70
Celebrities	10-12yrs	Saturday 9.30-11 at Ton Thursday 5-8pm at Gym / Studio	£19	Pom as last season £85 leo and £45 trousers. Jazz approx £70
Silver Bullets	12 plus	Monday 6.30-8.30 at Studio Saturday 11-2pm at Ton	£21.10	New approx £135
Leading Ladies	International Open 2008 or earlier	Tuesday & Thursday 6.30-10pm at Gym	£25	To be confirmed with Team



# COMPETITIONS

Event	RSD Premier Dec 17th University of South Wales	ICC Bath Feb 10th or 11th	BCA Newport March 9th or 10th	ICC Nationals Nottingham March 16/17th	BCA Nationals 25/26th May Telford	FC Nationals July 5-7th Bournemouth
Team	All	All	All	All Except Bombshells Celebrities Paparazzi	Legends, Leading Ladies No Tori ou 6,	All
Pricing Team members	£15	£34 1st Division £26 for each additional division Solo / duo £32	£36 1st Division £26 for each additional division Solo / duo £36 (if available)	£44.50 first division, £32 additional divisions	£46 first Division £32 Additional divisions	£52 first division, £35 additional divisions
Spectator s	£8.50	£13.50 per session	To be confirmed	£16.50 session or £50 vip	To be confirmed	To Be confirmed
Due	September 30th	October 30th	October 30th	Nov 1st	To be confirmed	December 1st

**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..
- **Attendance** season is split into 3 terms, September -December, January to March, April to July. Within each term a maximum of 2 sessions can be missed without your position with routine / team being effected. This includes all reasons with the exception of a pre booked holiday. If you have a holiday booked please email Emma the holiday dates and once approved an additional 2 authorised absences will be added to your account. This will give an absolute max of 4. If more than 4 sessions are missed you should expect potential outspcomes to be one of the following - Position within routine moved, position in stunt group moved, switched to reserve. In addition, training will be compulsory for the 2 weeks prior to events.
- 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. Late fees are applied on the 3rd & 10th.



[www.rsd-danceandcheer.com](http://www.rsd-danceandcheer.com)

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