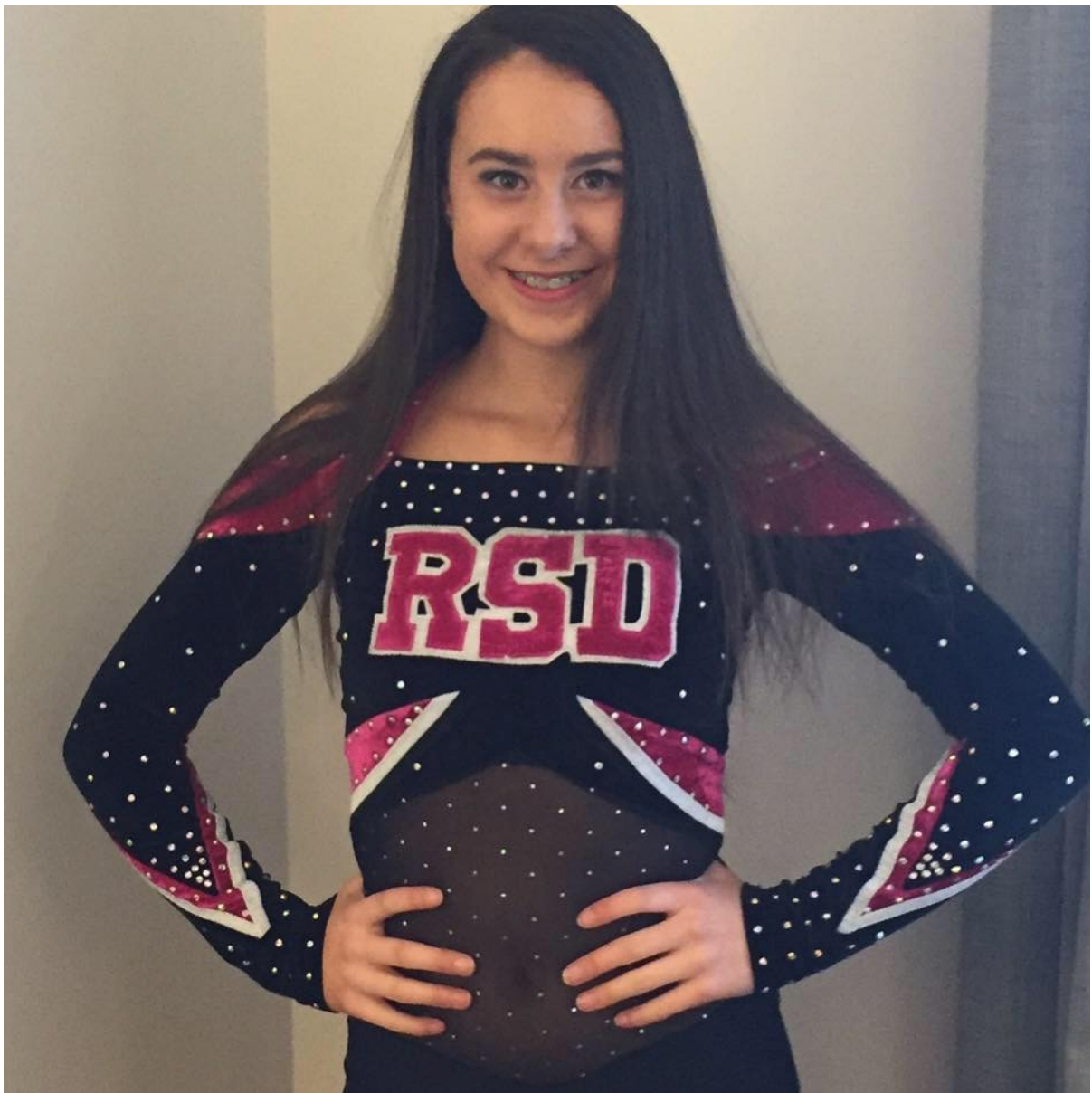


RSD Allstar Competition Teams Treforest Location 2016/17 Season



RSD Allstar Cheer Pre Tryout Skills Training

For new and existing members July 18th- August 26th

Sunday's at RSD Training Centre - Attend appropriate Stunting and age level

Teeny tiny (3/4yrs on Aug 31st 2016)
9-10pm Sunday

Tiny (5/6yrs on Aug 31st 2016)
10-11am

Mini Level 1 (7/8yrs on Aug 31st 2016)
11-1pm

Mini and youth level 2 (7-11yrs on Aug 31st 2016)
9- 11am

junior and senior Level 3 (10yrs plus on Aug 31st 2016)
11-1pm

Senior Level 5 - 1-3pm

Junior and senior Level 4 (10 yrs plus)
3.30-5.30pm

Youth and junior Level 1 (9-14yrs on Aug 31st 2016)
5.30-7pm

Junior and senior level 2 (12yrs plus on Aug 31st 2016)
5.30-7pm

Optional tumble training - limited spaces, bookable via web site

Sign up based on your current tumble level

Tumble at RSD Training Centre

Level 1 (3-6yrs) Monday 4-5pm

Level 1 and 2 (Age 7plus) Monday 6.15-7.30pm

Level 3 - Tuesday 6-7.15pm

Level 4/ 5 - Wednesday 8-9.30pm

Trials for Team Placement

For new and existing members

Tumble Trials - attend your current tumble level

Level 4/5 Wednesday 31st August 8-9.30pm

Level 2/3 Friday 2nd September 7-8.30pm

Stunt Trials - attend your current stunting level as a flyer, base or back

Sunday 4th September

Teeny tiny (3/4yrs on Aug 31st 2016)

9-10pm Sunday

Tiny (5/6yrs on Aug 31st 2016)

10-11am

Mini Level 1 (7/8yrs on Aug 31st 2016)

11-1pm

Mini and youth level 2 (7-11yrs on Aug 31st 2016)

9- 11am

junior and senior Level 3 (10yrs plus on Aug 31st 2016)

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5.30-7pm

Season 2016/17 Training Costs

Tiny teams will train 1 hour per week on a Sunday. Training fee £16.50 per month

Mini through to senior teams will train 2 hours per week on a Sunday. Training fee £32.50 per month

Highest level youth, junior and senior team will train twice per week, Sunday session 2 hours, in week session 1.5 hours. £48 per month.

Training fees for Sunday teams training are due the 1st of each month.

As of October fees will be changing to direct debit. Standing orders should remain in place until after Septembers payment has been made and then cancelled. Direct debit mandates will be required to be completed at the start of September ready for the first Direct debit payments to be made October 1st.

Registration form

Please bring this form along with you to your trial.

Name -

Age as of August 31st 2016 -

Date of Birth -

Communication via email should be directed to

Name-

Contact mobile number-

Email-

Do you wish to be considered for a crossover team?

Please indicate your current

Do you wish to be considered for a twice a week team?

Stunt position

Stunt level

Tumble level

Standing

Running

Jumps

Stunt