



FAMILY
FOREVER

23/24

ALLSTAR/MONTHLY
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.

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.



ALLSTAR & MONTHLY TEAMS

Allstar Teams

These teams attend a variety of Regionals and National events.

Commitment to attend training is important. Alternative activities should not be arranged during training time. Attendance is compulsory in the two weeks a prior to an event.

Monthly teams

These teams train once per month. They attend a variety of Regional and National competitions.

Attendance at Choerography dates will be compulsory.

As the team only train once per month attendance at the monthly session is essential to commit to the team. You should ensure your schedule allows you to miss no more the two sessions throughout the season. Attendance is compulsory in the session prior to an event.

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 for flawless £75

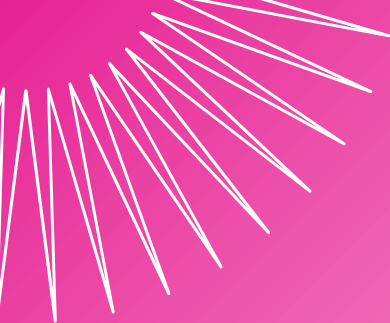
Communication

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.



TEAMS

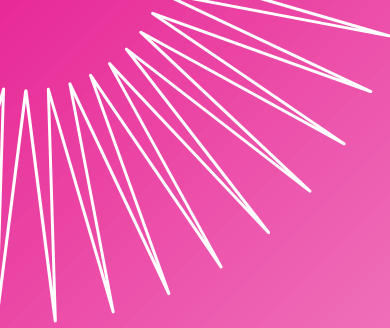
Team	Age & Style	Trainign Times	Weekly Cost	Uniform Cost New	Choerograph y
Flawless	Senior 2.1	Sundays 6.30-9pm	11.80 per week	£120	October Dates to be confirmed
Obsession	16 plus Pom and jazz	Tuesday 6.45- 9.30pm	£11.80 per week	Pom app £120 jazz approx 80	NA
Crossfade	Senior Hip Hop	Monday 8.30-10pm	£7.10 per week	Approx £75	NA
Headliners	International open Lyrical	First Froday of Month 6.30-10pm	£18 per month	To be confirmed	To be confirmed
Fever	Monthly Masters Pom	2nd Friday of Month 6.30-9.30pm	£16 per month	£88	NA
End Game	Monthly Masters Cheer	3rd Friday of Month 6.30-9pm	£14.75 per month	£65	NA
Stardom Pom	Youth Pom	Saturday 10.30- 12.30 at Ton Sports Centre	£38 per month	£120	NA
Stardom Lyrical	Youth Lyrical	Thursday 4.30-6.30 in Studio	£38 per montn	Approx £75	NA



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 except Fever and End Game	All	Obsession Headliners only	Headliners Flawless only	All except Flawless
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..
- 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

Emma- Programme Director & Head Coach

rsddanceandcheer@gmail.com

07929079403

Pamela - Programme Director & Head Coach

Pamela@rsd-danceandcheer.com

07950804996

RSD Gym
Unit 15 Taff Business Centre
Tonteg Rd
Treforest
CF375UA

RSD Studio
Unit 1 Taff Business Centre
TonTeg Rd
Treforest
Cf37 5UA