

BRAVE ALLSTARS COMPETITION TEAMS NORWICH TRYOUT FORMS 26/27

COMPETITIVE CHEERLEADING CODE OF CONDUCT, COMMITMENT FORM & TRAINING KIT/ UNIFORM SIZING

Name of Athlete: _____

1. I (and all my legal guardian(s) if under 18) have read and understand the season pack and will read all documentation and information provided by Brave and it's coaches and understand that this is the first place I should look for information before contacting Brave.
2. I understand that when I accept my place on a team, I am committing to a full season.
3. The squad will be given my full commitment throughout the 26/27 season.
4. I fully commit to Brave Allstars and will not participate in any way with any other cheerleading squads. The only exception to this is cheerleading with your school but I will inform Brave of this in advance via email. I must ensure this does not impact my training, homework, competitions and commitment to my squad at Brave. If competing at the same event with Brave and a School team, I understand that I would not be able to warm up or compete with the School team until after awards with Brave.
5. Any absences required during training will be notified when handing in this paperwork, any absences we are not notified of upon handing in your tryout forms, are likely to be unexcused and may result in being moved from your position in the team, moving teams or at a last resort, being made a reserve. No absences are permitted within three weeks of a competition or event.
6. As missing sessions has a big impact on the team, athletes are expected to attend unless seriously unwell, with sickness. A cold is not a reason to miss training. Athletes may feel under the weather at competitions so it's important that they are equipped to deal with this. Being a team sport, it's unlikely that every member of the team will feel on top form every week so this is part of being a competitive athlete within a team sport. If athletes are too unwell to train they must still attend the session to watch.
7. If I am injured or ill I will attend the training session and participate as much as it is safe to do so and it's important the coach is made aware of any injuries/illness before the session starts, ideally a minimum of 24 hours in advance.
8. If I miss a session, it's my responsibility to watch videos from the session and catch up.
9. If I am injured, I will stretch and condition taking care to protect the injury and attend all my classes.
10. I understand that if I am unwell/injured and unable to fully participate in a Red Zone training session, this puts my position in the team for the upcoming event at risk. Guardians (or the athlete if you're over 18) will have the final decision on whether an athlete is fit enough to participate in a Red zone session. If the decision is made that an athlete is not participating in a Red Zone training session, Brave senior staff will hold a meeting to decide what is in the best interest of the safety & confidence of the entire team. The likely result is that the athlete becomes a reserve for the upcoming event, and another athlete is put into that position within the routine, in this case, we ask that you still attend the competition in uniform.
11. If coaches are told an athlete is fit to train, but they show signs that theirs or others safety is at risk by continuing to train, a senior coach may override this decision.
12. I agree to arrive on time for training and events, and understand that arriving late & leaving early is unacceptable.
13. I agree that all payments will be made on time, and late payments could lead to being removed from your team without any refunds.
14. Any breaks of commitment, could lead to being removed from your team without any refunds, including the training kit and uniform.
15. If I leave the team, I understand I am breaking my commitment and understand that I will not receive any refunds including for training kit, spectator tickets or uniform even if not received. At the end of the season, if your uniform has not already been purchased, you will have the option of collecting the uniform or we can try and sell it on your behalf. If you leave before an event and spectator tickets have been purchased via Brave, these tickets will belong to Brave and will be distributed as required.
16. I understand that all payments I make are non refundable.
17. I will arrive to training energised, positive and ready to work hard applying my full effort.
18. I will not bring or wear any jewellery to Brave or events. Tape will be permitted during the healing process after a piercing during school summer holidays, any healing time that will continue outside of school summer holidays please contact Brave in advance. There are no exceptions to this in red zones or competitions and I will check my new piercing healing time will be completed during the summer. I will inform Brave via email in advance of attending with a new piercing. I understand that this is in place for the safety of myself and all athletes within the team.
19. I understand that full training kit is to be worn to training and full uniform will be worn to compete including cheer shoes. Cheer shoes are not to be worn outside and no outdoor shoes will be worn in the gym.
20. I will look after Brave's premises, keeping my belongings in their allocated spaces and clearing up after myself, including taking my belongings and rubbish home when I leave.
21. I understand that food and drink are not allowed in the gym with the exception of water.
22. I understand that only athletes and coaches are allowed in the gym, unless upon coaches request, reception is closed on team training days.
23. Due to the nature of the sport, my parents/guardian and myself, acknowledge the possible risks involved.
24. I understand that the nature of cheerleading means that change is common and happens often. I understand that coaches will make decisions for the best of the team, and I trust their decision making and will be adaptable and cooperative without needing to be informed in advance.
25. I agree that the coaches decision is final, therefore parents or squad members must accept any decision made which is for the good of the team.
26. I understand that mutually we will wait at least 48 hours to discuss a heated situation.
27. I understand that I am joining an elite competitive team sport that requires all athletes to consistently demonstrate both physical & mental strength & endurance. If at any point there are concerns regarding this, Brave Allstars reserves the right to make an athlete a reserve/alternate within their team for the safety & wellbeing of that athlete and their teammates.
28. I understand that I am trying out to be on a team, not in a specific position and I am aware that choreo is often interchangeable and my place within the routine is likely to change without explanation.
29. I (and my associated spectators at events) agree to engage in the utmost level of sportsmanship when representing Brave Allstars at any event. Any behaviour that displays Brave in a negative way on social media or at events will result in immediate dismissal with no refund.

30. Athletes will not post anything on social media which will bring disrepute to Brave's reputation, particularly videos/photos whilst wearing the Brave Allstars apparel/uniform. This includes the use of foul language, underage drinking, provocative dancing/posing etc.
31. Athletes will not spread gossip/rumours about their coaches, team mates, families or other programmes either in person or online.
32. If any issues arise (such as illness or injury in a red zone), I will contact Brave Allstars directly, and allow them to come up with a solution and inform my team. I will not post in any team groups until Brave have discussed the situation with the team, as this causes additional stress & panic to team members.
33. I understand that I need to be sensible in the run up to training sessions and competitions, ensuring I get enough sleep to be on top form.
34. I agree to being photographed or video recorded by an appointed member of the Brave team for advertisement or training purposes.
35. I (and my family) agree to always show my coaches, team members, team helpers and parents respect.
36. I agree that I will not attend any training session intoxicated and will be fully prepared for each training session. Whilst we understand that athletes have a social life outside of practice, in order to ensure the safety of all team members we ask that you do not drink excessive amounts of alcohol the night before training sessions or events.
37. Athletes are expected to attend the award ceremonies at each competition in their full uniform regardless of the time of day. Leaving before awards is not permitted.
38. I understand if I do not maintain the skills that I came to tryouts with, I may have to step down from the team with no refund.
39. Brave Allstars name and logo are trademarked. Any unauthorised use of the name or logo, on any clothing, apparel, or any other item is an infringement and strictly prohibited.
40. Team names and logos can only be used for team gifts and not for profit.
41. Training kit is covered in the membership fee and is mandatory, if it is lost or damaged the athlete will be responsible for purchasing a new one through Brave Allstars.
42. I will not sell my uniform or training kit to anyone without prior consent from Brave in writing.
43. I will contact compteams@braveallstars.co.uk with questions that are not outlined in provided documentation and regarding any injuries, illness or issues that we need to be made aware of at least 24 hours prior to training where possible and understand that coaches are usually coaching before and after my session which makes passing messages on at the door is not the preferred method of contact.
44. I will use Brave Competition Teams bank details for competition transactions only, understanding that if I do not use the correct references the payments may not be accepted as yours and your fee could still be outstanding.
45. I will ensure all payments are made during the week-long deadlines set, and understand that I may be asked to step down from competing if I fail to do so.
46. I will only contact staff and coaches via the above email and not on their personal social media.
47. I will ensure I join and monitor the private team group to make sure I am up to date with all routine videos and team announcements.
48. I will complete and post any tasks set as homework before the deadline with 100% effort.
49. In the case of a serious incident/accident, I agree for any necessary treatment to be administered in the absence of the parent/guardian.
50. If I do leave my team mid-season, I understand the notice period policy (detailed on iClassPro) still applies. Notice received before 15th of the month is amended on the Direct Debits and no further payment is taken, which means you finish class at the end of that month. Notice received after 15th of the month means that notice is placed on your account for the following month and that months fees are due. After leaving your team, you will no longer be able to attend your team training sessions and will be supplied with a suitable recreational class as an alternative until the end of your notice period.
51. I understand that if the gym is open, training fees are due, even if we are away for an event with Brave.
52. I understand it is my responsibility to update my details, including medical details onto iClassPro (the portal on the Brave website).
53. I understand that as well as following the above contract, I must also abide by the rules set out in the policies I agreed to when signing up at Brave Allstars. These policies can be viewed via my iClassPro account.

I agree to abide by all of the conditions as set out above. I have read, understood and agree to the above code of conduct and conditions and will reinforce the rules to my child to ensure that full commitment is given to Brave Allstars:

Athlete sign here: _____

This contract must be read, understood & agreed to by **all** legal guardians of an athlete (under 18) to ensure smooth communication & understanding of the commitment involved by all.

Parent/Guardian(s) sign here (if athlete is under 18): _____

Date: _____

26/27 COMMITMENT FORM

On the below form, please inform us of any Tuesday/Wednesday team training sessions you are unable to attend from July 2026-July 2027.

As per the code of conduct, any dates that are missed that aren't listed here, will be classed as a break of commitment.

Excessive absences can have an impact on an athletes team placement.

The red zone dates are marked below in red, these cannot be booked off.

Please tick in either the 'I am able to attend this training session' box or the 'I need to book off this training session' box. Forms that are submitted with boxes not ticked will be returned as incomplete.

Below are the potential training dates for each week dependant on if your/your athletes training session falls on a Tuesday or Wednesday. Your athlete will not be required for both of these days, each team will train on one of them (except M15).

Date	Extra information	I am able to attend this training session	I need to book off this training session
Tuesday 7th/Wednesday 8th July	First training of the 26/27 season!		
Tuesday 14th/Wednesday 15th July 2026			
Tuesday 21st/Wednesday 22nd July 2026			
Tuesday 28th/Wednesday 29th July 2026			
Tuesday 4th/Wednesday 5th August 2026			
Tuesday 11th/Wednesday 12th August 2026			
Tuesday 18th/Wednesday 19th August 2026			
Tuesday 25th/Wednesday 26th August 2027			
Tuesday 1st/Wednesday 2nd September 2026			
Tuesday 8th/Wednesday 9th September 2026	Summer training is over, all jewellery must be removed, tape is no longer permitted		
Tuesday 15th/Wednesday 16th September 2026			
Tuesday 22nd/Wednesday 23rd September 2026			
Tuesday 29th/Wednesday 30th September 2026			
Tuesday 6th/Wednesday 7th October 2026			
Tuesday 13th/Wednesday 14th October 2026			
Tuesday 20th/Wednesday 21st October 2026			
Tuesday 27th/Wednesday 28th October 2026			
Tuesday 3rd/Wednesday 4th November 2026			

Date	Extra information	I am able to attend this training session	I need to book off this training session
Tuesday 10th/Wednesday 11th November 2026	RED ZONE - GROUP A & B CANNOT BE BOOKED OFF		
Sunday 15th November 2026	RED ZONE - GROUP A & B CANNOT BE BOOKED OFF		
Tuesday 17th/Wednesday 18th November 2026	RED ZONE - GROUP A & B CANNOT BE BOOKED OFF		
Saturday 21st/Sunday 22nd November 2026	Cheer City - Autumn Adventure - Group A & B Gym Closed		
Tuesday 24th/Wednesday 25th November 2026			
Tuesday 1st/Wednesday 2nd December 2026			
Tuesday 8th/Wednesday 9th December 2026			
Tuesday 15th/Wednesday 16th December 2026			
Tuesday 22nd/Wednesday 23rd December 2026			
Tuesday 29th/Wednesday 30th December 2026			
Tuesday 5th/Wednesday 6th January 2027			
Tuesday 12th/Wednesday 13th January 2027			
Tuesday 19th/Wednesday 20th/Thursday 21st January 2027			
Tuesday 26th/Wednesday 27th January 2027			
Tuesday 2nd/Wednesday 3rd February 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Sunday 7th February 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Tuesday 9th/Wednesday 10th February 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Saturday 13th/Sunday 14th February 2027	Legacy Just Believe - Group A, B & C Gym Closed		
Tuesday 16th/Wednesday 17th February 2027			
Tuesday 23rd/Wednesday 24th February 2027			
Tuesday 2nd/Wednesday 3rd March 2027			
Tuesday 9th/Wednesday 10th March 2027	RED ZONE - GROUP C CANNOT BE BOOKED OFF		
Saturday 13th/Sunday 14th March 2027	BCA Midlands Mash Up - Group C (M15) Gym Open		
Tuesday 16th/Wednesday 17th March 2027			
Tuesday 23rd/Wednesday 24th March 2027			

Date	Extra information	I am able to attend this training session	I need to book off this training session
Tuesday 30th/Wednesday 31st March 2027			
Tuesday 6th/Wednesday 7th April 2027			
Tuesday 13th/Wednesday 14th April 2027			
Tuesday 20th/Wednesday 21st April 2027			
Worlds 23rd-26th April 2026	Full trip details tbc with travel pack. All Mi5 athletes need to be available for this and the few weeks in the run up to it.		
Tuesday 27th/Wednesday 28th April 2027			
Tuesday 4th/Wednesday 5th May 2027			
Tuesday 11th/Wednesday 12th May 2027			
Sunday 16th May 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Tuesday 18th/Wednesday 19th May 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Sunday 23rd May 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Tuesday 25th/Wednesday 26th May 2027	RED ZONE - GROUP A, B & C CANNOT BE BOOKED OFF		
Saturday 29th/Sunday 30th May 2027	Legacy Live Your Legacy OR BCA Nationals Gym Closed		
Tuesday 1st/Wednesday 2nd June 2027			
Tuesday 8th/Wednesday 9th June 2027	RED ZONE - GROUP C CANNOT BE BOOKED OFF		
Saturday 12th/Sunday 13th June 2027	JamFest Europe - Group C (Mi5) Gym Open		
Tuesday 15th/Wednesday 16th June 2027			
Tuesday 22nd/Wednesday 23rd June 2027	RED ZONE - GROUP C CANNOT BE BOOKED OFF		
Friday 25th, Saturday 26th & Sunday 27th June 2027	FC Bournemouth (Mi5) Gym Open		
Tuesday 29th/Wednesday 30th June 2027			

In terms of booking off dates:

0-3 dates is ideal, and will have little to no impact regarding team placement. These athletes are easy to place within teams.

4-5 dates is manageable, however this can depend highly on the other members of the team we are looking to place an athlete in. If the majority of the team has this amount booked off, it could begin to impact team placement and/or a teams performance as higher rates of absence within a team slow down progress.

6+ dates is less than ideal, this is where we see this being to impact athletes team placements, it is difficult to place athletes in higher level teams/give athletes big roles within teams if they will be absent a lot. Each time an athlete is absent, their entire stunt group are not able to train effectively, and the whole team will not be able to perform their pyramid. We can accommodate for athletes with larger amounts of absences, however this could mean being placed in a team/position within a team where their teammates are still able to train effectively when they are absent

ADDITIONAL INFORMATION

TEAM RESERVES/ALTERNATES

Please let us know below if you would be interested in a position as an alternate alongside your place in your main team (all information is available in the season pack). Selecting yes below DOES NOT guarantee a spot as an alternate, as these will be very limited. Below is just to express your interest.

I WOULD BE INTERESTED IN BEING PLACED AS AN ALTERNATE ON A SECOND TEAM, ALONGSIDE MY MAIN TEAM. I UNDERSTAND THIS IS NOT A GUARANTEE, AND THIS IS JUST MY EXPRESSING MY INTEREST IN THE OPPORTUNITY.

YES

NO

CROSSOVER

Sometimes when creating teams after Tryouts, we end up with a small number of open spots on teams, which are sometimes filled with crossover athletes (an athlete who will compete on two teams). If you would be interested in being placed as a crossover, please express your interest below. Selecting yes below DOES NOT guarantee a spot as a crossover, as we may not have any (or only have a very limited number) of spaces available, this is just to express your interest. Being a crossover is a big commitment, as it involves two training sessions, two performances at competitions, two lots of all fees, etc. Information can be viewed in the season pack.

I WOULD BE INTERESTED IN BEING PLACED ON TWO TEAMS AS A CROSSOVER ATHLETE. I UNDERSTAND THIS IS NOT A GUARANTEE, AND THIS IS JUST ME EXPRESSING MY INTEREST IN THE OPPORTUNITY.

YES

NO

NON-TUMBLE TEAMS

For athletes who are born 2013 or before, Non-Tumble teams could become an option. If you are interested in being considered for a place on a Non-Tumble team, please let us know below. Please remember that this is not a guarantee either way, as there are many factors that go into team placements and decisions have to be made to create functional & successful teams, meaning that athletes who select yes could be placed on a tumbling team, and athletes who select no could be placed on a non-tumbling team as there may not be an option in order to create the best possible teams. However, the below is useful for us to know, and we will take this into consideration when placing our teams.

I WOULD BE INTERESTED IN BEING PLACED ON A NON-TUMBLE TEAM. I UNDERSTAND THIS IS NOT A GUARANTEE, AND THIS IS JUST MY EXPRESSING MY INTEREST.

YES

NO

Please leave this question blank if you have no preference, or if your athlete is born 2013 or after.

MI5

I am born between 2008-2013, understand the group C costs as well as the requirement of a uniform skirt, have read the MI5 section of the pack and confirm that **I understand this is an expression of interest and not a guarantee of a team placement.**

YES

NO

SEASON TRAINING KIT AND UNIFORM ORDER FORM

All athletes need a training t-shirt, this is a specific design for our competition teams only. This is different to our standard T-Shirts & our previous Allstar T-Shirts. Athletes will also receive a hair accessory.

Please remember that your training top is for the whole season when ordering your sizes:

T-Shirt sizes are: YXS/5-6, YS/7-8, YM/9-10, YL/11-13, AS, AM, AL, AXL

T-Shirt size required:.....

Optional extras:

This section is for items in addition to those already included in your membership only. Your membership fee will already include 1 x T-Shirt and 1 x Hair Accessory.

If you would like to order a vest, a spare t-shirt or hair accessories, please let us know below, we will need the size and how many. Some people like to have spares or a bigger size for later in the season, and supporters often wear the t-shirt to competitions. If you purchase a vest, they are permitted to be worn instead of your training t-shirt. Please make note of any additional training kit ordered, and the total cost, and transfer this as a separate payment during the Membership Fee deadline (which will be confirmed in your team placement information).

Additional T-Shirt(s) - £20:

Additional Hair Accessory - £10:

TOTAL ADDITIONAL COST £.....

UNIFORM ORDER

I already have a uniform and do not need to purchase a new one ☐

I do not have a uniform and need to purchase one/I need to purchase a new uniform ☐

Please complete the below form if you have ticked above that you need to purchase a uniform

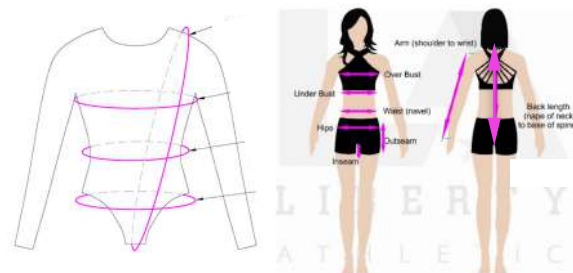
Please measure to the nearest full centimetre with a measuring tape.

All half centimetres will be rounded up to the nearest centimetre.

This uniform will be worn all season, please allow for a small amount of growth in your measurements, however nothing excessive. Previously we received measurements that were far too big and athletes uniforms arrived the incorrect sizes. Please bear in mind that this uniform is a leotard, if the girth measurement is too small it will be very uncomfortable. If your uniform is a little too big, you may be able to arrange alterations, if it is too small then there is nothing you can do.

Please remember that any uniforms being sold second hand must be done via Brave. If you are contacted by somebody wanting to sell on a second hand uniform, please advise them to contact Brave first.

ATHLETE MEASUREMENTS IN CM



Uniform Order - Female

Body Part	Description	Measurement in CM
Bust/Chest (CM)	Measure over the bust – all the way around with arms to the sides of the body	
Under Bust (CM)	Measure under the bust, around the rib cage – all the way around with arms to the sides of the body	
Waist (CM)	Measure where you would like your skirt/shorts to sit – normally just below the belly button	
Back Length (CM)	Measure from nape of neck to under the seat	
Arms (CM)	Measure from the top of the shoulder (bra strap position) to the wrist	
Hips (CM)	Measure around the widest part of the hips	
Girth (CM)	Measure from the top of the shoulder, down the body, between the legs and back up to the same shoulder (add at least 3cm+ to ensure enough room for movement and growth)	
Inseam of Leg (to top of knee) (CM)	(DIFFERENT FROM DIAGRAM) Measure from the top of the leg near the groin to the top of the knee.	
Clothes size worn	Clothing size that you purchase at the moment	

Uniform Order - Male

Body Part	Description	Measurement in CM
Chest (CM)	Measure around the largest part of the chest – all the way around with arms to the sides of the body	
Outer Arm (CM)	Measure from the top of the shoulder to the base of the thumb	
Inner Arm (CM)	Measure from the centre of the arm pit to the base of the wrist/palm of the hand	
Waist (CM)	Measure where you would like your trousers to sit – normally just below the belly button	
Back Length (CM)	Measure from nape of neck to under the seat	
Arms (CM)	Measure from the top of the shoulder (bra strap position) to the wrist	
Hips (CM)	Measure around the widest part of the hips	
Girth (CM)	Measure from the top of the shoulder, down the body, between the legs and back up to the same shoulder (add at least 3cm+ to ensure enough room for movement and growth)	
Inner Leg (CM)	(DIFFERENT FROM DIAGRAM) Measure from the top of the leg near the groin base of the ankle	
Outer Leg (CM)	Measure from the top of the leg near the groin base of the ankle	
Largest calf circumference (CM)	All the way round the widest part of the calf	
Ankle circumference (CM)	All the way round the small part of the ankle	
Clothes size worn	Clothing size that you purchase at the moment	