



WHITE ROSE CHEER INTERNATIONAL HANDBOOK 2023-2024



INTRODUCTION TO OUR INTERNATIONAL PROGRAM

We are so excited to present our International Opportunities this season for our athletes on White Rose Cheer!

We are taking a UK record-breaking SIX teams to THREE different World Events in Orlando, Florida. This includes:

- Icons U18 Level 5 to The Cheerleading Worlds in ESPN within Disney World, on an At-Large Bid from Future Cheer
- O2 U18 Level 2 to The Summit in ESPN within Disney World, on an At-Large Bid from Future Cheer
- Obsession Senior 4.2, Orbit U16 Level 3, Odyssey Youth 1, and Idols NT5 to Allstar World Championships (ASW), from At-Large Bids granted across DC12 and Cheer City. *Please note that until Placement Week, Orbit and Idols are PROVISIONALLY attending and are yet to be confirmed.*

We also hope additionally to field a team travelling to either the Elite Championships in Bottrop, Germany, OR to Future Cheer Amsterdam. All purposely constructed International Teams travelling to Germany or Amsterdam will be training on selected dates, to be confirmed upon the completion of Team Placements, and all dates are mandatory – our “red zone” policy does not cover teams training internationally.

All payments given in this document are the cost for one traveller, unless stated, and are an estimate. We will do our best to save money wherever possible and our Orlando teams carry the expectation of a commitment to fundraising.

All athletes will be expected to meet all payment deadlines on time and we regret to say there is no room for extensions/leeway on this if we as a club are to make our own deadlines to airlines/hotels/competition/package trip companies.

Those travelling to Orlando will benefit from a Package Deal provided by White Rose Cheer, through CheerTravelUK. This will include flights, accommodation in Villas, and minibus transfers.

For any European trips, we will sort an accommodation and transfers package through CheerTravelUK but we invite parents/families to book their own flights.

We hope this document answers all your questions. If it does not, please don't hesitate to email us at whiterosecheer@gmail.com where we'll be happy to help.



WHAT DO WE LOOK FOR IN AN INTERNATIONAL ATHLETE?

We will place all athletes for our International Program following indications on everyone's Interest Forms. Parents/athletes will be asked on their Placement Forms if they wish to be considered for an International Travel team.

As with all our team placements, we are looking to place athletes on these teams who:

- Have the strongest skills possible in both stunting AND tumbling for the level of the team. For example, for a Level 2 team, we are looking for stable, flexible flyers with great performance skills, and strong bases/backspots with excellent technique. All athletes for this level will most likely be expected to have at least a standing back handspring and round-off back handspring. There will be notable exceptions to account for stunting and tumbling specialists, but these will be sparse.
- Have a good history of "coachability". Trying new things, working hard outside of practice, being positive in training, listening to their coaches and applying corrections first time, giving 100% to whatever they're trying – are all essential components of being a part of an International Team. All athletes must additionally be prepared to accept any stunting position given on any team - we are cheerleaders first, and flyers/bases second.
- Have an impeccable history of attendance, punctuality, and a consistent financial record with no arrears on their account.
- Are excellent team-mates both on and off the mat. International athletes will be expected to spend a lot of time together whilst abroad and we have zero tolerance on bullying, forming cliques, and excluding athletes from daily activities whilst in a different country.
- Have a complete respect of the knowledge that they are representing White Rose Cheer and the UK - and will do so with great sportsmanlike conduct.

We naturally want to field the strongest routines possible for our chosen levels and age groups. We want the greatest chance at success – in all ways. It's not the 2.5 minutes on the mat that makes a trip successful – we want the athletes to create wonderful memories with their teammates and have a real learning experience.

Athletes are permitted to attend more than one international trip – please bear in mind the extra commitment and cost. You will have the option to indicate this on your Placement Form.





ORLANDO, FLORIDA



ALLSTAR WORLD CHAMPIONSHIPS (ASW)

The following teams will be travelling to ASW in April 2024:

- Obsession, Senior Level 4.2 - birth date of 01.06.2004 - 31.12.2011
- Odyssey, Youth Level 1 - birth year 2011 - 2018 inclusive
- *PROVISIONAL* Orbit, U16 Level 3 - birth year 2006-2014 inclusive
- *PROVISIONAL* Idols, International Non-Tumbling Level 5 - birth year 2009 and older

Dates of the trip

We anticipate that ASW athletes will travel to Orlando on 15th April 2024, and athletes will be expected to remain in Orlando until the 22nd April at the very least. We understand some athletes/families may wish to remain in Orlando following the competition, and you will be given the option to indicate this following a successful offer of a space on a team.

The competition is 18-21st April. We anticipate that Obsession, Orbit and Idols will compete on the 18th in their Preliminary Round, and will hopefully be involved in Finals on the 19th. Odyssey will compete first on the 20th in their Preliminary Round, and will hopefully be involved in Finals on the 21st.

THE CHEERLEADING WORLDS (WORLDS)

The following team is travelling to Worlds in April 2024:

- Icons, U18 Level 5 - birth year of 2005-2010 inclusive

Dates of the trip

We anticipate that in the event of our attendance, Worlds athletes will travel to Orlando between 20th-22nd April 2024, and athletes will be expected to remain in Orlando until the 30th April at the very least. We understand some athletes/families may wish to remain in Orlando following the competition, and you will be given the option to indicate this following a successful offer of a space on a team.

The competition is 26-29th April. We anticipate that Icons will compete on Saturday 27th in their Preliminary Round, and will hopefully be involved in Finals on Monday 29th. *Scheduling can and will change* and will not be confirmed to us until very close to the competition itself.





ORLANDO, FLORIDA



THE SUMMIT

The following team will be travelling to The Summit in May 2024:

- O2, U18 Level 2 - birth year 2005-2010 inclusive

Dates of the trip

We anticipate that Summit athletes will travel to Orlando between 26-27th-April 2024, and athletes will be expected to remain in Orlando until 4th May at the very least. We understand some athletes/families may wish to remain in Orlando following the competition, or arrive beforehand, and you will be given the option to indicate this following a successful offer of a space on a team.

The competition is 2nd-5th May. We anticipate that O2 will compete on Thursday 2nd in their Preliminary Round, and will hopefully be involved in Finals on Friday 3rd. Scheduling can and will change and will not be confirmed to us until very close to the competition itself.

COSTS

All costs given are an ESTIMATE and cover Athlete costs only for ONE event, not additional family members travelling. If athletes are competing across two events, please expect some increase in costs.

Item	Cost	Payable by
CheerTravelUK Package - flights, accommodation and minibuses	£1200-1400 approx per traveller, based on 12 day trip	Deposit £150 per traveller by mid-July Final balance by mid-January Instalments available
Entry Fee to Competition	£350-400 per athlete	TBC
Spectator entry to competitions	Packages range from \$40-350	TBC - occasionally on-the-door
Miscellaneous - house costs, fuel contributions, etc	£60-100 per traveller	Mid-April

Please see the Season 9 Handbook for UK costs such as training fees per month for each team, music and choreography contributions, additional competition fees for O2, and uniform costs.





ORLANDO, FLORIDA



FURTHER INFORMATION

- All athletes under the age of 18 **MUST** be accompanied by an adult who is responsible for them. This does not have to be their own parent.
- Once we have finalised the rosters, we will be asking if any parents are prepared to be “chaperones” for the trip for any athletes under the age of 18 who are planning to travel without their parent. There will be a financial incentive for doing this due to the huge amount of responsibility involved, which will be covered by the parent of the athlete in question. All official WRC chaperones must either have (or be prepared to undergo) DBS checks.
- Please expect this financial contribution to be added to your bill if you are sending your athlete to Orlando alone, without you.
- No WRC coach will be able to be a chaperone for any athlete. We expect to be very busy, with several additional commitments - including our young families for some of us.
- All athletes must travel and stay with the team. No exceptions, regardless of the reason.
- If full families are wishing to join us on our trip, you will be very welcome to do so. We plan on housing like-for-like groups together with similar aged children.
- Please bear in mind that if you as a family choose to stay “off-site”, and not part of our package trip, your athlete will be expected to stay in the club villas with us.
- All athletes over the age of 18 are expected to travel alone, and stay in club villas with the team.
- Due to the timings of each of the events, we remain quite certain that no athlete will be able to compete at both ASW (our first event) and The Summit (our third event). But, there are no crossover restrictions here and we are happy to listen to parents/athletes who feel strongly they would like to do both. However, you must consider the time you will be required to be in Florida for, taking time off work, and athletes out of school.
- Due to crossover limitations set by Varsity/IASF, no athlete will be able to compete at both Cheerleading Worlds and The Summit. Whilst preferences will of course be taken into account, we at WRC will make the final decision on which event each athlete is best placed at to represent the program and their country the best.
- We are happy for athletes to cross from ASW to Cheerleading Worlds. Again, please be sure that you are prepared to commit to the slightly longer trip in terms of time away from home and added expense. Doing both competitions will be a 15 day commitment.

BOTTROP, GERMANY

ELITE CHEERLEADING CHAMPIONSHIPS

As we have done with previous years, we are hoping to put together special teams that form purely for the purpose of travelling to this event. This is not an all-levels event, and we can only field teams in the following categories:

- U12 Level 0, 1, 2 and 3 (born 2011-2016)
- U16 Level 3 and 4 (born 2007-2012)
- U18 Level 3, 4 and 6 (born 2005-2010)
- International Open Level 4, 6 and 7 (born 2008 and earlier)

Therefore our team choices will reflect these divisions and is in no way indicative of the clear talent we have in our older, lower level teams!

Dates of the trip

The competition will take place on 18-20th May 2024. We expect all athletes/accompanying families to be in Bottrop on Friday 17th May, ready for the event. All athletes are free to travel home on Tuesday 21st May.

Training Dates

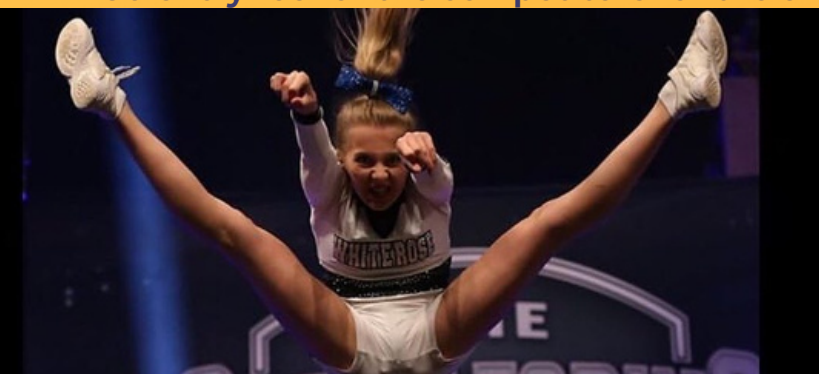
All teams travelling to Germany will be training on one weekend day, likely a Sunday, per month or thereabouts. We will construct and confirm all training dates upon setting the teams after Placement Week. You will have the opportunity to indicate weekend dates you cannot attend in your Interest Form, which will be considered when we are constructing timetabling. Each training session will cost £20.

We are considering an offer made to a regular, weekly team and we will confirm this on Placement Week if all athletes indicate they are able and willing to travel.

Expected Costs

Based on our 2022 trip to the same event, we anticipate:

- Flights from Manchester to Dusseldorf International for approx. £120 return. All flights will be booked by individual families travelling, in order to ensure the best deal for everyone and to utilise different flight combinations to suit different families.
- Accommodation for 4 nights to Neue Mitte near Oberhausen for £180-230 per person, depending on the amount of people sharing
- £50 entry fee for the competitors for the event



AMSTERDAM, HOLLAND

FUTURE CHEER AMSTERDAM

As we have done with previous years, we are hoping to put together special teams that form purely for the purpose of travelling to this event. This is a standard UK-run event, that simply happens to take place in a city abroad - we are likely to see lots of representation from other countries in Europe but the scoresheets and levelling system will be really familiar!

Dates of the trip

The competition will take place on 11th May 2024. We expect all athletes/accompanying families to be in Amsterdam on Friday 10th May, ready for the event. All athletes are free to travel home on Sunday 12th May.

Training Dates

All teams travelling to Amsterdam will be training on one weekend day, likely a Sunday, per month or thereabouts. We will construct and confirm all training dates upon setting the teams after Placement Week. You will have the opportunity to indicate weekend dates you cannot attend in your Interest Form, which will be considered when we are constructing timetabling. Each training session will cost £20.

Expected Costs

Based on our 2023 trip to the same event, we anticipate:

- Flights from Manchester to Amsterdam for approx. £100 return. Flights also exist from Leeds Bradford Airport. All flights will be booked by individual families travelling, in order to ensure the best deal for everyone and to utilise different flight combinations to suit different families.
- Accommodation for 2 nights within Amsterdam for £175 per person, based on 3 people sharing.
- £35 entry fee for the competitors for the event



THE ORLANDO TEAMS PLACEMENT PROCESS



- All athletes will attend Placements within their regular age group during the week beginning 3rd July.
- All athletes who are hoping to be placed on any team travelling to Orlando will additionally be expected at a session on Sunday 9th July.
- Any athlete that fits the age category is welcome to attend on Sunday 9th July. We will reach out to particular athletes to ascertain their attendance at a particular session on that day if we feel it will be a very good fit for them.
- All athletes that are successful in obtaining a space on any team travelling to Orlando will be invited into the gym on Wednesday 12th July from 6.30pm onwards for our very first Team Reveal. Here, we plan to reveal our teams formally, talk to parents a little more about the trip, and really make a fuss of the travelling athletes.

Team	Time on Sunday 9th July	Who should come?
Icons	<i>Registration: 9.45am</i> 10.00am-12.00pm	Born 2005-2010 inclusive Strong stunting skill set to at least Level 4 Tumbling skills desired: standing two handsprings to layout, running pass ending in a full Spaces for both tumbling and stunting specialists.
Obsession Orbit Idols	<i>Registration: 12.00pm</i> 12.15-2.15pm	Born 2012 and older Strong stunting skill set to at least level 3 Tumbling skills desired: standing back handspring, running pass with back handsprings (Obsession and Orbit only)
O2	<i>Registration: 2.15pm</i> 2.30-4.30pm	Born 2005-2010 inclusive Strong stunting skill set at level 2 Tumbling skills desired: Standing back handsprings, running pass with back handsprings
Odyssey	<i>Registration: 4.30pm</i> 4.45-6.45pm	Born 2011-2018 inclusive Strong stunting skill set at level 1 Tumbling skills mandatory: back walkover Tumbling skills desired: switch leg back walkover, front walkover

NON-ATTENDANCE ON SUNDAY 9TH JULY

Can't attend on Sunday 9th July for any of the Orlando Placements, but still wish to be considered for the trip? No problem!

Existing athletes - We will place you based on how you have performed this season, how you perform in the weekly placements (if applicable), and what we know of you.

New athletes - please submit a video showcasing all of your recent skills to whiterosecheer@gmail.com by Sunday 9th July 5pm LATEST, Please send:

- ONE video showcasing all skills you wish to show us
- Please introduce yourself at the start of the video, and let us know which team(s) you are hoping to be considered for
- Within your video, we will need to see your best standing tumbling skills, running tumbling skills, jumps, jump to tumble skill, and a range of stunting skills in your preferred stunting position(s). If you are trialling for Idols only, you needn't display any tumbling.
- Please make it clear to us which athlete is you, during all stunting portions.
- If you are hoping to be considered as a flyer, we will need to see all your stretches in the air. Please showcase heel stretch/front stretch, arabesque, and your strongest back stretches, ideally on both legs.
- Please be aware that upon your first session with us, you will be asked to demonstrate each skill in your video live at the gym. We will invite you in early to showcase these!

THE SMALL PRINT

- All financial deadlines must be strictly adhered to. We welcome communication between parents and coaches/director if you know a particular deadline is approaching and you will struggle. We cannot help or advise if we don't know!
- Every date in the cheer calendar must be honoured - choreography dates and competition dates are mandatory for all athletes if they hope to travel.
- Weekly training sessions must be attended unless there is a clear authorisable reason for not doing so as per the Attendance Policy. This will be strictly enforced and athletes may find their role within choreography significantly reduced if they are found to be regularly utilising authorised absences, at the very least.
- Fundraising opportunities will be created and prioritised by the Fundraising Team for the benefit of all athletes who participate. Athletes who choose not to participate may find that their personal bill raises as we will not be able to apply fundraising credits to their account.
- A full statement of fundraisable items will be issued upon the completion of Placement Week, including how parents can get involved if they so wish.
- All Orlando payments can be paid for in instalments, which can be arranged with CheerTravelUK.
- Upon an offer of a place, athletes and travelling family members must be prepared to meet the condition of a £150 deposit PER TRAVELLER to be paid to CheerTravelUK to hold their spot on the trip immediately. Non payment of this deposit will result in loss of place.
- We will not be authorising any athletes taking trips over the main Easter school holidays, due to the proximity of the trip and the need to have our teams training with all members present. We will ensure the Easter weekend itself (Friday March 29th - Monday April 1st inclusive) is free of training if any athletes and their families wish to go ahead on the Bank Holiday to enjoy family time. We will confirm a full schedule of training upon receipt of Team Placements.