



INFORMATION PACK



# ABOUT US

Chester Royal Jaguars is going in to its 8<sup>th</sup> season this year!

With athletes ages ranging from the ages of 4-20 years and levels starting from level 0 - 3 we have teams for everyone!

We have an amazing supportive coaching group who strive to create a safe and fun atmosphere where athletes can learn and thrive.

We look forward to welcoming more rising athletes this year.



# WHERE ARE WE?

We are located in Saltney, Flintshire, just outside of Chester.

We are lucky enough to share the gym with a gymnastics club which means we have an 8 pannel sprung floor, lots of training aids and a second stunting floor.

When arriving please use the car park, though the parking is limited, so you may need to park further down in the industrial estate.

There are bus routes to us from Chester (Number 11) and Flintshire (Number 11).



# GEORGIA MATTHEWS

## HEAD COACH

I am so excited to be heading in to our 8<sup>th</sup> season! I have been running Chester Royal Jaguars since the beginning and can not wait to see what season 8 brings!

At our club our values and missions are to bring cheerleading in to the spotlight and to also promote, growth, confidence and teamwork. This is a big part of my job, ensuring all classes and training sessions are following our missions, our coaching team work closely together to ensure every athlete is valued and appreciated, no matter the age or background.

I am the main contact and safeguarding officer for the club.

As we move in to our 8<sup>th</sup> season I am excited to welcome back all current athletes and meet new athletes who are joining us!

## QUALIFICATIONS

- BGU Cheerleading - Level 3
- First Aid -
- Safeguarding:
  - Safeguarding and protecting children in sports.
  - Keeping children safe online.
  - Safeguarding in Recruitment.



# OUR COACHES

ALEX MCKERDY  
LEAD COACH

BETH OATES  
LEAD COACH

Alex is in to his 3rd year of coaching this year! With a strong background in competitive cheerleading himself he uses all of his knowledge and experiences to shape our members in to the best cheerleaders they can be!

- Cheerleading BGU Level 3
- First Aid - TigerLily

Beth is in to her 3<sup>rd</sup> season with us this year! With a strong background in gymnastics and competitive cheerleading she uses all her knowledge from her current degree to help build cheerleaders confidence and skills!

- Cheerleading BGQ Level 2
- First Aid - TigerLily
-

# OUR COACHES

EM SHANAHAN

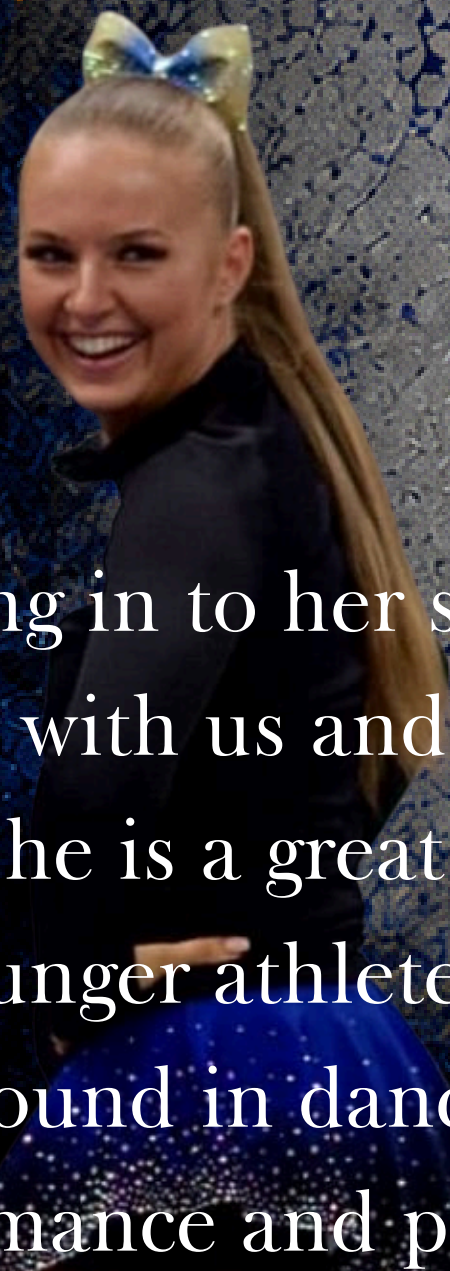
LEAD COACH

Em has been with us since the very start! Coaching and running our adaptive abilities team Lynx! She also represented ROAR Cheer and dance at the European summit in 2026!

- Cheerleading BGU Level 3
- Safeguarding NSPCC
- First Aid - Tiger Lily

ABI SADLER  
COACH

Abi is coming in to her second year of coaching with us and 3<sup>rd</sup> year of competing! She is a great role model for all of our younger athletes! With a very strong background in dance she works on performance and precision.



GRACE RYAN  
COACH

Grace has been an athlete with us for 7 years and now is in to her 8<sup>th</sup>. She knows what it means to be a Jag and she is a huge part of our mini cheerleaders first introduction in to cheer!



- BGU Level 1

# OUR CURRENT TEAMS

These are our current teams that we have at the club!

This is subject to change depending on tryouts and intake for season 8!



Bengals  
U8  
Level 0



Cheetahs  
U10  
Level 1.1



Spynx  
Senior  
Level 1



Saber  
U14  
Level 2



Panthers  
Senior  
Level 2



# TRYOUTS

Tryouts are such an exciting time, we love seeing all of our current athletes attending as well as all the new members that come through our doors!

Below is the structure for our team Tryouts on the 5<sup>th</sup> of July! We will send you an invite to your age group once you have signed up!

## Tumble Assessments

Tumble assessments are held throughout the week leading up to our team tryout day, if you are looking for a team please book a tumble assessment so we can make sure we place you in the right team for your development.

We have a mix of levels on different days! Your tryout form will ask you when you would like to attend and more information is on the next few pages.

## Team Tryouts

Team tryouts are essential to be placed on any one of our teams.

We split the day in to age groups based off of your year of birth, we will use your registration form to place you in the correct group!

There is no pressure and they are ran like a normal class just rotating athletes between groups to find your best fit!

**WB: 29<sup>TH</sup> OF JUNE 2026**



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Below is the structure for our team Tryouts on the 5<sup>th</sup> of July! We will send you an invite to your age group once you have signed up!

Mini - 13:30-14:30

Youth - 14:00-15:30

Junior - 16:00-17:30

Senior - 18:00-19:30

5TH OF JULY 2026



# TRYOUTS – TUMBLES

Tryouts are such an exciting time, we love seeing all of our current athletes attending as well as all the new members that come through our doors!

We recommend everybody who is trying out for a team to attend one of our tumble assessment slots. This is so we can assess your tumbles separately and will inform us more accurately when placing you on your team. We have slots throughout tryout week.

Tuesday	Thursday	Saturday
Level 2 - 19:00-20:00	Level 3 - 19:00-20:00	Level 1 - 16:00-17:00
Level 3 - 20:00-21:00	Level 2 - 20:00-21:00	Level 1 - 17:00-18:00
<u>30/06/2026</u>	<u>02/07/2026</u>	Level 2 - 18:00-19:00
		<u>04/05/2026</u>

On the next page there is a description of what is included in each level so you can select the correct slot. If we feel there has been an error we will contact you.



# TRYOUTS – TUMBLES

We will look at standing skills and then running passes, please select one pass from your level for us to look at during your trial.

## Level 1

- Cartwheel
- Round Off
- Forwards Walkover
- Backwards Walkover
- Valdez

## Level 2

- Front Handspring
- Bounder/Flyspring
- Back Handspring
- RO- Back Handspring

## Level 3

- Aerial
- Round Off Tuck
- Front Punch
- Standing BHS Series

## Running Pass L1

- RO > CW
- FWO > CW
- FWO > CW > BWO

## Running Pass L2

- RO > BHS
- FWO > RO > BHS
- RO > BHS Series

## Running Pass L3

- FWO - AERIAL
- RO - BHS - TUCK
- FW - RO - TUCK

- CW - Cartwheel
- RO - Round off
- FWO - Forwards Walk Over
- BWO - Backwards Walk Over
- BHS - Back Handspring
- Tuck - Back Tuck

Please choose a running pass yo show us at your tumble assesment! If you are above a L3 please add a streight or twist after a roundoff entry!



# COSTS

Cheerleading is an expensive sport, though, we do work hard to keep the costs fair.

With the full use of a gymnasium and also top coaching staff we provide a safe and supportive environment to learn.

## REGISTRATION FEE

£30 due by the 1<sup>st</sup> of August.

## BENGALS TRAINING

£25

## TEAM TRAINING

£55

## ADDITIONAL CLASS

£10pr session

or

£25 per month

We also offer packages which include extra classes like stunt group, tumblers and flyer stretch and conditioning.



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## PACKAGE 1

Team Training + 1 additional class

£80per month

## PACKAGE 2

Team Training + 2 Additional Classes

£95per Month

## PACKAGE 3

Team Training + 3 Additional Training

£110per Month

## CROSSOVER PACKAGE

2 Team Trainings

£82.50pr Month

## CROSSOVER PACKAGE 1

2 Team Trainings + 1 Additional Class

£107pr Month

## CROSSOVER PACKAGE 2

2 Team Trainings + 2 Additional Class

£122pr Month



# COSTS

We provide the full breakdown of our costs before you sign up, we like to keep these clear and transparent for all members. These prices will not change half way through the season.

## LATE PAYMENTS

If your fees have bounced and can not be paid through the direct debit there will be a £10 late fee for every attempt our bank has tried to access the funds.

After 3 attempts we will not request any more and contact you in person, at this point your athlete will not be able to attend training until the outstanding amount is settled.

## UNIFORMS

Uniforms are expensive, we charge exactly what they cost to make. There will be 2<sup>nd</sup> hand sales at the start of the season, so you can purchase a cheaper 2<sup>nd</sup> hand uniform.

For new uniforms please head to our Coacha Shop on the app to place your order.



# CLOSURES

## SUMMER

Closed August 10<sup>th</sup> Re-Open 24<sup>th</sup> of August

## CHRISTMAS

Closed Monday 21<sup>st</sup> of December - Re-Open 4<sup>th</sup> of December

## EASTER

Closed 26<sup>th</sup> of March - Re Open 5<sup>th</sup> of April

# ATTENDANCE AND COMMITMENT

Cheerleading is a team sport and required commitment and dedication. We expect athletes to attend all of their training sessions each week. We do understand sickness/illness can not be avoided but we request that any absences are reported through Coach as soon as possible. Attendance is tracked all season not just within red zone.

## EXCUSED ABSENCES

- Sickness to the point an athlete can not attend.
- Family grievences or emergencies
- Pre booked and approved holidays
- Further training or approved activities. (Cheer affiliates)

## UNEXCUSED ABSENCES

- Partys.
- Missing practice without notification.
- Bad traffic
- Repeted last minuite cancellations.

## RED ZONE

Red Zone is the 3 week lead up to competition, all athletes need to be present for their team trainings, a result of non attendance will lead to an attendance warning.

## ATTENDANCE WARNING PROCESS

Once an Athlete has had 3 unexcused absences the following process is in place:

- 1 Meeting with coach and parents
- 2 Probation period (attendance closely monitored)
- 3 Continued absences = possible loss of routine position or removal from team

We can not stress how important attendance is, we want all of our athletes to succeed and attendance is fundimental to the sport.