

Competition –

- Times for the performances are normally released by the event provider a week before the event
- A full schedule for the event with meet times for your team will be provided post EP release of schedule
- Be prepared for an early start
- Full Make up, hair and general attendance and attire guidance will be provided ahead of time.
- Help is always on hand prior to your meet time if needed.
- As a programme we strongly encourage all athletes to stay for the duration and support our other teams.

Uniform –

- Your athlete will be measured up for their uniform at the beginning of season
- Excel Cheer will visit at the beginning of the season for you to purchase cheer shoes, bags and other cheer accessories at a discounted price
- There will be an opportunity to buy and sell second hand uniforms

Accommodation –

- Where needed its best to book accommodation as soon as possible, especially Liverpool and Bournemouth as these can get booked up quite quickly. See your Team mum and other team parents for any arrangements for any group plans being made
- Due to recent events and varying start times, where possible book accommodation with free cancellation.

Team Help –

- We understand this can be a little overwhelming, especially in your first season. To help you with this, each team has a designated 'Team mum\Dad'.
- Throughout the season they will be on hand to help with spectator orders, general competition info, uniform arrangements and assist on comp days.
- Please direct any queries you have for these to our volunteers, who will consult with us if required.

Event	Location	Dates	Attending Teams
Showcase	Power League (Woodlands), Broad Lane, Coventry	21 st November	All teams
Cheer City Frost Festival	Leicester (exact location not yet confirmed)	28 th November	Baby Grenades, Missiles, Bombshells, Fusion, Detonate, TNT, Excellerate, Nuclear, Nitro, LG, Bombsquad, Ignite, Ammo
BCA Spring Spirit	University of Worcester Hylton Road, Worcester, WR2 5JN	29 th & 30 th January	All teams
Future Cheer Heart of England	Manchester Central Arena, Windmill Street, M2 3GX	12th February	Ammo, Ignite, BombSquad, TNT
Cheer City Spring Open	Leicester (exact location not yet confirmed)	5 th & 6 th March	Baby Grenades Prep, Baby Grenades, Missiles Prep & Missiles (Tiny & mini)
Legacy Dream Extreme	Resorts World Arena, Birmingham, B40 1NT	19 th & 20 th March	Bombshells, Fusion, Detonate, TNT, Excellerate, Nuclear, Nitro, LG, Bombsquad, Ignite, Ammo, Demolition, Annihilation
Future Cheer Adventure in Atlantis	Arena MK, Stadium Way W, Milton Keynes Mk1 1ST	2 nd & 3 rd April	Ammo, Ignite, BombSquad, TNT

Airborn Showcase	3, Liverpool Film Studios, 105 Boundary Street, Liverpool, L5 9YJ	10 th June	Ammo, Ignite, Bombsquad, TNT, Annihilation, Demolition
Jamfest Europe	M&S Bank Arena Kings Dock, Port of Liverpool, L3 4FP	11 th & 12 th June	Bombshells, Fusion, Detonate, TNT, Excellerate, Nuclear, Nitro, LG, Bombsquad, Ignite, Ammo, Demolition, Annihilation
Future Cheer Internationals	Bournemouth International Center	1 st – 3 rd July	All Teams