



# FUTURE STARS

*Do you have your sights set on joining one of our Allstar Cheer teams?*

**Future Stars is an exciting development programme created especially for athletes in our Prep teams who are showing the potential to take the next step into competitive Allstar cheer.**

This programme is designed to help athletes sharpen their skills, build confidence and develop the commitment needed to thrive in our Allstar pathway.

## WHAT IS FUTURE STARS?

Future Stars gives athletes the opportunity to train with our experienced Allstar coaches in a focused and supportive environment. Over four specialist sessions, athletes will work on:

- Level 1 tumbling skills, including strong technical back walkovers**
- Jumps, motions and performance skills**
- Strength, flexibility and body control**
- Confidence, teamwork and coachability**
- The discipline and work ethic needed to succeed in Allstar cheer**

## WHAT WE LOOK FOR

Athletes selected for Future Stars consistently demonstrate:

- Excellent attendance**
- A fantastic attitude**
- Strong work ethic and coachability**
- Enthusiasm to learn and improve**
- Solid Level 1 skills and technique**



## YOUR PATHWAY TO ALLSTAR CHEER

Future Stars is more than just extra training – it's a stepping stone toward joining one of our competitive Allstar teams in the future. Please note that progressing to an Allstar team is not guaranteed for next season by participating in Future Stars but an opportunity to work towards this goal.

Athletes are regularly assessed throughout the programme, and those who demonstrate the skills, commitment and attitude required may be invited to join an Allstar team in the future.

## TRAINING DATES

Sessions will take place at Gymfinity with one of our Allstar Cheer Team Coaches 6:30 - 7:30pm.

Friday 12th June

Friday 19th June

Friday 3rd July

Friday 10th July

## HOW TO REGISTER

### Invite Only

Invited Athletes will receive a Coacha link via email.

**Dream big. Work hard. Shine bright. Become a Future Star!**