

Next Gen



Are you ready to take the next step toward our elite Level 3 programme?

Next Gen is an advanced development pathway designed for athletes who have the potential to earn a place on our Level 3 teams – Icons and Teal.

Created for dedicated athletes within our programme, Next Gen is for athletes who are already demonstrating strong Level 2 and Level 3 ability and are committed to pushing their skills, performance and mindset to the next level.

This is where future ICONS athletes are developed

What Is Next Gen?

Next Gen is a high-performance training programme for athletes who aspire to compete at Level 3.

Athletes will train with our experienced Allstar coaches in a focused, challenging environment designed to prepare them for the technical and mental demands of our elite teams.

Sessions will focus on:

- Elite Level 3 stunting technique and progression**
- Level 3 tumbling development**
- Advanced jump technique and performance quality**
- Strength, flexibility, and body control**
- Mental resilience, confidence, and consistency**
- Leadership, coachability, and competitive mindset**



Entry Criteria

Athletes selected for Next Generation will typically demonstrate one of the following:

Strong Elite Level 3 stunting and/or tumbling skills, or Exceptional Level 2 ability with clear potential and ambition to progress to Level 3

In addition, athletes should consistently show:

Excellent attendance and commitment

A strong work ethic

Positive attitude and coachability

Competitive drive and determination to improve

Pathway to Icons & Teal

Next Generation is designed to identify and develop athletes with the potential to join Icons and Teal, our Level 3 teams.

Participation in this programme does not guarantee placement on a Level 3 team for the following season. However, it provides athletes with a focused opportunity to develop the skills, consistency and mindset required to compete at this level in the future.

Training Information

Sessions will take place at Gymfinity with one of our Allstar Cheer Team Coaches every Tuesday 5:30 - 6:30pm.

Tuesday 26th May - Tuesday 7th July
7 Sessions



How to Register

Invite Only

Invited Athletes will receive a Coacha link via email.

Built for athletes with ambition. The future starts now.