



Community  
Sports  
Trust

# STING CHEERLEADING ATHLETE'S PACK

# OVERVIEW

Brentford FC Community Sports Trust (CST) is a charitable organisation linked to Brentford Football Club that uses sport to support physical development, confidence, and community engagement across all ages. One of its key strengths is creating clear development pathways, allowing participants to progress through different programs as they grow.

The Tumble Bees program, delivered by the Brentford FC Community Sports Trust, is an gymnastics programme designed to introduce children to physical activity in a fun and supportive environment. From the Tumble Bees programme, we have developed Sting Cheerleading.

Sting Cheerleading is run by specialized coaches designed to bring recreation, competitive and performance opportunities to young people in the west London area. Sting Cheerleading

will be running out of our Hounslow Hub at Oaklands School, providing opportunities for all to take part.



# CLASS TIMETABLE

	BIG BEE	VENOM	STING SQUAD	SWARM SQUAD	LITTLE STINGERS	CHEERABILITIES
	Time	Age	DOB Bracket	Session		
Monday	16.30 - 17.30	4 - 7		Gymnastics/ Cheer (Rec)		
	17.30 - 18.30	7 - 11		Gymnastics/ Cheer (Rec)		
	18.30 - 20.00	U10/ U12	2016-2020/ 2014-2019	Cheerleading (Prep)		
Thursday	16.30 - 17.30	7 - 11		Gymnastics/ Cheer (Rec)		
	17.30 - 19.00	U10/ U12	2016-2020/ 2014-2019	Cheerleading (Prep)		
	19.00 - 20.30	U14/ U16	2012-2017/ 2010-2015	Cheerleading (Prep)		
Friday	16.30 - 17.30	U8	2018-2022	Cheerleading (Novice)		
	17.30 - 19.00	Open SEN		Cheerleading		
	19.00 - 20.30	U14/ U16	2012-2017/ 2010-2015	Cheerleading (Prep)		

# ATHLETE PLACEMENT CRITERIA

Athletes must be within the relevant age bracket for their team.

## BIG BEE

- Recreational team
- No specific tumbling requirements

## LITTLE STINGERS

Athletes should be able to perform at least 5 out of the following 7 skills:

- Forward Roll
- Backwards Roll
- Handstand
- Cartwheel
- Round-Off
- Forward Walkover
- Back Walkover

## VENOM

- Recreational team
- No specific tumbling requirements

## CHEERABILITIES

- Open team
- Please refer to the CheerAbilities/SEN-specific information page for eligibility and requirements.

## STING SQUAD

### SWARM SQUAD

Athletes should be able to perform a minimum 5 out of 7:

- Forward Roll
- Backwards Roll
- Handstand
- Cartwheel
- Round-Off
- Forward Walkover
- Back Walkover

# CLASS PREREQUISITES - CHEERABILITIES

At Brentford FC Community Sports Trust, cheerleading is for everyone. We are excited to launch our CheerAbilities programme, designed for participants with special educational needs and disabilities. The programme provides an inclusive environment where individuals can build confidence, develop teamwork and physical skills, make friendships, and feel a true sense of belonging.

- CheerAbilities is open to participants aged 7 and over
- Regular Weekly sessions (see class timetable on page 3)
- Future opportunities to take part in Regional & National Inclusive competitions.

## Interested in joining us?

Please complete the registration form below or scan the QR code to sign up.

<https://forms.office.com/e/WgdcybwUx2>

*\*To help us provide the best support for you or your child and confirm competition eligibility, we may request relevant medical documentation where appropriate.*



# ATHLETE EXPECTATIONS & COMMITMENT

To help create a positive, safe, and successful environment for all athletes, we ask that the following expectations are followed:

- Athletes are expected to commit to all competition dates outlined for their team. If an athlete is unable to attend, this should be discussed with the coaching team as early as possible.
- Regular attendance at training is important for both individual development and team progress. Where attendance falls below 80% without prior communication, an athlete's place within the squad may be reviewed.
- Athletes should arrive on time and ready to participate in all training sessions, competitions, and club events.
- Appropriate training attire, cheer shoes, and securely tied-back hair should be worn at every practice to support safety and performance.
- Athletes are expected to treat coaches, teammates, officials, and other members of the cheer community with respect and kindness at all times.
- Athletes should follow coaching instructions and contribute positively to a supportive and inclusive team environment.
- For safety reasons, jewellery should be removed before participating in training sessions and competitions unless otherwise agreed.
- Any injuries, medical conditions, or changes that may affect participation should be communicated to the coaching team promptly.
- Athletes are encouraged to represent the club positively both in person and online, demonstrating good sportsmanship and upholding the club's values.
- Where concerns arise regarding attendance, conduct, or commitment, these will be discussed with the athlete and/or parent/carer to identify appropriate support and next steps.

## MEMBERSHIP & FEES

### Annual Membership Fee

- £50 Sting Cheer Membership

### Membership Includes:

- Music licensing costs (all groups learn and perform routines)
- Club cheer bow
- Club practice t-shirt

## KIT REQUIREMENTS/ COMPETITION TEAMS

- All athletes competing must purchase the official club competition uniform

## RECREATIONAL & PERFORMANCE TEAMS

- Tumble Bees leotard is compulsory for shows and performances
- The leotard is optional for regular training sessions, but sport attire must always be worn.

## CLUB TRACKSUIT

- A club tracksuit must be purchased before the athlete's first competition

## CHEER SHOES

- All athletes must be purchased before the athlete's first competition
- There is no specific brand requirements
- If you require assistance sourcing suitable shoes, a member of the coaching team will be happy to advise

## SUBSCRIPTION FEES

- Monthly class fees are outlined on the next slide

## PAYMENT OPTIONS

- All fees can be paid using Klarna, allowing payments to be split into instalments

## DISCOUNTS & FINANCIAL SUPPORT

- We offer multi session discount for siblings
- We also offer a hardship discount. To apply for the hardship discount, please email us (see email on page 13)

# SUBSCRIPTION FEES (CLASS FEES)

Should you wish to discontinue your membership, written notice must be provided via email. Subscriptions will be cancelled from the start of the next half-term period.

Due to the nature of team routines, stunt groups, and competition preparation, we ask that athletes in competitive squads commit to the full term wherever possible.

*\*Please note that fees are reviewed periodically and families will be given reasonable notice of any changes.*

## MONTHLY SESSION FEE

Group	Session Length	Fee
BIG BEE	1 Hour	£10.50 per session
VENOM	1 Hour	£11.50 per session
LITTLE STINGERS	1 Hour	£12.50 per session
CHEERABILITIES	1.5 Hours (soft start/soft finish sessions)	£2 per session
STING SQUAD 1	3 Hours per week (2 x 1.5 hour sessions)	£14 per session
SWARM SQUAD 2	3 Hours per week (2 x 1.5 hour sessions)	£14 per session

# KEY DATES/ COMPETITIONS

Competition dates and venues are subject to confirmation.

## CLUB EVENTS

All classes will take part in the following events, held at Gunnersbury Park Sports Hub:

- Winter Display **12th December 2026**
- Summer Showcase (Club Champs) **10th July 2027**

## LITTLE STINGERS NOVICE

Athletes are expected to attend:

- Gymstarz Display **June 2027** (TBC)
- ICE K2 Crawley **1 May 2027**
- Future Cheer Farnborough **20 March 2027**

## STING & SWARM SQUADS

Athletes in Sting and Swarm Squads are expected to attend the following competitions:

- Legacy Stratford **14 February 2027**
- Future Cheer Farnborough **20 March 2027**
- ICE K2 Crawley **1 May 2027**

# UNIFORM/ ATTIRE POLICY

## TRAINING/ COMPETITION DRESS CODE

All participants must wear appropriate, fitted sportswear suitable for cheerleading activities. Clothing should allow full range of movement and be safe for tumbling, stunts, and jumps.

- Official programme uniform (where provided) must be worn for performances and competitions
- Training wear should be neat, sport-appropriate, and non-restrictive
- No loose clothing, zips, or items that may cause injury during skills practice.

## HAIR

- Hair must be tied back securely for all sessions
- Hair must be fully off the face and secured to avoid distraction or safety risks

## JEWELLERY

- No jewellery is permitted during training or competition for safety reasons
- Plasters over ear piercings an acceptable alternative

## SHOES

- Must bring/wear black cheer shoes- they must not be worn outside then worn into training. These can be purchased online, if you need help email.

## COMPETITION SQUADS (PURCHASES)

- Will be required to have performance attire (Cheer Uniform) which consists of a top and skirt with built in shorts
- Will be required to have competition jacket

# POLICY & PROCEDURES

Read our Safeguarding Policy [here](#)

## EXPECTATIONS

### Members must:

- Treat coaches, teammates, and others with respect and kindness
- Always listen and follow instructions from coaches
- Encourage and support teammates (no negativity or exclusion)
- Arrive on time and prepared for training, competitions, and events
- Wear appropriate kit and maintain good personal hygiene
- Demonstrate good sportsmanship- win or lose
- Take responsibility for their own behaviour and actions

## UNACCEPTABLE BEHAVIOUR

- Bullying or harassment (including online)
- Disrespect or disruptive behaviour
- Inappropriate language
- Unsafe actions
- Damage to property

## SOCIAL MEDIA CONDUCT

### Members must:

- Respect the club positively online
- Not post harmful, negative, or inappropriate content about the club or its members
- Respect privacy- no posting images/ videos without permission

## **ATTENDANCE & COMMITMENT**

- Regular attendance is expected for team progress and safety
- Absences must be communicated in advance where possible
- Repeated unexplained absences may affect team placement

## **SAFETY RULES**

- Follow all safety instructions, especially for stunts and tumbling
- No practicing skills without coach supervision
- Report injuries immediately
- Wear correct footwear and remove jewellery

## **PARENTS**

- Be supportive and respectful
- No sideline coaching
- Parents are encouraged to stay on site or present for some sessions

# KEY CONTACTS

## Enquires & Programme Inbox



[tumblebees@brentfordfcst.com](mailto:tumblebees@brentfordfcst.com)

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## Programme Manager & Designated Safeguarding Officer



**Ellie** - [emorley@brentfordfcst.com](mailto:emorley@brentfordfcst.com)

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## Lead Coach



**Shiquerra** - [smckie@brentfordfcst.com](mailto:smckie@brentfordfcst.com)

## Department Coordinator



**Amy** - [amackenzie@brentfordfcst.com](mailto:amackenzie@brentfordfcst.com)

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## Disabilities Manager



**Craig** - [cpeters@brentfordfcst.com](mailto:cpeters@brentfordfcst.com)

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## Safeguarding Manager



**Scott** - [ssouthgate@brentfordfcst.com](mailto:ssouthgate@brentfordfcst.com)

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## Coaching Team

Coach **Kyhra**, Coach **Mia** and Coach **Marta**