



D-C-A : Dance and Cheer-a-cality

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Still have questions check out our FAQ on our website - many answers are there.

D-C-A : Dance and Cheer-a-cality



DCA, established in 2010, offering a variety of Dance, Cheerleading, Acro and Tumble classes from recreational for fun to competitive teams across Locks Heath and Hedge End.

We welcome everyone to join the DCA FAMILY and offer a variety of classes from 4 years up including, regular weekly classes and competitive route also from beginners to experienced, Holiday sessions, PAYG lessons, private lessons and skills clinics.

Unsure what we offer at DCA – check out our website with all our class breakdowns and then book a trial to attend before you commit.

This is a detailed pack with lots of details for the whole year to plan as best you can as we know life is crazy busy so hope this helps everyone.

DCA staff give so much to all the children, the confidence to get on stage as well as the support and encouragement to dance and cheer. It means so much to parents for their children to find a hobby they are passionate about, they couldn't do this without your commitment, passion and caring nature!!

This was our first show with you and I have to say how professional the whole show was, and how much the children all clearly enjoy every minute of being on stage. The standard of acts was excellent!

DCA has changed my quiet daughter into a confident young lady and all her hard work was celebrated winning a bid to USA in 2023. Thanks for all your hard work in my child reaching her full potential in a sport she loves.

Why choose DCA?

Throughout your time at DCA we aim to welcome you to the DCA FAMILY and give members great experiences and memories, including performing in a yearly show for recreational members and competition experience (if you choose that route) in house exams, local community performances and social events.

We not only hope to progress your child's athletic ability in cheer and dance, but also encourage important life skills such as COMMITMENT, SPORTSMANSHIP, RESPONSIBILITY, RESPECT FOR SELF and OTHERS.



Our Coaching Principles

Understanding our principles is very important. This manages your expectations for joining our club.

Perfection before progression

Solid basics are fundamental to learning advanced skills. Skills take time and require multiple repetitions to become a success. Skills are only deemed learnt when a strong master level is shown consistently.

Mindset

Our classes aim to be fun and focused but we need athletes to be in that mind-set to help the coaches - No one likes nagging coaches. We know there are many pressures on young people today but if you have a problem reach out as we will do all we can. Positivity is key!.

Honest Feedback

Growth happens outside your comfort zone and athletics need to learn to accept constructive criticism to improve in their chosen sport while being nurtured to improve.

Accountable

If you want to progress well in the field you are expected to stretch and work at home. Additional PAYG sessions, private lessons can all be booked if you need an extra hand.

Personal touch

DCA FAMILY is our ethos and we love getting to know the members not just as dancers and cheerleaders.

All members receive a JOURNAL so as parents you can see their skills progression as well to help you understand where your child is.

Our social events build friendships for life and we encourage "open" communication with parents to resolve any concerns as soon as they occur to avoid any unwanted stress for athletes or parents.



Our coaching team



Lara Hallam

DCA was started in 2011 by Lara. Lara trained in dance and gymnastics as a child and completed her training BA honors Roehampton University and Italia Conti Performing Arts academy. She went on to dance professionally for some of the following companies to name a few: Carnival Cruise Lines, Thomas Cook overseas and performed at the Brits and was a member of Hampshire Youth Dance company and competed and won national titles in her dancing days. She has gained multiple teaching qualifications in ISTD, IDTA in Ballet, Tap, Modern, Acrobatic Arts, BGU cheerleading level 1-6, UKCA cheer, Judging course with Legacy and Cheer city and many more as Lara loves to keep studying to keep up to date. She works a lot in schools and with CAMHS AND Lara is passionate to give everyone the chance to perform no matter abilities.



Jade Collison

Jade was an athlete in DCA and completed in house and coaching qualifications. Level 1,-6 BGU in cheerleading. She is an International Winner with DCA and coached the team Emeralds to their USA bid in 2023 and when competing in USA. She is also currently training as a cheer judge to develop her skills to bring back to DCA. Jade is also a sport therapist and works in schools teaching PE.



Emma Collison

Emma has been with DCA from the beginning and loves nurturing our youngest stars. She is Level 1,2, BGU, Hip hop, SEN and fundamentals cheer qualified. She is a LSA and also is a zumba and hula-hooping coach as well

Junior Coaches 13- 17 years - Training course 22nd Aug 5:30-7:30pm

Alongside your regular coach we have an established in house coach development programme for younger athletes to start their coaching journey. Whilst volunteering their time, they are supported by the main coaches to gain confidence in coaching roles. They have tasks to complete and gain a coach T shirt after completing our in-house training, with opportunities to gain FULL qualifications.

Any assistant coach is for 1 season commitment. If you are 12- 16 and interested in this role for next season please email us with your name, age, availability and why you should be considered for the role.

Our Junior training day is TUESDAY 22ND AUG at Brookfield and you can book online today





Our coaching team

George Kneller

George has been with the team from the beginning and specialists in tumble and stunts . She is qualified in BGU in cheerleading level 1 and 2 and British Gymnastics trained.



Izzie Johnson

Izzie Johnson is a current World and Summit triple gold winner athlete . Her knowledge and current experience in the cheerleading competitive circuit is a huge wealth for DCA. She is qualified in BGU in cheerleading level 1 and 2 .



Michaela Ace

Michaela is our specialist Acro teacher. Having danced and competed her whole life michaela is a specialist in her area . She is qualified in Acrobatic Arts and BGU in cheerleading level 1 and 2 and ballet , lyrical and contemporary technique.



Christie Ravenhill

Christie has been with DCA form the beginning with her children training at DCA as well. She assists with out classes and is very nurturing to our students. She is qualified in BGU in cheerleading foundations and has experience is SEN in schools.



Need to contact a coach please email and we will forward on. info@dance-and-cheer-a-cality.com . If a face to face meeting is required we will contact you to set this up . Personal social media is not a way to communicate with us.



Recreational or competitive?

Unsure what style to train in - all our class style breakdowns are on our website

Recreational classes (more details on page. 7-10.)

Our recreational classes are for FUN. (non competitive) You can join at any time in the year for these classes and all levels are welcome. Though we strive for 100% attendance no additional commitment that weekly classes and our yearly showcase rehearsals are required. Members learn the basics skills in cheer or dance and have opportunities to perform at local fetes, in our showcase and to receive yearly skills awards/ in house exams. All members receive when joining a DCA journal that we use to tick off skills so you can see your child development. If you have lost it it can be purchased via the DCA online shop.

Competitive classes (more details on page. 11-20)

Competitive (monthly) classes for beginners to experienced are more focused on working towards competitions around the UK and sometimes overseas. Tryouts for competition teams take place once a year for new and current members, in July, and then athletes are offered places on a team for the full season to the following July. You are put into a team based on age and ability and following the ISASF rules and regulations we must adhere too. Competition teams are available for 5 years up. Competition teams do require a much higher level of commitment and more details of competition terms are on page 18 . Consistent absences may mean if in a competitive team you could lose your place or be amended in routines if absent . You must be able to commit to the full season of competitions and training .

PAYG/ PRIVATES/ HOLIDAY SESSIONS

PAYG sessions and holiday camps are additional classes with no monthly commitment to work and develop your skills at times when suit you and your family.

All DCA classes are team classes and we always aim for full attendance for all our classes but understand things do happen, such as; extreme illness, family bereavement and school exams. We just ask if you are unable to come you drop us an email info@dance-and-cheer-a-cality.com

Have more questions check out our our FAQ and answers vis : https://linktr.ee/D_C_A

IMPORTANT : Please order your own athlete insurance we recommend insure4sport.



Uniform

After your trial period, all athletes are required to have the following after 1 month of being with DCA. We will do a club order to help with postage costs early September 23.

Uniform can be ordered via our website and we use an external company ROCK THE DRAGON who will post directly to your house. Additional items ie hoodies, onesies, crop tops can be ordered but not compulsory for class. We also have a facebook uniform swap site you can join for any 2nd hand items . All costs are subject to changes

Pop Dance : Recreational

- DCA Club T shirt (from £13)
- Black full length cotton leggings (Your own is fine or ours £17)
- Black Jazz shoes (from £26)
- Black Dance leotard (from £18)

Acro Dance : Recreational

- DCA Club T shirt (from £13)
- Black full length cotton leggings (Your own is fine or ours from £17)
- Nude Jazz shoes (from £26)
- Black Dance leotard (from £18)

Cheerleading : Recreational

- DCA Club T shirt (from £13)
- Black full length cotton leggings / black shorts (Your own is fine or ours from £17)
- White indoor cheer trainers (order from www.livingcheer.com)



Competitive Cheerleading

- DCA Club T shirt (from £13)
- Black full length cotton leggings (Your own is fine or ours from £17)
- White indoor cheer trainers : we recommend www.livingcheer.com USA black trainers.
- White "hidden" cheer socks
- Competition cheer uniform Mini to Seniors (previous costs for comp uniform may be subject to changes : £120)
- Competition cheer uniform Tinsys - DCA comp t shirt shorts and hair accessories ordered in house (previous costs for tiny comp uniform may be subject to changes : £30)

Our competition uniform is ordered in September for the full season. We are entering season 3 of this uniform design. We keep our uniforms for a minimum of 3 seasons for reference.

Competitive Dance

- DCA Club T shirt (from £13)
- Black full length cotton leggings (Your own is fine or ours from £17)
- Nude Jazz shoes (from £26)
- Black Dance leotard (from £18)
- Competition costumes are purchased each year (previous costs for ref : £40)



A young girl with blonde hair in a ponytail is performing a handstand on a black mat in a gymnasium. She is wearing a black t-shirt with a colorful graphic and black shorts. Her legs are spread wide in the air. In the background, there is a green door, a wooden bench, and a thick rope hanging from the ceiling. The text "RECREATIONAL CLASSES ADDITIONAL INFORMATION" is overlaid in large white letters.

**RECREATIONAL
CLASSES
ADDITIONAL
INFORMATION**



RECREATIONAL CLASSES

Costs and Terms

Our timetable and term dates are shown via our website
www.dance-and-cheer-a-cality.com

PAYG Sessions are between £6 and £8 a session
 Recreational classes start from : 45 min class : £22 a month
 Private lessons are from £15 for 30 mins .

Weekly recreational class fees are paid monthly :11 months of the year - Paused in August: running in conjunction with school terms and paid on the 1st of each month via our payment portal class4kids. Monthly fees include booking and processing fees. Some months you may get 5 lessons some 3 but the monthly payments all balance out over the year. Weekly classes do not run on bank holidays or school holidays.

Our timetable can change throughout the year so please refer to our website for our most up to date schedule.

If classes are full please add yourself to the class waiting list and as soon as a space is free we will reach out to you. We will always try to run classes with any member of our team , but sometimes emergency and timetable amendments can occur. If you are a member you subs roll over and your place secure month by month so no need to do anything to secure new places each term

PAYG , Privates and Camps can be booked throughout the year and payment secures your place. If you book a PAYG session and hold of paying - if you do not inform us 2 weeks before the event you will be charged .

Notice to leave is required by the 10th of the month to cancel the following month or fees in lieu. If monthly fees do not process we will email and attempt a 2nd time - if after this is does not process a £10 late fee payment will be invoiced.

Any additional costs throughout the year including our showcase are outlined below .

If one child attends more than 3 classes a week you will receive a 5% discount. We do not offer siblings discount.

All fees and timetable can be subject to changes and inflation at any point in the year.



RECREATIONAL CLASS DETAILS - EXAMS



ACROBATIC ACRO DANCE EXAMS

At DCA we follow the acrobatic arts syllabus and grades. When your child is ready we will invite you via email to an exam session. Each child receives a certificate score sheet and medal on completion of their exam. (Exam fee charge £15) We strongly encourage members to complete these as a celebration of their hard work and for feedback to improve and show their strengths.

ACRO EXAM DATES ARE : 4th April 2024



CHEERLEADING SPIRIT AWARDS

At DCA we use our Journals to follow the DCA recreational spirit awards. When your child is ready we will invite you via email to an exam session. Each child receives a certificate score sheet and medal on completion of their exam. (Exam fee charge £15) We strongly encourage members to complete these as a celebration of their hard work and for feedback to improve and show their strengths.

CHEERLEADING SPIRIT AWARD DATES ARE: tbc around May/June



DCA RECREATIONAL SHOWCASE:

27th Jan 2024 2:30pm and 6:30pm



IN JANUARY WE WILL BE SHOWCASING OUR TALENTS WITH OUR YEARLY SHOWCASE.

. If you have been with the DCA before there is a few changes for this seasons showcase outlined below.

Our showcase will be for all recreational classes in dance , acro , cheerleading , s, competition dancers , dance soloists. Cheer Competition members will be invited to showcase if they wish with an additional rehearsal to create a routine . This year we will not be showcasing all competiton teams due to safety of routines.

2024 showcase is at a new larger audience venue at THORNDEN HALL – Winchester Rd ,Eastleigh SO53 2DW

We are planning 2 shows on the same day this year to make sure all can watch your stars sparkle on stage. Everyone will perform in both identical shows . All must be able to attend the Technical practice at the theatre will be for those performing in Act 1 9-11am and Act 2 11- 1pm. Show times will be 2:30pm and 6:30pm

Full practice that all must attend is on Sunday 21st January at Brookfield Community school in the gym Act one 10- 12 and ACT Two 12-2pm . Tickets will go on sale via the Thorden Hall directly

It will be a £15 show fee per performer that covers associated show costs, . This is non refundable . Your child will be added to the show register and an invoice sent and payment confirms you childs place. This must be completed by October 31st . Costumes are hired in and we use uniform and items you may have to keep costs manageable and we try to aim for £5 a costume hire fee that is invoiced to you in the autumn term. All members must have the correct DCA uniform also for this performance. All members will need DCA uniform for the show.

The show will be filmed and DVD, USB'S can be purchased from our online shop.



**CHEER and DANCE
COMPETITIONS
ADDITIONAL
INFORMATION**



Competitions - how does it work

For 23/24 we aim to offer a variety of Cheerleading (from 5 years up) and a Lyrical Dance team. We will always try to offer everyone a space - whilst following the requirements and minimum numbers set by the competitive rules. Competitions require commitment not just from athletes but parents as well to be the best we can be

Every year all members current and new must attend tryouts . This is a session that coaches run as a workshop to assess skills to find the best team for your child. Athletes must try out on the age they are on AUG 31ST 2023 and they remain in that age team for the season. Tryouts take place on July 9th and 10th 2023 at Brookfield Community School and Henry Cort and you can book your space via class4kids.

I am interested how do i sign up?

Complete the google form via our website so we have your details .
<https://forms.gle/wuWe5M7wxLgSsY7H6>

Go to the DCA website and book your tryout space -July 9th 10th 2023 There is a fee for tryouts. Missed tryouts do email us we may have a few spaces still to join.

Download the tryout pack and watch the preparation video by head coach Lara

After tryouts we will email your squad selection for the season, and you will have time to make sure you can commit to all and confirming your space.

Once you accept your place we ask you join the DCA competition Facebook group to keep up to date with all information. Please order your own athlete insurance we recommend insure4sport.

Some details for competitions are not released until early September for reference so any updates will be added to the pack and website.





COSTS FOR COMPETITIONS

COMPETITION JOINING FEE

Once you accept your place there is a non refundable early bird season season fee per athlete due by July 30th 2023

Dance Mini and Youth £30.

Junior /Senior £40

-

This season fee assists costs such as a contribution to Sport Cheer UK membership our governing body, music licences, travel costs for coaches to competitions, choreography pre plan time for coaches and administrative costs. Junior , Senior and USA with have additional choreography sessions and feedback throughout the season including elements taught from external coaches . Joining fees are non refundable if you leave the club.

BANK DETAILS FOR THE ABOVE TO BE PAID DIRECTLY IS VIA

DANCE-A-CALITY

090129

02685346

MONTHLY SUBS- via class4kids

Competitive classes in Dance or Cheer are priced on hours trained per week and include additional sprung floor training sessions ,competition entry fees (1 athlete x 2 UK competitions) and choreography clinics for elite teams.

Competitive classes start from £30 a month up – see our website for current prices

Additional cross over competitive team if your child is offered more than one team is an additional £25 a month per athlete. Solos, duos are charged via the private lesson rates of £15 for 30 mins .If you are in more than 1 team there is crossover discounted entry competition fees also due of £32 per competition for a 2nd team, stunt teams or solos per competition and if you are in multiple teams this additional fee will be invoiced and due to be paid October 1st. If any additional training is required out of the planned dates a class fee will be invoiced.

Weekly class fees are paid monthly (11 months of the year – Paused in August) running mainly in conjunction with school terms and paid on the 1st of each month . PAYG , Privates and Camps can be booked throughout the year for additional classes and development. Notice to leave is required by the 10th of the month to cancel the following month or fees in lieu. If monthly fees do not process we will email and attempt a 2nd time – if after this is does not process a £10 late fee payment will be invoiced.

Coaches give up time and expenses to attend competitions to support your children's aspirations , with DCA partially covering the associated costs. Those partial costs are included within the fees quoted and processing fees..

SPECTATOR TICKETS (prices tbc by the event provider soon)

These range in costs per event and are sold via our shop online or sometimes bought directly from a competition and any we are able to sell will be live from September in our shop to order. Please note deadlines for tickets to not miss out.Admin costs are included to include postage and delivery to DCA in advance of the competition. Tickets range from £15 up for reference.

HOTELS- TRAVEL; COMP TIMES: In our Facebook group we will say where the coaches have booked it is totally your choice to stay at the same or your own location . We advise you book "free cancellation" in case event providers amend any details for a competition. We get a timetable approx 2 weeks before a competition so do not know timings until they are released. Be prepared for 7am starts and late finished for some members.

JANUARY 27TH SHOWCASE - new for this season!- Dance competition team will perform in this along with all our rec classes. . Mini upwards have the option to participate (£15) and a showcase routine will be created on a rehearsal on Sunday 21st Jan 2:30-4:30pm to create a routine for the show (see page 10 for show details). Competition uniform will be worn for this event. If you wish to perform please book your space via class4kids.

Competition Teams dates

100% attendance is required for all dates

Lessons start back from Friday 1st September
- they run in October half term and break Dec
15th for Xmas.



DATE	LOCATION	COMPETING
Tuesday Sept 19th and October 24th 5:45- 7pm USA and 7-9pm Senior 2 (in training time)	BROOKFIELD	Senior 2 Choreography session and clinic external choreographer for some sessions
Tuesday 26th Sept 5-830pm (extended training time)	WILDERN	Junior choreography session external choreographer
SUNDAY 5th November 10-2pm	BROOKFIELD	used for any team for any additional assistance tbc who
9th December 1pm -5pm onwards	Sprung floor training SUKI GYM Unit 6 Wingate Road PO12 4HE	ALL TEAMS
2024 showcase 21st Jan rehearsal 27th Jan show	BROOKFIELD THORNDEN HALL - SHOW	Dance teams and optional mini up to join showcase for additional fee.
3rd/4th Feb 2024 Sat - Mini, Youth, Dance Sunday Junior Senior	Cheer city competition cheer and dance warwick university CV4 7EU	ALL TEAMS COMPETING
19th May 2024 10- 2pm onwards	All teams sprung floor training SUKI GYM Unit 6 Wingate Road PO12 4HE	ALL TEAMS
1st June 2024	Barcelona	Barcelona team
8th June 2024	ICC Summer Jam Cheer and Dance Guildford Spectrum	ALL TEAMS
22nd June 2024	Battle of champs (invite only bid winning event from icc) Nottingham	ELITE TEAMS ONLY ELIGIBLE IF AWARDED A BID AT ICC SUMMER (ADDITIONAL ENTRY CHARGE OF PAYABLE)



Weekly competition training schedule

We also offer a variety of recreational classes as well

Junior Dance -Diamonds Lyrical :Monday
Henry Cort 645-745pm

Mini Opals :Tuesday - Brookfield 4:45pm-5:45pm

Senior Ruby : Tuesday Brookfield 7-9pm

Junior Ameythst Tuesday Wildern 5-7pm

Youth Sapphire: Wednesday Brookfield 4:30pm-6pm

ADDITIONAL TUMBLE CLASSES PAYG are alternative Saturdays at Brookfield and these can be booked direct. We strongly recommend you attend at least once a month.

Solo's , duos and stunts tbc .

Barcelona Cheer Team age tbc will plan to train Fridays Wildern 5-6:15 pm from Feb to June.
(fees tbc this is not a cross over team)





Competition uniform order deadlines

Dance - tbc -
nude acro shoes and skin coloured tights will be essential

Cheerleading Novice/ Rec/Elite :£120
Please order your uniform via
completing the google order
form <https://forms.gle/9NQ4p673gGbxVh517>

Orders must be places by 10th September.
NO PAYMENT NO ORDER.
Cheer trainers you must purchase
directly we recommend- white trainers from
www.livingcheer.com

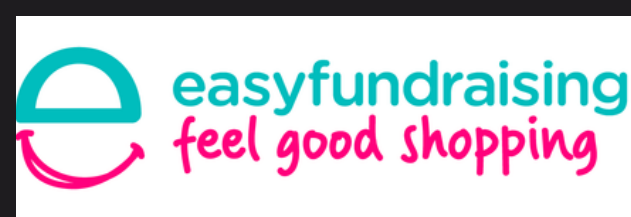




Fundraising for ALL at DCA

Every year we run a few fundraising events to help support all at DCA for, equipment, junior coach qualifications, music licenses for show and competitions and also for a chosen charity each year. We know times are so tough but we thank you for your support.

We have raised £952.21 in 4 years from shopping online with only 28 parents signed up thus far! **Please sign up to EASY FUNDRAISING that is a FREE service to help raise funds when you shop online.** Every penny helps. Be sure to book your competition hotels via it.
<https://www.easyfundraising.org.uk/causes/danceandcheer-a-cality/>



Every member will be given a scratch card in September to complete by December to assist fundraising for the season- if you can assist we will be so grateful.

ALL COMPETITION ELITE TEAMS: JUNIOR 1, SENIOR 2 HAVE OUTSIDE CHOREOGRAPHERS ATTENDING THIS SEASON FOR PARTIAL CHOREOGRAPHY AND CLINICS WITH DCA COACHES ASSISTING ALSO. EACH MEMBER MUST RAISE £45 per athlete per team TO COVER THIS COST or choreographer costs will have to be passed on to members.

Coach George is creating a fundraising group to assist all DCA please let us know if you can help or your company can sponsor.

Competition additional commitment rules

These rules are not to scare to make you aware we as coaches can only do what we can when a FULL TEAM ATTEND TRAINING.

Please read through all our terms online that include terms linked to payment, behaviours, safeguarding, first aid, expectations etc , authorised absences etc

www.dance-and-cheer-a-cality.com

When you register with DCA via clas4kids you must agree to these guidelines and your monthly subs mean you agree to our terms.

Attendance - 100% is required.

We are a team if someone is away stunts, lifts can not be practiced for a group. You could loose your place in a team if you miss practices.

RED ZONE - 2 weeks prior to a competition - if you are away during these periods we have to step you out the competition - this is never what we want to do as it is a major impact for the team .

As competition entries are split into monthly subs and all are entered in October if you leave the club after this time you will be invoiced the entry fee remaining balance from your monthly subs that must be paid to settle your account.

If you can't commit to all training, choreography sessions, the sprung floor training or any of the competitions unfortunately you won't be able to join a competition team this season and recreational is the best option for you. Amending choreography for someone away one comp and back in for another is just not an option as this is very disruptive for athletes.

Yearly season fee, entry costs for competitions and spectator tickets once ordered are
NON REFUNDABLE

Full videos of routines can not be shared on social media.

Social media safeguarding and representation of DCA: guidelines for athletes - we know photos, tik toks , etc are made by members if wearing DCA uniform of any kind all videos must be approved by a parent and songs and actions appropriate in language.

If we see something inappropriate we will ask the parent to remove. This also goes for behavior at any events where DCA is being represented.

PARENTS - if you have a question please email us. Don't listen to all "rumors" and don't let a question or worry become worse over weeks . We are approachable and if we are coaching and unable to talk we will book a time to chat when more suitable.

Competition checklist

Read all the pack - check you can attend 100% put all the dates in your diary.

Read through the terms for competitions and also on class4kids

Transfer your commitment fee by JULY 30TH for early bird price directly to DCA account

Join the Facebook DCA competition group

Make sure all monthly subs are set up by Aug 28th to start in September 1st.

Complete your uniform order via the DCA uniform forms Aug 31st USA/ 10th Sept all cheer teams.

Order spectator tickets via the DCA shop by Nov 25th for competitions.

(Some USA comps may be different dates)

These will be added in September to the website



**If you have any questions always
reach out to us or check our FAQ on our website
We are always happy to help**



info@dance-and-cheer-a-cality.com
www.dance-and-cheer-a-cality.com