



20

YEARS



2025 - 2026  
INFORMATION PACK

# SEASON 20!

## THE LEGACY CONTINUES!

**THE U-HQ, HOME OF 7 TIME WORLD CHAMPIONSHIP WINNING PROGRAMME UNITY ALLSTARS**

Unity Allstars is home to 32 teams across every level and age group and we pride ourselves on offering our athletes an experience like no other. With classes and training for children from 3 years old all the way through to adults, you will love the fun, energetic and hardworking environment that we offer and will make friends for life.

The U-HQ is a state of the art cheer and tumble training facility with two full size sprung floors, two full size flat floors, full length rod and fast tracks onto a landing pad and video playback systems.

**UNITY OFFERS SOMETHING FOR EVERYONE - GET READY TO BECOME ADDICTED TO COMPETITIVE CHEERLEADING!**



For more information visit:  
[www.unityallstars.com](http://www.unityallstars.com)

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WE ARE PROUD TO BE HOME TO WORLD CHAMPIONSHIP WINNING COACHES, WHO ARE PASSIONATE ABOUT CHEERLEADING AND INVESTED IN EVERY ATHLETES DEVELOPMENT. THIS HAS LED TO A COMMUNITY OF HAPPY AND SUCCESSFUL ATHLETES WHO RETURN YEAR AFTER YEAR.

“

My eldest daughter joined Unity just two seasons ago, and it wasn't long before her younger sister followed in her footsteps. From day one, both girls were welcomed with open arms and quickly formed strong, lasting friendships with their teammates. The level of coaching at Unity is truly outstanding, it's focused, professional, and always encouraging. My daughters are continually challenged to reach their full potential, and the progress they've made is incredible. In a high-pressure sport, the passion and dedication of the coaches makes all the difference. We wouldn't want to be anywhere else, Unity is where they truly thrive.”

Jo Mulcahy - Parent

# WHAT WE OFFER...

- ALLSTAR COMPETITIVE TEAMS
- PREP TEAMS
- SPECIAL ABILITIES TEAMS
- TRAVEL TEAMS
- REC CLASSES
- TUMBLE CLASSES
- PRIVATE LESSONS
- FLYER CLASSES
- POWER TUMBLING
- SCHOOL PROGRAMMES
- PRIVATE HIRE
- BIRTHDAY PARTIES



## WORLDS TEAMS

WE HAVE EIGHT WORLDS TEAMS WHO WILL BE COMPETING AT THE CHEERLEADING WORLD CHAMPIONSHIPS IN APRIL 2026.

**OPPORTUNITIES AT UNITY  
ALLSTARS ARE LIMITLESS!**



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# EVALUATIONS

## FLYER EVALUATIONS

All athletes wishing to trial as a flyer must book one of the below sessions

Athletes born 2013-2018  
Monday 30th June 5:00-7:00pm

Athletes born 2012 or earlier  
Monday 30th June 7:30-9:30pm

Worlds Flyer Evaluations:  
(current worlds athletes or by invitation only)  
Athletes born 2012 & earlier  
Wednesday 2nd July 8:00-10:00pm

## PLEASE NOTE

\*Athletes are not able to trial for a specific team. We place all athletes on the team that we believe to be most appropriate for them and the general success of the programme.  
Athletes interested in crossing over may be invited to attend an additional session.

### Video Entries

Please submit a single short video of no longer than 90 seconds showcasing your highest level stunts and tumble skills as well as jumps. Please ensure it is clear which stunt position you are in. Videos must be submitted by **Friday 4th July to [info@unityallstars.com](mailto:info@unityallstars.com)**.

Please note that while all videos are fully reviewed it is far more difficult to place athletes than when they are seen in person, so please make every effort to attend.

## TEAM EVALUATIONS

All athletes wishing to trial must book one of the below sessions. This must be booked IN ADDITION to the flyer evaluations

AGE GROUP	EVALUATION	DATE	TIME
Athletes born 2019-2022	GENERAL EVALUATION	Tuesday 1st July	4.30-5.30pm
Athletes born 2017-2018	GENERAL EVALUATION	Tuesday 1st July	4.30-6:00pm
Athletes born 2013-2016	GENERAL EVALUATION	Wednesday 2nd July	4.30-6.30pm
Athletes born 2012 & earlier	TUMBLE EVALUATION LEVELS 1-3	Tuesday 1st July	6.30-8.00pm
Athletes born 2012 & earlier	TUMBLE EVALUATION LEVELS 4-6	Tuesday 1st July	8.30-10:00pm
Athletes born 2010 and earlier	NEW NON TUMBLE EVALUATION LEVELS 2-4, & CURRENT UNITY JADE, CHILLI, SMOKE ATHLETES	Wednesday 2nd July	7.00-8.30pm
For athletes born 2010 and earlier, or 2009 & earlier for level 7	NEW NON TUMBLE EVALUATION LEVELS 5-7, & CURRENT UNITY IVY, CAMO, ATHLETES	Wednesday 2nd July	8.30-10.00pm
For athletes born 2010 and earlier, or 2009 & earlier for level 7	LEVEL 6-7 NON TUMBLE EVALUATION - CURRENT WORLDS ATHLETES LEVELS 5-7 WHO DON'T TUMBLE <small>*Please note - athletes may be invited back from the Wednesday night evaluations to attend this session</small>	Thursday 3rd July	7.00-9.30pm



# CALLBACKS

## TEAM CALLBACKS

Athletes born 2014 and earlier must be available for call backs. Athletes born between 2015 and 2018 may be required to attend a call back. Athletes may be required to attend more than one call back. No additional fee applies.

DATE	TEAM CALLBACKS	TIME
Wednesday 2nd July	PEPPERMINT, TEAL, PEARL	6:00-7:30pm
Wednesday 2nd July	LILAC, SAFFRON, INDIGO	7:30-9:00pm
Thursday 3rd July	ONYX, AMBER, PEACH	4:30-6:00pm
Saturday 5th July	FLAME, ROYAL, VOLT, RUBY	9:00-11:00am
Saturday 5th July	DIAMOND, STEEL, BLUSH, BLACK	11:00am-1:30pm
Saturday 5th July	IVY & CAMO COED	2:00-4:00pm
Saturday 5th July	JADE, CHILLI, SMOKE	4:00-6:00pm

## HOW TO BOOK

- All trials are bookable via Coacha.
- Current Unity athletes should book via their Coacha member account.
- New athletes must create an account; participation without an account will not be permitted. Under 18s accounts must be created by a parent/ guardian.
- Create an account here - [https://hosted-uk.coacha.app/member\\_signup/INRTVS9GAU](https://hosted-uk.coacha.app/member_signup/INRTVS9GAU)



## EVALUATION FEE

(covers all sessions)

- ATHLETES BORN 2017 AND LATER: £20
  - ATHLETES BORN 2013-2016: £25
  - ATHLETES BORN 2012 & EARLIER: £35
  - FLYER EVALUATIONS: £20
  - VIDEO EVALUATIONS: £40
1. EVALUATIONS MUST BE BOOKED ONLINE VIA OUR BOOKING PLATFORM COACHA.
  2. SEARCH FOR THE CORRECT DATE AND SESSION.

## GYMWIDTH CLOSURES

- Monday 11th August to Sunday 31st August inclusive.
- Monday 22nd December to Saturday 3rd January inclusive.
- Friday 17th April to Saturday 2nd May inclusive.



# SEASON 20 SCHEDULE

This is a working schedule. All sessions and times are subject to change following trials. Updates to the schedule ahead of trials will be shared as and when they are available.

## MONDAYS

**PLATINUM**  
CheerAbilities  
4:00-4:45pm

**PEACH**

4:30-6:00pm

**AMBER**

4:30-6:00pm

**PINEAPPLE**

4:30-6:00pm

**SKYE**

4:30-6:00pm

**COCONUT**

4:30-6:00pm

**ROYAL**

Worlds

6:00-8:00pm

**FLAME**

Worlds

6:00-8:00pm

**GRAPE**

6:00-7:30pm

**PEPPERMINT**

6:00-8:00pm

**STUNT**

TRAINING

6:00-7:30pm

**RUBY**

Worlds

8:00-10:00pm

**BLACK**

Worlds

8:00-10:00pm

**BLUSH**

Worlds

8:00-10:00pm

**DIAMOND**

Worlds

8:00-10:00pm

**CHILLI**

7:30-10:00pm

## TUESDAYS

**KIWI**

4:00-5:00pm

**TEAL**

4:30-6:00pm

**BUBBLEGUM**

4:30-6:00pm

**SAFFRON**

6:00-8:00pm

**PEARL**

6:00-8:00pm

**VOLT**

Worlds

8:00-10:00pm

**STEEL**

Worlds

8:00-10:00pm

## WEDNESDAYS

**PEPPERMINT**

4:30-6:00pm

**TEAL**

4:30-6:30pm

**SKYE**

4:30-6:00pm

**LIME**

4:30-6:00pm

**MIDNIGHT**

4:30-6:30pm

**FLAME**

Worlds

6:00-8:00pm

**GRAPE**

6:30-8:00pm

**AMBER**

6:00-8:00pm

**ONYX**

6:00-8:00pm

**STUNT**

TRAINING

6:30-7:30pm

**DIAMOND**

Worlds

8:00-10:00pm

**BLUSH**

Worlds

8:00-10:00pm

**STEEL**

Worlds

8:00-10:00pm

**\*BLACK**

Worlds

8:00-10:00pm

**SMOKE**

7:30-10:00pm

## THURSDAYS

**PEACH**

4:30-6:00pm

**COCONUT**

4:30-6:00pm

**ROYAL**

Worlds

6:00-8:00pm

**SAFFRON**

6:00-8:00pm

**VOLT**

Worlds

8:00-10:00pm

**RUBY**

Worlds

8:00-10:00pm

## FRIDAYS

**LIME**

4:30-6:00pm

**BUBBLEGUM**

4:30-6:00pm

**LILAC**

6:00-8:00pm

**PEARL**

6:00-8:00pm

**OPEN GYM**

Year 7 and up

8:00-10:00pm

## SUNDAYS

**JADE**

1:30-4:00pm

**INDIGO**

3:30-6:00pm

**LILAC**

4:00-6:00pm

**IVY**

6:00-8:30pm

**CAMO**

6:00-8:30pm

\*Black will train weekly throughout August to December, with the exception of additional practises on Weds 12th, 19th and 26th November. Twice a week training will commence from January.



## SATURDAYS

**TUMBLE CLASS**

All Ages

9:00am-12:00pm



# ADDITIONAL CLASSES

## TUMBLE CLASSES

Tumbling is an incredibly important part of Allstar Cheerleading and we recommend that all athletes supplement their weekly training with a tumble class. Unity Allstars run a very comprehensive tumble programme. Our classes are structured to meet the needs of our individual athletes in both age and level. We offer small class sizes to MAXIMISE learning! All tumble class information is released to members in the first few weeks of the new season.

## TUMBLE PRIVATES

We have multiple coaches who are able to offer private tumble lessons to athletes. Privates cost between £20-£25 per person per half hour session. All private lessons will be monitored by our Tumble Director. Detailed information on how to access private lessons will be released during the first week of the new season. Private lessons are the quickest and most comprehensive way for an athlete to learn to tumble or to progress their tumbling.

## FLYER PRIVATES

Flyer privates provide an opportunity for athletes to train their flying skills with our coaches and top level athletes. Sessions run in small groups (up to 3 athletes) with 1-4 bases depending on stunt style. We offer both styles of privates - group stunt and coed. Flyer privates are a great experience creating increased confidence and often lead to levelling up more quickly.

## FLYER STRETCH CLASSES

Our 45-minute Flyer class is designed to elevate both flexibility and strength, focusing on essential stretching and conditioning techniques. We begin each session with unique stretching methods, helping flyers improve body positions that are vital for confident stunting. Conditioning is a core component throughout the class, incorporated into both the warm-ups and cool-downs. The goal is to develop not just flexibility, but also strength, creating strong, well-rounded flyers. We've already seen significant growth in participants, and we are excited to continue building on that success in each class.



“

Daisy loves the flyer classes at Unity. She has learnt how to refine her technique, build trust in her bases and improve her stability in the air. In flyer class she is always given clear and supportive feedback which has helped boost Daisy's confidence and take her flying skills to the next level! ”

Jodie Powell - Parent



# WORLDS TEAMS



## Worlds Team Choreo 2025

Friday 26th September to Monday 6th October inclusive

We are excited to confirm that all eight Unity Worlds teams are planning to attend the IASF World Cheerleading Championships in Orlando, Florida in April 2026.

To remain competitive, these teams undergo intensive training and a high level of commitment is required. Athletes offered a place on a Worlds team must commit to attending the World Championships.

### Provisional Travel Dates:

Friday 17th – Wednesday 29th April 2026

A travel package will be available covering flights, accommodation, transport, and competition entry. To keep costs manageable, payments can be made via a monthly plan or as otherwise arranged. Athletes under 18 must be accompanied by a parent or guardian.

Please note that not all athletes are guaranteed to compete; additional athletes may be rostered as alternates.

We are grateful to Rebel Athletic for continuing to sponsor uniforms, shoes, and bags for our Worlds teams. As sponsorship does not cover full costs, a small rental fee will apply.



“

Being a part of Unity Allstars and competing with Steel at Worlds for the past two years has genuinely been one of the highest honours and privileges of my life.

Unity has been my second home and family that pushed me to be my best - every single person supported me through every step of the way with open arms.

After coming back into cheer after a 10 year hiatus, it was the obvious program to go to - I am so grateful for the opportunity to be a part of such a high calibre team.. it was more than cheer, it was a life changing experience. Thank you Unity and my coaches for the best memories and for giving me the chance to relive my dream and fall in love with the sport all over again. ”

Anthony Leal - Worlds Athlete



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### \*PLEASE NOTE

- Athletes who are age-eligible for a U18 or Open Worlds team, as well as a U14 or U16 team, will be required to compete with the younger age group as their primary team. They may join a Worlds team as their secondary team. Exceptions may be granted for athletes with a commute of over two hours to the gym.
- Black will train weekly throughout August to December, with the exception of additional practises on Weds 12th, 19th and 26th November. Twice a week training will commence from January.
- Additional competitions may be added if required to win bids for the 2027 Cheerleading Worlds.



## IMPORTANT DATES

### U-CHAMP CAMP

Saturday 13th September

10:30 AM – 1:30 PM: Diamond, Steel, Blush, Black

2:30 PM – 5:30 PM: Flame, Royal, Volt, Ruby, Havoc

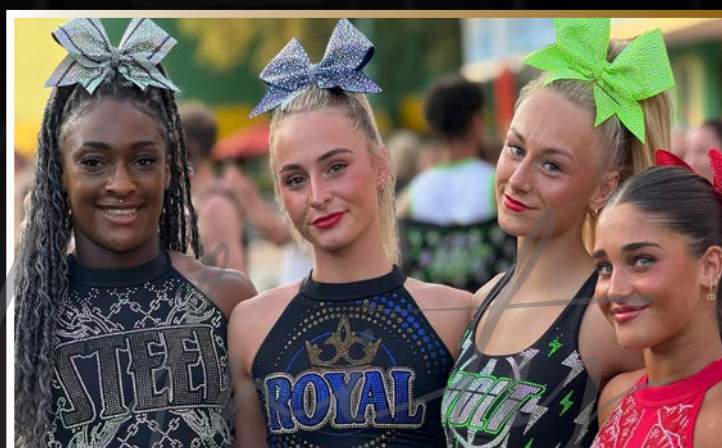
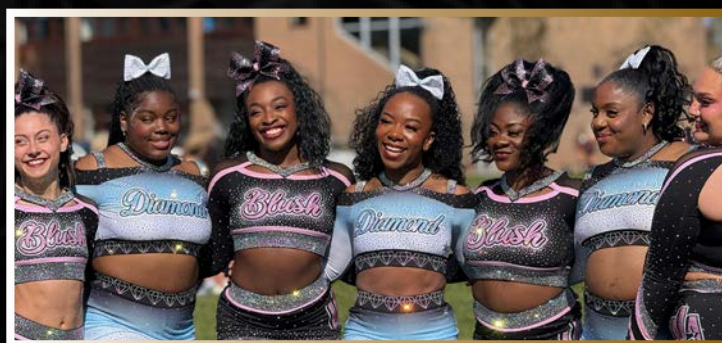
Sunday 14th September

10:30 AM – 12:30 PM: Flame, Royal, Volt, Ruby, Havoc

1:00 PM – 3:00 PM: Diamond, Steel, Blush, Black

### WORLDS SEND OFF

Wednesday 15th April 2026



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# TRAVEL TEAMS

## CHEERSPORT - ATLANTA

Following Pearl's incredible NCA win in Dallas, we're excited for the team to take on a new challenge in a US Senior division at Cheersport Nationals in Atlanta, February 2026.

We also plan to take an Open Level 3/4 tumble team - Indigo is making a comeback! For athletes born 2008 or earlier, this will be a full-season once a week team.

Athletes on both Pearl and Indigo are encouraged to cross to other teams as appropriate. Athletes can express interest for both teams during check in for evaluations.

Travel Dates: Depart Weds 11th Feb, return Mon 16th Feb 2026 (landing early on Tues 17th)

Estimated cost of trip: £1750





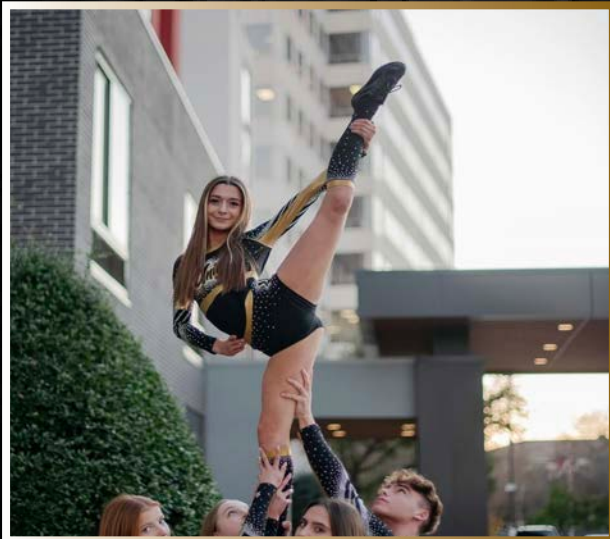
# EUROPEAN SUMMIT – PORTUGAL



With the launch of the European Summit in June 2026, we hope to take two full-season teams (different ages/levels), subject to earning bids at Legacy Nationals in June 2025.

Crossover to other teams will be allowed. Athletes can opt in for consideration during evaluations.

Travel Dates: 19th–22nd June 2026  
Estimated cost: £800-1000



# AIA GLOBAL TOURNAMENT — MONTREAL, CANADA

We're thrilled to offer a travel only team for the first ever AIA Global Tournament in Montreal, July 2026. This will be an Open Non-Tumble team, training weekly from January and exhibiting at a competition before the international trip.

Further information to follow at the start of the season regarding training times and costs.

Trials will be held in September 2025.  
Travel Dates: 13–20 July 2026  
Cost: TBC



# COMPETITION SCHEDULE

Unity Allstars plan to attend the following events this season. Please note that due to the age grid change, and inevitable changes to our teams/ levels, competitions for each team will not be confirmed until post trials. Please note - not all teams will attend all events; entry level teams will attend 4-5 events, all other teams will attend 6-7 events.

- U-Debut: (All teams) Sunday 30th November 2025
- BCA Super Classic: (Worlds teams) Sunday 25th January 2026
- ICC Southern: (Excluding Worlds teams) 31st January - 1st February 2026
- Legacy Just Believe: (All teams excluding prep) Saturday 7th - Sunday 8th February 2026
- FC Spotlight: (All teams) Saturday 14th - Sunday 15th March 2026
- ICC Nationals: Saturday 28th - Sunday 29th March 2026
- FC Adventure in Atlantis: (Worlds teams) Saturday 11th - Sunday 12th April 2026
- Summer Showdown: Saturday 23rd May 2026
- BCA Nationals: (Worlds teams only) Sunday 24th May 2026
- Legacy Nationals: Saturday 6th - Sunday 7th June 2026
- FC Nationals: Friday 26th-Sunday 28th June 2026

## COSTS

Final tuition fees for Season 20 are yet to be confirmed. We have included projected fees for the 25/26 season on the next page.

Competition costs for the new season are yet to be released by the event producers so are not available currently.

This pack will be updated with costs as and when they become available.



## MEMBERSHIP

(one off payment)

Includes insurance, music, team scrunchie

Returning athletes (no training kit required)

- Novice/ Prep - £55
- Allstar Teams - £75
- Worlds Teams - £115

New athletes/ returning athletes requiring training kit

- Novice/ Prep - £95
- Allstar Teams - £115
- Worlds Teams - £155

NB. Training kit is mandatory and is a Unity t-shirt and shorts. All athletes receive a team scrunchie.

## UNIFORMS

- Novice/ Prep (same as last season) - £100
- U8, U12, U14, U16, U18, Senior (same as last season) - £190
- Non-Tumble Teams (new uniform for season 20) - £220
- Worlds teams rental fee - £85
- Bows - £15-22 depending on team
- Novice and prep teams will wear white shoes for the 25-26 season. All other teams will wear black shoes.



# 2025-2026 YEARLY COSTS

Projected fees for the 25/26 season based on hours of training per week. Fees are calculated by total sessions across the year and split over 11 equal payments.

\* Crossovers pay for their first team, plus 50% of their second team. Please note the first team would be the team with the higher fee cost. Competition entry for crossover teams is a lower rate than first team entries.

Final fees will be confirmed within the athlete pack post trials.

Prices may vary across Worlds teams dependent on training schedule across the season.

TEAMS THAT TRAIN	ESTIMATED MONTHLY FEES
1 HOUR PER WEEK	£50
1.5 HOURS PER WEEK	£67
2 HOURS PER WEEK	£75
2.5 HOURS PER WEEK	£85
3 HOURS PER WEEK	£93
3.5 HOURS PER WEEK	£98
4 HOURS PER WEEK	£105
WORLDS TEAMS	£120

Worlds teams fees includes choreography. All other teams will pay an additional choreo fee.



“

As a parent, I am so happy my daughter joined Unity Allstars this season – she absolutely loves it! The communication from the coaches has been excellent. The tumbling classes in addition to the cheer training are fantastic, giving her more confidence and skills. They also run amazing holiday camps that she enjoys attending. The coaches are all so friendly, encouraging and supportive. We've had such a great experience so far and truly hope she continues to enjoy many more seasons! ”

Michelle Skinner - Parent

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