

NON-COMPETITIVE



INFORMATION PACK

2025-2026

BEC Gym, Kings Park Drive, Bournemouth, BH7 6JD

✉ Bournemouthelite@live.co.uk



WELCOME...

Welcome to Bournemouth Elite for the 2025/2026 Season.

At BEC, our athletes are at the heart of everything we do. We're dedicated to fostering sportsmanship, teamwork, individual growth, and skill development—while building lasting trust and friendships within our teams. We know you are going to love being a part of the BEC Family.

Over the past 15 seasons, we've grown from a single senior team into a thriving cheerleading programme with a strong reputation for both talent and supportive friendly vibes. Thanks to the incredible individuals who've joined us along the way, BEC is now home to over 200 athletes. Looking ahead to 2026, we're thrilled to have earned a bid to the European Summit and to the IASF Cheerleading Worlds in Florida.

This season, we're excited to expand our programme and offer even more opportunities for our athletes to grow, develop and thrive.

We value each and every athlete, and we can't wait to see where your journey takes you—this season and beyond.

See you in the gym soon!
Zoe and the BEC Coaches



WHAT WE OFFER

- Recreational Teams
- Prep Teams
- Allstar Teams
- Travel Teams
- Private Sessions
- Open Gyms
- Stunt and Tumble Camps



HOW TO JOIN US...

STEP 1

- Read through the info pack and decide what type of team would suit you, Recreational (Non-Competitive) or Competitive



STEP 2

- Download the Coacha App and create your account. Linked on this page is the sign up form. U18's must have a Parent/Guardian do this for them.

USEFUL LINKS

[COACHA SIGN UP](#)
[FORM](#)
[EMAIL](#)

STEP 3

- Complete the sign up form and we will arrange for you to attend a trial session in the correct age group.



Whilst our formal tryouts take place in July we accept athletes all year round onto our Recreational Programme.

Athletes that tryout will be placed on a team that our coaches decide is the right fit for that athlete, you are not able to tryout for a specific team.

If you would like to join the programme mid-season you can email us to arrange a trial session in one of the recreational cheer sessions.

Recreational athletes are expected to take part in the programme showcases and will not be required to attend competitions, nor will they be required to purchase a uniform.



25/26 SCHEDULE & AGE GRIDS

WEEKEND TIMETABLE

WEEKDAY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-5PM	Bubbles - U6 Recreational	Sky - U12 Recreational		Flurries - U8 Recreational	Navy - U16 Recreational
5-7.30PM	Ripples - U12 Prep	Jets - U14 AllStar	Raindrops - U8 Prep	Thunder - U10 Prep	Frost - U16 Prep
7.30-10PM	Crystal- Senior Rec 7.30-8.30	Tornado - IO AllStar	H2O - U18 AllStar	Cobalt IONT7	Blizzard - Senior Prep

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5-7.30PM	Luna - U14 AllStar	Aqua U16 3	Lightning - U16 AllStar	Aqua U16 3	Sapphire - U12 AllStar
7.30-10PM	Royal - Senior Coed AllStar	Hail IOLC5	Cobalt IONT7	Hail IOLC5	Midnight - Senior AllStar

FLOOR 1	Saturday Teams
9-11am	Development L3
11.30-1.30pm	Development L2

AGE GRID

U6 2019-21

U8 2017-21

U10 2015-19

U12 2013-18

U14 2011-16

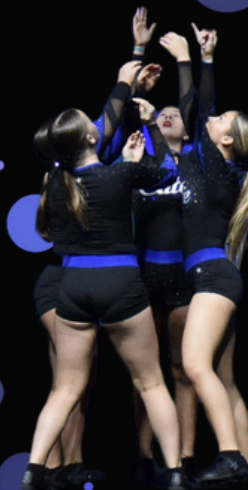
U16 2009-14

U18 2007-12

Senior 2014
10 year age gap applies or before

Hail 2010
or before

Cobalt 2009
or before



DATES FOR THE DIARY

OPEN GYM

AUG

2nd
23rd

SEPT

6th
20th

OCT

4th
18th

NOV

8th
22nd

DEC

13th

JAN

10th
31st

FEB

14th

MAR

7th
21st

APR

4th

MAY

9th
30th



OPEN GYM TIMINGS

AGE 12 & UNDER 2-4PM

AGE 13+ 4-6PM

SHOWCASES

Dec 7th Showcase All Teams

June
14/15th Showcase All Teams

*All recreational athletes must attend all sessions during the two weeks leading up to a showcase. Failure to attend may result in not being allowed to perform on showcase day.



COSTS

REGISTRATION FEES

On joining Bournemouth Elite for the 25/26 Season ALL athletes will be required to pay a non-refundable registration fee of **£25**.

This will secure their place on the team, cover a training t-shirt and Sport Cheer England membership.

Monthly Fees are payable on the **1st** of each month this will be collected through direct debit on Coacha.

MONTHLY FEES DUE

TRAINING TIME	TEAMS	MONTHLY FEE
1 HOUR	U6 Recreational U8 Recreational U12 Recreational U16 Recreational Senior Recreational	£42

UNIFORM

Recreational athletes do not need to purchase a uniform.

They will be given a programme t-shirt during the season once the registration fee has been received.

When attending a training session recreational athletes must wear active wear, shorts or leggings, (no skirts). They can wear their programme t-shirt or another t-shirt of choice.

FEES

All monthly payments will now go through Coacha, should bank details be needed please see below.

NEW BANK DETAILS

Bournemouth Elite
Cheerleading Ltd

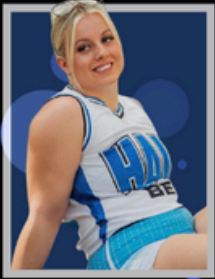
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COACHING TEAM



ZOE



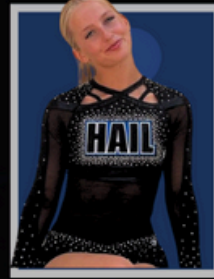
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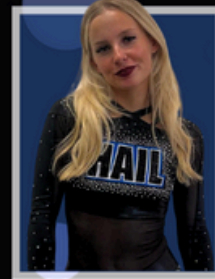
LIV



LORNA



IMMY



TARA



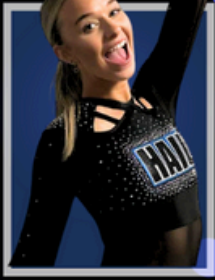
JAKE



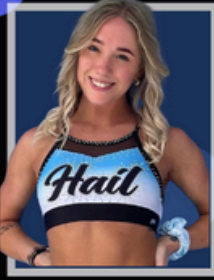
PENNY



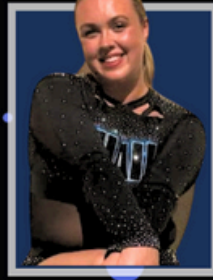
MEG



LACEY



CHAR



JODY



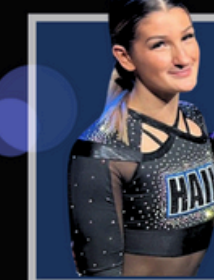
KEIRA



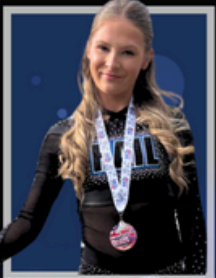
JESS



LAUREN



KIRI



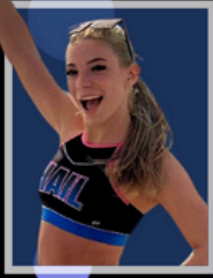
ERIN



TOBY



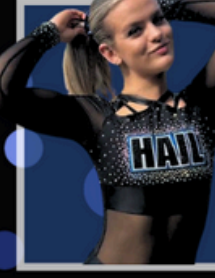
CHLOE



ROSY



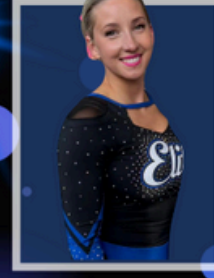
CONNOR



MEG



LLOYD



BETH