

TEAM ENGLAND INFO SHEET

ICU WORLDS 2025

ADAPTIVE MEDIAN

We are excited to announce the plans for Team England Adaptive Abilities Median for the 2025 ICU World Championships!

With tryouts and training set for various locations around the country, we hope to make this elite level of adaptive cheerleading accessible to more!

AGES: Born in 2013 or earlier

SKILLS: All athletes trying out should be able to demonstrate the following stunt skills with adaptations and support if needed. Tumblers should show the following tumblers on dead floor, or with clear power and mastery on sprung.

> Stunters - Full up to prep stretch, half up to extended lib, switch ups to prep stretch, full twisting cradles, extended body positions.

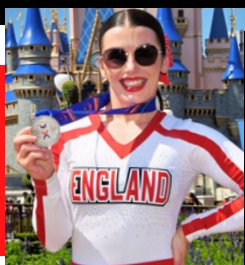
> Tumblers - RO BHS Tucks & Standing BHS connections (series & jump series).

DATES

WORLDS: Training and competition in Orlando, Florida 19th - 25th April 2025

UK TRAINING DATES:

28th Sept, 1 - 6pm @ Talent Central
5th Oct, 2:30 - 8pm @ Momentum
6th Oct, 10am - 3:30pm @ Momentum
12th Oct, all day @ Legacy Showcase Celebration, Liverpool
2nd Nov, 2:30 - 8pm CHOREO @ Momentum
16th Nov, NORTH - venue & times TBC
14th Dec, 2:30 - 8pm @ Momentum
15th Dec, SHOWCASE @ Momentum TBC
11th Jan, 1 - 6pm @ Talent Central
25th Jan, NORTH - venue & times TBC
22nd Feb, 2:30 - 8pm @ Momentum
23rd Feb, 10am - 3:30pm @ Momentum
8th Mar, 4 - 7pm @ Talent Central
15 or 16 Mar, SHOWCASE @ Dream Extreme Birmingham
22nd Mar, 2:30 - 8pm @ Momentum
23rd Mar, 10am - 3:30pm @ Momentum
11th Apr TE SHOWCASE
12th Apr, 1 - 3pm @ Talent Central



momentumcheeruk.com/teamengland



TRYOUTS - 31ST AUG + 1ST SEPT

31st Aug - 2pm - 5pm
Talent Central - St Marks Industrial Park, 439 North Woolwich Road, London, E16 2BS

1st Sept - 10:30am - 1:30pm
Unity Leeds - Unity Leeds, Gym 2, Carnegie Sports Centre, Leeds LS6 3QQ

CALLBACKS - 7TH SEPT

Multiple sessions - throughout the day
Momentum Cheer - The Old Church, 911 Uttoxeter Road, Stoke-on-Trent, ST3 6AA

Tryout cost - £20. Video tryouts will be accepted in place of a tryout but callbacks must be attended in person.

EXTRA INFO

Athletes are expected to make their own way to, and stay in, Orlando, Florida independently or with their own carer or parent. Athletes must be fully available to train and compete from the 19th of April through to the 25th April, 2025.

One-off Registration & Training Fee - £160 - due before 1st training.
Uniform contribution - est. £135 - due Oct (unless 2024 uni owned).
TE tee and jersey - est. £35 - due TBC.

Other costs on top of travel will include ICU registration fees (around £450-£500) and specific cheerleading travel insurance.

Accessibility of TC - there's very limited parking at TC.

Accessibility of Unity Leeds - there's a little bit of a distance to travel through the sports campus to the gym from the parking area.

Accessibility of the Momentum gym - the gym is an old church building and has some accessibility issues including steps into the building. Any athletes who may require assistance with steps, please email ahead to chat to us so that we can try to find a way to fully meet your needs.

momentumcheeruk@hotmail.com