



TEAM ISLE OF MAN

TEAM INFORMATION PACK

2026/27 SEASON

@SPORTCHEERISLEOFMAN

ABOUT SPORTCHEER IOM

NATIONAL CHEERLEADING & PERFORMANCE CHEER TEAMS

SportCheer Isle of Man is the national governing body for the sport of cheerleading and performance cheer. SCIO was formed in 2025; since its initiation, SportCheer has invested in the development of cheerleading both in elite competition and at a grassroots level for the island. Team Isle of Man has showcased at local community events as well as competed at the International Cheer Union World Cheerleading Championships.

Our teams are made up of athletes from across the Isle of Man. Young people from different dance schools, clubs and backgrounds come together to represent their home nation as Team Isle of Man. If you would like to join one of our teams, you must try out each year before the start of the new season.

Cheerleading, and its various disciplines, are enjoyed by thousands of people across the island. Our goal is to provide more opportunities for athletes to perform, compete and build their skills to an elite competition level.

Over the next few years we aim to develop our athletes in pom and cheerleading, ready for international competition. One day we aspire to send full teams to the ICU European and World Championships.



OUR AIMS & TEAMS

For the 2026/2027 season, Team Isle of Man are introducing a new national team structure, with a greater focus on **pom** and **cheerleading**, with teams split into age groups. All teams will work towards island performances and national and/or international competitions, with a focus on developing technique, discipline-specific style, competition-level skills, and competitive experience. Please find the teams available for tryouts below. **In 2028 we aim to have a pom team ready to compete internationally.**

Long term, we aim to take teams as well as Pom Doubles to International Cheer Union competition events such as ICU Worlds and ICU European Championships. Currently we project to take our first team in April 2028. There is no commitment at this stage; however, please be aware these are the long-term team goals. Athletes are required to re-try out for the team before the start of each new season.

POM TEAM YOUTH (Ages 8 - 12)

Team open to athletes with a birth year between 2014 and 2019.

Team Goals

On Island Displays
1-2 UK-based competitions

Training Information

9 - 11 AM once/twice per month starting in October 2026

POM TEAM JUNIOR (Ages 13 - 23)

Team open to athletes with a birth year of 2014 or earlier.

Team Goals

On Island Displays
1-2 UK-based competitions

Training Information

9 - 11 AM once/twice per month, starting in October 2026

POM DOUBLES (Ages 16 +)

Athletes MUST be 16 as of 01.01.2027

Training Information

Team Goals

On Island Displays
1 UK-based competition (pre-worlds)
World Championships 2027

- 9 AM - 12 PM once/twice per month, starting in Oct 2026
- Weekly from Feb/March 2027
- All training will be set around coaches' availability. Some early morning weekday training sessions may be required (pre-9 AM)

CHEER TEAM YOUTH (Ages 8 - 12)

Team open to athletes with a birth year between 2014 and 2019.

Team Goals

On Island Displays
1 UK-based competition

Training Information

9 - 11 AM once/twice per month starting in Jan 2027.

CHEER TEAM SENIOR (Ages 13 - 23)

Birth year MUST be 2014 and earlier.

Team Goals

On-island displays
1 UK-based competition

Training Information

11 - 1 PM once/twice per month starting in Jan 2027.

TRYOUT DATES & INFO

ALL TEAM AGE ELIGIBILITY IS BASED ON BIRTH YEAR. IF YOU HAVE ANY QUESTIONS ABOUT WHICH TEAM YOU ARE ELIGIBLE FOR, PLEASE CONTACT:
SPORTCHEERISLEOFMAN@GMAIL.COM

Cheerleading Teams

Date: Saturday 12th September 2026
Athlete Check-in: 4:45 PM
Tryouts: 5:00 PM – 7:30 PM
Venue: Glencrutchery School Sports Hall
Cost: £10 per person

This is a joint tryout for all ages; however, team training will be split into U12 and Seniors.

Pom Teams

Date: Sunday 13th September 2026
Venue: Henry Bloom Noble Primary School
Cost: £10 per person

Pom Doubles

Athlete Check-in: 8:45 AM
Tryouts: 9:00 AM – 11 AM

Junior Pom (13-18+)

Athlete Check-in: 11:15 AM
Tryouts: 11:30 PM – 1:30 PM

Youth Pom (U12)

Athlete Check-in: 1:45 PM
Tryouts: 2:00 PM – 4:00 PM

- Athletes can try out for multiple teams.
- Tryout fees are non-refundable.
- **Unable to make the tryout date?** Let us know, as we will try and offer video submissions where possible.
Email: sportcheerisleofman@gmail.com

TEAM SELECTION

Athletes will be selected as either an '**on the mat**' athlete or a '**reserve**' athlete within the team. The number of team members and reserves selected will vary depending on the team. All athletes are expected to practise and train in their own time outside of set training sessions.

On the Mat Athletes – You will be expected to:

1. Attend all training sessions
2. Take part in on-island displays
3. Take part in off-island competitions
4. Train at home/outside of practice. This will be a mixture of choreography, drills, conditioning and stretching.

A reserve athlete may replace an on-the-mat athlete at any point during the season due to injury, poor attendance and/or if an athlete is not putting in the effort required by the coach.

Reserve Athletes – You will be expected to:

1. Take part in all training sessions
2. Take part in on-island displays
3. May be called upon to replace athletes for competitions if required
4. Reserve athletes can choose to travel with the team for off-island competitions but may not compete unless required due to last-minute sickness and injury
5. Train at home/outside of practice. This will be a mixture of choreography, drills, conditioning and stretching.

Athletes can opt to be 'reserve only'; this means no off-island travel is required. Please state this on your tryout form.

TEAM SELECTION

ATTENDANCE

Athletes **MUST** attend all training sessions and aim to prioritise these over other commitments.

We ask that athletes looking to try out for multiple teams consider fully the commitment across the year and if they can take on both teams should they be successful at getting on multiple teams.

Missing 2 sessions may result in you being moved to a reserve position OR removed from the team completely.

If injured or if you have a mild illness, athletes must still attend training to observe. If illness is severe or includes vomiting, please inform your head coach as soon as possible.

Once you have received your place on the team, if you know ahead of the start of the season that you cannot attend any specific sessions, please contact your head coach via WhatsApp to let them know.

Please keep your coach informed of any injuries; this applies whether they occur during or outside of training.

CODE OF CONDUCT

Athletes and parents **MUST** abide by our code of conduct both in and outside of training. Successful athletes are representatives of the Isle of Man as a country. It is important for athletes to be respectful of their fellow coaches and teammates and supportive of other athletes across the Isle of Man and other countries.

Pom and cheerleading are both team sports; athletes must understand and recognise that decisions made by a coach are always in the team's best interest.

Coaches will remove athletes from the team if they fail to meet the code of conduct set out here:

Parents also abide by the parent code of conduct at all times.



Please Read [HERE](#) ahead of attending tryouts.

Fundraising

Families are encouraged to take part in fundraising activities organised through Friends of SportCheer Isle of Man to help reduce costs for parents/athletes. Please scan the QR code to join our WhatsApp group.



TRYOUTS - WHAT TO EXPECT

CHEERLEADING

Athletes will be scored on the quality of the skills they can safely perform.
Missing one or more skills does not automatically prevent selection.

TUMBLING ASSESSMENT

	REQUIRED	DESIRED
LEVEL 1	• Forward Roll • Backward Roll • Handstand • Cartwheel • Round Off • Bridge	• Handstand Forward Roll • Forward Walkover • Back Walkover • Change-Leg Back Walkover • Valdez
LEVEL 2	NONE	• Standing Back Handspring • Round Off Back Handspring • Aerial • Standing Tuck • Round Off Back Tuck • Punch Front

STUNTING ASSESSMENT

Previous stunting experience is not required. Athletes with experience are encouraged to demonstrate their skills. Examples include:

- Teddy/Pike Sit (Prep and Extended)
- Prep
- Liberty at Prep Level (with or without a brace)
- Straight Cradle
- Extended Two-Leg Stunt
- Extended Single-Leg Stunt
- Basket Toss
- Twisting Transition to Prep Level or Below

If you can safely perform more advanced skills, please note them on your registration form.

FLYER FLEXIBILITY

Athletes wishing to try out as a flyer (the athlete lifted in the stunt group) will be assessed on flexibility and body positions.

Skills will initially be demonstrated on the floor and only performed in the air where it is safe to do so.

Body Positions

- Heel Stretch
- Arabesque
- Scale

Bonus Skills

- Scorpion
- Bow and Arrow

TRYOUTS - WHAT TO EXPECT

CHEERLEADING

Additional Assessments

JUMPS	• Athletes will perform: • Toe Touch • Pike • Herkie
CHANT/ ATTITUDE	• We are looking for athletes with positive, coachable attitudes. You must be able to apply corrections and understand coaches' decisions are made based off of what is best for the team. • Athletes will perform the team chant together. • Please learn the chant before tryouts. Let's Go I.O.M! Red! White! Gold!
DANCE	If time allows, athletes may also be asked to perform a short dance combination taught during the tryout. No athlete will be asked to perform the dance solo.

WHAT TO WEAR / BRING

- **Tight-fitting clothing suitable for sports such as:**
 - Shorts (tight to leg)
 - Leggings
 - T-shirt or Vest
 - Sports crop top
 - No baggy clothes are permitted for safety reasons
 - Cheer shoes or suitable thin-soled indoor-only trainers.
 - Hair tied up
 - No jewellery
- Water bottle and small snack
- £10 tryout fee, which can be paid by cash, card or bank transfer on the day.
- If athletes have inhalers or medication, please ensure they are named and given to a staff member at sign-in in case they are required.

AFTER TRYOUTS

We aim to let all athletes know if they were successful in their tryout within 2 weeks of the tryouts taking place via email.

Athletes will then be asked to accept or reject their placement on the team. Reserve athletes may be promoted to 'on the mat' athletes before the season starts if places are rejected.

Membership fees & training kit will be due on the 1st of October.

TRYOUTS - WHAT TO EXPECT

POM TEAM / POM DOUBLES

WHAT TO WEAR / BRING

- **Tight-fitting black clothing suitable for sports such as:**
 - Shorts (tight to leg)
 - Leggings
 - Leotard
 - Sports crop top
 - No baggy clothes are permitted for safety reasons
 - Jazz shoes or turning shoes must be worn.
 - Hair tied up in a neat low bun
 - No jewellery
- Water bottle and small snack
- £10 tryout fee, which can be paid by cash, card or bank transfer on the day.
- If athletes have inhalers or medication, please ensure they are named and given to a staff member at sign-in in case they are required.

WHAT TO EXPECT

POM TEAMS

- Athletes will first be led through a warmup, stretches and conditioning.
- They will be taught a short pom routine and asked to perform this in small groups.
- Athletes will also be asked to showcase their technical skills and acrobatic tricks.
- The majority of the tryout will be done as a whole or in small groups; however, the tryout panel may want to see skills individually from athletes where required.

POM DOUBLES

- Tryout will follow a similar structure to above with more time given to see athletes skills.
- Athletes will be split into pairs and will likely have to show choreography and/or skills with various partners.
- Athletes will be given the chance to showcase any specific skills they feel show off their abilities.

AFTER TRYOUTS

We aim to let all athletes know if they were successful in their tryout within 2 weeks of the tryouts taking place via email.

Athletes will then be asked to accept or reject their placement on the team. Reserve athletes may be promoted to 'on the mat' athletes before the season starts if places are rejected.

Membership fees & training kit will be due on the 1st of October.

TRYOUTS - WHAT TO EXPECT

POM TEAM / POM DOUBLES

Athletes will be scored on the quality of the skills they can safely perform. Missing one or more skills does not automatically prevent selection.

POM TEAM SKILLS ASSESSMENT

REQUIRED	DESIRED
- We are looking for athletes with positive, coachable attitudes. You must be able to apply corrections and understand coaches' decisions are made based off of what is best for the team. - Single Pirouette - Toe Touch/Straddle Jump - Step-Ball-Change/Chase - Split Leap - Fan Kick - Strong Performance/Showmanship	- Multiple Pirouettes - Single À la Seconde Turns - Multiple À la Seconde Turns - Fouette Turn - Chainé Turns - Double/multiple Toe Touches - Switch Leap - Firebird Jump - C Jump - Side Leap - Calypso Leap - Tilt Leap - Hitch Kick

POM DOUBLES SKILLS ASSESSMENT

REQUIRED	DESIRED
- All of the above (pom team) plus: - Double Pirouette / Multiple Pirouettes - Single À la Seconde Turns - Chainé Turns - Double/multiple Toe Touches - Firebird Jump - C Jump - Fan Kick - Hitchkick - Strong Performance/Showmanship	- Multiple À la Seconde Turns - Fouette Turn - Switch Leap - Side Leap - Calypso Leap - Tilt Leap

ACROBATICS ASSESSMENT

REQUIRED	DESIRED
Single arm cartwheel	- Elbow cartwheel - Single arm forward walkover - Single arm back walkover - Side aerial - Front aerial - Fish flop/shoulder roll/dolphin roll - Standing back tuck - Illusion

SEASON SCHEDULE

*SUBJECT TO CHANGE

TEAM TRAINING DISPLAYS COMPETITIONS

YOUTH POM

SUNDAYS 9:00 - 11:00 AM

Henry Bloom Noble

ONCE/TWICE PER MONTH
STARTING IN OCTOBER

APRIL: WORLDS SHOWCASE
JULY: TYNWALD DAY
JULY: SOUTHERN AGRICULTURAL SHOW
AUG: NOBLES PARK FUN DAY

Ad Hoc Performances at IOM National
Football team games.

Two UK based
competitions between
January and July 2027.

SENIOR POM

SUNDAYS 9:00 - 11:00 AM

Henry Bloom Noble

ONCE/TWICE PER MONTH
STARTING IN OCTOBER

APRIL: WORLDS SHOWCASE
JULY: TYNWALD DAY
JULY: SOUTHERN AGRICULTURAL SHOW
AUG: NOBLES PARK FUN DAY

Ad Hoc Performances at IOM National
Football team games.

Two UK based
competitions between
January and July 2027.

POM DOUBLES

VARIOUS TRAINING TIMES &
SCHEDULE.

SUBJECT TO CHANGE, MOST
SESSIONS AT GLENCRUTCHERY
SCHOOL SPORTS HALL

ONCE/TWICE PER MONTH
STARTING IN OCTOBER. ONCE
PER WEEK FEBRUARY - APRIL.

APRIL: WORLDS SHOWCASE
JULY: TYNWALD DAY
JULY: SOUTHERN AGRICULTURAL SHOW

Ad Hoc Performances at IOM National
Football team games.

One UK-based
competition between
January and April 2027.

APRIL: ICU World
Championship, Orlando
FL

CHEER YOUTH

SUNDAY 9:00 - 11:00 AM

GLENCRUTCHERY SCHOOL
SPORTSHALL

ONCE/TWICE PER MONTH
STARTING IN JANUARY 2027

JULY: TYNWALD DAY
JULY: SOUTHERN AGRICULTURAL SHOW
AUG: NOBLES PARK FUN DAY

Ad Hoc Performances at IOM National
Football team games.

One to two UK based
competitions between
June and July 2027.

CHEER SENIOR

SUNDAY 11:00 AM - 1:00 PM

GLENCRUTCHERY SCHOOL
SPORTSHALL

ONCE/TWICE PER MONTH
STARTING IN JANUARY 2027

JULY: TYNWALD DAY
JULY: SOUTHERN AGRICULTURAL SHOW
AUG: NOBLES PARK FUN DAY

Ad Hoc Performances at IOM National
Football team games.

One to two UK based
competitions between
June and July 2027.

COST BREAKDOWN

TEAM	EXPENSE	COST	PAYMENT DUE DATE
ALL ATHLETES	ANNUAL MEMBERSHIP FEE	£25 (per athlete, only paid once if in multiple teams)	1 st October 2026
YOUTH/ SENIOR POM TEAMS	SEASON TRAINING FEES	£148 paid in 4 instalments of £37. (just under £5 per hour of training time)	1 st October 2026 1 st January 2027 1 st March 2027 1 st June 2027
U12/SENIOR CHEERLEADING TEAMS	SEASON TRAINING FEES	£111 paid in 3 instalments of £37 (just under £5 per hour of training time)	• 1 December 2026 • 1 February 2027 • 1 May 2027
POM DOUBLES	SEASON TRAINING FEES	£350 paid in 7 instalments of £50	• 1st October 2026 • 1st November 2026 • 1st December 2026 • 1st January 2027 • 1st February 2027 • 1st March 2027 • 1st April 2027
ALL ATHLETES	TEAM TRAINING KIT	£45 - £66 (depending on sizes/items ordered) See below for more details.	Due 1 st October 2026
ALL ATHLETE	COMPETITION KIT	£115 per athlete £5-20 (TBC) Team hair bow	TBC – Likely to be ordered before November 2026

We try to be as transparent about costs upfront as possible.

If an athlete is in multiple teams, they are **only required to pay for 1 annual membership fee**. The team uniform and training kit are the same for both cheer and pom with the exception of the hair accessory, the shoes and the crop top/leo.

Returning Athletes: Our training kit remains unchanged from last season, meaning returning athletes can continue using any existing SportCheer Isle of Man clothing and accessories, helping to keep costs to a minimum.

Cheerleading Training Kit

- Team Isle of Man T-Shirt
- Black tight cycling shorts
- Black cropped sports top
- White cheer trainers
- White ankle socks (no logos)
- Red cheer bow
- Hair in a neat low pony + bow
- Male athletes are not required to wear crop top or bow.



Pom Team Training Kit

- **Training Uniform**
- Team Isle of Man T-Shirt
- Black leotard
- Tan dance tights
- Tan jazz shoes
- Black tight cycling shorts
- Hair in a neat low bun
- Red scrunchie
- Leotard and scrunchie not required for males

Additional Costs: Team music and competition entry fees. We hope to fundraise for these to keep costs down. The more we fundraise, the more costs are kept down

