



IRISH NATIONAL CHEERLEADING ACADEMY (INCA)

Parent Information Fact Sheet

2026/2027 Athlete Development Programme

What is the Irish National Cheerleading Academy (INCA)?

The **Irish National Cheerleading Academy (INCA)** is the official **high-performance athlete development pathway** of **Cheer Sport Ireland** for Youth and Junior athletes.

The Academy has been created to identify, develop and support Ireland's most promising young cheerleaders by providing additional coaching opportunities that complement, not replace the excellent work already being carried out by athletes' home clubs.

WHO CAN APPLY?

Athletes who:

- ✓ Are currently aged **11–17 years** (for the 2026 year)
- ✓ Are registered members of a **Cheer Sport Ireland affiliated club**
- ✓ Meet the minimum skill requirements
- ✓ Demonstrate positive attitude, coachability and sportsmanship

Selection into the Academy is **competitive**, and meeting the minimum standards does not guarantee selection.

A national pathway helping Ireland's next generation of athletes reach their full potential.

WHAT IS INCA?

The Academy provides five/six national high-performance training days throughout the season, designed to help athletes develop beyond their regular club training.

Sessions include:

- Tumbling Development
- Elite Stunting
- Jump Technique
- Dance & Performance
- Strength & Conditioning
- Flexibility
- Athlete Education
- Safe Skill Progression

Every session is delivered in a positive, athlete-centred environment focused on long-term development.

WHY JOIN INCA?

The Academy has been established to:

- Develop Ireland's future elite athletes
- Improve technical skills safely
- Raise national performance standards
- Build confidence and athleticism
- Allow athletes from clubs across Ireland to train together
- Prepare athletes for future **Team Ireland** opportunities

The programme is about developing the athlete—not selecting a national team—and provides an additional pathway for ambitious athletes wishing to maximise their potential.

WHEN DOES IT TAKE PLACE?

Selected athletes will attend:

Six National Academy Training Days

- Approximately **3–4 hours** each
- Held throughout the 2026/2027 season
- Venues rotate around Ireland to improve accessibility for athletes nationwide.

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HOW ARE ATHLETES SELECTED?

The selection process consists of:

Step 1

Complete the online registration.

Step 2

Attend the National Assessment Workshop which will take place on the 6th of September 2026.

Athletes will be assessed on:

- Tumbling
- Stunting
- Jumps
- Dance
- Motions
- Athletic ability
- Coachability
- Performance quality
- Teamwork

Step 3

Successful athletes will be invited to join either the:

- **Youth Development Squad**
- **Junior Development Squad**

Selection decisions are final.

WHO WILL BE COACHING?

The Academy will be led by the **INCA Head Coaches**, supported by a coaching panel made up of **some of Ireland's most experienced and successful coaches** from leading cheerleading programmes across the country.

This collaborative approach ensures athletes benefit from a wide range of coaching expertise in:

- Tumbling
- Stunting
- Jumps
- Dance
- Strength & Conditioning
- Flexibility
- Athlete Performance

The Academy is designed to unite expertise from across Irish cheerleading for the benefit of athlete development.

WHAT DOES INCA EXPECT FROM ATHLETES?

Academy athletes are expected to:

- Attend all Academy sessions
- Demonstrate respect and sportsmanship
- Be committed to their own development
- Represent Cheer Sport Ireland positively
- Continue supporting and training with their home club

INCA complements club programmes—it does **not replace** them.

INFORMATION FOR PARENTS

Parents play an important role in athlete success by:

- Supporting attendance
- Encouraging positive behaviour
- Following Academy communications
- Respecting coaching decisions
- Promoting a positive sporting environment

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Cheer Sport Ireland is fully committed to safeguarding and operates under national safeguarding policies and procedures.

REGISTER FOR THE ASSESSMENT DAY

Assessment Day Registration

Register here:

<https://www.irishcheerleading.com/inca/inca-registration>

Before Registering

Please review the eligibility requirements:

Eligibility Criteria:

<https://www.irishcheerleading.com/inca/inca-eligibilitycriteria>

Develop. Inspire. Achieve. Represent Ireland.

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