

**CONVENIENT  
LOCATIONS**

**INCREDIBLE  
TEAMS**

**LARGE TRAINING  
FACILITIES**



**ELITE  
HANDBOOK**

**AMAZING  
STAFF**

**GREAT  
REPUTATION**

**FANTASTIC  
PROGRAM**

# WELCOME



## 1. WHY ELITE CHEER

Elite Cheer builds incredible athletes but more importantly, makes great people! Our fundamental difference from other sports and activities lies in our definition of success: developing healthy, happy, empowered young people through the vehicle of cheerleading. When the focus is on the journey of the athlete, not a trophy, it encourages athletes and coaches to work more collaboratively, use long-term thinking and allows for emphasis on the development of critical soft skills like optimism, resilience, determination and emotional intelligence. Of course, this doesn't mean that we don't work hard, achievement is not possible without consistent effort and grit! But what we do understand is that our athletes are people first and to be successful, no matter what level they are, they need to be happy and have fun.

## 2. WHAT IS ELITE CHEER

EliteCHEER is the pathway to New Zealand Representative competitive cheerleading. Athletes as young as 5 years old can join the elite pathway as a beginner in Level 1R and work their way up as their strength and skills increase to Level 5 World Championship Cheerleading. Athletes are evaluated and placed in a team that is best suited to their age, strength and skill level annually. They then train in these teams twice per week for up to 2hrs at a time (dependent on level). Elite teams challenge themselves by competing against other teams from all over the country 4 times per season. These competitions

extend the learning opportunities and key teachable moments which help build athlete character and emotional intelligence.

## 3. ELITE CHEER TRAINING

All Elite Cheer training start with a circle in where coaches empower their athletes with the monthly life lesson and set goals for the day's lesson. Athletes are engaged in an all body warm-up sequence before strengthening their bodies in preparation for the lifts and acrobatic skills required in their level routines. Athletes will work on perfecting skill elements and then implementing them in custom choreographed sections. At the end of the session, athletes will put their sections and skills together in their unique and fun routine to a custom Cheer music mix made especially for their team!

## 4. SAFETY FIRST

Cheerleading skills are taught in a safe and fun environment. We practice 'perfection before progression' which means that no athlete will be asked to move on to a skill before they are ready. We put our athletes' safety above all else and encourage them to progress at their own pace.

Our coaches are trained and certified by the New Zealand Cheerleading Association in Coaching Fundamentals. Retraining is undertaken annually with further professional development opportunities being provided throughout the season.

# THE "MUST READS"



## COMMITMENT

Cheerleading provides a unique opportunity to teach the value of commitment. Being a part of an elite team means being a part of something much bigger than just yourself, which also means our athletes learn to build trust and be reliable. Unlike other team sports, every team member and every position on a team is equally important. We do therefore ask our athletes to be at all scheduled training, performances and competitions, however, we also understand that our athletes need to be happy and healthy. This means we will not ask you to train when you have a contagious illness, on public holidays or during school holidays compulsorily.

If your child is unable to attend practice on short notice please contact your team coach(es) as soon as possible by text message or phone call.

## PLANNED ABSENCES

Teams will not practice during school holidays or on

public holidays (this refers specifically to the public holiday itself rather than the entire weekend before or after the public holiday day)

### Other than:

- Teams traveling to Global Games may be required to train through school holidays and attend extra practices at the discretion of their team coach.

## ABSENCES PRIOR TO COMPETITIONS

To ensure your team is set up for success absences 3 weeks prior to any competition may mean routine changes for the athlete.

## ELITE CHEER STRUCTURE

EliteCHEER teams will train on a 2hr structure as follows:

<b>Elite 1R:</b>	1x 2hr class per week and 1x 1hr CheerTUMBLE class per week
<b>Elite 1:</b>	1x 2hr and 1 x 1hr class per week and 1x 1hr CheerTUMBLE class per week
<b>Elite 2-6:</b>	2x 2hr Classes per week and 1x 1hr CheerTUMBLE class per week

Elite athletes are required to take 1x 1hr CheerTUMBLE class per week. Athletes who do not wish to book into a tumbling class should indicate that they wish to be placed on a cheerSPORT team which does not require attendance at tumbling classes.

# FINANCIAL OBLIGATIONS



Team/Class Type	Cost	Details
CheerFUN AKL and CHC	\$145 per term \$35 Programme t-shirt	Includes: 1hr tuition per week/9 week term
CheerFUN HAM & WGTN	\$95 per term \$35 Programme t-shirt	Includes: 1hr tuition per week/9 week term
CheerSPORT 1 AKL	\$195 per term \$165 competition uniform	Includes: 1hr tuition per week/9 week term, competition entry fees
CheerSPORT 1 CHC	\$175 per term \$165 competition uniform	Includes: 1hr tuition per week/9 week term, competition entry fees
CheerSPORT 1 HAM & WGTN	\$145 per term \$165 competition uniform	Includes: 1hr tuition per week/9 week term, competition entry fees
CheerSPORT 2-3 AKL	\$245 per term \$165 competition uniform	Includes: 1.5hrs tuition per week/9 week term, competition entry fees
CheerSPORT 2 HAM & WGTN	\$225 per term \$165 competition uniform	Includes: 1.5hrs tuition per week/9 week term, competition entry fees
CheerSPORT 2 CHC	\$195 per term \$165 competition uniform	Includes: 1.5hrs tuition per week/9 week term, competition entry fees
Elite Development 3	\$145 per term CHC \$115 per term WGTN \$180 Summer Camp (if not in another elite team) \$155 Training Gear Pack (if not in another elite team)	Includes: 1hr per week/9 week term NOTE: crossover and/or competition entry fees will apply in addition to your term fee
Elite 1R AKL	\$285 per term team fees \$145 per term compulsory tumble class \$155 Training gear pack	Includes: 2hrs team tuition per week/10 week term, competition entry fees, music, choreography
Elite 1 AKL	\$375 per term team fees \$145 per term compulsory tumble class \$460 Summer Camp (Snowflakes and Princesses only) \$155 Training gear pack	Includes: 3hrs team tuition per week/10 week term, NZ competition entry fees, music
Elite 2-6 AKL	\$485 per term team fees \$145 per term compulsory tumble class \$460 Summer Camp \$155 Training Gear Pack	Includes: 4hrs team tuition per week/10 week term, NZ competition entry fees, music
Elite 1 CHC, HAM & WGTN	\$345 per term team fees \$145 per term compulsory tumble class \$180 Summer Camp \$155 Training gear pack	Includes: 3hrs team tuition per week/10 week term, NZ competition entry fees, music
Elite 2-5R CHC, HAM & WGTN	\$440 per term team fees \$145 per term compulsory tumble class \$180 Summer Camp \$155 Training Gear Pack	Includes: 4hrs team tuition per week/10 week term, NZ competition entry fees, music Not applicable
Other	\$2000 (approx.) Global Games, Hawaii travel \$260 All gym tracksuit- required if travelling to Hawaii \$350 Elite Competition Uniform (approx) \$35 Competition bow Competition make-up Replacement gear Travel costs to and from competitions Team outings and bonding days	

# FINANCIAL OBLIGATIONS



## INVOICES

Invoices for your team are sent 2 weeks prior to the first class of each term. Take advantage of our 5% prompt payment discount by paying on the due date. After the due date, no discount will apply. Unfortunately, unused portions of your invoice are non-refundable e.g. music, choreography and competitions. **Summer Camp payments are due on 20 December 2018.**

## PAYMENT OPTIONS

### Preferred Method: Internet Banking

All Star Cheerleaders 03-1322-0077400-00 Include Cheerleaders First and Last Name, Invoice name and number

**Credit Card:** Available by clicking to pay on your invoice or by calling 09 444 5597. Please note a credit card processing fee may apply. **No Cash/Cheque:** We do not accept cash or cheque payments.

## SUMMER CAMP AUCKLAND AND HAMILTON

Who: Auckland Elite L2-6 teams, Legacy Snowflakes and Fame Princesses, Hamilton Elite L2and3

When: 16-19 January 2019

Where: YMCA Camp Adair, Hunua

Cost: \$460 per athlete

(NOTE: Absent athletes will incur a \$180 choreography fee)

Due: 20 December 2018

What: Learn, upgrade and perfect your routines for the 2019 competition season with the best in the business! Our amazing camp choreographers are flown out from the USA to help create custom routines which show off each team's skills and ability. Athletes participate in fun team bonding activities and finish their experience with skits and a traditional camp fire.

ATTENDANCE IS COMPULSORY TO ENSURE YOUR TEAM GETS OFF TO THE VERY BEST START

## SUMMER CAMP CHRISTCHURCH AND WELLINGTON CHRISTCHURCH SUMMER CAMP

Who: Elite 1-5R incl Elite Development L3

When: 30 Jan- 2 Feb 2019

Where: 30 Jan-1 Feb @ 371b St Asaph Street, 2 Feb venue TBC

Cost: \$180 per athlete

(NOTE: Absent athletes will incur a \$75 choreography fee)

Due: 20 December 2018

What: Learn upgrade and perfect your routines for the 2019 competition season, get to know your team, your coaches, participate in fun team bonding and gym spirit activities! ATTENDANCE IS COMPULSORY TO ENSURE YOUR TEAM GETS OFF TO THE VERY BEST START

## WELLINGTON SUMMER CAMP

Who: Elite 1-5R incl Elite Development L3

When: 30 Jan- 2 Feb 2019

Where: 30 Jan-1 Feb @ 10 Manchester Street Paraparaumu, 2 Feb venue TBC

Cost: \$180 per athlete (NOTE: Absent athletes will incur a \$75 choreography fee)

Due: 20 December 2018

What: Learn upgrade and perfect your routines for the 2019 competition season, get to know your team, your coaches, participate in fun team bonding and gym spirit activities! ATTENDANCE IS COMPULSORY TO ENSURE YOUR TEAM GETS OFF TO THE VERY BEST START

## REQUIRED GEAR:

★ **Training Gear Packs** All elite athletes are required to purchase the new season elite training gear pack. Select your gear pack sizes on you team confirmation form.

★ **Competition Uniform** All elite athletes are required to purchase a competition uniform if you do not already have the correct one for your gym/team this season. Competition uniforms are not the same as the training gear pack. Your competition uniform is a beautiful sparkly dress in your gyms colours. All uniforms are ordered through the Diamond Fit website. An email will be sent to you when the order window opens. Please note all Pride elite teams are going into a new uniform design in 2019.

★ **Competition Team Bow** Unless your competition uniform design has changed, or, you have changed to a gym/team with a different bow, you do not need to purchase a new competition bow. Competition bows are ordered directly from the Better with a Bow website. An email will be sent to you when the order window opens.

★ **Cheer Shoes** It is recommended that all cheerleaders have cheer specific shoes. All Star recommends Infinity Evolutions which are available from most online cheer retailers.

★ **Tracksuit** Cheerleaders competing overseas and elite level 2-5 athletes are required to have a team tracksuit.

*Please note you cannot create or sell your own All Star gym/team clothing or accessories. All ideas for apparel and accessories must be emailed and approved through head office*

# COMPETITION SCHEDULE



Comp	No. of Days	Comp Dates (2019)	CHC Cheer SPORT	HAM Cheer SPORT	WGTN Cheer SPORT	AKL Cheer SPORT	CHC ELITE Cheer	HAM ELITE Cheer	WGTN ELITE Cheer	AKL ELITE Cheer
Global Games, Hawaii	2	17-20 May					★			★
Eutopia Series, NSEC, Auckland	1	7 July				★				★
Battle in the Bay Tauranga	2	17-18 Aug		<b>TBC</b>	<b>TBC</b>			<b>TBC</b>		<b>TBC</b>
Pride & Victory Kickoff, TBC, Christchurch	1	15 Sep	★		★					
Olympia Series, NSEC, Auckland	3	17-18 Aug				★		★	★	★
Spring Carnival NSEC, Auckland	3	15 Sept				★	★	★	★	★
NZ Nationals NSEC, Auckland	2	9-10 Nov	★	★	★	★	★	★	★	★

## COMPETITIONS

All competition team members are required to attend all competitions selected for their team on the competition schedule above.

*- Absences 3 weeks prior to any competition, event is not permitted.*

Competitions are a great learning experience for our athletes and provide them with the opportunity to build confidence, sportsmanship and show off the skills they have been working on all year long.

*NOTE: Additional gym showcases, performances and events may be scheduled in your location in addition to the above listed competitions. Please refer to your gym specific competition handbook for further details or speak to your gym manager.*

## GLOBAL DANCE + CHEER GAMES 2019:

All athletes placed on elite teams are invited to join us for the 4 day Global Games experience starting on the shores of beautiful Waikiki, Hawaii. So much more than just a competition, athletes feel the pride of walking behind the NZ flag in the Parade of Nations around the Waikiki Lagoon, connect with athletes from 10 different countries in the Opening Ceremony and Cultural Exchange before finishing a once in a lifetime evening off with a bang as fireworks light up the sky. And, that's just day 1! Days 2 and 3 provides the ultimate Global All Levels Dance and Cheer Championship complete with prize giving party zone and Closing Ceremony. Stay on if you choose and celebrate an unforgettable weekend at the Celebration Luau. We can't wait for everyone to experience the sun, sand and fun at Waikiki! Spaces are filling fast, complete your online booking form here:

<https://form.jotform.co/82578748011866>

# ATHLETE CODE OF CONDUCT



Being part of our All Star family means you are now an ambassador for Cheersport New Zealand. This means you will be held to the highest standard of behavior when attending any All Star events including practices, competitions, social events and performances. We know that you will do your best to represent All Star in the most positive way and contribute to your team this season. Please review this Athlete Code of Conduct for all of our expectations in regards to behaviour, uniform, sportsmanship etc. If our code of conduct is not followed you may be asked to leave the Elite Cheer Programme.

## GENERAL:

### Be a good sport

1. All athletes will be expected to respect the coaches' judgments and instructions and are also responsible for cooperating with their teammates and other participants
2. Athletes should display positive public action at all times – applause at the end of performances, maintain enthusiasm, composure and serve as a role model.
3. Athletes must never make derogatory remarks, gestures, boo, hiss, yell or use profanity at other teams and do not respond to this kind of behaviour from others.

### Safety is important

4. No athlete/participant is to attempt or is permitted to teach any form of cheerleading/gymnastics or spot skills without receiving proper training and express permission from a head coach (this includes parents).
5. No athlete/participant is to use the gym equipment unless authorised by a staff member.
6. Any athlete wishing to enter in a non CheerBrandz Competition must seek approval from Head Office before entering. We are very passionate about our brand and protecting it so must ensure we are consistent across all gyms. Please email [claire@allstarcheerleaders.co.nz](mailto:claire@allstarcheerleaders.co.nz)

## COMMITMENT:

Cheerleading provides a unique opportunity to teach the value of commitment. Being a part of an elite team means being a part of something much bigger than just yourself, which also means our athletes learn to build trust and be

reliable. Unlike other team sports, every team member and every position on a team is equally important. We do therefore ask our athletes to be at all scheduled training, performances and competitions, however, we also understand that our athletes need to be happy and healthy. This means we will not ask you to train when you have a contagious illness, on public holidays or during school holidays compulsorily.

## ATTENDANCE

1. We ask parents to please not punish their child by making them miss a cheerleading practice as this affects the whole team.
2. If an athlete is sick or injured please contact your team coach to discuss further.
3. In the event that an athlete does miss a team event or training they may be re-positioned in the routine in order to avoid further disruption to the progress of other team members. - **Note: No absence requests will be accepted in the 4 weeks leading up to any competition or the 8 weeks leading up to any international tour.**

Our attendance policy is in place to ensure the safety and progress of all team members. We understand that family time is important and we encourage cheerleaders to have interests outside of cheerleading. We also hope to use this policy to teach our cheerleaders the importance of commitment and time management. We thank you in advance for your support in this endeavor. If there are unexcused absences this may affect your position in the routine or you may be asked to leave the team.

## UNIFORM:

1. For your safety and safety of others, Cheerleading Shoes must be worn in the gym at all times---no bare feet, sock feet, or slippers.
2. Athletes must be attired in the scheduled team training gear at every practice unless otherwise advised by the coaching staff.
3. Hair must be clean and tied back from the face in a high pony tail with practice bow. This is to avoid injuries.
4. All athletes/participants must remove all jewelry before training begins. This is for your safety and the safety of those around you.



# GYM RULES

1. Personal items should be placed in the changing area or cubby holes and not on the gym floor.
2. Food and drink are allowed only in designated areas. Please no glass containers. ABSOLUTELY NO FOOD OR DRINK on the cheer floors.
3. NO GUM is allowed in the gym.
4. All athletes/participants MUST sign-in at reception or with your coach for each class. This is an OSH regulation so that we know who we have in the class at any given time should a disaster occur.
5. All cell phones and ipads etc must be turned off once practice starts, to avoid distractions.
6. Do not bring items of value to the gym. (IPOD, Jewelry, IPHONES etc..) All Star is not responsible for lost or stolen items.

## PRACTICE

1. Athletes should arrive 15 minutes in advance of their scheduled class time. Please contact your team coach in the event you will be late, let us know as soon as possible.
2. Athletes must be changed into appropriate practice gear with jewelry removed at by the time class begins. Again, this is to ensure we are able to make the most of the session.
3. ALL participants must stay in the waiting area until his/her class begins. Again this is for everyones safety.

## BEHAVIOUR

1. We have a zero tolerance for the following behaviour  
(a) The use of inappropriate language towards another athlete, coach, parent or staff member; (b) Inappropriate comments made about or to another athlete, coach, parent or staff member; (c) Lack or cooperation or willingness to participate positively in class sessions; (d) Bullying includes, other athletes, coaches, staff members or parents affiliated with All Star Cheerleaders either within scheduled training time or in your own time; (e) Poor sportsmanship or negative comments towards other competition teams whether at practice, competition or in your own time.

## SOCIAL MEDIA

1. All Star Cheerleaders and Cheerbrandz recognize you may participate in social media in your own personal time. If, however, during your participation in a social media activity, you reference your association with All Star Cheerleaders, Cheerbrandz or any other related entity or make comments or include content about All Star Cheerleaders, Cheerbrandz, associated entities an affiliated person or any of their affairs, you are required to adhere to the following:
  2. Physical Violence or any kind of behavior which is in violation of any governing law will result in the athlete(s) in question being asked to leave the programme.
  3. All Star Cheerleaders has a zero tolerance policy for bullying or negative behavior of any kind. We are committed to teaching our athletes positive behavior and reaction strategies; however, should this behavior continue to effect the team and its affiliates the athlete(s) in question will be asked to leave the programme for the emotional and physical safety of others involved.
  4. All Star may dismiss or suspend any athlete for the following reasons: (a) Possessing, using, or being a party to any illegal drug, controlled substance, or drug paraphernalia; (b) Committing any act which would be considered an offence under any governing law; (c) Talent level, fitness level or lack of improvement; (d) For attitude problems, personality conflicts and disrespectful behavior towards coaches, team management, staff, cheerleaders, parents or anyone involved with the All Star program including but not limited to derogatory remarks, spiteful comments, unsportsmanship behavior, coercing team members to quit or join another program; (e) Harassment either verbally, written texted, emailed, blogged or posted on the web or communicated in any other means.

## GYM RULES



**5.** Anyone threatening to quit will be asked to leave immediately, NO refund will be given.

**(a)** Do not post content that may damage the reputation or interests of All Star Cheerleaders, Cheerbrandz or an affiliated person, whether intentionally or unintentionally, or otherwise bring any one of them into disrepute.

**(b)** Be polite- avoid hostile communications or credibility attacks. Keep all comments respectful and informative.

**(c)** If you offer your personal view on a matter, your comments or opinion must not cause damage to All Star Cheerleaders, Cheerbrandz or any affiliated entities or person(s).

**(d)** Do not post content or images that harass, are inappropriate, adverse, offensive, discriminatory, intimidating or are otherwise demeaning, defamatory or disparaging about any person or organization. For the avoidance of doubt this includes videos, comments or images regarding falls, "fails", accidents, physical injury and negative posts regarding competition results or outcomes.

**(e)** Only post accurate and truthful content. You must correct any errors or remove any offending/inaccurate posts immediately if requested to do so by All Star Cheerleaders and/or Cheerbrandz or its employees.

**(f)** Do not violate a person's privacy. Do not post any one else's personal information or their image without obtaining their prior consent.

**(g)** Do not use the intellectual property of All Star Cheerleaders, Cheerbrandz or any affiliated entity including any trade marks, logos, slogans, patents, designs, copyright materials or ideas in any content or otherwise online.

**(h)** Do not start any page, group or forum of any kind for athletes or parents of All Star Cheerleaders or customers of Cheerbrandz without written permission. In the event such a page is approved, the General Manager and your Gym Manager must be administrators of your page.

**(i)** Be mindful whether participation in certain network groups with racist, criminal, extremist or hate group connotations may offend or cause harm to the reputation or interests of All Star Cheerleaders, Cheerbrandz or to an Affiliated Person.

**(j)** Please do not attribute any content or comments you may post to All Star Cheerleaders, Cheerbrandz or any affiliated person nor represent any content or comments as being endorsed by same.



# SPECTATOR / SUPPORTER CODE OF CONDUCT



Thank you for choosing CheerSPORT for your athlete. We are aware of the huge commitment cheerleading can be and we appreciate the support you provide for both our staff and your athlete as we work towards achieving their goals. Our door is always open should you wish to discuss anything with us. We are best reached via e-mail or we would be happy to arrange a time to meet before or after training time. You and your family are always welcome in our training facility. Please keep the following spectator code of conduct in mind when attending any practices, events or competitions.

You are welcome to watch practices however, we ask that you adhere to the following rules and guidelines. Not adhering to the code may result in suspension or dismissal from the programme.

- 1.** Please stay in the designated viewing area at all times. The only people allowed in the gym are staff members and athletes that are on the Team. Parents, friends, relatives and siblings must remain in the viewing room.
- 2.** Please ensure all young children are supervised and remain in the spectator area.
- 3.** Please refrain from communicating with cheerleaders or coaches from the spectator area. **DO NOT BE A SIDE LINE COACH.**
- 4.** Please do not drink or be under the influence of alcohol, drugs or other illicit substances in or around any All Star Cheerleaders venue.
- 5.** Please respect the gym environment by leaving any viewing areas in a tidy state including picking up all rubbish and any belongings.

## SPORTSMANSHIP

- 6.** All Star encourages good sportsmanship. Cheerleading is a TEAM sport and ALL coaching decisions are made in the best interests of the team.
- 7.** We have ZERO TOLERANCE to spectators making negative or derogatory comments about cheerleaders, parents, coaches, or any All Star Staff. This includes over all social networking sites.
- 8.** Please ensure you are a role model for good sportsmanship by encouraging and supporting all cheerleaders, teams, coaches and All Star.

## FEEDBACK

- 9.** It is the parent's responsibility to stay informed. Check your email and website regularly. If you aren't receiving emails, contact Head Office.
- 10.** Please remember that all of our coaches are trained and certified by the NZCA. Their decision on routine construction and placement will be final.
- 11.** All Star values your feedback so we ask that you refer any issues, queries or questions directly to All Star using the correct procedures. Either speak to your coach after class, or email or call the office, do not use social networking sites. Please do not post negative comments, routines or music on message boards, You Tube or any website.

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Email [office@allstarcheerleaders.co.nz](mailto:office@allstarcheerleaders.co.nz) or call **09 444 5597** or **0800 CHEERLEADER.**