

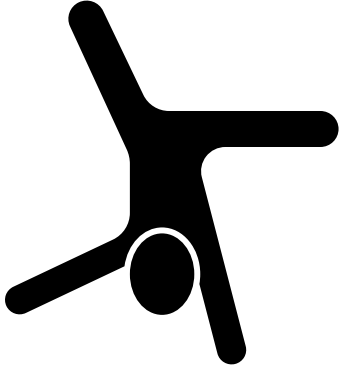


# All Abilities Cheer and Dance

## What is All Star Cheer?



# WHAT IS ALL STAR CHEER?



All Star Cheerleading is a very fun sport that includes:

- **Tumbling** which is gymnastic skills e.g. cartwheels and rolls.



- **Stunting** where you are lifting another person into the air.



- **Pyramids** where you connect a lot of stunts together.

# WHAT IS ALL STAR CHEER?



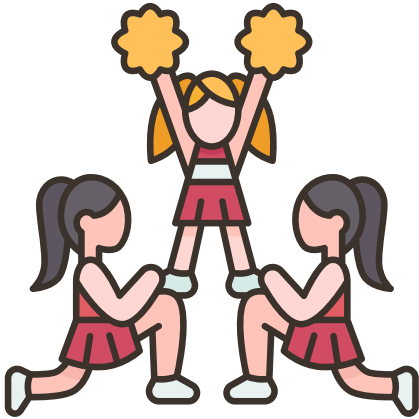
- **Jumps when you make different shapes with your body in the air.**



- **Dance section where you show your best moves.**

# STUNTING

There are different positions in a stunt group:



- **Backspot** is helping make the stunt safe.

- **Base** is lifting someone into the air.



- **Flyer** is lifted into the air.

# WHO CAN BE AN ALL STAR CHEERLEADER?



**Anyone can be an All Star  
Cheerleader.**



**You need to work well in a team.**

**You can be any shape, size or age.**



**There is a spot for everyone!**

# WHAT IS INCLUDED IN BEING AN ALL STAR CHEERLEADER?



**You need to be committed to your cheer team and be at all trainings.**



**Attend a Come and Try day to see if Cheerleading is fun for you.**



**You will perform at competitions through the year with your teammates.**

# WHAT IS INCLUDED IN BEING AN ALL STAR CHEERLEADER?

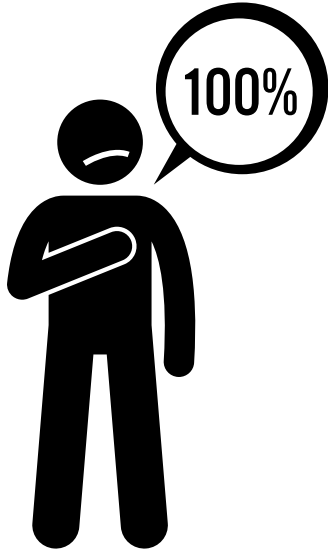


**Choices will be made by your coaches for what is best for the team.**

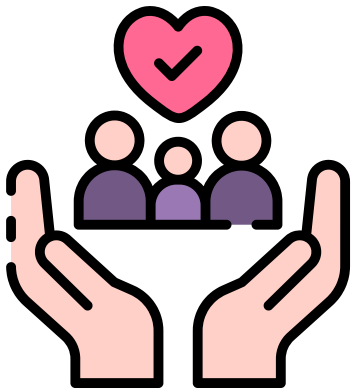


**You will get to wear a uniform and cheer shoes with the rest of your team.**

# WHAT DOES YOUR PARENT OR SUPPORT PERSON NEED TO DO?



**Parents or support people need to be as committed as the student!**



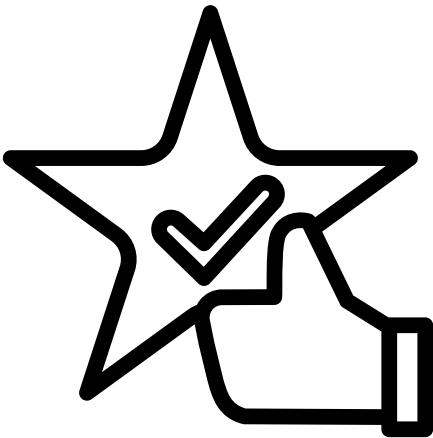
**Be supportive of the whole team.**



# HOW DO I START?



**Attend a Come and Try day.**



**Attend trainings.**



**Contact Mrs Alana if you would like to be an All Star Cheerleader!**

# HARD WORDS



**COMMITMENT**  
is making a promise to be a part  
of a team.



**UNIFORM**  
is wearing the same clothes as  
everyone in the team.