

WHAT IS ALL STAR CHEERLEADING?

All Star cheerleading is an exhilarating sport involving tumbling, stunting, pyramids, jumps, and dance performed by a team of athletes in a 2 minute and 30 second routine that is scored against other teams at competitions.

WHAT SKILLS ARE IN AN ALL-STAR CHEERLEADING ROUTINE?

- Tumbling – acrobatic skills such as cartwheels, rolls, flips, tucks, and twisting
- Stunting – lifting an athlete into the air. Everyone plays an important role in stunting including:
 - Back Spot – athlete supporting the stunt
 - Bases – athletes lifting the flyer
 - Flyer – athlete who is lifted into the air
- Pyramids – connecting stunts together
- Jumps – jumping hitting various shapes
- Dance – high energy choreographed moves

All Star Cheerleading is an incredible team sport that develops an athlete's coordination, skills and teamwork. Athletes also learn the life lessons of respect, dedication, self-confidence, and sportsmanship that lasts with them well beyond the competition floor!

WHO CAN BE AN ALL STAR CHEERLEADER?

All Star Cheerleading has a place for everyone and is an inclusive sport. The sport requires that athletes are committed and enjoy being a team player. It does not matter what age, size, or ability you are there is a role for everyone on the team.

WHAT IS INVOLVED WITH BECOMING AN ALL STAR CHEERLEADER?

COMMITMENT

- Joining a competition team can be a big commitment as the team cannot train without everyone in attendance.
 - Check with your club as they might offer recreation, half year or lower commitment programs
- The season usually starts with tryouts or placement days. Commonly, everyone will make a team.
- Athletes will be placed in a team based on their age and that best matches their skills.
- The competition season starts in June and runs until early December and during this time teams need everyone to attend to ensure the team can practice, progress and be prepared for competitions.

AUSTRALIAN CHEER SPORT ALLIANCE



ENJOY BEING PART OF A TEAM

- Decisions are made based on what is best for the team.
- Participating in team sports offers so many benefits and All Star Cheer is the ultimate team sport!

AGE GROUPS AND LEVELS

- There are many different age groups and levels. You are never too old to start cheerleading.
- Age groups and levels have been created to ensure that athletes compete against other athletes of a similar age and ability.
- Age groups and levels have been created to encourage safety and progression.

WHAT ARE THE COSTS INVOLVED?

- Costs will often depend on the number of training hours per week.
- For competitive teams there will be additional costs such as competition fees, uniform, shoes, music, and choreography fees.
- Clubs will provide information on tuition and any other costs.
 - It is a good idea to ask for the total cost or information on all costs involved with joining the program as well as how the costs are billed e.g. monthly, by the term or upfront.

COMPETITIONS

- There are several competition providers and your gym will choose which competitions each team will be entering.
 - It's a good idea to ask for a competition calendar with locations and dates.
- Routines are judged based on difficulty, execution, showmanship and creativity.
- An exact schedule for the competition with the date and time that your team are competing will usually be released a few weeks before the event.
 - Every team will have a meet time, a warmup time, competition time, and awards time.
- Competitions are not always about the win but the work you put in.
- Many teams strive to 'hit' or perform a perfect routine, meaning they receive no deductions – this is called hitting zero!

WHAT IS REQUIRED OF PARENTS OR CARERS?

- Parents need to be as committed as their athletes and make sure their athlete is always at training on time and does not miss any trainings. Gyms will have teams available to suit different commitment levels. Some teams train once a week while others will train multiple times a week and have long trainings. Make sure you take the time to find the right team and commitment level for you and your athlete.
- **Be supportive of your athlete 'be their cheerleader' let the coaches be the coach. Your role is to support your athlete, their teammates and the gym.**





HOW DO I START?

- Search for a club in your area and then visit them to view their facilities, classes and meet with potential coaches
- When you visit a local club (or maybe a few clubs) you should ask some key questions such as:
 - levels and age groups offered
 - training commitments and expectations
 - training uniform expectation e.g. training top, shorts, other club apparel.
 - number of competitions per year. Are there expectations to travel to competitions local, interstate or international?
 - cost breakdown – including whether to expect additional costs and uniform costs
 - are coaches certified USASF/IASF credentials and hold relevant first aid training and WWCC.
 - Confirm that your registration package includes athlete personal accident insurance
- Depending on the time in the season you might not be able to join the competitive program until mid or end of year tryouts or placement weeks. Many gyms offer tryouts or placement days in December to start the following year as well as in January/February, and some offer midyear tryouts in June. If the club's competitive program is currently closed enquire if you can join recreation or tumble classes until the next tryout/placement period.
- Check if the club offer free trials or open days as this is a great way to experience what it will be like to be an athlete at the gym

All Star Cheerleading is a high energy fast-paced team sport, providing opportunities for athletes to make lifelong friends and build skills that last well beyond the competition floor.

If you have any questions about joining All Star Cheer please contact Australian Cheer Sport Alliance, Australia's Peak Body for Cheer and Dance at www.australiancheersportalliance.com.au or email admin@australiancheersportalliance.com.au

