



2024



# INFORMATION PACKAGE

SEASON 14





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# WELCOME

Thank you for considering Southern Cross Cheerleading (SCC) as your cheerleading family. We are Melbourne's premier cheerleading club. We are based in two locations, Preston and Westmeadows, and have team and class options for athletes of all ages, sizes, and abilities.

## OUR MISSION

At Southern Cross Cheerleading, our mission is to provide a safe and welcoming space for people of all ages and abilities to engage in sport.

In a family-orientated environment, we work with each athlete as an individual. We emphasise that cheerleading is not only great for physical fitness, but also for learning and developing important life skills, self-confidence and social connections.

Our practice is based on education, fun and safe progressions in a family-friendly and respectful environment, enriched by knowledgeable coaches and staff.

## OUR VALUES

### CONFIDENCE

Building belief in oneself and the team, while being treated as an individual.

### EQUALITY

Offering a safe space, inclusive for all people regardless of race, age, gender, or ability.

### FAMILY

Encouraging a positive environment and support for each other across our community.

### FUN

Is in the core of everything we do; we work hard but we love our work.

### INTEGRITY

With honesty and openness, we will know and do what is right.

### RESPECT

Leading by example, and treating others the way you want to be treated.

### RESPONSIBILITY

Building a strong support network whilst educating others in our quest for excellence.



# WHAT IS CHEER?

Cheerleading is a sport that involves female and/or male athletes performing a 2 minute and 30 second routine composed of stunting, pyramids, group tumbling, jumping, and a dance break. This routine is performed and scored against other teams at various local, national, and international competitions.

When we refer to group tumbling, we mean skills like cartwheels and back handsprings. Stunting refers to a group of individuals that elevate another cheerleader into the air. Pyramids are a form of stunting but are done as a large group and are interconnected. The dance break is a portion of a routine that consists of choreographed high-energy dance moves.

Our athletes are not only trained to get their bodies into peak physical condition but also to learn the important “life lessons” of respect, dedication, self-confidence, commitment, sportsmanship, and most importantly, teamwork.

SCC is known throughout Australia and the world for our amazing competitive cheer teams. We started in October 2010 with 10 athletes. Fast forward to the present and we have grown tenfold to encompass over 22 cheer teams covering all ages and levels from novice - level 1, through to our successful level 5, 6, and 7 world championship teams.

We are proud to offer a world class cheer program across two locations.

Read on for more information on what we offer.



# CHEER AT SCC

This year our cheer program enters its 14th season, and when we look back upon all we have accomplished it just seems surreal. The SCC family has achieved many accolades over our 14 years that we are so proud of including the following:

## 2016

- 2nd Place, the Cheerleading Worlds - Legacy (iOLC6) Australia's first globe at worlds!
- 1st Place, Global Dance and Cheer Games - Interstellar (Open coed level 3)
- 2nd Place, Global Dance and Cheer Games - Eclipse (Senior level 2)

## 2017

- 3rd Place, the Cheerleading Worlds - Legacy (iOLC6) Australia's second globe at worlds!
- 7th Place, the Cheerleading Worlds - Lady Reign (iO5)

## 2018

- Recipient of the first ever Australian full paid bid to the Cheerleading Worlds - Legacy (iOLC6)
- 6th Place, the Cheerleading Worlds - Legacy (iOLC6)

## 2019

- 5th Place, the Cheerleading Worlds - Lady Reign (iO5)
- 1st Place, Global Dance and Cheer Games - Solarflare (Open level 2)

## 2021

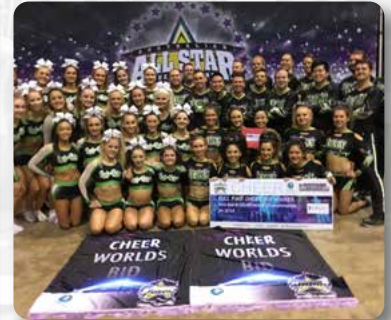
- **WORLD CHAMPIONS** - the Cheerleading Worlds - Legacy (iOLC7)
- **WORLD CHAMPIONS** - the Cheerleading Worlds - Lady Reign (iO5)
- 3rd Place, the Cheerleading Worlds - Interstellar (iOC6.0)

## 2022

- 6th Place, the Cheerleading Worlds - Lady Reign (iO5)

## 2023

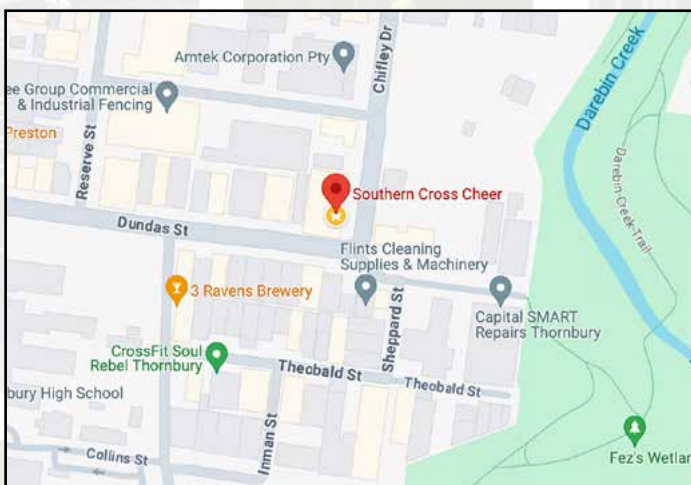
- 2nd Place, the Cheerleading Worlds - Legacy (iOC7.0)
- 1st Place, Global Dance and Cheer Games - Orion (Open level 2)



But it's not the accolades we appreciate the most. It's the love and commitment we see put in day in and day out from our athletes, coaches and supporters. This bond builds every year to create a strong family environment where every person involved in our club feels valued, allowing us to work together to create amazing routines, and build upon our individual athlete skills so we continue to grow our family into something much greater.

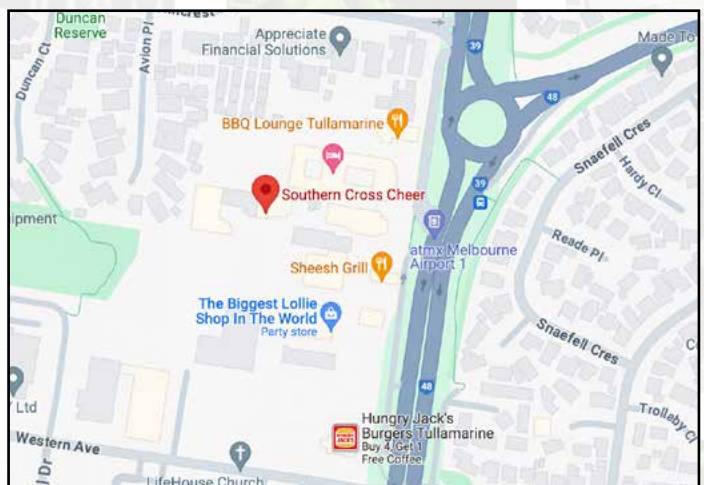
# OUR LOCATIONS

## PRESTON GYM



**Preston Address:**  
1b, 1-7 Chifley Drive  
Preston, VIC 3072

## WESTMEADOWS GYM



**Westmeadows Address:**  
Unit 5, 261 Mickleham Road  
Westmeadows, VIC 3083

Each location is equipped with everything needed to train our athletes and teams from beginner through to advanced including; fully sprung cheer floors, tumbling tracks, mats, and assistance shapes, strength equipment and more!

# RECREATIONAL & SEMI-COMPETITIVE CHEER



Recreational cheer is the perfect place to start cheer. These are non-competitive teams that train once a week. In these teams you will learn all about this amazing sport and how to perform the various skills with confidence.

We use the same amazing coaches for all our teams. This means that the recreational teams are coached by the same people that coach our All Star teams. This ensures all athletes are being taught the correct techniques and latest methods from the moment they start with SCC through to the highest levels.

Coupled with a fun and vibrant environment, year-round enrollment and our amazing facilities, our recreational teams are a sure win!

**Our recreational teams are recommended for athletes and families that:**

- Are new to cheer and are looking for a lower cost option
- Are not able to commit to a competition schedule
- Want to try cheer but aren't sure if competition cheer is for you
- Want to learn the basics and more of the sport in a low pressure, fun environment

Our recreational teams train once per week and will have 1-2 performances per year, that are optional to take part in. These are a great way to get a small taste of how much fun performing with a team can be!

Costs are kept low, all you need to pay for is club registration and a weekly tuition fee. There is no competition uniform or added extras. Please refer to the financial information section for more information.



# OUR RECREATIONAL CHEER TEAMS

## RECREATIONAL - PRESTON LOCATION

TEAMS	ABOUT	COMMITMENT
<b>GENESIS</b> Athletes 4 to 9 years of age	This is a recreational cheer team for athletes aged between 4-9 years. This team trains once a week and will not compete at competitions this year, but will perform at our end of year showcase.	1 day, 1 hour per week (Wednesday afternoons)
<b>SOLAR</b> Athletes 13 to 18 years of age	This is a recreational cheer team for athletes aged between 10-16 years. This team trains once a week and will not compete at competitions this year, but will perform at our end of year showcase.	1 day, 1 hour per week (Monday afternoons)

## RECREATIONAL - WESTMEADOWS LOCATION

TEAMS	ABOUT	COMMITMENT
<b>SNOWFLAKES</b> Athletes 4 to 9 years of age	This is a recreational cheer team for athletes aged between 4-9 years. This team trains once a week and will not compete at competitions this year, but will perform at our end of year showcase.	1 day, 1 hour per week (Tuesday afternoons)
<b>CRYSTALS</b> Athletes 13 to 18 years of age	This is a recreational cheer team for athletes aged between 10-16 years. This team trains once a week and will not compete at competitions this year, but will perform at our end of year showcase.	1 day, 1 hour per week (Tuesday afternoons)

# SEMI-COMPETITIVE CHEER

Semi-competitive teams are a great way for our recreational athletes to begin their transition into competitive cheerleading, as there is less commitment than our All Star teams, but with more focus on routines than our recreational teams.

Our semi-competitive teams are recommended for athletes and families that:

- Want to do competitive cheer but looking for a lower cost option
- Are not able to commit to training 2 days a week
- Have tried out recreational cheer and are looking for more of a challenge
- Want to learn a routine and perform it at competitions throughout the year

Athletes can expect to train one day per week for 1.5-2 hours in duration and also compete at 2-3 competitions in the 2024 season, as well as our club showcase in late November.



## SEMI COMPETITIVE - WESTMEADOWS LOCATION

TEAMS	ABOUT	COMMITMENT
<b>RISE</b> Youth Novice	This is a semi-competitive cheer team for athletes aged between 6-12 years. Last year this team was created in September, and went on to compete at 2 competitions! A great effort by the coaches and athletes. This year they will train from term 1, train once per week, and compete at 3-4 competitions.	1 day, 1.5-2 hours per week (Monday afternoons)

## SEMI COMPETITIVE - PRESTON LOCATION

TEAMS	ABOUT	COMMITMENT
<b>TBA</b>	This team will start in term 3 2024, and will compete at 2 competitions! This is a great team for our athletes that have previously done recreational cheer, but are unsure if they can make the commitment to an all star team that trains twice a week.	1 day, 1.5-2 hours per week (Day TBA)

For financial information regarding the recreational and semi-competitive cheer tiers, please read on to our financial information section of this information package on page 13.

# ALL STAR CHEER

Our All Star teams are known for excellence worldwide. Our teams train year round to prepare for state, national and even international competitions.

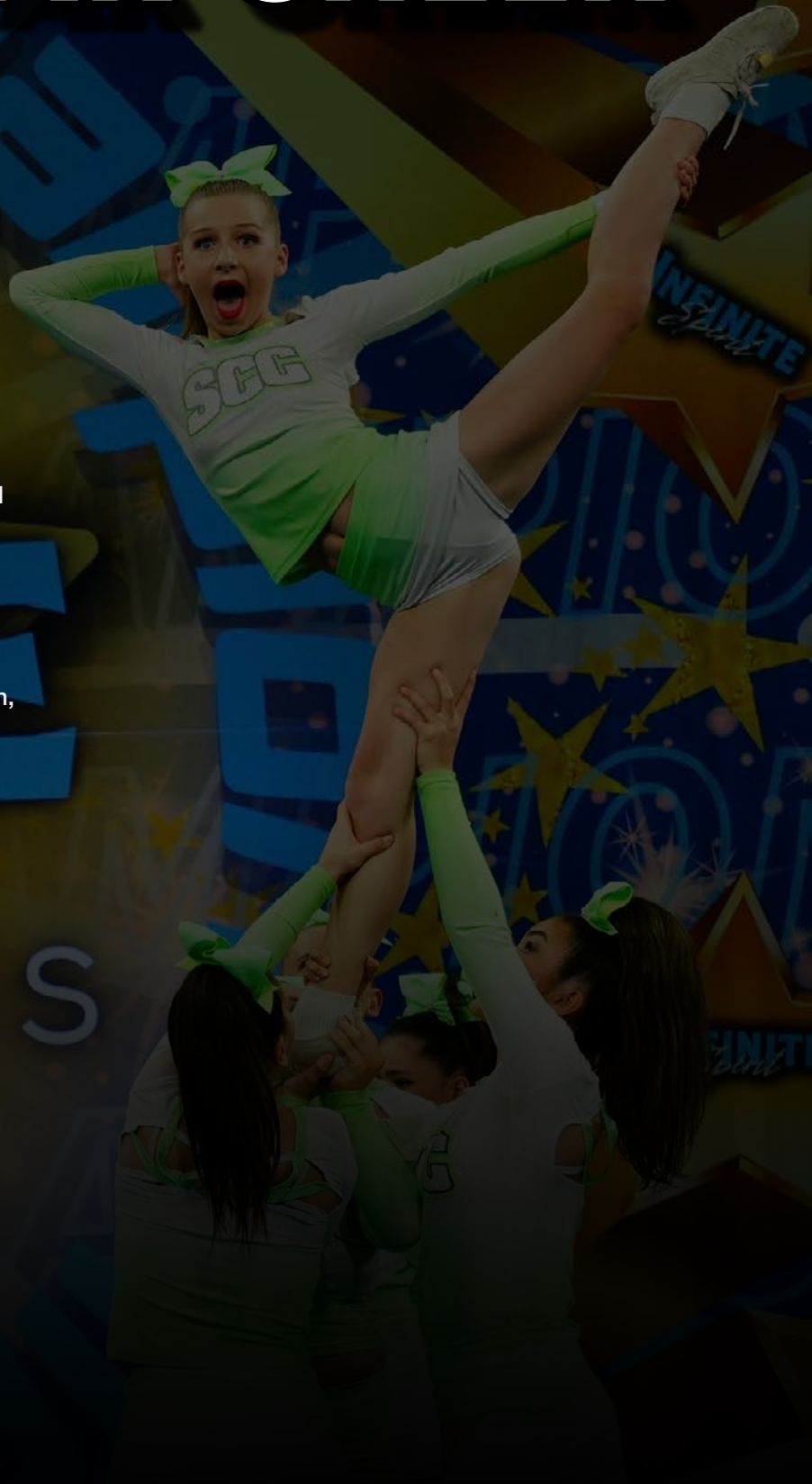
Each member of the team is trained in all aspects of the sport in order to develop their skills to reach their maximum potential. All Star teams typically consist of 5 to 38 athletes. Squads can be either coed or all girl, and teams are carefully constructed to include all the elements needed to perform the complex routine requirements.

All Star athletes are capable of performing all of these skills in a routine setting. Competition routines are typically two minutes and thirty seconds in length with music added to enhance the intricate choreography. Teams are divided by age and ability level with the routines judged based on difficulty, execution, creativity and showmanship.

These teams train multiple times a week and have more specific goals set for both the teams and individuals. Our teams can compete at 4 to 6 competitions a year.

**Our All Star teams are recommended for athletes who:**

- Have had some experience and want to take it to the next level
- Have come from a background of gymnastics, acrobatics, or dance and want that competitive push
- Want to move up from our recreational or semi-competitive programs
- Want to learn the latest techniques from the nation's best coaches
- Want to build on valuable life lessons such as teamwork, commitment, and respect
- Want to be a part of one of Australia's most successful cheer programs





# AGE DIVISIONS

All Star cheer athletes are placed into teams with athletes of a similar age, allowing for a stronger team bond and an appropriate age environment. Below is a list of age divisions we will offer in our All Star teams.

DIVISION	MINI	YOUTH	JUNIOR	SENIOR	OPEN
AGES	5 to 9 Years	6 to 12 Years	8 to 15 Years	11 to 18 Years	14+ Years
LEVELS	Novice, 1	Novice, 1, 2	Novice, 1, 2, 3	Novice, 1, 2, 3, 4, 5	1, 2, 3, 4, 4.2, 5, 6, 7

SCC reserves the right to adjust our teams' age divisions and level if required after team placements.

# CHEER LEVELS INFO

Cheer levels are used to ensure that all athletes are placed in a team that allows them to learn and interact with athletes of similar ability. Levels run from novice to level 7 with set requirements for each level, listed below.

LEVEL	TUMBLE SKILLS	STUNT SKILLS	JUMPS & MOTIONS
<b>NOVICE</b>	<ul style="list-style-type: none"> <li>No tumble requirement</li> </ul>	<ul style="list-style-type: none"> <li>No stunt skills required</li> </ul>	<ul style="list-style-type: none"> <li>No jump or motion experience required</li> </ul>
<b>1</b>	<ul style="list-style-type: none"> <li>Back and front walkover combination skills</li> <li>Elite teams: Walkovers from both legs</li> </ul>	<ul style="list-style-type: none"> <li>Stunts allowed to chest level and below</li> <li>Pyramid skills can include braced extension level</li> </ul>	<ul style="list-style-type: none"> <li>Ability to perform combination jumps to counts with good technique</li> <li>Ability to perform motions to counts with good technique</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>Back handspring (BHS)</li> <li>Round off BHS</li> </ul>	<ul style="list-style-type: none"> <li>Stunts allowed to 2 leg extended level or 1 leg chest level</li> <li>Introduction to toss style skills</li> </ul>	<ul style="list-style-type: none"> <li>Ability to perform combination jumps to counts with good to great technique</li> <li>Ability to perform motions to counts with great technique</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>Multiple BHS</li> <li>Jump to BHS</li> <li>Round off back handspring back tuck</li> </ul>	<ul style="list-style-type: none"> <li>Stunts up to 1 leg extended level and loads and dismounts to 1 twist allowed</li> <li>Introduction to braced inversions</li> </ul>	<ul style="list-style-type: none"> <li>Ability to perform combination jumps to counts with good to great technique</li> <li>Ability to perform motions to counts with great technique</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>1+ BHS to back tuck</li> <li>Standing back tuck</li> <li>Round off BHS layout</li> </ul>	<ul style="list-style-type: none"> <li>Stunts can release to extended level, full twisting loads to extended level allowed, dismounts to 2 twists allowed</li> <li>Introduction to released inversions</li> </ul>	<ul style="list-style-type: none"> <li>Ability to perform combination jumps to counts with great technique</li> <li>Ability to perform motions to counts with great technique</li> </ul>
<b>5/6</b>	<ul style="list-style-type: none"> <li>Jump to back tuck</li> <li>Round off BHS layout full/double</li> <li>BHS to layout/full</li> </ul>	<ul style="list-style-type: none"> <li>Strong stunt skills (co-ed and all girl styles)</li> <li>Stunts can load and dismount to 2 full twists</li> <li>Vast range of braced/unbraced inversions allowed</li> </ul>	<ul style="list-style-type: none"> <li>Ability to perform combination jumps to counts with great technique</li> <li>Ability to perform motions to counts with great technique</li> </ul>
<b>7</b>	<ul style="list-style-type: none"> <li>Round off BHS layout full/double</li> <li>BHS to layout full/double</li> <li>Standing back full</li> </ul>	<ul style="list-style-type: none"> <li>Strong co-ed stunt skills required</li> <li>Stunts involve free flipping inverting loads and dismounts</li> <li>Pyramids can be loaded 2 1/2 people high</li> </ul>	<ul style="list-style-type: none"> <li>Ability to perform combination jumps to counts with great technique</li> <li>Ability to perform motions to counts with great technique</li> </ul>

# FLYER REQUIREMENTS

NOVICE & LEVEL 1	LEVEL 2 & 3	LEVEL 4+
<b>BODY CONTROL</b> Ability to hold and develop good posture and body tension while in stunts, with minimal balance checks while standing on one or 2 feet  <b>LOADS, TRANSITIONS, &amp; DISMOUNTS</b> Ability to develop and maintain control in the at-level skill requirements of your team  <b>BODY POSITIONS</b> Ability to perform required flyer body positions as required by your team. This may include the following on both legs: <ul style="list-style-type: none"> <li>Liberty</li> <li>Heel Stretch</li> <li>Arabesque</li> <li>Scale</li> </ul>	<b>BODY CONTROL</b> Ability to maintain good to great posture and body tension while in stunts, with no balance checks while standing on one or 2 feet  <b>LOADS, TRANSITIONS, &amp; DISMOUNTS</b> Must be able to maintain control in the at-level skill requirements of your team. Ability to learn new skills and commit to the instructions given by team coaches & specialists  <b>BODY POSITIONS</b> Ability to perform required flyer body positions as required by your team with good technique. This includes the following on both legs: <ul style="list-style-type: none"> <li>Liberty</li> <li>Heel Stretch</li> <li>Arabesque</li> <li>Scale</li> </ul>	<b>BODY CONTROL</b> Ability to maintain great posture and body tension while in stunts, with no balance checks while standing on one or 2 feet  <b>LOADS, TRANSITIONS, &amp; DISMOUNTS</b> Must be able to maintain a high level of control in the at-level skill requirements of your team. Ability to learn new skills and commit to the instructions given by team coaches & specialists  <b>BODY POSITIONS</b> Ability to perform required flyer body positions as required by your team with good technique. This includes the following on both legs: <ul style="list-style-type: none"> <li>Liberty</li> <li>Heel Stretch</li> <li>Arabesque</li> <li>Scale</li> </ul>

# ATTENDANCE

Having our athletes attending all cheer training sessions is crucial to their teams success. When we have one athlete away, it is not just one person missing. It is one whole stunt group unable to learn that new skill, or perfect that sequence, the end pyramid not being able to practice, not being able to clean that tumbling section or dance break. It really effects the whole team.

We do hold our all-star athletes to a high standard of accountability in regards to attendance, and when considering team placements your attendance record is also taken into consideration.

For our all-star teams, we have an expectation for our athletes to attend practices 2 to 3 times per week, and attend all team competitions, with minimal missed practices for family/school commitments.

We do release a calendar at the start of the season, and communicate any adjustments that may happen as soon as they are known, so our athletes can make sure they can attend all sessions.

As a general rule, we train alongside the public school term dates, with an exception for our international teams as they have a schedule sent out that is specific to their international trips.

## 2024 ALL STAR TEAMS

Below is a list of our all star cheer teams we have in 2024. These teams are already built, but we always have room for more members, so get in touch with us if you are interested in joining one of these teams.

ALL STAR TEAMS - WESTMEADOWS LOCATION			
TEAM	LEVEL & AGE	ABOUT	WEEKLY COMMITMENT
SHINE	Mini Novice 5 to 9 years	This is a competitive cheer team for athletes aged between 5-9 years. This team is listed as competing in the novice division, however will move to competing in the level 1 division later in the season if the team gains majority walkover tumbling skill and is stunting confidently at level.	2 days
NOVA	Junior Novice 8 to 15 years	This is a competitive cheer team for athletes aged between 8-15 years. This is a new team for SCC and is currently listed as competing in the novice division, however we will assess competing in the level 1 division later in term 1 or term 2 depending where the teams skill set is for it to be competitive while challenging the athletes.	2 days per week
BLIZZARD	Youth Level 1 6 to 12 years	This is a competitive cheer team for athletes aged between 6-12 years. Our competitive junior 1 team. Last year Blizzard won nearly every competition it competed in, and put outstanding performances on the floor each time. This year we will be focusing even more on the team's performance and execution to step it up to an even higher level!	2 days per week
FROST	Senior Level 1 11 to 18 years	This is a competitive cheer team for athletes aged between 11-18 years. Our level 1 teams, these teams are built to be competitive and Frost is no exception. We will be putting a lot of work into developing Frost's elite skill set in 2024, so they can be a standout in the senior level 1 division.	2 days per week
AURORA	Youth Level 2 8 to 15 years	This is a competitive cheer team for athletes aged between 6-12 years. A team built from athletes aged 12 and under that have put the work in to develop their level 2 tumbling. Coached by Momo, this team will be learning level 2 stunt skills and perfecting their level 2 tumbling skills.	2 days per week
SHOCK	Junior Level 2 8 to 15 years	This is a competitive cheer team for athletes aged between 8-15 years. Same team, shorter name (believe me we debated about this for months!). This team is set to have another outstanding season, with a blend of athletes that are highly skilled in level 2 cheer and athletes with level 2 skills ready to learn how to master the level!	2 days per week
LUNAR	Junior Level 3 8 to 15 years	This is a competitive cheer team for athletes aged between 8-15 years. This team gives the junior aged athletes the chance to master and compete their level 3 skill set helping them continue their progression towards the higher levels. Coached by Jamilee, she is very excited to help develop the athletes on this team.	2 days per week
STORM	Senior Level 4 11 to 18 years	This is a competitive cheer team for athletes aged between 11-18 years. After the massive step up this team made in 2023, which continued after nationals with many level 4 tumble skills developing. We decided to train the team in term 1 as if it is a level 4 competition team. If the team steps up to the challenge, we will compete in the senior level 4 division for the season. The team coaches are ready for this challenge, and already making a plan to make this happen!	2 days per week



## ALL STAR TEAMS - PRESTON LOCATION

TEAM	LEVEL & AGE	ABOUT	WEEKLY COMMITMENT
<b>STARBURST</b>	Mini Novice 5 to 9 years	This is a competitive cheer team for athletes aged between 6-12 years. The major difference between novice cheer and level 1 is in the tumbling, for novice you cannot do walkovers in this division, level 1 you can.	2 days per week
<b>ASTRA</b>	Senior Novice or Level 1 11 to 18 years	This is a competitive cheer team for athletes aged between 11-18 years. This team is listed as competing in the novice division, however will move to competing in the level 1 division once the team gains majority walk-over tumbling skill (this means more than half the team can do the skill).	2 days per week
<b>HALO</b>	Junior Level 1 8 to 15 years	This is a competitive cheer team for athletes aged between 8-15 years. As the tumbling requirements for level 1 team require walkovers, we have made walkovers the minimum entry requirement to join this team. Last year, Halo competed in the senior level 1 division, this year we decided to compete in the junior division as it has traditionally been the most competitive level 1 division, and we believe the team is up to the challenge.	2 days per week
<b>ECLIPSE</b>	Senior Level 2 11 to 18 years	This is a competitive cheer team for athletes aged between 11-18 years. For level 2 tumbling you need to have a standing back handspring, and round off back handspring.	2 Days per week
<b>FLARE</b>	Open Level 2 NT 14+ years	This is a competitive cheer team for athletes aged 14+ years. Entry to this team is the ability to perform level 2 stunt skills (e.g., stunts at extended level). As this team will compete in the non tumble division, jump execution and athlete communication and performance must develop to a high level.	2 days 4 hours per week
<b>ZINC</b>	Open Level 3 &/or 4NT 14+ years	This is a competitive cheer team for athletes aged 14+ years. Our intermediate to advanced stunt level cheer team. This year it will start as a larger group and we will consider a split into 2 teams to cover both levels if the athletes are ready and an obvious level gap exists (e.g, the athletes that are ready for level 3 and the athletes ready for level 4).	2 days per week
<b>GRAVITY</b>	Open Level 4.2 14+ years	This is a competitive cheer team for athletes aged 14+ years. Moved to 4.2 this year as we have lots of potential to hit the level 4 building score-sheet, and we have some tumblers on the team that can perfect level 2 tumbling while developing their tumble and stunt skills at a higher level.	2 days per week

## SCC WORLDS TEAMS - PRESTON LOCATION

TEAM	LEVEL & AGE	ABOUT	WEEKLY COMMITMENT
<b>INTERSTELLAR</b>	Int Open Level 6 NT 15+ years	This is our all girl worlds division cheer team for athletes aged 15+ years. This year we are preparing to compete at the Cheerleading Worlds in April, and then we will take a short break, then possibly hold tryouts before getting back into the Australian cheer competition season. The team will continue to work on its skill mastery after the successes this team had this past season.	3 days per week
<b>LADY REIGN</b>	Int Open Level 5 15+ years	This is our all girl worlds division cheer team for athletes aged 15+ years. This year we will not travel to the Cheerleading Worlds in the USA, but instead place our focus on further developing the team's elite level 5 skill set and then going to Worlds in 2025.	2/3 days per week
<b>LEGACY</b>	Int Open Coed Level 7 16+ years	This is our coed worlds division cheer team for athletes aged 16+ years. This year we are preparing to compete at the Cheerleading Worlds in April, and then we will take a short break, then possibly hold tryouts before getting back into the Australian cheer competition season. Last year this team placed 2nd at the World Championships (our 6th medal at worlds!!! Making us the most successful World's program in the country!). We were not initially planning to take this team back to worlds this year, but we wanted to embrace the close team bond the athletes created in 2023.	3 days per week

We are known for our consistency in producing outstanding worlds level teams and have been since 2014. With 6 of our teams earning worlds medals and 2 world championship winning teams, SCC is the most successful club in Australia when it comes to results at the world championships.

For 2024 we have 3 teams in our worlds program

- **Legacy**, international open large coed level 7 - '21 world champs, 2x silver medalists, 1x bronze medalists
- **Interstellar**, international open level 6 non-tumble - '21 bronze medalists
- **Lady Reign**, international open level 5 - '21 world champs

Our worlds teams train 3x a week, and each have specific goals to reach, regardless of if they are traveling to worlds that year, or if they are preparing for their next worlds campaign. If you are interested in our worlds program, we encourage you to contact us for more information.

# FURTHER INFORMATION





# HOW CAN I JOIN?

It's hard to believe that it has been 14 years since our inception. We have grown from humble beginnings to become one of the premier cheer clubs in Australia.

SCC is known worldwide for its excellence in both coed and all girl cheer and seen as an industry leader in our coaching methods and team development. We are excited to continue the traditions of SCC and grow into the future and would love for you to be a part of it.

We offer recreational teams, semi-competitive teams, All Star teams and tumble only options, so there really is something for everyone.

Everyone makes a team at SCC regardless of age or ability. We are excited to welcome new and returning athletes into our family for the 2024 season.

## WE OFFER MULTIPLE WAYS TO JOIN OUR CLUB:

### COME AND TRY SESSION

- Great for those new to the sport
- Fun and friendly environment
- Low pressure entry to the sport
- No commitment to join
- Free to attend

### 2024 PLACEMENT SESSION

- Everyone makes a team
- For new and returning athletes
- Fun friendly environment
- Multiple sessions
- Show your skills
- Great for athletes of all abilities

### PRIVATE TRYOUT

- Can't make placement day
- For new and returning athletes
- 1 on 1 time with our coaching staff
- Show your skills
- Great for all athletes

If you are interested in joining one of our team's then now is the time! We offer year long enrollment, so get in touch with us to arrange a time to come in and do an athlete assessment now.

Our placement sessions are free to attend, during the season we will have you come in and train with one of our teams so we can assess your skills with our current athletes and help find the perfect team for you.





# IMPORTANT DATES

Please find below a basic yearly plan for SCC in 2024. These dates are to be used as a guide only as there may be changes. This will be confirmed at the start of the competitive season and updated if any changes arise.

## TERM 1

January (TBA)	Summer clinics and classes
January	International teams commence training - Teams traveling to Worlds in 2024
January	2nd round team placements
26th January	Australia Day
29th January	Teams commence term 1 from this date
11th February	SCC Super Sunday - All Star teams
9th-11th March	Labor Day weekend - No training
18th-22nd March	Athlete placement review period
24th March	SCC Carnival - New event
28th March	Last day training term 1 - Recreational teams
29th-1st April	Easter break - No training
2nd-16th April	Choreography sessions - All Star Teams
13th April	SCC Worlds showcase
17th April-5th May	SCC All Star teams holiday break

## TERM 2

15th April	Recreational teams commence term 2
25th April	Anzac Day - No training
6th May	All Star teams commence term 2
12th May	Mothers Day - No training
8th-9th June	Kings Birthday weekend - No training
10th June	Kings Birthday - Training as per schedule
23rd June	SCC Pre-season Showcase - All Star teams
28th June	Last day training term 2 - Recreational teams
28th-30th June	AASCF Winterfest - Knox, VIC

## TERM 3

15th July	Teams commence term 3 from this date
9th-11th August	AASCF Battle - Knox, VIC
23rd-25th August	Cheercon States - Casey, VIC
15th September	SCC Super Sunday - All Star teams
16th-19th September	States Spirit Week - Adjusted schedule
20th September	Last day training term 3
20th-22nd September	AASCF States - Knox, VIC

## TERM 4

7th October	Teams commence term 4 from this date
25th-27th October	AASCF Spring Carnival - Knox, VIC
	Cheerbrandz Supa Nationals - Parkville, VIC
2nd-3rd November	Melbourne Cup weekend - No training
4-5th November	Melbourne Cup Day - Training as per schedule
9th-10th November	Aussie Gold States - Knox, VIC
24th November	SCC Nationals Showcase - Location (TBA)
2nd-5th December	Nationals Spirit Week - Adjusted schedule
5th-9th December	AASCF National Championships - QLD
14th December	SCC Awards Night - Location (TBA)
14th-19th December	SCC 2025 Team placements
21st December	Last day of 2024 training

\* Please note that dates may change. SCC will notify all members of date or event changes if/when they arise.

\* Competition dates are advisory and not applicable to all teams, the competition listing for each team will be listed in the 2024 athlete handbook.





# FINANCIAL INFORMATION

To find out what you will be charged for your 2024 participation, take the amount of hours to be trained per week and multiply it by the weeks per term. Then you will need to add in any extras for your team.

Please note that there are different rates for recreational and All Star programs, this is due to the additional services required for different teams.

External supplier items information will be made available as soon as they are known.

## RECREATIONAL CHEER

TIER	TUITION FEES	EXTRAS
<b>Rec tier 1</b> <ul style="list-style-type: none"> <li>Snowflakes (WM)</li> <li>Crystals (WM)</li> <li>Genesis (PR)</li> <li>Solar (PR)</li> </ul>	<b>Tuition: \$15.00 weekly</b> <ul style="list-style-type: none"> <li>Term 1 - 10 Weeks</li> <li>Term 2 - 9 Weeks</li> <li>Term 3 - 10 Weeks</li> <li>Term 4 - 11 Weeks</li> </ul> <i>*Training 1 day, 1 hour p/week</i>	<b>Registration: \$50.00</b> <b>Competitions: \$TBA</b> <ul style="list-style-type: none"> <li>SCC Showcase (November)</li> </ul>
<b>Semi-competitive tier 2</b> <ul style="list-style-type: none"> <li>Rise (WM)</li> </ul>	<b>Tuition: \$25.00 weekly</b> <ul style="list-style-type: none"> <li>Term 1 - 10 Weeks</li> <li>Term 2 - 9 Weeks</li> <li>Term 3 - 10 Weeks</li> <li>Term 4 - 11 Weeks</li> </ul> <i>*Training 1 day, 1.5 hours p/week</i>	<b>Registration: \$50.00</b> <b>Competition pack: \$TBA</b> <ul style="list-style-type: none"> <li>Choreography &amp; Music</li> <li>2x Competition</li> <li>SCC Showcase (November)</li> </ul> <b>Uniform &amp; training pack: \$TBA</b> <ul style="list-style-type: none"> <li>Shorts</li> <li>Team Tee</li> <li>Bow</li> </ul>

## ALL STAR CHEER

TIER	TUITION FEES	EXTRAS
<b>All Star tier 1</b> <ul style="list-style-type: none"> <li>Starburst (PR)</li> <li>Shine (WM)</li> </ul>	<b>Tuition: \$47.00 weekly</b> <ul style="list-style-type: none"> <li>Term 1 - 11 Weeks</li> <li>Term 2 - 8 Weeks</li> <li>Term 3 - 10 Weeks</li> <li>Term 4 - 11 Weeks</li> </ul> <i>*Training 2 days, 3.5-4 hours p/week</i>	<b>Registration: \$75.00</b> <b>Competition pack: \$TBA</b> <ul style="list-style-type: none"> <li>Choreography &amp; Music</li> <li>5x Competitions</li> <li>SCC Showcase (November)</li> </ul> <b>Uniform &amp; training pack: \$TBA</b> <ul style="list-style-type: none"> <li>Team Uniform</li> <li>Team Tee</li> <li>Bow</li> </ul>
<b>All Star tier 2</b> <ul style="list-style-type: none"> <li>Frost (WM)</li> <li>Astra (PR)</li> <li>Halo (PR)</li> <li>Nova (WM)</li> <li>Blizzard (WM)</li> </ul>	<b>Tuition: \$52.00 weekly</b> <ul style="list-style-type: none"> <li>Term 1 - 11 Weeks</li> <li>Term 2 - 8 Weeks</li> <li>Term 3 - 10 Weeks</li> <li>Term 4 - 11 Weeks</li> </ul> <i>*Training 2 days, 4 hours p/week</i>	<b>Registration: \$75.00</b> <b>Competition pack: \$TBA</b> <ul style="list-style-type: none"> <li>Choreography &amp; Music</li> <li>5x Competitions</li> <li>SCC Showcase (November)</li> </ul> <b>Uniform &amp; training pack: \$TBA</b> <ul style="list-style-type: none"> <li>Team Uniform</li> <li>Team Tee</li> <li>Bow</li> </ul>
<b>All Star tier 3</b> <ul style="list-style-type: none"> <li>Electric Shock (WM)</li> <li>Storm (WM)</li> <li>Lunar (WM)</li> <li>Aurora (WM)</li> <li>Eclipse (PR)</li> <li>Flare (PR)</li> <li>Zinc (PR)</li> <li>Gravity (PR)</li> </ul>	<b>Tuition: \$52.00 weekly</b> <ul style="list-style-type: none"> <li>Term 1 - 11 Weeks</li> <li>Term 2 - 8 Weeks</li> <li>Term 3 - 10 Weeks</li> <li>Term 4 - 11 Weeks</li> </ul> <i>*Training 2 days, 4 hours p/week</i>	<b>Registration: \$75.00</b> <b>Competition pack: \$TBA</b> <ul style="list-style-type: none"> <li>Choreography &amp; Music</li> <li>5x Competitions</li> <li>SCC Showcase (November)</li> </ul> <b>Uniform &amp; training pack: \$TBA</b> <ul style="list-style-type: none"> <li>Team Uniform</li> <li>Team Tee</li> <li>Bow</li> </ul>
<b>All Star tier 4</b> <ul style="list-style-type: none"> <li>Legacy (PR)</li> <li>Interstellar (PR)</li> <li>Lady Reign (PR)</li> </ul>	<b>Tuition: \$55.00 weekly</b> <ul style="list-style-type: none"> <li>Term 1 - 11 Weeks</li> <li>Term 2 - 8 Weeks</li> <li>Term 3 - 10 Weeks</li> <li>Term 4 - 11 Weeks</li> </ul> <i>*Training 2+ days, 4.5+ hours p/week</i>	<b>Registration: \$75.00</b> <b>Competition pack: \$TBA</b> <ul style="list-style-type: none"> <li>Choreography &amp; Music</li> <li>5x Competitions</li> <li>SCC Showcase (November)</li> </ul> <b>Uniform &amp; training pack: \$TBA</b> <ul style="list-style-type: none"> <li>Team Uniform (New for 2023)</li> <li>Team Tee</li> <li>Bow</li> </ul>
<b>All Star dual team athlete</b> <ul style="list-style-type: none"> <li>Athlete who are a part of 2x all star teams</li> </ul>	<b>Tuition: \$65.00 weekly</b> <ul style="list-style-type: none"> <li>Tier 4 tuition - \$55.00 p/w</li> <li>Dual athlete surcharge - \$10.00 p/w</li> </ul> <i>*Training 2+ days, 6.5+ hours p/week</i>	<b>Registration: \$75.00</b> <b>Competition pack: \$TBA</b> <ul style="list-style-type: none"> <li>Choreography &amp; Music</li> <li>5x Competitions - Dual routine surcharge applies (this is dependent on the event providers policies)</li> <li>SCC Showcase (November) - no extra cost</li> </ul> <b>Uniform &amp; training pack: \$TBA</b> <ul style="list-style-type: none"> <li>Team Uniforms - no discount on uniforms, will need to purchase a second uniform if required</li> <li>Team Tee x 2</li> <li>Bow x 2 is required</li> </ul>

## SCC RECREATIONAL CHEER TERM DATES

TERM	DATES	# OF WEEKS
Term 1	29/1-28/3	9
Term 2	15/4-28/6	11
Term 3	15/7-20/9	10
Term 4	7/10-21/12	11

## SCC ALL STAR CHEER TERM DATES

TERM	DATES	# OF WEEKS
Term 1	29/1-16/4	11
Term 2	6/5-30/6	8
Term 3	15/7-22/9	10
Term 4	7/10-21/12	11

## FINANCIAL POLICIES

FEE DUE DATES	REFUND POLICY
<ul style="list-style-type: none"> <li>Fee due date information will be released at registration</li> <li>No invoice cancellations &gt;10 days after issue date</li> </ul> <p><b>OVERDUE FEES</b></p> <ul style="list-style-type: none"> <li>Any item 14 days overdue will incur a 10% late fee</li> <li>Athletes with fees &gt;14 days overdue will sit out of practice until payment arrangement is made</li> </ul>	<ul style="list-style-type: none"> <li>Tuition fees are 80% refundable 0-10 days after payment</li> <li>After 10 days of payment, tuition fees are non-refundable</li> <li>All other items are non-refundable upon payment</li> </ul> <p><b>NON-REFUNDABLE ITEMS</b></p> <ul style="list-style-type: none"> <li>Registration fees</li> <li>Competition fees</li> <li>Choreography and music fees</li> <li>Uniform and merchandise items</li> <li>International travel package items</li> <li>The above includes pre-purchased items, and deposits</li> </ul>

## ALL STAR CHEER DISCOUNT STRUCTURE

DISCOUNT TYPE	PERCENTAGE
Family discount	10%
Scholastic discount	10%
Referral discount	\$50*
Yearly fees paid before 11th February 2024	10%

## DISCOUNT POLICY

- Maximum of 1 discount per athlete/family (exception, referral discount)
- Scholastic discount commences in term 2, this applies to active athletes in our partnered scholastic programs (primary, secondary, further)
- Family discount applies to 2+ siblings enrolled full time in All Star cheer
- Yearly fee discount can only be claimed prior to February 11th and must be paid within 14 days of invoice issue date
- Referral discount is a once off payment, per full-paid referral (can be issued in credit at admin discretion)

## ADDITIONAL INFORMATION

- Weekly tuition is calculated based on number of hours trained per week.
- We charge tuition in the term blocks listed.
- Invoice dates will be listed in the 2024 athlete handbook.
- Overdue invoices will result in not being allowed to participate in team practices until rectified.
- Dual team surcharge applied to extra teams once the cap of 4.5 weekly training hours reached.
- All Star athletes with up to date accounts have unlimited open gym, tumble, and stunt classes.
- Additional items such as, choreography, music, uniforms, team merchandise, & competition entry are not applicable to discount structures and can be subject to change
- The items listed here is not a complete list, this will vary per team. Additional items for each team will be communicated to team athletes & caretakers once the season has commenced
- There may be additional competition requirements for specific teams, this will be advised in the 2023 athlete handbook.
- Classes are a package, class costs are non refundable or credited if an athlete is away due to illness, holidays or other commitments (Unless over 3 weeks, however remainder of that month is billable).
  - Tuition is not adjusted in cases where a short term situation limits an athletes ability to attend practices or events, this includes (but not limited to): work, school, holidays, injury, illness, or personal reasons.
  - If absent due to an injury that does not allow any participation for longer than 3 weeks, a doctors certificate must be provided and a credit will be applied pending approval.
- All approved credits are applied to tuition fees, applied to your next terms invoice.
- Parents/Guardians/Adult aged athletes are responsible for communication of cancellation of any team or class, of which we require 4 weeks written notice via email to [info@southerncrosscheer.com.au](mailto:info@southerncrosscheer.com.au), fees are payable during the 4 week period.
- Athletes with current uniform will not be billed for the uniform and the bow but will be required to purchase team tee.

The above financial information is intended as a guide. Upon season commencement, all athletes will receive the 'SCC Athlete Handbook', which will have the most current information on our financial information, policies, and procedures



# GENERAL INFORMATION

## CONDUCT

SCC has a reputation for being a very supportive club both in the gym and in the greater cheer community. We expect all our athletes to demonstrate good behavior both in person and on any media source.

At SCC we have a communication policy each athlete/guardian is required to sign. Athletes found to be in breach of this will face penalties up to removal from the club.

We expect each athlete and coach to be respected and to treat each other with respect. We pride ourselves on providing a nurturing and supporting environment for all our athletes and teams to mature into true ambassadors for our sport.

Upon registration you will receive our athlete/family handbook. This book outlines our expectations of our members and their immediate family and it is highly recommended that you read this thoroughly as it will outline all you need to know regarding conduct and being a member of the SCC family.

## SAFETY

We take pride in being a child safe facility and aim to encourage a culture of unbiased acceptance for people inclusive of race, gender, age, and abilities. As our members and staff come from such diverse backgrounds our goal is for the club to be a safe space for all. Communication and feedback from all people involved in SCC is embraced and encouraged.

Our coaches and staff are trained annually and periodically on child safety and we review and update our child safe policies and procedures on a regular basis. We also hold safety meetings with all athletes and teams to help educate and identify unsociable behavior and help those in need.

Our child safe policies will be emailed to all members at the commencement of the cheer season and can also be sent out upon request.

## INSURANCE & AMBULANCE

We provide athletes with personal accident insurance which covers them for any injuries sustained whilst training or competing under the supervision of an SCC approved coach. However as a minimum we recommend taking out ambulance cover for your athlete as if an injury occurs and the coach/first aid officer deems that an ambulance is needed, we will call this on behalf of the athlete.

SCC will bear no responsibility for the costs associated with ambulance call outs.

## DRESS CODE

We expect our athletes to be well presented at trainings and competitions. Each team's coach or the club administration will set expectations as to the required dress code for practices and competitions.

Piercings and jewellery are not to be worn at practices or competitions and nails are to be kept short and rounded, as cheerleading is a contact sport and we don't want to cause discomfort to you or other athletes.

# CONTACT INFORMATION

If you want to know more or have any questions regarding SCC please don't hesitate to contact us via one of the following methods.

EMAIL	<a href="mailto:info@southerncrosscheer.com.au">info@southerncrosscheer.com.au</a>
WEB	<a href="http://www.southerncrosscheer.com.au">www.southerncrosscheer.com.au</a>
FACEBOOK	<a href="https://www.facebook.com/SouthernCrossCheerleading/">www.facebook.com/SouthernCrossCheerleading/</a>
INSTAGRAM	<a href="https://www.instagram.com/southerncrosscheer">@southerncrosscheer</a>
ADDRESS	<ul style="list-style-type: none"> <li>Preston: 1b, 1-7 Chifley Drive, Preston, Victoria 3072</li> <li>Westmeadows: 5/261 Mickleham Road, Westmeadows 3083</li> </ul>

Email is our preferred method of communication. Please note that we do not run typical office hours and we do not answer the phone during coaching hours.

