

SOUTHERN CROSS CHEERLEADING

2025



INFORMATION
PACKAGE

SEASON 16

ABOUT US.

Founded in 2010, Southern Cross Cheer (SCC) has grown from a small local team into one of Australia's most respected cheerleading programs. We're proud to celebrate 16 years of coaching excellence, athlete development, and community connection.

With locations in Preston and Westmeadows, SCC offers inclusive and structured cheerleading pathways for athletes of all ages and skill levels—whether you're just starting out or working towards the world stage.

At SCC, we believe cheerleading is more than just a sport. It's a place to grow, learn, and belong. Our experienced coaching team focuses on building not only strong athletes, but confident, respectful and resilient young people.

Join us and discover a club where every athlete matters, and every milestone is celebrated.



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.

WHAT IS CHEERLEADING?

Cheerleading is a dynamic and high energy team sport that combines elements of gymnastics, acrobatics, dance, and performance.

Athletes, male and female train and perform 2 minute and 30 second routines made up of stunts, pyramids, tumbling, jumps, and a dance section.

These routines are performed and scored at competitions ranging from local showcases to international championships.



WHAT'S IN A CHEER ROUTINE?

Tumbling: Skills like cartwheels, walkovers, and back handsprings performed by individuals or in groups, often timed to music for maximum visual impact.



Stunting: Athletes work in small groups to lift or throw a teammate into the air in impressive and carefully timed sequences.



Pyramids: Larger stunt structures made by linking multiple groups together to create complex, intra-connected visuals.

Jumps: Powerful and precise leaps requiring flexibility, height, and strength.

Dance: A choreographed section full of energy, rhythm, and showmanship that brings the whole routine together.

WHY CHEERLEADING?

At SCC, we believe cheerleading is about more than just skills, it's about personal growth. Through cheer, athletes develop:

- Confidence and resilience
- Discipline and teamwork
- Leadership, coordination, and communication
- A sense of belonging in a positive, family-focused environment

Whether your goal is to build confidence, make friends, or one day perform on the world stage, cheerleading offers something for everyone.



OUR CHEER PROGRAMS

RECREATIONAL CHEER

Athletes aged 4-16 years

A non-competitive program perfect for beginners. Athletes train once per week, learning basic cheer skills in a fun and supportive environment.

SEMI-COMPETITIVE CHEER

Athletes aged 4-18 years

A step up from recreational, this program introduces routines and local competitions with a lighter time commitment than All-Star cheer. A great way to build confidence while developing skills.

ALL-STAR CHEER

Athletes aged 5+ years

Our full competitive program for athletes ready to commit to regular training and multiple competitions throughout the year. Teams train to perform high-level routines at state, and national events.

WORLDS TEAMS

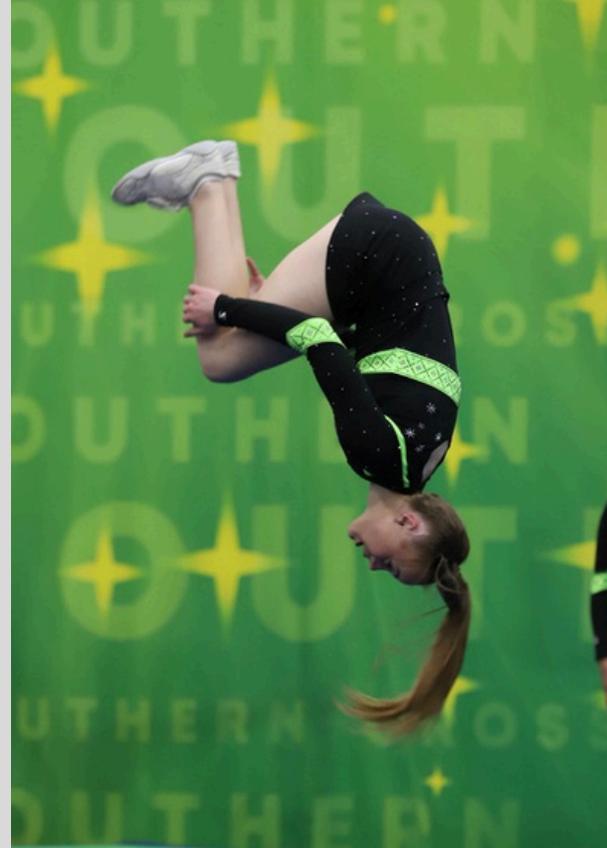
Athletes aged 16+ years

Our elite-level teams train to represent SCC at the IASF World Championships. These teams follow a two-year development cycle and compete at major events across Australia and overseas.

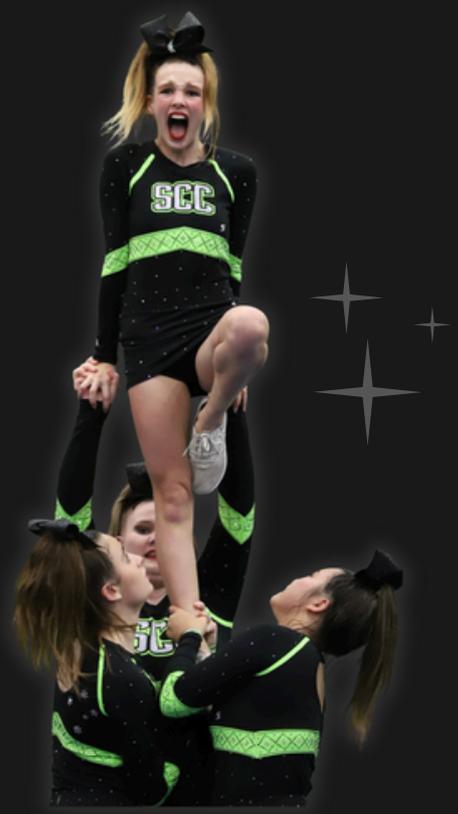
DEVELOPMENT TEAMS

Athletes aged 5+ years

Designed for athletes already on a cheer team who want to grow faster or transition into higher levels. These teams offer extra training each week with a focus on skill progression and preparation for future opportunities.



Over 300 athletes chose to call SCC home in 2025. Will you be joining them for our 16th Season?



RECREATIONAL CHEER AT SCC

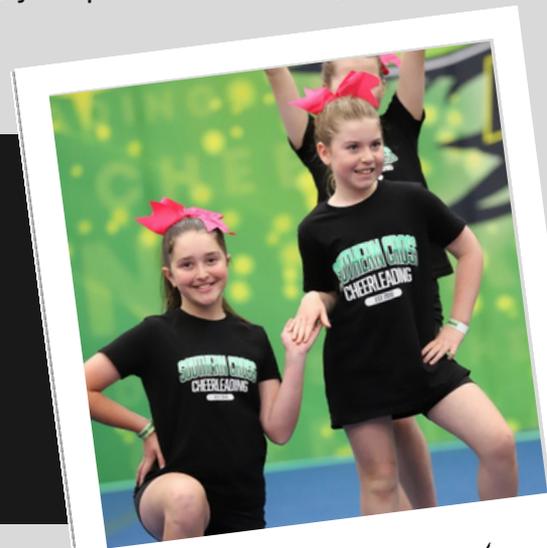
WHAT IS RECREATIONAL CHEER?

Recreational cheer is the perfect starting point for athletes who are new to cheerleading. These non-competitive classes focus on fun, fitness, and skill-building in a welcoming team environment.

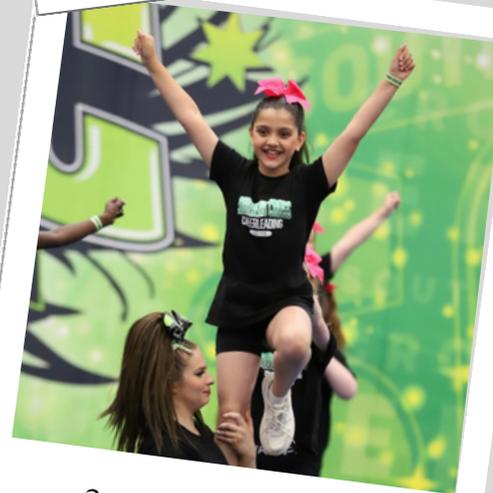
Athletes will learn the basics of tumbling, stunting, jumps, and dance, all while making new friends and building confidence along the way.

WHAT YOU WILL GAIN

- ✓ Strong foundations in cheer skills
- ✓ Confidence and teamwork
- ✓ Move weekly in a fun, inclusive space



Discover the sport.



Build confidence.

WHO CAN JOIN?	Athletes aged 4 to 16 years
WHERE?	Preston & Westmeadows locations
COMMITMENT	1 Class per week (45-60 minutes)
COMPETITIONS	None - recreational only
SHOWCASES	Perform at 1-2 club showcases per year

IS THIS PROGRAM RIGHT FOR YOU?

If you're new to cheerleading and want to explore the sport without the pressure of competition, recreational cheer is a great way to learn and grow at your own pace.

WESTMEADOWS REC TEAMS		PRESTON REC TEAMS	
SNOWFLAKES	Ages 4-6 years	GENESIS	Ages 4-6 years
SHIMMER	Ages 6-10 years	SUN	Ages 6-10 years
CRYSTALS	Ages 11-16 years	SOLAR	Ages 11-16 years

Over 70 athletes enrolled in our recreational cheer program in 2025!

SEMI-COMPETITIVE CHEER AT SCC

WHAT IS SEMI-COMPETITIVE CHEER?

Semi-competitive cheer is the perfect next step for athletes who want more routine experience without the full commitment of All-Star cheer. These teams train weekly and perform choreographed routines at a small number of local events and club showcases.

In 2026, all semi-competitive teams will compete in the CheerStars division—a competition style focused on skill development and execution over difficulty.

WHAT YOU WILL GAIN

- ✓ Routine experience in a low pressure setting
- ✓ Growth in performance, teamwork, and confidence
- ✓ A fun and supported entry point into competitive cheer

WHO CAN JOIN?	Athletes aged 4 to 18 years
WHERE?	Preston & Westmeadows locations
COMMITMENT	1 Class per week (2 Hours)
COMPETITIONS	2-3 Local events + 2 club showcases
DIVISION	CheerStars (Development focused)



IS THIS PROGRAM RIGHT FOR YOU?

If you're looking for a fun, structured way to experience routines and grow your cheer skills, with less training time than All-Star, semi-competitive is the ideal place to start!

WESTMEADOWS SEMI-COMP TEAMS		PRESTON SEMI-COMP TEAMS	
RISE	Ages 4-9 years	NEW TEAM	Ages 5-12 years
NEW TEAM	Ages 8-15 years	PROMINENCE	Ages 10-18 years

In 2025 many of our '24 recreational athletes moved up to CheerStars!

ALL-STAR CHEER AT SCC

WHAT IS ALL-STAR CHEER?

All-Star is our full competitive cheerleading program for athletes ready to take their skills to the next level. Teams train multiple times per week and perform elite-level routines at local, and national events. Athletes will develop advanced stunting, tumbling, and performance skills as they train as part of a team aiming for excellence, through challenge, and growth.

WHAT YOU WILL GAIN

- ✓ **Advanced skill development across all areas of cheer**
- ✓ **Experience competing on some of the sport's best teams**
- ✓ **Discipline, resilience, and the pride of team achievement**

WHO CAN JOIN?	Ages 5+ (teams placed by age & ability)
WHERE?	Preston & Westmeadows locations
COMMITMENT	2-3 days per week (4-6 hrs total)
COMPETITIONS	4-5 events + 2 club showcases
TEAM TYPES	All-Girl & Coed, Levels 1-5

IS THIS PROGRAM RIGHT FOR YOU?

If you're ready to commit more time to training, challenge yourself with higher-level skills, and experience the thrill of competition, then All-Star cheer is the next step in your journey.

In 2025, our All-Star teams performed across Australia and brought home multiple regional, state, & national titles!



2026 PROJECTED CHEER TEAMS

WESTMEADOWS ALL STAR TEAMS

TEAM	AGE DIVISION	LEVEL	COMMITMENT
SHINE	Mini, 5-9 years	Novice/Level 1	2 Days - 4 Hours
NOVA	Junior, 7-15 years	Novice	2 Days - 4 Hours
BLIZZARD	Youth, 6-12 years	Level 1	2 Days - 4 Hours
FROST	Senior, 11-18 years	Level 1	2 Days - 4 Hours
SHOCK	Junior, 8-15 years	Level 2	2 Days - 4 Hours
LUNAR	Junior, 8-15 years	Level 3	2 Days - 4 Hours
ZENITH	Senior, 11-18 years	Level 4	2 Days - 4 Hours
ELECTRIC	Open, 14+ years	Level 2	2 Days - 4 Hours

PRESTON ALL STAR TEAMS

TEAM	AGE DIVISION	LEVEL	COMMITMENT
STARBURST	Mini, 5-9 years	Novice/Level 1	2 Days - 4 Hours
HALO	Junior, 8-15 years	Level 1	2 Days - 4 Hours
ASTRA	Senior, 11-18 years	Level 1	2 Days - 4 Hours
ECLIPSE	Senior, 11-18 years	Level 2	2 Days - 4 Hours
FLARE	Open, 14+ years	Level 2 non-tumble	2 Days - 4 Hours
ZINC	Open, 14+ years	Level 3	2 Days - 4 Hours
STELLAR	Open, 14+ years	Level 4 non-tumble	2 Days - 4 Hours
SPARKLE	Open, 14+ years	Level 5 non-tumble	2 Days - 4 Hours

Please Note: Projected team list - final team list will be pending athlete enrolment

INTERNATIONAL TEAMS AT SCC

WHAT ARE OUR INTERNATIONAL TEAMS AT SCC?

Our International Teams are for athletes ready to perform at the highest level of cheerleading. These teams compete in the world's most prestigious events, including the IASF World Championships, and The Summit in the USA. These are premier competitions for elite cheerleading teams.

With a focus on long-term development, these athletes train under our world-class coaches, work with leading choreographers, and compete alongside the best teams in the world.

IASF ALL STAR WORLD CHAMPIONSHIP TEAMS



LEGACY - INTERNATIONAL OPEN LARGE COED LEVEL 7

Competing at the world championships in April 2026

- Athletes aged 17+ years
- Trains 3 days per week - 6+ hours
- Preston Location



LADY REIGN - INTERNATIONAL OPEN LEVEL 6

Competing at the world championships in April 2026

- Athletes aged 16+ years
- Trains 3 days per week - 6+ hours
- Preston Location



INTERSTELLAR - INTERNATIONAL OPEN NON-TUMBLE LEVEL 6

Competing at the world championships in April 2026

- Athletes aged 16+ years
- Trains 3 days per week - 6+ hours
- Preston Location

THE SUMMIT 2027 TEAM

A new opportunity for SCC athletes, this team offers younger athletes a pathway to the USA through a high-level junior All Star experience.



NEW TEAM - IASF U16 LEVEL 2/3

We intend to compete at the Varsity Summit in May 2027

- Athletes aged 12-16 years
- Team will train 1-2 days per week - 2-4 hours in 2026
- Team will train 3 days per week - 6+ hours in 2027
- Westmeadows Location

SUMMIT TEAM TRYOUTS TO BE HELD IN FEBRUARY 2026 - MORE INFORMATION COMING SOON

WHO CAN JOIN?	Athletes that meet a minimum required skill set and applicable age range
WHERE?	Worlds teams - Preston location Summit team - Westmeadows location
COMMITMENT	Variable pending team and development phase
COMPETITIONS	Variable pending team development phase
TEAM TYPES	See team information

IS THIS PROGRAM RIGHT FOR YOU?

If you're ready to take cheer to its highest level and dream of competing on a world stage, our International Teams are where performance meets purpose.

WHAT YOU WILL GAIN

- ✓ High-level coaching and elite choreography
- ✓ Teamwork, resilience, and a once in a lifetime experience
- ✓ A place in one of Australia's most respected cheer legacies



DEVELOPMENT TEAMS AT SCC

WHAT ARE OUR DEVELOPMENT TEAMS?

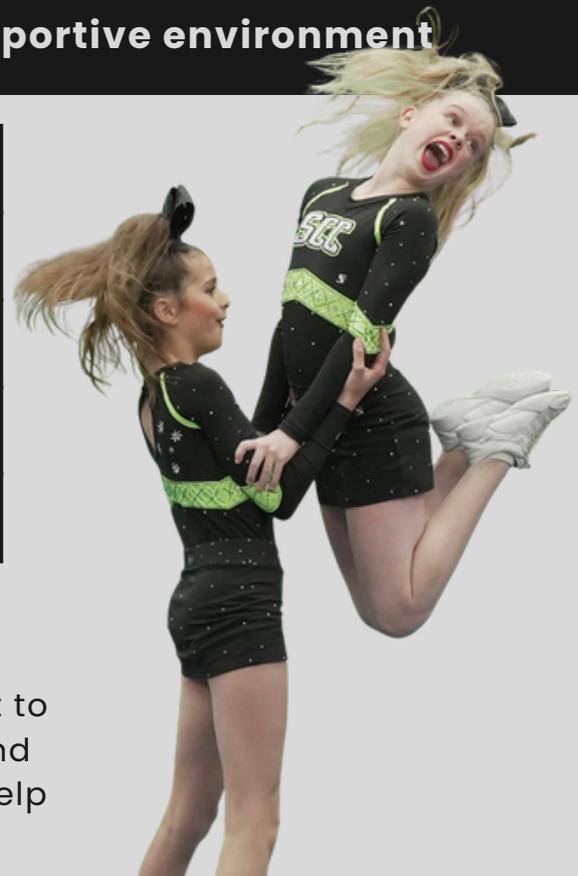
Development Teams are designed for current SCC athletes who are ready to take that next step in their cheer journey. These teams offer additional training each week to help athletes strengthen their current skills while preparing for higher levels of cheer.

Whether you're aiming for a future All-Star or Worlds Team, or simply want more time to grow your confidence and technique, Development Teams give you the space to thrive, with less pressure than a full competition schedule.

WHAT YOU WILL GAIN

- ✓ **Focused coaching developing your next-level skills**
- ✓ **A bridge between your current team and your future goals**
- ✓ **A way to challenge yourself in a supportive environment**

WHO CAN JOIN?	Current SCC athletes (dual-team commitment)
WHERE?	Preston & Westmeadows locations
COMMITMENT	6-8 classes per term (1.5 hours classes)
COMPETITIONS	Pending individual teams development
DIVISION	Varies depending on athlete needs



IS THIS PROGRAM RIGHT FOR YOU?

If you're already part of a cheer team and want to push your skills further, with expert guidance and clear pathways. Our development teams can help you take that next step.

WESTMEADOWS DEVELOPMENT TEAMS		PRESTON DEVELOPMENT TEAMS	
FORCE - Level 2	Ages TBC	COMETS - Level 2	Ages TBC
AURORA - Level 3	Ages TBC	NEW TEAM - Level 3	Ages TBC

Each year - Our development teams help athletes transition into new levels!

2026 CALENDAR

Below is our projected calendar for the 2026 season. This does not include key dates for our 2026 IASF Worlds teams, they have a slightly modified yearly plan that is communicated to those teams seperately

TERM 1	
27 th January	Term 1 Commences
7-8 th February	No training - Coaches Education
14-15 th February	SCC Skills Camp (all star teams)
9 th March	Labour Day (no training)
2-14 th April	Team Choreography Window
12 th April	SCC Worlds Showcase
14 th April	Last Day Term 1

TERM 2	
4 th May	Term 2 Commences
8 th June	Kings Birthday (no training)
14 th June	SCC Pre Season Showcase
20-21 st June	CheerCon Icebreaker (VIC)
26-28 th June	AASCF Winterfest (VIC)
27 th June	Last Day Term 2

TERM 3	
6 th July	Term 3 Commences
1-2 nd August	CheerBrandz Super-States (VIC)
7-9 th August	AASCF All Star Battle (VIC)
30 th August	Supa-Sunday Performance Camp
18-20 th September	AASCF VIC States
19 th September	Last Day Term 3

TERM 4	
5 th October	Term 4 Commences
11 th October	Supa-Sunday Upgrade Camp
31-2 nd November	Cup Weekend (no training)
3 rd November	Cup Day (training is on)
7-8 th November	Aussie Gold VIC States
15 th November	SCC Showcase (VIC)
26-30 th November	AASCF Nationals (QLD)
1-4 th December	Post Nationals Break (no training)
6-12 th December	2027 Placement Days
18 th December	Last Day of term



Please Note:

- Dates are subject to change. Updates will be communicated via email and team pages.
- Competition dates are advisory and not applicable to all teams, the competition listing for each team will be listed in the 2026 athlete handbook.
- The 2026 Athlete hanbook will be communicated to athletes and families at the commencement of the 2026 season.

FINANCIAL INFORMATION

HOW TO UNDERSTAND YOUR 2026 COSTS

To estimate what you'll be charged for your 2026 season at SCC, start by identifying your weekly training hours and multiplying this by the number of training weeks per term. Then, add any program specific extras such as uniform costs, competition entry fees, or optional merchandise.

Please note:

- Tuition rates differ between Recreational and All-Star programs due to the variation in training hours, resources, and service inclusions.
- Some items (like uniforms or choreography) may come from external suppliers. These costs will be communicated separately as soon as details are confirmed.

PROGRAM/TEAM	TUITION	ADDITIONAL ITEMS
Recreational Teams All recreational teams	Tuition: \$20.00 weekly • Term 1 - 10 Weeks • Term 2 - 11 Weeks • Term 3 - 10 Weeks • Term 4 - 11 Weeks Training 1 day, 0.75-1 hour p/week	Rec Registration: \$50.00 <small>*Registration includes athlete insurance & club tee</small> Additional Items (Pricing TBA) <ul style="list-style-type: none"> • 2x SCC Showcases • Bow • Team Tee
Semi-Competitive Teams CheerStars Teams	Tuition: \$35.00 weekly • Term 1 - 11 Weeks • Term 2 - 8 Weeks • Term 3 - 11 Weeks • Term 4 - 11 Weeks Training 1 day, 2-2.5 hours p/week	Athlete Registration: \$75.00 <small>*Registration includes athlete insurance & club tee</small> Additional Items (Pricing TBA) <ul style="list-style-type: none"> • Choreography & Music • 2-4x Competitions • 2x SCC Showcases • Team Uniform • Team Tee • Bow
All-Star Novice Teams All novice teams	Tuition: \$58.00 weekly • Term 1 - 11 Weeks • Term 2 - 8 Weeks • Term 3 - 11 Weeks • Term 4 - 11 Weeks Training 2 days, 4-4.5 hours p/week	Athlete Registration: \$75.00 <small>*Registration includes athlete insurance & club tee</small> Additional Items (Pricing TBA) <ul style="list-style-type: none"> • Choreography & Music • Supa-Sunday Sessions (Term 1, 3, &4) • 4-6x Competitions • 2x SCC Showcases • Team Uniform • Team Tee • Bow
All-Star Teams Level 1-5 Teams (non-international teams)	Tuition: \$62.00 weekly • Term 1 - 11 Weeks • Term 2 - 8 Weeks • Term 3 - 11 Weeks • Term 4 - 11 Weeks Training 2 days, 4-4.5 hours p/week	Athlete Registration: \$75.00 <small>*Registration includes athlete insurance & club tee</small> Additional Items (Pricing TBA) <ul style="list-style-type: none"> • Choreography & Music • Supa-Sunday Sessions (Term 1, 3, &4) • 4-6x Competitions • 2x SCC Showcases • Team Uniform • Team Training Pack • Bow
International Teams Worlds Teams (Summit team info released early 2026)	Tuition: \$64.00 weekly • Term 1 - 17 Weeks • Term 2 - 4 Weeks • Term 3 - 11 Weeks • Term 4 - 11 Weeks Training 3 days, 6+ hours p/week	Athlete Registration: \$75.00 <small>*Registration includes athlete insurance & club tee</small> Additional Items (Pricing TBA) <ul style="list-style-type: none"> • Choreography & Music • 4-6x Competitions • 2x SCC Showcases • Team Uniform • Team Training Pack • Bow
Dual Athlete Athletes who are a part of 2x all star teams Athletes also in our development program	Tuition: \$76.00 weekly • All Star Tuition - \$62.00 p/w • Dual athlete surcharge - \$14.00 p/w *Training 2+ days, 6.5+ hours p/week *Add an additional \$10.00 for a third team if applicable	Athlete Registration: \$75.00 <small>*Registration includes athlete insurance & club tee</small> Additional Items (Pricing TBA) <ul style="list-style-type: none"> • Choreography & Music • 4-6x Competitions • 2x SCC Showcases • Team Uniforms - no discount on uniforms, will need to purchase a second uniform if required • Team Tee x 2 • Bow x 2 may be required

ADDITIONAL ITEMS

Below are some of the additional items that may be applicable to your team. These items are sourced from external suppliers and may be susceptible to price fluctuations outside of our control.

ITEM	COST	FURTHER INFO
Recreational Clothing Pack	\$45.00	Bow, Crystal Logo Tee
Semi-Comp Training Pack	STBA	May include: Scrunchie, Shorts
Novice Training Pack	STBA	May include: Scrunchie, Team Tee, & Shorts
All Star Training Pack	STBA	May include: Scrunchie, Team Tee, Crop & Shorts
2026 Program Tee - All Athletes	N/C	Included in registration fee
Semi-Comp Uniform	STBA	New uniform for 2026 - Year 1 of 3 year cycle - Includes bow
Junior Program Uniform	\$340.00	Year 2 of 3 year cycle - Includes bow
Senior Program Uniform	STBA	New uniform for 2026 - Year 1 of 3 year cycle - Includes bow

CLUB SPECIAL EVENTS

At SCC, we host a few various club events throughout the season that are additional to our team training. These events are mandatory for certain teams as can be seen below.

EVENT	COST	WHO	FURTHER INFO
SCC Skills Camp	\$25.00	Novice Teams All Star Teams	February: 2 Day event for all Novice & All-Star teams
Choreography - Novice & All-Star Teams	STBA	Novice Teams All Star Teams	April: Held over a 7-10 day period, this is where teams create their competitive routines
SCC Pre-Season Showcase	\$20.00	Entire Club	June: 1 Day event for all SCC teams across all programs
Term 3 Supa-Sunday - Performance Camp	\$20.00	Novice Teams All Star Teams	August: 1 Day event for for all Novice & All-Star teams
Term 4 Supa-Sunday - Upgrade Camp	\$20.00	Novice Teams All Star Teams	October: 1 Day event for for all Novice & All-Star teams
SCC Nationals Showcase	\$40.00	Entire Club	November: 1 Day event for all SCC teams across all programs
Awards Gala	STBA	Optional: Entire Club	December: Optional evening celebration for all athletes

CLUB TUITION DISCOUNTS

We offer a few different tuition discounts to help you make cheer more affordable. Please review the discounts below and if you think you are eligible to receive a discount, please get in touch.

DISCOUNT	AMOUNT	DISCOUNT POLICY
Family Discount	10%	<ul style="list-style-type: none"> • 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)
Scholastic Discount	10%	
Yearly Tuition Discount (Paid before 28/2)	10%	
Referral Credit	\$50.00	

FINANCIAL POLICIES

The below 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.

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

<p style="text-align: center;">ADDITIONAL INFORMATION</p>
<ul style="list-style-type: none"> • Weekly tuition is calculated based on number of hours trained per week, and may vary to the prices listed in this package. • We charge tuition in the term block dates listed. • Invoice dates will be listed in the 2026 athlete handbook. • Overdue invoices will result in your athlete 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. • Payments can be made via bank transfer, online payment portal, or at the gym via cash or card payment (Note: all in-gym card payments are subject to a 1.6% surcharge) • All Star athletes with up to date accounts have unlimited open gym, tumble, flex, 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 2026 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, 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.



GET IN TOUCH WITH US!

CONTACT US

You can get in touch with us in any of the ways listed below:

EMAIL	info@southerncrosscheer.com.au
PHONE	0452 357 964
WEBSITE	southerncrosscheer.com.au
INSTAGRAM	@southerncrosscheer
FACEBOOK	facebook.com/SouthernCrossCheer

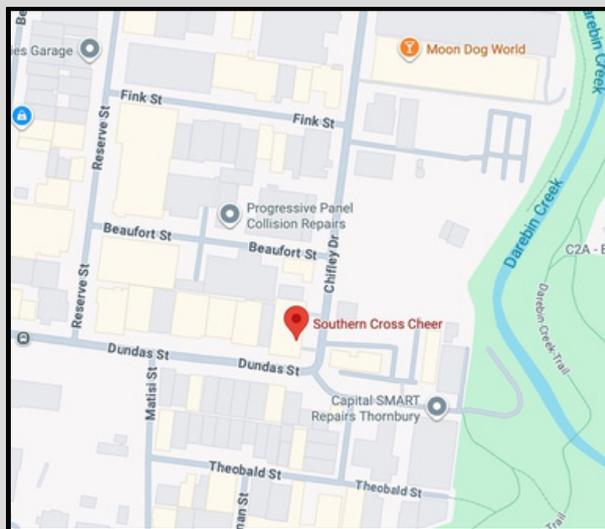
- SCC does not run standard office hours, but inquiries are responded to promptly via email.
- Phone inquiries are not answered during coaching hours.



OUR LOCATIONS

We have 2 SCC locations, one based North of Melbourne in the suburb of Preston, and one based North-West of Melbourne in Westmeadows.

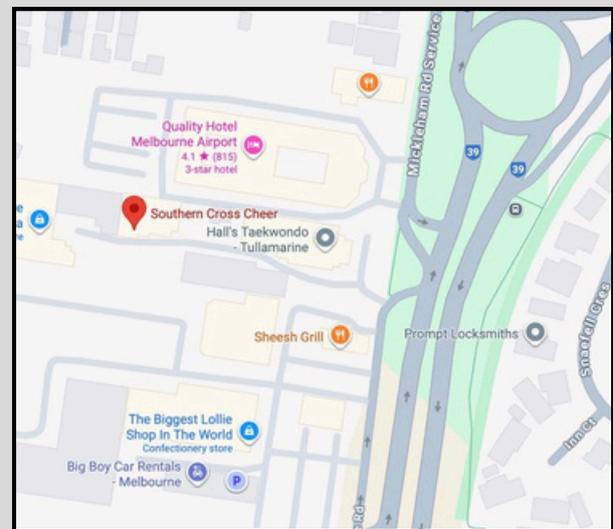
PRESTON LOCATION



Preston Address:

1b, 1-7 Chifley Drive
Preston, VIC 3072

WESTMEADOWS LOCATION



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!

ADDENDUM I : WHAT ARE CHEER LEVELS

CHEER LEVEL INFORMATION

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
RECREATIONAL	<ul style="list-style-type: none"> No minimum tumble requirement 	<ul style="list-style-type: none"> No minimum stunt requirement 	<ul style="list-style-type: none"> No jump or motion experience required
SEMI-COMP	<ul style="list-style-type: none"> A basic understanding of tumble foundations 	<ul style="list-style-type: none"> A basic understanding of stunt foundations 	<ul style="list-style-type: none"> A basic understanding of jump & motion foundations
NOVICE	<ul style="list-style-type: none"> Handstand, cartwheel, forward roll 	<ul style="list-style-type: none"> Stunts at waist level 	<ul style="list-style-type: none"> Ability to perform basic jumps to counts Ability to perform basic motion sequences to counts
1	<ul style="list-style-type: none"> Back and front walkover combination skills Elite teams: Walkovers from both legs 	<ul style="list-style-type: none"> Stunts allowed to chest level and below Pyramid skills can include braced at extension level 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with good technique Ability to perform motions to counts with good technique
2	<ul style="list-style-type: none"> Back handspring (BHS) Round off BHS Back Walkover BHS 	<ul style="list-style-type: none"> Stunts allowed to 2 leg extended level or 1 leg chest level Introduction to toss style skills 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with good to great technique Ability to perform motions to counts with great technique
3	<ul style="list-style-type: none"> Multiple BHS Jump to BHS Round off back handspring back tuck 	<ul style="list-style-type: none"> Stunts up to 1 leg extended level and loads and dismounts to 1 twist allowed Introduction to braced inversions 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with good to great technique Ability to perform motions to counts with great technique
4	<ul style="list-style-type: none"> 1+ BHS to back tuck Standing back tuck Round off BHS layout Cartwheel to back tuck 	<ul style="list-style-type: none"> Stunts can release to extended level, full twisting loads to extended level allowed, dismounts to 2 twists allowed Introduction to released inversions 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique
5	<ul style="list-style-type: none"> Jump to back tuck Round off BHS layout full BHS to layout 	<ul style="list-style-type: none"> Strong stunt skills (co-ed and all girl styles) Stunts can load to 1.5 twists, and dismount to 2 full twists Vast range of braced/unbraced inversions allowed 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique
6	<ul style="list-style-type: none"> Jump to back tuck Round off BHS layout full/double BHS to layout full 	<ul style="list-style-type: none"> Strong stunt skills (co-ed and all girl styles) Stunts can load to and dismount to 2 full twists Vast range of braced/unbraced inversions allowed 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique
7	<ul style="list-style-type: none"> Jump to back tuck Standing full Round off BHS layout full/double BHS to layout full/double 	<ul style="list-style-type: none"> Strong co-ed stunt skills required Stunts involve free flipping inverting loads and dismounts Pyramids can be loaded 2 1/2 people high 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique

Please Note: Level descriptions are indicative only. skills do not determine athlete placement alone

ADDENDUM II : GENERAL INFORMATION

ATHLETE 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.

ATHLETE & COACH 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 behaviour 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 behaviour 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 COVER

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.

ATHLETE 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/smooth, as cheerleading is a contact sport and we don't want to cause discomfort to you or other athletes.

Some of our teams will have dress code requirements for our athletes, this may include the 2026 program shirt, as well as team specific clothing requirements. This information will be communicated to specific teams at the commencement of the season.

ADDENDUM III : WHICH PROGRAM IS RIGHT FOR ME?

Recreational cheerleading, semi-competitive cheerleading, and all-star cheerleading are three distinct categories of cheerleading, each with its own benefits.

Recreational cheerleading is typically focused on fun and participation, with an emphasis on learning basic cheer skills and promoting team spirit. It is often done at the local level and does not involve intense competition.

Semi-competitive cheerleading, on the other hand, combines elements of recreation and competition. It involves more advanced skills and choreography than recreational cheer, and teams may participate in local and regional competitions to showcase their abilities.

Novice & All-star cheerleading is the most competitive and demanding form, where highly skilled athletes perform intricate routines with precision and athleticism. These teams compete at regional, national, and sometimes international levels, aiming for excellence in stunts, tumbling, jumps, and dance. All-star cheerleading requires significant dedication, training, and commitment, often involving year-round training and specialised coaching.

When choosing between recreational, semi-competitive, or all-star cheerleading, it's important to consider your personal goals, commitment level, and skill level to determine which category is the right fit for you.

Below are a few points to consider to help you make your decision:

RECREATIONAL	SEMI-COMPETITIVE	NOVICE & ALL STAR
<ul style="list-style-type: none"> • Usually train once a week for an hour or less • No entry skill requirements, you come in and we teach you everything • Non-competitive, with the option of participating in our club showcases • The place to learn the basics of the sport, and get an idea if cheerleading is right for you • Affordable, no additional items to consider (e.g., uniform, competition fees) • Lower attendance expectations than other options • Great starting point for those new to the sport 	<ul style="list-style-type: none"> • Train once a week, but for a longer session (typically 1.5-2 hours) • No entry skill requirements, but a term in recreational cheer would be helpful • Will compete in 2-3 state competitions in term 4, plus perform at the end of year showcase • Learn and perfect a performance routine with your team • Affordable competitive option, you do have additional items to consider, however we do our best to make these costs minimal • Moderate commitment expectations, you are only required to attend class once a week, and for specific team events • Take the basics you learned in recreational cheer and see how they are applied to a routine 	<ul style="list-style-type: none"> • Train multiple times a week (typically twice) for 1.5-2.5 hours a session • There are multiple levels of difficulty, this is to allow for safe progression and an appropriate team for all skill levels • Entry skill requirements for each level • Compete in multiple competitions at state, national, and sometimes international levels • Learn and perfect a performance routine built around the required skill set of your team • High level of commitment expected, you will need to be able to attend multiple team trainings on a weekly basis (during school terms), and attend specific team events (performance, competitions, bonding sessions) • The place to be if you want to see how far you can progress in the sport

One of the major benefits of joining cheerleading is being a part of a team.

- Being a part of a cheer team offers numerous benefits that extend beyond the training floor. One of the primary advantages is the sense of belonging and camaraderie that comes with being part of a close-knit group. Cheer teams create a supportive and inclusive environment, fostering lifelong friendships and a strong support system.
- Athletes learn valuable skills such as communication, cooperation, and collaboration. Working together towards a common goal, athletes learn to trust and rely on each other, developing strong bonds and a shared sense of purpose. Athletes also learn accountability and responsibility, as every member plays a role in the team's success.
- Cheerleading cultivates discipline, dedication, and time management skills, as athletes must balance rigorous training schedules with other commitments. Moreover, being on a cheer team provides opportunities for personal growth and self-confidence. Athletes learn to overcome challenges, and perform in high pressure situations, building resilience and mental fortitude.
- Finally, the shared successes and accomplishments experienced as a team foster a sense of pride and fulfillment, creating lasting memories and a sense of achievement that extends far beyond the cheerleading season.