

2022



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High Performance  
**HANDBOOK**



# SOUTHERN ACADEMY

HIGH PERFORMANCE CHEERSPORT,  
WORLD CLASS COACHING, THINKING & MANAGEMENT

Introducing All Star's high performance training programme from youth to junior through to our top high performance teams: Viperz & Legendz. The Academy is All Star's best of the best where we aim to nurture New Zealand's future Olympians!

## ALL STAR & HIGH PERFORMANCE

All Star is proud to be a leader in high performance cheerleading in New Zealand. Our depth of expertise and access to resources allows us to provide our elite athletes and their coaches with wrap around support specific to their needs. It is our world class coaching, thinking & management that allows these athletes to enjoy repeated success at the pinnacle of their sport. If you are committed, love working on big challenges and aspire to be at the top of our sport, The Academy is the place for you.

## OUR STAFF



### CLAIRE STACKHOUSE HEARN:

Australasian Grand Champion Coach, Nanjing Open & International Elite Champion Coach, Team NZ All Girl & Junior All Girl coach 2017-2018, Silver & Bronze medalist ICU World Championship coach

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**KIMBERLEY RAMSAY** - 3x Gold Medal winning Team NZ Coach, Global High Performance Mindset trainer.

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**TERRY SKEENS** - 7x Summit & NCA Champion Coach & Award winning choreographer.

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**HIGH PERFORMANCE STAFF** - Joining our team in the New Year will be a Sports Nutritionist, Psychologist and Strength & Conditioning coach.

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## THE ACADEMY

### GLAMKATS: ALL GIRL L5 OPEN

- Age 13 & older
- 2 x 2hr team practises
- 1x 1hr tumbling class
- 2 x 30min online classes
- \$485 team + \$145 tumble per term

### CROWNKATZ: JUNIOR L4

- Age 8-15
- 1x 2hr team 1x 1hr tumble
- 2x 30min online classes
- Additional to full time club team
- \$195 per term

### ARISTOKATZ: YOUTH L3

- Age 5-11
- 1x 2hr team 1x 1hr tumble
- 2x 30min online classes
- Additional to full time club team
- \$195 per term

### CONSIDERATION FOR ENTRY TO THE ACADEMY HIGH PERFORMANCE PROGRAMME

Athletes being considered for entry to the Academy will be invited to a pre try-out practise. Parents of invited athletes are asked to attend a parent info session following the practise. In addition to attending the pre try-out practise, athletes must attend All Star try-outs at their home gym/location.

### PINNACLE EVENT

The IASF World Cheerleading Championships, Disneyworld, Orlando FL, USA. Our development plan centres around preparing and readying athletes to be capable of high performance at the pinnacle event of cheersport, the IASF World Cheerleading Championships and one day the Olympics!

### OTHER OPPORTUNITIES

We are hoping that the big events in America will offer virtual opportunities and in that case we are excited to announce we intend to prepare our teams to compete virtually at NCA, Dallas and UCA, Orlando in February and March next year in addition to our usual NZ competition schedule.



## COMMITMENT

### SUMMER CAMP

**Who:** ELITE L5  
**When:** 20-23 January 2021  
**Where:** YMCA Camp Adair, Hunua  
**Cost:** \$460/Athlete Due: 16 December 2020  
*no additional charge for additional teams*

**Who:** ELITE NOVICE-4  
**When:** 6-8 February  
**Where:** All Star Pride, 371b St Asaph  
**Cost:** \$180/Athlete  
**Due:** 16 December 2020

All Academy Team members are required to attend Summer Camp. Summer Camp is where athletes learn, upgrade & perfect their routine & skills with some of the best in the business! Our camp choreographers & coaches help create custom routines which show off each team's skills and ability. Athletes participate in fun team bonding activities and finish their experience with skits and a traditional camp fire.

### TRAINING GEAR PACKS

All athletes are required to purchase the new season elite gear pack. You will be sized for your gear at try outs. Orders and payment for your gear pack will be due by 2nd December.  
To order and pay, please visit: [www.diamond-fit.com](http://www.diamond-fit.com)

Glamkatz order The Academy gear pack.  
Crownkatz & Aristokatz - order your home gym gear pack, you may choose to purchase.  
The Academy gear pack designs in addition to your home gym gear pack if you wish.

