



COMPETITION HANDBOOK

- INDUSTRY LEADING PROGRAM
- EXPERIENCED STAFF
- INCREDIBLE TEAMS

- UNMATCHED OPPORTUNITIES
- AMAZING STAFF
- ALLSTARSPORT.CO.NZ



WELCOME

We have now completed over 20 years of All Star and what an amazing journey it has been. We have had over 26,000 athletes come through our doors. We have won competitions, grand championships and World titles including a gold and a Silver in 2024! But what warms my heart the most is the amazing resilient and confident young people we make. I have loved attending former cheerleader weddings filled with cheerleader bridesmaids and groomsman and now the cheerleader babies are coming along! At All Star amazing friendships are born, our athletes have found their tribe and they build lifelong bonds.

We have got through the horrible Covid years and our athletes have shown our company values of resilience, perseverance and passion and we look forward to continuing this into our 22nd season. We know that we have the winning combination of experience, consistency, quality and care that it

takes to build amazing athletes but even more importantly incredible young people.

We warmly welcome all families looking to join us for the 2025 competition season and encourage you all to please read our competition handbook thoroughly.

Kimberley and the All Star Team xxx



WAYS TO PARTICIPATE

There are 2 different ways you can participate in competition cheerleading:

CheerSPORT Grades 1-6:

I want to do competitive cheerleading but I want the focus to be fun. I want to be able to have a go at competing all elements of a cheerleading routine. I want to be able to work on progressing my skill level but have the flexibility to attend other commitments on an as needed basis. I am able to commit to regional and limited national travel.

EliteCHEER: —

I want to be a New Zealand Representative cheerleader and dream of being a World Championship or Olympic level athlete. I am ready to attend all scheduled practices, competitions and events. I am able to commit to national and overseas travel.

We encourage our families to choose the competition cheer option which best suits their time and financial needs together with what you hope to get out of your competitive experience long term. Athletes are free to move between CheerSPORT and EliteCHEER each season i.e. If you were an elite cheerleader this season you are welcome to move to CheerSPORT and vice versa.



COMMITMENT

Cheerleading provides a unique opportunity to teach the value of commitment. Being a part of a team means being a part of something much bigger than yourself. Unlike other team sports, every team member and every position on a team is equally important.

We ask our athletes to be at all scheduled trainings, performances and competitions, however, we also understand that our athletes need to be happy and healthy.

This means we will not require you to train when you have a contagious illness, on most public holidays and school holidays (Except for the 2nd week of Term 3 school holidays). If your child is unable to attend practice on short notice please contact your team coach(es) by text message or phone call.

ABSENCES PRIOR TO COMPETITIONS

To ensure your team is set up for success, absences 3 weeks prior to any competition may mean your position(s) change in your routine.

WEEKLY TRAINING COMMITMENT		
CheerSPORT Grade 1:	1x 1hr team training	
CheerSPORT Grades 2-6:	1x 1hr30 team training	
Novice	1x 2hr team training and 1x 1hr tumble class	
Elite Level 1-6:	2x 2hr team training and 1x 1hr tumble class	

Elite athletes are required to take the set number of tumbling classes stated above with All Star unless they are trialling for a non-tumbling team. Athletes who do not wish to book into a tumbling class should choose our CheerSPORT pathway which focuses on stunt/performance based progression.



TRY OUTS

Tryouts are an exciting time of year when new and current EliteCHEER team members are placed on their team for the upcoming season. Our experienced staff take great care to create the best teams possible at every All Star location. Athletes are only required to attend team placements if they wish to be placed on an Elite team (includes Novice). CheerSport athletes do not need to attend team placements.

https://form.jotform.com/233117442971859

DOES EVERYONE MAKE A TEAM?

Every child will be placed on a team in our programme!

HOW IS MY CHILD'S TEAM PLACEMENT DETERMINED?

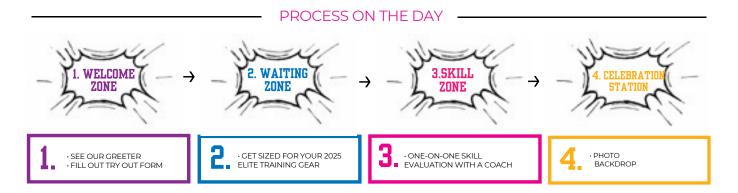
Tryouts can be a difficult time for athletes as they result in change. No athlete will be passed over due to favoritism or personal reasons. An athlete's position on a certain team will be determined by their tumble and stunting ability with reference to the IASF level system. Attendance and coachability of the athlete will also be considered.

PROGRESSION

After years of experience we have learnt that it is not in the best interests of our athletes to fast track their cheerleading careers. We hope all our athletes will stay in the sport for many years, perhaps as long as some of our Team NZ Cheerleaders whose average age is 18 years!

We have learnt the more time spent at each level makes our cheerleaders stronger physically and mentally. We want our cheerleaders to enjoy their time with us and we have found that moving athletes too soon can result in cheerleaders being burnt out from the pressure.

There are always new skills to be learnt at each level particularly as rule changes continue to raise the skill difficulty allowed. The complexity of choreography required to be competitive at each level is also constantly rising. For cheerleaders this means new challenges regardless of the length of time they spend at any one level.



RESULTS

Tryout results will be released within the seven days following your team placement date. Try out results will be posted on our facebook page. Should you have a concern in regards to your result please wait 24 hours before contacting the office by email or phone call. We will be happy to discuss your concerns with you after this time.



FINANCIAL OBLIGATIONS

There has been a slight increase in fees this year due to rising costs. We think we offer amazing value not just athletically but even more so in the life lessons we teach our athletes and some might say that is priceless.

We offer Zip as an alternative payment method if you are unable to pay your term fees by the due date. Apply now by visiting www.zip.co.nz

Team/Class Type	Cost	Details	
CheerSPORT 1	\$235 per term	Includes: 9 x 1hr/week team tuition, Choreography and music, Cheerbrandz competition entry fees	
CheerSPORT 2-6	\$310 per term	Includes: 9 x 1.5hr/week team tuition, Choreography and music, Cheerbrandz competition entry fees	
Novice	\$335 per term team tuition \$170 per term tumble class \$195 Training gear pack* \$225 Novice camp *This will automatically be invoiced.	Includes:10 x 2hrs/week team tuition, Cheerbrandz NZ competition entry fees	
Elite Level 1-6	\$595 per term team tuition \$170 per team compulsory tumble class \$490 Summer Camp \$195 Training gear pack* *This will automatically be invoiced.	Includes: 10x 4hrs/week team tuition, Cheerbrandz NZ Competition entry fee	
Tumble	Tumble 1 hour \$170	9 x 1hr/week tuition	
Development Academy Team	Tiaras: \$295 per term Junior Royalz: \$295 per term	9 x 2hrs/week team tuition, choreography, music, competition showcase fees	
Development Academy Tumble invite only	Tumble 2 hours Level 2-3 and Level 4-5 \$260 per term	9 x 2hrs/Week	
Flyer Flex Class	Flyer Flex Class \$110	Compulsory for all athletes wanting to be considered as a flyer	

OTHER FINANCIAL OBLIGATIONS MAY INCLUDE:

- -CheerSPORT competition uniform (\$195)
- -Elite Competition Uniform (\$375 approx.)
- -Australian Competition Entry Fees (\$35-\$120)
- -Additional non-Cheerbrandz NZ Competitions (\$65-\$120)
- -Competition hair accessory

- -Competition Make-up
- -Replacement gear
- -Travel costs to and from competitions outside of Auckland
- -Team outings and bonding days.
- -Music (\$85-\$150)

(Subject to change)



FINANCIAL OBLIGATIONS

TRAINING GEAR PACK

All elite development and elite athletes are required to purchase the new season elite gear pack. A sizing chart and tape measure will be available at tryouts, please check your sizes carefully and write these on your tryout form. You will then be invoiced automatically by head office for your gear packs. Please make sure to pay on time to receive your gear pack on time.

Girls gear pack consists of:

Scrunchie, Crop Top, Singlet, Baseball shirt and T-shirt - \$195 (Value \$235)

Boys gear pack consists of:

Two singlets, Baseball shirt and Tshirt - \$195

Optional Items: Skirt/Spankies - \$45

Girls: Crop





Optional Skirt/Spankies \$45





Singlet (Design TBC)

Scrunchie



All gym T Shirt (In gym colours)





Boys: x2 Singlets (Design TBC)





Baseball shirt (Design TBC)





FINANCIAL OBLIBATIONS

All athletes are required to purchase and wear a competition uniform if you don't already have the correct one for your gym/team type. Competition uniforms are not the same as the training gear pack. Your competition uniform is a beautiful sparkly dress in your gyms colours. All competition uniforms are ordered via www.diamond-fit.com

COMPETITION TEAM BOW/CUFF

Competition bows will be confirmed in 2025

CHEER SHOES

It is recommended that all cheerleaders have cheer specific shoes. We are really excited to be partnering with a local New Zealand based company/Apex Performance. Follow the website link https://www.apexperformancenz.com/shop-1 and use the promo code ALLSTAR for \$5 off your shoe purchase.

All 3 All Star Locations have a SIZING KIT for athletes to try on, so you can find the best fit. Just speak with one of our friendly staff members and they can assist you in this.

All Star Fame - White Shoes All Star Infinity - White Shoes All Star Legacy - Black Shoes Academy Teams - Black Shoes

SUMMER CAMP:

Who: AKL Elite 1-6

When: 21st-23rd January 2025 Where: YMCA Camp Adair, Hunua Cost: \$490/Athlete Due: 5th December

Camp is where elite team members 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. Attendance is compulsory to ensure your team gets the very best start to their season.

IMPORTANT: A \$200 choreography fee is applicable to all athletes not attending camp.

INVOICES

Invoices are sent out 2 weeks prior to the first class of each term. Unfortunately, unused portions of your invoice are non-refundable e.g. choreography and competitions.

MUSIC

Please note: Music will be charged seperately.

NOVICE CAMP:

Who: AKL Novice When: Date TBC

Where: All Star Legacy and All Star Fame

Cost: \$225 per athlete

Novice camp is where our novice teams will learn their competition routine, bond with their team mates, and learn more advanced stunting skills to be put into the routine.

This is compulsory for all athletes to attend. This is to ensure we create the best routine possible and when people are missing it makes it a lot harder for our choreographer to put together a routine.

IMPORTANT: A \$200 choreography fee is applicable to all athletes not attending camp.

PAYMENT OPTIONS

Preferred Method: Internet Banking

All Star Cheerleaders 03-1322-0077400-00 Include Cheerleaders First and Last Name, Gym

Name

(eg. Jo Smith, Legacy)

Credit Card: Call 09 444 5597.

Please note a credit card processing fee will apply.

NO CASH/CHEQUE:

We do not accept cash or cheque payments.

Zip:

We offer Zip as an alternative payment method if you are unable to pay your term fees by the due date. Apply now by visiting www.zip.co.nz

COMPETITION SCHEDULE



= ATTENDING IN PERSON

Competition	No. of Days	Comp Dates	CheerSport	Novice	Elite
D + C Global Games, Hawaii	5	23rd-25th May	N/A	N/A	Traveling teams
United, Wellington	2	31st August	N/A	N/A	TBC
Eutopia, Auckland	1	29th June	•••	···	···
Majors, Auckland	2	15th-16th August	U	•••	···
Spring Carnival, Auckland	1	14th September	···		···
Majors, Gold Coast	4	24th-26th October	N/A	N/A	··
Super Nationals, Auckland	2	1st-2nd November	•••	•••	···

COMPETITIONS

All competition team members are required to attend all competitions selected for their team on the competition schedule above.

Competitions are a great learning experience for our athletes and provide them with the opportunity to build confidence, learn about sportsmanship and show off their skills.

NOTE: performances and events may be scheduled in your location in addition to the above listed competitions.





IMPORTANT DATES

MONTH	IMPORTANT DATES
JANUARY	15th Term 1 starts for EliteCHEER 21st-23rd Summer Camp 27th Auckland Anniversary, gym closed
FEBRUARY	6th Waitangi Day, gym closed 10th Term 1 starts for CheerSPORT and Tumble
MARCH	
APRIL	13th Term 1 ends for all 14th-27th School Holidays 28th Term 2 starts for all
MAY	23rd-25th Global Games Hawaii
JUNE	2nd King's Birthday, gym closed 20th Matariki, gym closed 29th Eutopia and term 2 ends for All
JULY	30th June-13th July School Holidays 14th Term 3 starts for all
AUGUST	15th-16th NZ Majors
SEPTEMBER	14th NZ Spring Carnival 14th Term 3 ends for CheerSport and Tumble 21st Term 3 ends for Elite 22nd Sept-5th Oct School Holidays 29th Term 4 starts for Elite
OCTOBER	6th Term 4 starts for CheerSPORT and Tumble 24th-26th Majors, Gold Coast 27th Labour Day observed, gym closed
NOVEMBER	1st-2nd NZ Super Nationals 29th/30th 2026 tryouts (TBC)
DECEMBER	7th Term 4 ends for all teams 6th/7th End of year breakout parties

^{*}Please note we aim to keep these dates set, but things sometimes change. If we do make changes we will advise you.

ATHLETE CODE OF CONDUCT



Being part of our All Star family means you are now an ambassador for cheersport in New Zealand. This means you will be held to the highest standard of behavior when attending any All Star events including practices, competitions, social events and performances.

1.BE A GOOD SPORT

Win and lose graciously, respect others and the rules.

2.SAFETY IS IMPORTANT

Do not teach or spot any form of cheerleading/gymnastics or use the gym equipment without a coach.

3.COMMITMENT

Be present at all trainings, performances and competitions.

4. UNIFORM

Wear the right gear, hair tied up, no jewellery, keep nails short, cheer shoes on.

5.KEEP THE GYM BEAUTIFUL

Place personal items in the cubby holes and not on the gym floor. Place all rubbish in designated rubbish bins.

6.BE READY TO WORK HARD

Arrive 10 minutes in advance of your class time, change into appropriate practice gear with jewellery removed.

7.BE A GREAT TEAM MATE

Use appropriate language towards coaches, athletes and parents or staff members. Cooperate and participate positively and be kind to one another.

8.SOCIAL MEDIA IS NOT PRIVATE

(a)Do not post content that may damage the reputation or interests of All Star Cheerleaders, Cheerbrandz or an affiliated person, whether intentionally or unintentionally, or otherwise bring any one of them into disrepute.

- (b)Be polite avoid hostile communications or credibility attacks. Keep all comments respectful and informative.
- (c) If you offer your personal view on a matter, your comments or opinion must not cause damage to All Star Cheerleaders, Cheerbrandz or any affiliated entities or person(s).



- (d)Do not post content or images that harass, are inappropriate, adverse, offensive, discriminatory, intimidating or are otherwise demeaning, defamatory or disparaging about any person or organization. For the avoidance of doubt this includes videos, comments or images regarding falls, "fails", accidents, physical injury and negative posts regarding competition results or outcomes.
- (e)Only post accurate and truthful content. You must correct any errors or remove any offending/inaccurate posts immediately if requested to do so by All Star Cheerleaders and/or Cheerbrandz or its employees.
- (f)Do not violate a person's privacy. Do not post any one else's personal information or their image without obtaining their prior consent.
- (g)Do not use the intellectual property of All Star Cheerleaders, Cheerbrandz or any affiliated entity including any trade marks, logos, slogans, patents, designs, copyright materials or ideas in any content or otherwise online.
- (h)Do not start any page, group or forum of any kind for athletes or parents of All Star Cheerleaders or customers of Cheerbrandz without written permission. In the event such a page is approved, the General Manager and your Gym Manager must be administrators of your page or group.
- (I)Be mindful whether participation in certain network groups with racist, criminal, extremist or hate group connotations may offend or cause harm to the reputation or interests of All Star Cheerleaders, Cheerbrandz or to an Affiliated Person.
- (J)Please do not attribute any content or comments you may post to All Star Cheerleaders, Cheerbrandz or any affiliated person nor represent any content or comments as being endorsed by same.

9.THE NO NO LIST

All Star may dismiss or suspend without refund any athlete for the following reasons: a)Possessing, using, or being a party to any illegal drug, controlled substance, or drug paraphernalia;

- (b)Committing any act which would be considered an offence under any governing law;
- (c)For attitude problems, personality conflicts and disrespectful behavior towards coaches, team management, staff, cheerleaders, parents or anyone involved with the All Star program including but not limited to derogatory remarks, spiteful comments, unsportsmanlike behavior, coercing team members to quit or join another program;
- (d)Harassment either verbally, written texted, emailed, blogged or posted on the web or communicated in any other means.

TERMS AND CONDITIONS CHEERSPORT, CHEERTUMBLE



If your child is in a CheerSPORT or Cheer TUMBLE programme these are the terms and conditions that apply to you.

PAYMENT

The Member agrees to pay the costs as detailed in our All Star invoices.

NON-PAYMENT

In the event of any amounts not being paid in accordance with the provisions of this contract All Star has the right to refuse to teach, train and or provide services to the cheerleader until such time as all outstanding amounts are paid. All Star is under no obligation to provide any abatement of fees for any time the cheerleader is not in attendance.

DEBT COLLECTION ACTION

The Member authorises All Star to contact any debt collection agency in the event any account with All Star is not paid. Should this occur the full outstanding balance for the remainder of the term including any current arrears shall be immediately due in full. In addition, All Star shall add \$50 to the outstanding debt as its fee for dealing with the default. The Member also agrees to pay all collection costs incurred. The Member also authorizes All Star and or the debt collection agency to use any and all search powers available within the law to find up to date contact details for the Member to pursue the debt.

ALL STAR RULES, POLICIES AND GUIDELINES

The Member and cheerleader agree to adhere to the rules, policies and guidelines of All Star Cheerleaders as set out in the All Star Handbook and any other rules, policies and guidelines that may be set from time to time. If a Member or cheerleader break any of the rules they may be suspended or dismissed from the team. There will be no refunds in the event of dismissal or suspension from the team.

PARENTAL/GUARDIAN RELEASE

The Member understands that the sport of cheerleading is physically demanding, and that the cheerleader must be physically fit and healthy to participate. All Star Cheerleaders follows the NCSSE, IASF and the NZCA cheerleading safety guidelines but they assume no responsibility for any accident or injury that may occur. The Member therefore releases All Star, all coaches and staff from any liability and holds them harmless against any and all injuries that might arise from participation in this program.

INJURIES

If an athlete has a serious injury, All Star Cheerleaders has the right to request a clearance medical certificate to be provided stating that the athlete is able to continue safely to training. Alternatively a clearance letter from the parent/guardian will be required.

For any concussion, there will be a mandatory two week stand down from any class.



LOCO PARENTS

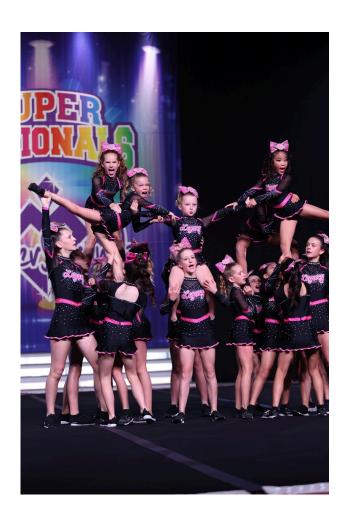
The member authorises the coach or any other staff member of All Star or other person who at the relevant time is responsible for the care of the cheerleader to act in loco parents in respect of the cheerleader in cases of accident or emergency. staff member of All Star or other person who at the relevant time is responsible for the care of the cheerleader to act in loco parents in respect of the cheerleader in cases of accident or emergency.

APPEARANCE RELEASE

The Member agrees to grant All Star, its sponsors and all media the right to photo or video the cheerleader and further utilise their face, name, likeness, voice and appearance as part of their program in all advertising.

AGREEMENT

I understand the above financial obligations and have read the terms and conditions. I agree to all the terms and conditions of the contract, I understand that you do not require to have my signature as acceptance and that acceptance is deemed through my/my child's participation. I also understand that if we wish to cancel the membership before the end of the contract period, we are liable for all money still to be paid until the end of the agreed contract.





TERMS AND CONDITIONS ELITE CHEER



If your child is in an Elite team the above Terms and Conditions apply to you, as well as the terms listed below.

START DATE

The start date is the first elite lesson of the Season as set out in the calendar or the first elite lesson taken if starting mid-year

CONTRACT PERIOD

1 year Fixed Term Membership. If you wish to cancel before the end of the season you will be liable for all money still to be paid until the end of the agreed contract. 3. PARTIES The parties to the membership agreement are: All Star Cheerleaders Ltd ("All Star") the service provider. Cheerleader ("the Member") means the cheerleader If they are over the age of 18 or if under 18 years of age means the parents or legal guardians of the cheerleader.

CANCELLATION

If the Member wishes to cancel their membership before the end of the one year fixed contract period, they are liable for all money still to be paid until the end of the agreed contract.

CANCELLATION WAIVER

All Star may waive the cancellation condition in unforeseen circumstances at its discretion where the Member gives three months notice in writing. All fees shall continue to be paid up to the later of the date of cancellation or the 3 month notice Period. In the event of notice not being given All Star shall have the right to charge 1 term or 3 months fees (whichever is greater) in lieu of notice. Unforeseen circumstances may include serious injury or illness, moving cities, countries or serious academic issues or anything else that would create undue hardship for the Member. This waiver can be withdrawn and the contract required to be paid in full if the athlete cheers with another cheerleading company within 1 year of this waiver being granted.

TRAVEL FEES ON CANCELLATION OR DISMISSAL

In the event of the cheerleader leaving the team or canceling the contract any travel fees will be refunded less any deposit or cancellation fee plus a 10% administration fee. Any fundraising money held in the fundraising account will not be refunded but will remain in the account and will be distributed between the remaining traveling team members.

CONTRACT TERM

The term of this contract is for a fixed period of 1 year expiring 1 year from the first Elite practice. Athletes are required to commit to a full season being the calendar year of all 4 terms.

INJURIES

If an athlete has a serious injury, All Star Cheerleaders has the right to request a clearance medical certificate to be provided stating that the athlete is able to continue safely to training. Alternatively a clearance letter from the parent/guardian will be required.

For any concussion, there will be a mandatory two week stand down from any class.

MEMBERSHIP ON HOLD

All Star may approve the holding or suspending of memberships for reasons outside the Members control for example serious injury or illness or for other reasons where advance notice has been given.

TEAM MEMBERSHIP CHANGES

All Star may change the membership of any team by adding, rearranging, or removing cheerleaders to/from teams for a performance, practice, competition or the program. All Star will attempt to make team changes as infrequent as possible and with as much notice as possible.



YMCA SUMMER CAMP PARTICIPATION AGREEMENT

If The Member is attending the All Star YMCA Summer Camp they agree to the following YMCA Camp Adair Participation Agreement

Camp Adair operates in accordance with the broader YMCA rules and guidelines. YMCA Camp Adair adheres to the core values of the YMCA - Caring, Respect, Honesty and Responsibility. Further, YMCA Camp Adair operates according to it's Safety Management system.

(i)RISK ACKNOWLEDGMENT:I understand there are risks involved in the activities my child/I will be undertaking. I also understand that an unpredictable or uncontrollable event may occur that could possibly cause me serious harm or death. I'm aware of the importance of my child/my voluntary participation and the consequences should they/I ignore the YMCA Instructor's directions. I acknowledge that the organisation is responsible for all risk management for every person on site and will take all reasonable and practicable steps to keep my child/I safe while they/I am involved in these activities. However, I accept full responsibility for my child/my own actions or inaction. (ii) ADVENTURE ACTIVITIES: I understand that I / my child will be participating in all or some of the following Adventure Activities: High Ropes, Abseiling, Zip Line, Climbing wall, Kakaying, Archery, Target shooting, Confidence course, River Traverse. Hiking. I have been fully informed on each activity and accept the risks. (iii) GEAR MANAGEMENT During the period of the programme you may be issued with and be using various forms of equipment. Whilst under your care or use, you will be totally responsible for its condition. This means that should you break or damage any equipment, by any means other than an accident or by normal wear and tear, you will be required to pay for it. We are sure that during the normal running of the programme and with a sensible attitude no problems of this nature will arise. (iv) YMCA APPEARANCE RELEASE: I give permission for photos to be taken for the purpose of promoting Camp Adair at the discretion of the YMCA. (v)DECLARATION: I have read, and understood, and agree to the above. I also agree to follow all rules and other guidelines set out to me, and agree to the YMCA core values of Caring, Respect, Honesty, Responsibility, and agree to listen to all staff and supervisors at all times. I acknowledge that if I cannot follow these, and I am not prepared to remedy the problem I will be expected to leave the programme.



SPECTATOR / SUPPORTER CODE OF CONDUCT

- Be kind and supportive to all athletes, parents and coaches, we are all on the same side.
- 2. Please stay in the designated viewing area at all times.
- Please do not drink or be under the influence of alcohol, drugs or other illicit substances in or around any All Star Cheerleaders venue.
- Please respect the gym environment by leaving any viewing areas in a tidy state including picking up all rubbish and any belongings.

FEEDBACK

All Star values your feedback so we ask that you refer any issues, queries or questions directly to All Star via email, meeting or phone call.

Email: office@allstarcheerleaders.co.nz

or call 09 444 5597 or 0800 CHEERLEADER.

