

PCYC Glebe-Leichhardt All-Star Cheerleading



Information Pack 2023



POLICE CITIZENS
YOUTH CLUBS NSW



Welcome

The PCYC Glebe-Leichhardt Cheerleading program trains out of a brand new, fully equipped, gymnastics facility in Sydney's Inner West on a 12m x 12m sprung floor.

After a successful inaugural season in 2022, the cheer program is back and ready to grow and develop in 2023.

Our Coaching Staff

Coach Mel has been coaching & choreographing cheer since 1999 for all-star, professional sports, scholastic teams, stage, and television. She has travelled the globe as a judge to countries such as Indonesia, Malaysia, New Zealand, France, and the USA for the ICU World Championships.

Coach Gaia is a relative newcomer to cheerleading, however that hasn't stopped her from winning an impressive 4 National Championship titles. She is currently training towards Worlds 2023 with her Co-Ed team and has been coaching acro & tumbling for the past 4 years.

What is All-Star Cheerleading?

All-Star Cheerleading is a dynamic and demanding sport that encompasses a variety of different gymnastics tumbling, acrobatic stunting, jumps, and dance performed in a 2:00-2:30 minute choreographed routine.

Benefits of All-Star Cheerleading:

- Coordination
- Strength
- Flexibility
- Fitness
- Team Work
- Goal Setting
- Social Skills
- Mental Toughness
- Commitment
- ... and many more!

Semi-Competitive, Competitive or Recreational Cheer?

Competitive & Semi-Competitive

- 2 classes per week on Monday + Thursday afternoon or Saturday morning
- Full year commitment
- Attend 3-5 competitions during the season
- Attend a 2 day in-house weekend camp

Semi-Competitive Cheer

Provides the competition experience with less commitment.

Full Competitive Cheer

Requires high commitment from both athletes & their families, but the excitement, journey & life lessons are what this sport is all about.

Recreational

- 1 x one hour classes per week
- Register on a per term basis
- Suitable for athletes that want to cheer for fun
- Classes include a variety of cheer technique, tumbling, stunt, jumps, and dance

Recreational Cheer

Allows athletes to experience cheer without the commitment of competitions.

Full Competitive & Semi-Competitive Team Placements

We believe that all athletes who wish to compete in cheerleading should be given the opportunity.

Team Placements for our Full Competitive & Semi-Competitive teams will be held on Saturday December 10th. Letters of Offer will be sent to all athletes and their families the following week via email.

Any athletes who are unable to attend Team Placements in December will be invited to attend a secondary Team Placement date at the end of January 2023.

Finding the right team for all athletes is something our staff takes very seriously. Safe progression in this sport is at the core of our beliefs as are happy, confident athletes.

Please trust our staff during the team placement process as we work closely with each athlete and understand their strengths, skills and mindsets.

** Final team levels & ages will be based on program athletes*

Cheer & Tumbling Class Times and Descriptions

Beginner Tumbling - Monday 4-5pm

No prerequisites. Athletes working on foundation skills such as cartwheels, handstands, rolls & back bend variations.

Intermediate Tumbling - Monday 5-6pm

Prerequisites: Clean cartwheel, forward and/or backward walkover, round off with a strong rebound.

Advanced Tumbling - Monday 6-7pm

Prerequisites: Front Handspring, Round off Backhandspring, Other Level 3 Skills.

Team Training Times

Senior Captains - Thursday 6-8pm (Full Competitive)

Youth Deputies - Saturday 10-11:30am (Semi Competitive)

Junior Officers - Saturday 11:30-1:30pm (Full Competitive)

All competitive athletes are required to attend their team training + 1 tumbling class per week.

2023 Important Dates

Term Dates

- Term 1: Friday 27 January - Thursday 6 April
- Term 2: Monday 24 April - Sunday 2 July
2 x Choreo camp for competitive athletes
- Term 3: Monday 17 July - Sunday 24 September
- Term 4: Monday 9 October - Sunday 17 December

Public Holidays & Extra Training

We do not run classes on official public holidays. We may require additional training sessions in the lead up to competitions during the school terms.

Competition Dates (TBC at the end of Term 1)

- Term 3
- Jul 29 & 30 - DCE State Champs @ Blacktown
- Sep 8-10 - AASCF State Champs @ Sydney Olympic Park

- Term 4
- Oct 21 & 22 - DCE Nationals @ Blacktown
- Oct 28 & 29 - CheerCon Champions League @ Newcastle
- Nov 11 & 12 - CB Super Nationals @ Sydney Olympic Park
- Dec 2 & 3 - CheerCon Nationals @ ICC Darling Harbour

Program Fees & Costs

Competitive & Semi-Competitive Teams

- Training Fees (per term): \$384.50 (Semi-Competitive 2.5 hr/w) or \$418.20 (Competitive 3 hr/w)
- T1 - Annual Athlete Registration (insurance, training scrunchie & top, admin fee, competition levy) - \$105
- T1 - Competition Bow - \$20
- T2 - Competition Uniform - \$250
- T2 - Two Day Choreography Camp & Music - \$180
- T2 & T3 - Competition Entry Fees - \$55-\$110 per competition

Recreational Classes

- Training Fees (per term): \$205
- T1 - Annual Athlete Registration (includes athlete insurance, training scrunchie, & admin fee) - \$65

**** Official PCYC Glebe-Leichhardt Cheer Merchandise will be available for pre-order in early 2023 ****

Payment Schedule & Expectations

Joining a competitive team is a yearlong commitment. Please take this into account when enrolling for 2023 classes.

Once competitive team placement letters of offer have been sent and accepted athletes will be enrolled in their relevant classes for Term 1 2023. Payment is required before the start of term to ensure athletes are covered by insurance. We understand that cheer can be a costly sport. If you foresee any issues with payment dates please discuss it with PCYC management as early as possible.

Direct Debit available for competitive squads.

Athletes absent from training two weeks prior to an event/competition for ANY reason may have their positions altered or be removed entirely from the routine for that event/competition. No refunds will be given (this includes competition entry fees).

Acceptable reasons to miss team training include compulsory school events, close family/friend weddings, and serious family emergencies (death/illness/injury). Birthday parties, school formals, finishing assignments or cramming for exams due to poor time management by the athlete are not. Please note, no refunds will be made for missed training sessions throughout the season.

If you are on an extended holiday of 2 or more weeks, or suffering from a serious injury preventing you from training we can arrange payments to be put on hold but this must be communicated in writing via email prior (at least 2 weeks for holidays). In the case of a serious injury or illness, clearance from a medical professional is required to resume training.

If you choose to discontinue a team, you must communicate in writing (email) your intentions with acceptable notice. You are required to pay for the remainder of the current term fees for that team if you leave part way through a term. No refunds will be given.



Contact Us

Want to know more about our cheerleading program at PCYC Glebe-Leichhardt?

Please contact us on

cheerpcycglebe@gmail.com

Please allow 24-48 hours for us to reply to your email.