

PCYC Glebe-Leichhardt All-Star Cheerleading



Information Pack 2022





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

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.

Coach Zoe is a former Australian National Team athlete who competed at the 2011 ICU & IASF World Championships in Orlando, Florida. She is also the former coach of RMIT University, Wingham High School, and Taree PCYC Cheerleading.

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!

Competitive or Recreational Cheerleading?

Competitive & Semi-Competitive

- 2 classes per week on Monday afternoon & Saturday morning (2.5 hours total)
- Full year commitment
- Suitable for beginner & advanced athletes of all ages - everyone makes a team!
- Attend 2-4 competitions during the season
- Athletes are required to attend a 2 day in-house choreography camp in addition to regular team training

Recreational

- 1-2 one hour classes per week on Monday afternoon & Saturday morning
- Register on a per term basis
- Suitable for beginners or athletes that want to cheer for fun
- No competitions
- Classes include a variety of cheer technique, tumbling, stunt, jumps, and dance

All-Star Competitive & Semi-Competitive Tryout and Training Schedule

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

Instead of “Tryouts” the first 6 weeks of Term 1 will be used to get to know each athlete to determine the best team for them based on their age, attitude, athletic ability, adaptability, and attendance. This will allow our coaches to assess each athlete in a low stress environment rather than in just a couple of hours.

At the end of the 6 weeks, athletes will be offered a position on either our Semi-Competitive or Competitive Team* training on Saturday morning.

We are excited to be offering dedicated tumbling classes on Monday afternoons. Please note that tumbling classes are compulsory for ALL competitive athletes and optional for recreational cheer athletes.

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

Cheer & Tumbling Class Times and Descriptions

Rec Cheer - Monday 4-5pm and/or Saturday 9-10am
Cheer for fun! No competitions no pressure. Term by term commitment.

Tumbling Foundations - Monday 5-6pm
Beginners or athletes working on foundation skills such as cartwheels, handstands, and bridges. No prerequisites.

Tumbling Level 2 - Monday 6-7pm
Prerequisites: front leg split within 10cm of the ground, clean cartwheel, forward and/or backward walkover, round off with a strong rebound.

Semi-Competitive - Saturday 10am-11:30am
Perfect for younger athletes or absolute beginners who wish to compete. Full year commitment.

Competitive - Saturday 11:30am-1pm
For older athletes or advanced younger athletes who wish to compete. Full year commitment.

2022 Important Dates

Term Dates

- Term 1: Monday 31 January - Sunday 10 April
Term 2: Monday 25 April - Sunday 3 July
2 x Choreography days for competitive athletes
Term 3: Monday 18 July - Sunday 25 September
Term 4: Monday 10 October - Sunday 18 December

Competition Dates (tentative)

Term 3:
July 30 & 31 - DCE State Championships @ Blacktown Sports & Leisure Centre
September 9, 10, & 11 - AASCF State Championships @ Sydney Olympic Park

Term 4
October 22 & 23 - DCE National Championships @ Blacktown Sports & Leisure Centre
November 11, 12, & 13 - CheerBrandz Super Nationals @ Sydney Olympic Park

Public Holidays & Extra Training

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

We will do our best to give parents & carers as much advance notice as possible in the event of extra sessions being required.

Program Fees & Costs

Competitive & Semi-Competitive Teams

- Training Fees (per term): \$304
- T1 - Annual Athlete Registration (includes athlete insurance & admin fees) - \$30
- T1 - Training Uniform (same as 2021) - Compulsory Shorts \$35 & Singlet \$45 / Optional Tights \$70 and Crop Top \$35
- T1 - Competition Bow (same as 2021) - \$20
- T2 - Competition Uniform - \$200-\$250
- T2 - Two Day Choreography Camp & Music - \$180
- T2 & T3 - Competition Entry Fees - \$55-\$110 per competition

Recreational Classes

- Training Fees (per term): \$200 (one day) or \$275.50 (two days)
- T1 - Annual Athlete Registration (includes athlete insurance & admin fees) - \$30
- T1 - Training Uniform (same as 2021) - Compulsory Shorts \$35 & Singlet \$45 / Optional Tights \$70 and Crop Top \$35
- T1 - Team Bow (same as 2021) - \$20

Payment Schedule & Expectations

Once competitive team placements have been made and accepted athletes and/or parents will receive final details of team costs, fees, and 2022 due dates. Upfront or bulk payments are welcome.

Joining a competitive team is a yearlong commitment. Please take this into account when enrolling for 2022 classes.

We understand that competitive cheerleading can be a costly sport. If you foresee any issues with payment dates or costs we may be able to arrange payment plans, but this is on a case by case basis.

If an athlete is absent from training, you will not be refunded for that training. 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). Clearance from a certified medical professional is required to resume training. We do NOT accept verbal notice, nor messages via social media, text message, or whatsapp.

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 the Glebe-Leichhardt PCYC?

Please contact us on cheerpcycglebe@gmail.com

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