



2025 INFORMATION PACK

ATOMIC ALLSTARS CHEER AND DANCE

ELITE CHEER & DANCE ACADEMY

63 latitude blvd, thomastown

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ABN: 19 162 017 601



Atomic Allstars has become one of the biggest cheer and dance families in Australia, and we can't wait to see what 2025 has in store! We're incredibly excited to see all of our athletes & squads grow as we head into our twelfth year, continuing to work from our state-of-the-art facility. We have an exciting group of coaches lined up, we're ready to continue building our brilliant all-star program in the Australian cheerleading world.

This information pack is designed to provide all necessary information about our 2025 season.

WHAT IS ALL STAR CHEERLEADING?

Cheerleading is one of the fastest growing sports in the world. It's a fast-paced, dynamic sport that encompasses stunt, tumbling, tosses & dance whilst teaching confidence through performance.

Cheerleading requires dedication and a strong work ethic from athletes participating in a competitive squad.

Cheerleading also teaches coordination, increases overall strength, fitness and well-being, and is a fantastic social outlet. Cheerleading supports athletes to develop strong team work skills as well as resilience, dedication, positive attitudes and sportsmanship amongst many other things.

Atomic Allstars Cheer offers a wide range of competitive squads for ages 4yrs+, from beginner to advanced levels as well as recreational classes.

WHAT IS ALL STAR DANCE?

Allstar Dance is a team based performance sport where athletes work together as a unified group to perform choreographed routines. There is an emphasises on synchronisation, precision, and teamwork, with each dancer playing an essential role in the success of the overall performance.

As an athlete, team dance provides a sense of camaraderie and belonging, helping you develop strong bonds with teammates while pushing you to improve your skills. It teaches discipline, responsibility, and communication, as you must work together to perfect your routine. Additionally, it fosters resilience and confidence, both individually and as part of a collective effort, giving athletes the opportunity to thrive in a competitive and supportive environment.

OUR CORE VALUES

POSITIVITY

At Atomic, positivity is a foundational value that we actively cultivate in everything we do. We encourage an optimistic mindset, where challenges are seen as opportunities for growth and setbacks become stepping stones to success. Our athletes support one another through both triumphs and difficulties, and uplift each other. By fostering an environment of encouragement and empowerment, we help individuals feel confident, capable, and inspired to give their best. This positive atmosphere not only enhances performance but also promotes a sense of well-being and fosters success for the entire community.

EXCELLENCE

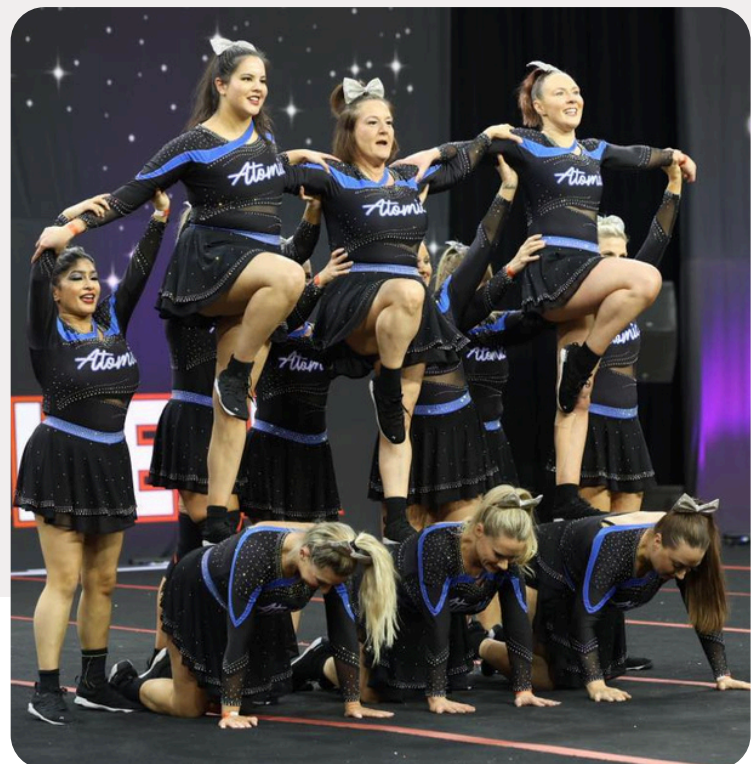
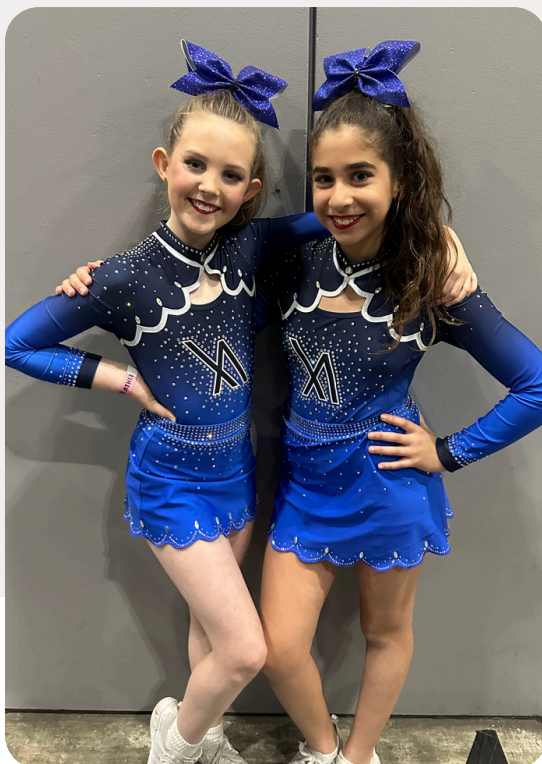
At Atomic, we strive for excellence because it fuels teamwork, personal growth, and skill development. It pushes each member to reach their full potential, builds trust within the team, and ensures we perform with precision and energy. This commitment unites us, driving continuous improvement both on and off the mat.

COMMITMENT AND DETERMINATION

At Atomic, commitment is central to our culture, creating an environment where athletes dedicate themselves to their goals and support one another through challenges. Our members stay focused, persevere, and prioritize the team's success, demonstrating loyalty by showing up for each other and making decisions that benefit the whole group. This commitment fosters trust, personal growth, and a strong sense of responsibility, helping athletes achieve long-term success together while building a supportive, thriving community.

INCLUSIVITY

At Atomic, we celebrate inclusivity because it fosters teamwork by ensuring that every individual feels valued and respected. When each team member's unique strengths and perspectives are embraced, it encourages open communication, trust, and collaboration. Inclusivity allows for diverse ideas to be shared and creative solutions to emerge, helping the team work together more effectively. By creating an environment where everyone belongs, we strengthen our unity, boost morale, and enhance our collective performance both on and off the mat.



KINDER CHEER

Our Kinder Cheer class is part of our **Recreational** program. This type of class is perfect for children who want a fun class which focuses on muscle development and body control/awareness.

- Ages 2-4 years old
- Parent supported class
- 1 x 45 minute session per week
- Low cost
- Low commitment



PERFORMANCE CHEER

Our Performance Cheer teams are part of our **Recreational non-competitive** program. This type of team is perfect for beginner cheerleaders who want to have fun learning all aspects of cheerleading and preparing a routine each semester to perform at our club showcases.

- Ages 4-6 years old or Ages 7-12 years old
- 1 x 1 hour session per week
- Low cost
- Low commitment
- No competitions
- Performs at 2 Atomic club showcases
- Wears Atomic club t-shirt and club bow for performances



CHEERSPORT

Our CheerSport teams are part of our **Semi Competitive** program. This type of team is perfect for cheerleaders who want an introduction to competitions.

- Low cost
- Attendance policy
- 1 x training per week
(1 - 1.5hrs depending on age and level)
- Performs at 2 Atomic club showcases
- Attends 2 competitions per year
- Wears Atomic sublimated cheersport uniform for performances
- All competitions in Melbourne



NOVICE

As part of our **Semi Competitive** Program our Novice teams are perfect for cheerleaders that are ready to take the next step in competitive cheerleading.

- Strict attendance policy
- 1 x trainings per week (2.5hrs per week)
- Performs at 2 Atomic club showcases
- Attends 3 competitions per year
- Wears Atomic sublimated uniform for all performances and competitions



ALLSTAR NOVICE to LEVEL 5

As part of our **Elite Competitive** Program our Allstar Novice, Levels 1-5 teams are perfect for experienced cheerleaders who are ready to push themselves to be the best they can be.

- Strict attendance policy
- 2 x trainings per week
(4- 5hrs depending on age and level)
- Performs at 2 Atomic club showcases
- Attends 5-6 competitions per year
- Wears Atomic sublimated uniform for all performances and competitions



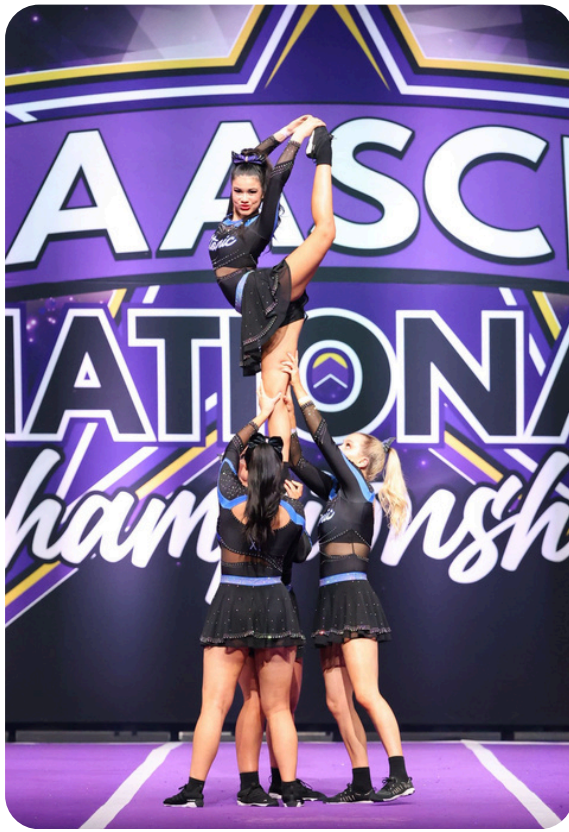
WORLDS PROGRAM

As part of our **Elite Competitive** program our Worlds Levels 5 and 6 teams are perfect for advanced cheerleaders who are ready to push themselves to be the best they can be on the world stage.

- Strict attendance policy
- 2-3 trainings per week
(5- 6.5hrs depending on age and level)
- Performs at 2 Atomic club showcases
- Attends 5-6 competitions per year
- Wears Atomic sublimated uniform for all performances
- Intends to win a bid to compete internationally



COMPETITIVE LEVEL REQUIREMENTS



TUMBLING REQUIREMENTS

The level you are placed in is based on the tumbling skills you have mastered. To be considered eligible for a level you must be able to consistently perform the skills of that level with correct technique to continuous eight counts. This means athletes may be practising skills in your tumble class that are 1 or 2 levels higher than the level you are placed in.

STUNTING REQUIREMENTS

To be eligible to be placed in a level you must have mastered the elite stunting skills from the level before and our coaching staff deem you technically ready to begin training stunts in the level above.

FLYER REQUIREMENTS

All flyers are expected to be able to confidently and with the correct technique perform the following body positions: heel stretch, Y, scale and scorpion. Advanced body positions will be required at some levels and include: bow and arrow, free stretch and needle.

Included are the skill requirements for each level. We use this list as a guide when selecting our teams.

CHEERSPORT

Perfect for beginners or those with limited cheerleading experience. We will teach you everything you need to know. There are NO REQUIREMENTS to join a semi competitive CheerSport team. Everyone makes a team

NOVICE

TUMBLING

- backward roll, cartwheel forward roll, fall into bridge and/or kick over

BUILDING

- prep, extension teddy, single based mid hold, braced single leg

LEVEL 1

TUMBLING

- round off (RO), front walkover (FWO), back walkover (BWO)

BUILDING

- quarter up to prep, body position to body position tic toc, quarter up to single leg stunt with bracer

LEVEL 2

TUMBLING

- back handspring (BHS), BWO BHS, RO BHS, RO multiple BHS, FWO RO BHS

BUILDING

- half up to extension, half twisting tic toc, inversion to single leg, inversion to extension

LEVEL 3

TUMBLING

- Standing multiple BHS, Jump BHS, RO tuck, RO BHS tuck, Aerial

BUILDING

- full up and switch up to body position, Half up to extended single leg, inversion to extended single leg

LEVEL 4

TUMBLING

- BHS to tuck, standing tuck, RO layout, RO BHS layout, RO whip to layout

BUILDING

- full up to extended single leg, full twisting switch to prep BP, released inversion to extension, high to low tic toc BP to BP

LEVEL 5/6

TUMBLING

- Jump tuck, BHS to layout, RO full, RO BHS full

BUILDING

- full up switch up to extended single leg, released inversion to extended single leg, 1 and a half up to extension lib/body position

KINDER AND PERFORMANCE CHEER



LEVEL AND TEAMS	HOURS OF TRAINING per week during term	COST Semester 1	COST Semester 2
KINDER CHEER 2-4 ATOMS *PARENT PARTICIPATION REQUIRED	45 MINS (1x TRAINING SESSION PER WEEK)	\$300	\$300
TINY PERFORMANCE CHEER AGES 4-6 SNOWFLAKES *PARENT PARTICIPATION MAY BE REQUIRED	45 MINS (1x TRAINING SESSION PER WEEK)	\$360	\$360
PERFORMANCE CHEER AGES 7+ COMETS	1 HOUR (1x TRAINING SESSIONS PER WEEK)	\$400	\$400
CLASS PACKAGES ARE PAID PER SEMESTER UPFRONT AT THE BEGINNING OF THE SEMESTER			

2025 CLUB MEMBERSHIP

\$99 Includes: 2025 Club T-shirt, Bow and Personal Accident Insurance cover

APPAREL

Snowflakes and Comets

- Atomic 2025 club t-shirt and Club bow/scrunchie (provided by us)
- all white shoes/runners with white ankle socks required for all performances (sourced by you either through our store or separately)
- all black bike shorts (sourced by you)

2025 TERM DATES

Term 1 - Tue Jan 28 - Sat Apr 12

Term 2 - Mon Apr 28 - Sat Jul 5

Term 3 - Mon Jul 21 - Sun Sep 21

Term 4 - Mon Oct 6 - Sat Dec 13

**Our term 1 finish date and term 2 start date differ from the Victorian School Holiday dates.

IMPORTANT DATES

JUNE 29 ATOMIC BLUE DEBUT, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
MINI CHEERSPORT - SPRINKLES	1 HOURS (1x TRAINING SESSION PER WEEK)	\$24
JUNIOR CHEERSPORT - STARLETS	1.5 HOURS (1x TRAINING SESSIONS PER WEEK)	\$28
CLASS PACKAGES ARE FOR 40 WEEKS AND ARE PAID OVER WEEKLY CONSECUTIVE PAYMENTS FOR 46 WEEKS		

2025 CLUB MEMBERSHIP

\$99 Includes: 2025 club t-shirt, bow and personal accident Insurance cover and administrative costs

COMPETITION PACK

\$130 - Instalment one due Monday 7th April 2025

\$130 - Instalment two due Monday 2nd June 2025

The competition pack includes:

- Performance at 2 x showcases
- Athlete entry to 2 x competitions
- Professional team photo
- Competition music and choreography

*All competition packs will be invoiced directly, you will be able to pay these invoices by clicking the link within the invoice. Invoices will be sent by COB Friday 29th March.

APPAREL

Purchase via our website store:

- 2024-2025 Atomic CheerSport uniform - \$175
- Club Scrunchie/Bow (included with 2025 membership fee)

SHOES

• All white shoes/runners are required for all competitions/performances (not included in Apparel pack as sourced individually)

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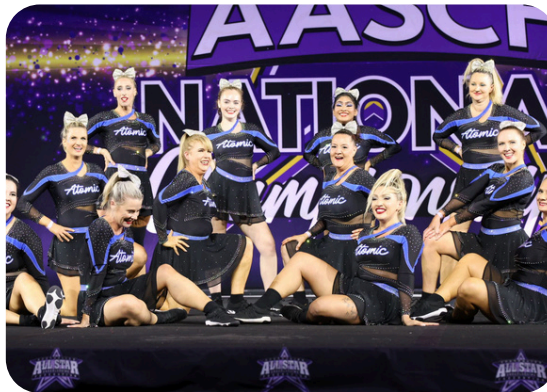
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AUGUST 22-24 CHEERCON STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

NOVEMBER 8-9 AUSSIE GOLD STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
MINI NOVICE - MINI MAGIC	2.5 HOURS (1 x TRAINING SESSION PER WEEK)	\$43
YOUTH/JUNIOR NOVICE - STARDUST	2.5 HOURS (1 x TRAINING SESSION PER WEEK)	\$43
SEMI COMPETITIVE ATHLETE CROSSOVER	-	\$12
UNLIMITED CHEER AND DANCE	-	\$109
CLASS PACKAGES ARE FOR 40 WEEKS AND ARE PAID OVER WEEKLY CONSECUTIVE PAYMENTS FOR 46 WEEKS		

2025 CLUB MEMBERSHIP

\$99 Includes: 2025 club t-shirt, bow and personal accident insurance cover and administrative costs

COMPETITION PACK

\$180 - Instalment one due Monday 7th April 2025

\$180 - Instalment two due Monday 2nd June 2025

The competition pack includes:

- Performance at 2 x showcases
- Athlete entry to 3 x competitions
- Professional team photo
- Competition music and choreography

*All competition packs will be invoiced directly, you will be able to pay these invoices by clicking the link within the invoice. Invoices will be sent by COB Friday 29th March.

APPAREL AND SHOES

Purchase via our website store:

- 2025 Training wear - \$118
- TRIXSTAR Cheer shoes in white (junior uniform) - \$159.95
- Atomic white competition socks - \$12
- 2023-2025 - Atomic junior uniform - \$370

Will be invoiced with your competition pack:

- Squad bow - \$25-\$30 (invoiced on competition pack invoice)

2025 TERM DATES

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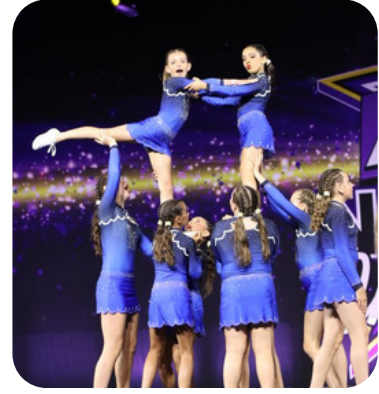
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SEPTEMBER 19-21 AASCF STATES, State Basketball Centre WANTIRNA VIC

NOVEMBER 8-9 AUSSIE GOLD STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

ADULT NON TUMBLE



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
ADULT LEVEL 1 NON TUMBLE - ICONS	1.5 HOURS (1 x TRAINING SESSION PER WEEK)	\$28
SEMI COMPETITIVE ATHLETE CROSSOVER	-	\$12
UNLIMITED CHEER AND DANCE	-	\$109
CLASS PACKAGES ARE FOR 40 WEEKS AND ARE PAID OVER WEEKLY CONSECUTIVE PAYMENTS FOR 46 WEEKS		

2025 CLUB MEMBERSHIP

\$99 Includes: 2025 club t-shirt, bow and personal accident insurance cover and administrative costs

COMPETITION PACK

\$260 - Instalment one due Monday 7th April 2025

\$260 - Instalment two due Monday 2nd June 2025

Competition Pack includes:

- Performance at 2 x showcases
- Athlete entry to 3/4 x competitions (TBC)
- Professional team photo
- Competition music and choreography
- Nationals merchandise

*All competition packs will be invoiced directly, you will be able to pay these invoices by clicking the link within the invoice. Invoices will be sent by COB Friday 29th March.

APPAREL AND SHOES

Purchase via our website store:

- 2025 Training wear - \$118
- TRIxSTAR Cheer shoes in black/white (open uniform) - \$159.95
- Atomic black competition socks - \$12
- 2023-2025 - Atomic open uniform - \$470

Will be invoiced with your competition pack:

- Squad bow - \$25-\$35 (invoiced on competition pack invoice)

2025 TERM DATES

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SEPTEMBER 19-21 AASCF STATES, State Basketball Centre WANTIRNA VIC

NOVEMBER 8-9 AUSSIE GOLD STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 20-24 AASCF NATIONALS, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

ACCELERATE PROGRAM



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
LEVEL 1/2- SPOTLIGHT	1 HOURS (1 x TRAINING SESSION PER WEEK)	\$10
JUNIOR LEVEL 3/4 - NEON	2 HOURS (1 x TRAINING SESSION PER WEEK)	\$16
OPEN LEVEL 5/6 NON TUMBLE - STEEL	2 HOURS (1 x TRAINING SESSION PER WEEK)	\$16
CLASS PACKAGES ARE FOR 40 WEEKS AND ARE PAID OVER WEEKLY CONSECUTIVE PAYMENTS FOR 46 WEEKS		

THE ACCELERATE PROGRAM EXPLAINED...

NEW IN 2025: The Accelerate program is designed to give teams extra time to develop their skills before entering the competition season. By extending the training period, athletes have more opportunity to focus on mastering techniques, improving strength and flexibility, and refining choreography. The additional development time ensures that athletes can accelerate their progress, enter the competition season more confident, and perform at a higher level, setting them up for success both in skill development and in routine performances.

COMPETITION PACK

Neon and Steel only

As all teams in the accelerate program are secondary teams, competition crossover fees will be calculated once the competitions schedule is set.

- Performance at 2 x showcases
- Athlete entry to 3 x competitions
- Professional team photo
- Competition music and choreography

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IMPORTANT DATES

Neon and Steel

JUNE 29 ATOMIC BLUE DEBUT, 63 Latitude Boulevard THOMASTOWN VIC

SEPTEMBER 19-21 AASCF STATES, State Basketball Centre WANTIRNA VIC

OCTOBER 24-26 AASCF CLASSIC, State Basketball Centre WANTIRNA VIC ***NEON only**

NOVEMBER 8-9 AUSSIE GOLD STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC ***STEEL only**

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 20-24 AASCF NATIONALS, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

Spotlight

JUNE 29 ATOMIC BLUE DEBUT, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

*PLEASE NOTE Spotlight is a performance team, they will build a routine that showcases the skills they are learning in this class and perform at both showcases. If as the season progresses we decide we would like to give them the opportunity to compete we will enter them in a competition in Term 4.

ALLSTAR NOVICE - LEVEL 2



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
JUNIOR NOVICE - REIGN	4 HOURS (2x TRAINING SESSIONS PER WEEK)	\$52
MINI LEVEL 1 - GLOW	5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$66
YOUTH LEVEL 1 - CRUSH	5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$66
JUNIOR LEVEL 2 - SHIMMER	5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$69
ATHLETE CROSSOVER	-	\$25
UNLIMITED CHEER AND DANCE	-	\$109
CLASS PACKAGES ARE FOR 40 WEEKS AND ARE PAID OVER WEEKLY CONSECUTIVE PAYMENTS FOR 46 WEEKS		

2025 CLUB MEMBERSHIP

\$99 includes: 2025 club t-shirt, bow and personal accident insurance cover

COMPETITION PACK

\$318 - Instalment one due Monday 7th April 2025

\$317 - Instalment two due Monday 2nd June 2025

Competition Pack includes:

- Performance at 2 x showcases
- Athlete entry to 5 x competitions
- Professional team photo
- Competition music and choreography
- Nationals merchandise

*All competition packs will be invoiced directly, you will be able to pay these invoices by clicking the link within the invoice. Invoices will be sent by COB Friday 29th March.

APPAREL AND SHOES

Purchase via our website store:

- 2025 Training wear - \$118
- TRIxSTAR Cheer shoes in white (junior uniform) - \$159.95
- Atomic white competition socks - \$12
- 2023-2025 - Atomic junior uniform - \$370

Will be invoiced with your competition pack:

- Squad bow - \$25-\$30 (invoiced on competition pack invoice)

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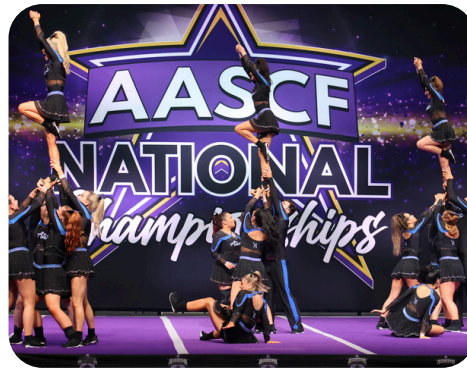
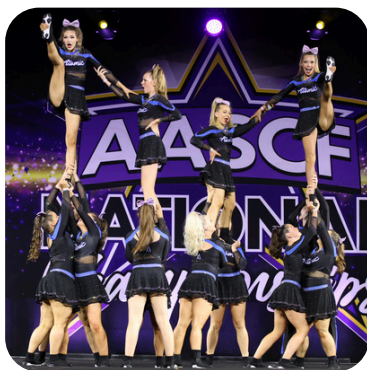
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OPEN LEVELS 2-4



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
OPEN LEVEL 2 - MISS MAJESTY	5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$69
OPEN LEVEL 4 - LETHAL LADIES	5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$69
PARTNER STUNT	45 MINUTES	\$TBC
FLYERS CLASS	30 MINUTES	\$10
CHEER CROSSOVER ATHLETE	-	\$25
UNLIMITED CHEER AND DANCE	-	\$109
UNLIMITED NON TUMBLE CHEER AND DANCE	-	\$92
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2025 CLUB MEMBERSHIP

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COMPETITION PACK

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\$317 - Instalment two due Monday 2nd June 2025

Competition Pack includes:

- Performance at 2 x showcases
- Athlete entry to 5 x competitions
- Professional team photo
- Competition music and choreography
- Nationals merchandise

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APPAREL AND SHOES

Purchase via our website store:

- 2025 Training wear - \$118
- 2023-2025 - Atomic open uniform - \$470
- TRIxSTAR Cheer shoes in black/white (open uniform) - \$159.95
- Atomic black competition socks - \$12

Will be invoiced with your competition pack:

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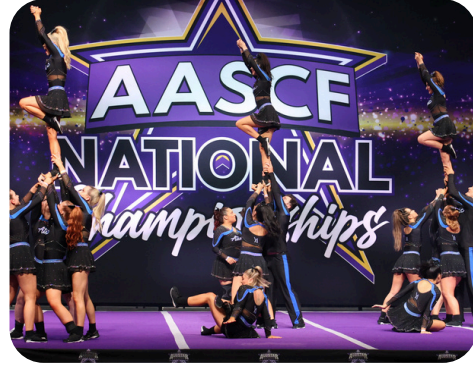
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OPEN NON TUMBLE



LEVEL AND TEAMS	HOURS OF TRAINING (per week during term)	COST (paid weekly)
OPEN LEVEL 3NT - WICK3D	3.5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$52
OPEN LEVEL 4NT - NITRO	3.5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$52
OPEN IASF LEVEL 6NT - ICE QUEENS	3.5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$52
PARTNER STUNT	45 MINUTES	\$TBC
FLYERS CLASS	30 MINUTES	\$10
CHEER CROSSOVER ATHLETE	-	\$25
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NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 20-24 AASCF NATIONALS, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

POM

Pom is a high-energy form of dance that incorporates the use of pom-poms—small, colorful handheld props. Dancers use the pom to accentuate movements, create visual effects, and add rhythm to routines, often set to upbeat music. It combines elements of a range of styles, with synchronised choreography and sharp, precise movements.



HIP HOP

Hip hop dance blends a variety of street-style elements. It incorporates moves like popping, locking, breaking, whacking, tutting, and freestyle. The style is dynamic and diverse, from intricate footwork to bold, energetic grooves. Hip hop dance continues to evolve, reflecting the unique creativity and culture of its dancers.



JAZZ

Jazz dance is a dynamic and energetic style known for sharp, strong movements, including jumps, kicks, leaps, and turns. It's often seen in Broadway shows, musicals, music videos, and films. Jazz is athletic, powerful, technical, and expressive, offering benefits like strength, flexibility, coordination, and endurance, along with mental health improvements.

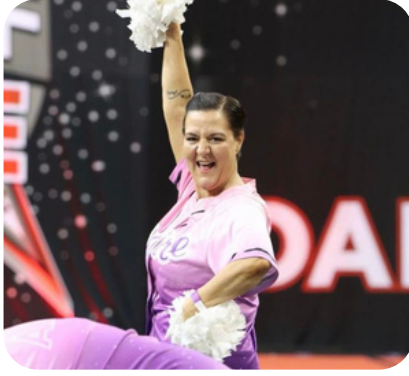


LYRICAL/CONTEMPORARY

Lyrical dance is emotional and expressive, blending ballet, jazz, acro, and contemporary styles. It's technical and controlled, with turns, jumps, and floor work. Using classical ballet and jazz as a foundation, lyrical connects movements to song lyrics, telling a story with grace, fluidity, and strong non-verbal communication. Dancers convey emotion through seamless transitions and expressive facial cues.



JUNIOR, OPEN, ADULT - ALL STYLES



HOURS OF TRAINING (per week during term)	COST (paid weekly)
1 HOUR PER WEEK	\$20
1.5 HOURS PER WEEK	\$28
2 HOURS PER WEEK	\$32
2.5 HOURS PER WEEK	\$34
3 HOURS PER WEEK	\$36
4 HOURS PER WEEK	\$40
UNLIMITED CHEER AND DANCE	\$109
UNLIMITED NON TUMBLE CHEER AND DANCE	\$92
***CHEER ATHLETES RECIEVE A 20% DISCOUNT ON DANCE CLASSES. DISCOUNT EXCLUDES ATHLETES ON UNLIMITED CHEER AND DANCE PACKAGE.	
CLASS PACKAGES ARE FOR 40 WEEKS AND ARE PAID OVER WEEKLY CONSECUTIVE PAYMENTS FOR 46 WEEKS.	

2025 CLUB MEMBERSHIP

\$99 Includes: 2025 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$340 - \$470

includes:

- Athlete entry to 3-4 Melbourne based competitions
- Merchandise
- Professional team photo
- Competition music

*please note cheer crossover athletes will pay a competition crossover fee rather than the full price of the competition pack, this will be worked out on an individual basis pending how many dance teams you participate in)

APPAREL AND SHOES

- Costume pending style
- Shoes pending style

2025 TERM DATES

Term 1 - Tue Jan 28 - Sat Apr 12

Term 2 - Mon Apr 28 - Sat Jul 5

Term 3 - Mon Jul 21 - Sun Sep 21

Term 4 - Mon Oct 6 - Sat Dec 13

**Our term 1 finish date and term 2 start date differ from the Victorian School Holiday dates.

IMPORTANT DATES

JUNE 29 ATOMIC BLUE DEBUT, 63 Latitude Boulevard THOMASTOWN VIC

AUGUST 22-24 CHEERCON STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

SEPTEMBER 19-21 AASCF STATES, State Basketball Centre WANTIRNA VIC

OCTOBER 24-26 AASCF CLASSIC, State Basketball Centre WANTIRNA VIC ****TBC**

NOVEMBER 8-9 AUSSIE GOLD STATES, Melbourne Exhibition and Convention Centre, MELBOURNE VIC ****TBC**

NOVEMBER 16 ATOMIC SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 20-24 AASCF NATIONALS, Melbourne Exhibition and Convention Centre, MELBOURNE VIC

COMPETITIVE DANCE

2025 ATOMIC CLUB CALENDAR

JANUARY 27	CLOSED AUSTRALIA DAY PUBLIC HOLIDAY
JANUARY 28	FIRST DAY OF TERM 1
MARCH 10	CLOSED LABOUR DAY PUBLIC HOLIDAY
APRIL 11	LAST DAY OF TERM 1
APRIL 28	FIRST DAY OF TERM 2
JUNE 9	CLOSED KINGS BIRTHDAY PUBLIC HOLIDAY
JUNE 29	THE BLUE DEBUT - ATOMIC MID YEAR SHOWCASE
JULY 5	LAST DAY OF TERM 2
JULY 21	FIRST DAY OF TERM 3
AUGUST 8-10	AASCF BATTLE
AUGUST 22-24	CHEERCON STATES
SEPTEMBER 19	LAST DAY OF TERM 3
SEPTEMBER 19-21	AASCF STATES
OCTOBER 6	FIRST DAY OF TERM 4
OCTOBER 24-26	AASCF CLASSIC
NOVEMBER 4	CLOSED MELBOURNE CUP PUBLIC HOLIDAY
NOVEMBER 8-9	AUSSIE GOLD STATES
NOVEMBER 16	ATOMIC END OF YEAR SHOWCASE
NOVEMBER 20-24	AASCF NATIONALS
DECEMBER TBC	ATOMIC 2026 TEAM PLACEMENT SESSIONS
DECEMBER 12	LAST DAY OF TERM 4



WELCOME TO ATOMICALLSTARS

We are so thrilled to have you join us for our 2025 season.

Enroling is quick and easy:



STEP 1: VISIT OUR WEBSITE

www.atomiccheerleading.com.au

STEP 2: CLICK THE 2025 INFORMATION TAB

“click the 2025 enrolment form image”

This will direct you to our 2025 Membership form, please complete the whole form ensuring all questions are answered, once that part is complete you will be redirected to pay your 2025 membership fee. Please note this form should now allow you complete it on your mobile device.

Once this has been paid your 2025 membership is complete.

Please ensure you enrol by

Sunday 19th January 2024

to secure your spot ahead of second round tryouts.

STEP 3: PERSONALISED TIMETABLES AND 2025 TUITION PAYMENTS

Once your enrolment documents are complete our admin staff will be in touch to set up your payment method and send you your personalised timetable for 2025.



CONTACT US

Atomic Allstars cheerleading
63 Latitude blvd, Thomastown

☎ 0439035963

🖱 <http://www.atomiccheerleading.com.au>

✉ info@atomiccheerleading.com.au

📷 @atomicallstarscheer

APPAREL PAYMENTS TERM 1 AND TERM 2 DATES

Please visit our Store to make the following purchases for apparel. All items are available to purchase on pre-order in the store now. Simply pop onto the store through the app or on our website to purchase these items by the due date.

Wednesday 19th March 2025 (TERM 1)

2025 ATOMIC TRAINING WEAR

Payment due - \$118 **Please visit the website store to purchase. (we will handle sizing for all athletes).*

This is new in 2025 and all athletes must purchase a set. (EXEMPTION Kinder Cheer, Performance Cheer and CheerSport teams are not required to purchase club training wear but may choose to if they want to). Please note from term 2 onwards it will be COMPULSORY to wear to training. Twice a week teams will have 1 COMPULSORY training wear session, you will be notified shortly which session that is.

COMPETITION SOCKS

Payment due - \$12 **Please visit the website store to purchase (please select shoe size when ordering).*

Competition socks are new in 2025 please note below which colour your team requires:

White: Mini Magic, Stardust, Glow, Reign, Crush, Shimmer, Neon

Black: Icons, Miss Majesty, Wick3d, Lethal Ladies, Nitro, Steel, Ice Queens

TRIXSTAR SHOES

Payment due - \$139.95-\$159.95 pending size. Please visit the website store to purchase if you/your child requires TRIXSTAR shoes for their team and you do not already have them. (Please note we have most sizes in stock, if we are out of stock these items will be on pre-order). Please note below which colour your team requires:

White: Mini Magic, Stardust, Glow, Reign, Crush, Shimmer, Neon (OPTIONAL PURCHASE: Sprinkles, Starlets)

Black: Icons, Miss Majesty, Wick3d, Lethal Ladies, Nitro, Steel, Ice Queens

Monday 31st March 2025 (TERM 1)

2023-2025 UNIFORM DEPOSITS

If you/your athlete is **an existing** Atomic Member and the required uniform for their team this season, you do not need to purchase a new uniform, if your child has outgrown their uniform that you will need to repurchase. Please email info@atomiccheerleading.com.au to notify our staff that your child will need to be sized.

If you/your athlete are **new to Atomic** or have moved to a different team that requires a different uniform than you currently own, your child will automatically be sized for a uniform by our staff.

Payment Due - \$100 CheerSport Uniform (Sprinkles and Starlets)

Payment Due - \$200 Junior Uniform (Mini Magic, Stardust, Reign, Glow, Crush, Shimmer, Neon)

Payment Due - \$200 Open Uniform (Icons, Miss Majesty, Wick3d, Lethal Ladies, Nitro, Steel)

**Please visit the website store to purchase. (please note all you need to do is purchase, we shall handle sizing for all athletes and order accordingly).*

SECOND HAND UNIFORMS

We usually have access to a small number of second hand uniforms, if you would like to access one of these if one is available in your size please email info@atomiccheerleading.com.au by no later than **Monday 31st March** to notify our staff of this, please ensure to include the athletes name and team in the email, whilst we do our best to accommodate all requests for second hand uniforms we can't guarantee it.

****If you have Second hand uniforms to sell, keep your eye out for a separate post about how to bring these in for sale.***

Monday 5th May 2025 (TERM 2)

2023-2025 UNIFORM BALANCE

\$75 Payment Due - Balance of CheerSport Uniform (Sprinkles and Starlets)

\$170 Payment Due - Balance of Junior Uniform (Mini Magic, Stardust, Reign, Glow, Crush, Shimmer, Neon)

\$270 Payment Due - Balance of Open Uniform (Icons, Miss Majesty, Wick3d, Lethal Ladies, Nitro, Steel)

**Please visit the website store to purchase.*

COMPETITION PACK PAYMENTS TERM 1 AND TERM 2 DATES

You will receive an individual/family invoice for your competition packs and bows, this invoice will include both instalments of the competition pack along with any squad bows the athletes need for their teams. The invoice will be due in 2 parts. You will receive your competition pack invoices by Friday 29th March 2025.

Monday 7th April 2025 (TERM 1)

Competition Pack(s) Instalment 1 and squad bows

Monday 2nd June 2025 (TERM 2)

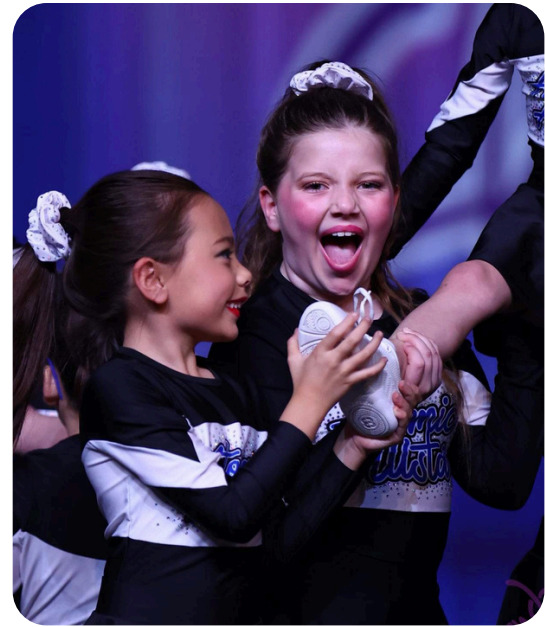
Competition Pack(s) Instalment 2

COMMUNICATION POLICY

In 2025 we're thrilled to announce the launch of our brand-new communication platform. This program is designed to create a more inclusive, professional and streamlined way for us to communicate, completely separate from social media accounts.

The Fit by Wix app will enable us to bring all our communication into one central and secure location making it easy to connect with teams, stay on top of important events, make bookings, or even browse our store, everything will now be right at your fingertips.

This new tool will change the way we connect, collaborate, and stay informed, and we couldn't be more excited to roll it out to our community.



OUR COMMUNICATION PLATFORM

Fit by Wix is an all-in-one platform that will centralise our communication and provide a seamless experience for everyone. Here's a quick overview of what you can expect:

Team Groups – We have one club wide Atomic Allstars Communication Group along with separate groups for each team within our program. This platform enables us to store files, photos and videos for easy accessibility and allows us to share important information quickly without that information getting lost in everyone's social media feeds. It is essential that every member of our club is a member of these pages as these will be the primary way we communicate with our community.

Event Calendar – Our events calendar will help you easily keep track of term dates, performance and competition dates, payment deadlines and other upcoming community events or activities. We will be able to update event details in real time and push out notifications of new or updated information, ensuring our community never miss vital information about our events.

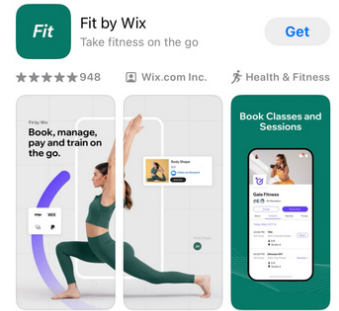
Services “Booking System” – Will allow you to effortlessly manage and book private lessons, tumble clinics, open gyms and other speciality classes, the same as we have been using on the website.

Store – Will allow you a direct link to our store so you can browse products and services directly through the app.



STEPS TO BECOME CONNECTED TO ATOMIC ALLSTARS

STEP 1: Visit the App Store or Google Play and download from the “Fit by Wix” app



STEP 2: Create a member login using your email
*(Some of you may already have a login through purchasing items or bookings through our website)

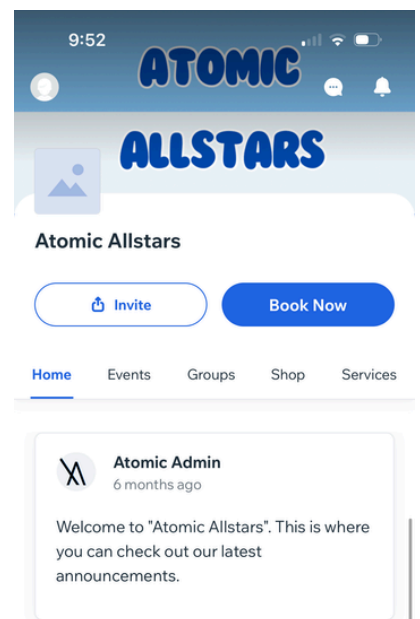
STEP 3: Join Atomic Allstars using the invite code: T31ZTO

STEP 4: Request to join the ‘Atomic Allstars Communication Group’

AND

your individual team communication groups.

STEP 5: Check your connected, once connected your home page will look like this



Atomic Allstars is where you can share posts, stay updated and chat with others in my community.

ATTENDANCE POLICY

Members of semi & elite competitive squads are required to have a high level of dedication to their team/s. As such, athletes are expected to attend every practice. Absences will be reviewed on an individual basis, however any more than 3 absences without a valid explanation will be highly frowned upon and may result in changes to the athletes routine, or removal from choreography altogether. A master absence log will be kept throughout the year for record of all absences and the nature of each absence.



EXCUSED absences include but are not limited to:

- Family bereavement
- School related function that reflects a grade (e.g Final Exam)
- A contagious illness with a doctor's certificate

UNEXCUSED absences include but are not limited to:

- Work commitments
- Sickness, cramps
- Formals, birthday parties, concerts, family gatherings etc
- School projects/homework or test revision
- School sports practices or other events
- Holidays
- Appointments
- Withholding child from training as a form of punishment

Athletes **MAY NOT** be absent from training in the **TWO** weeks before a competition or from choreography clinic and may result in changes to the athletes routine, or removal from choreography altogether.

PLEASE SCHEDULE ALL HOLIDAYS WHEN ATOMIC ALLSTARS CHEER IS CLOSED. ALL PLANNED ABSENCES MUST BE SUBMITTED IN WRITING TO YOUR COACH AT THE BEGINNING OF THE SEASON OR AS SOON AS THEY ARE KNOWN.

For all absences please email info@atomiccheerleading.com.au with the athlete name, squad, date of absence and reason for absence.

Athletes must be punctual to training. Please arrive a minimum of 10 minutes before the scheduled start time of your training session.

If you are running late to practice due to traffic, you must call or text 0439 035 963 to have our admin staff notify your coach.

PLANNED ABSENCES

If you/your athlete are planning to be away, we kindly ask that you notify the club by completing our absence form, which can be found on our website under the "2025 Information" tab. This will allow us to plan and ensure that all of our staff are notified.



HEALTH AND WELLBEING POLICY

While every care is taken to maintain the safest environment possible, parents and athletes need to note that cheerleading is a highly competitive and potentially dangerous sport, injuries do occur from time to time.

The coach in charge will assess any athlete that is injured during training and the appropriate course of action will be taken. If deemed necessary, an ambulance will be called immediately. Any associated charges will be the responsibility of the athlete/parent. As such, Atomic Allstars Cheer highly recommends that every athlete have Ambulance Cover at all times. If deemed necessary, a parent or emergency contact will be called to pick up the athlete and seek medical advice (doctor, physio, etc.). If deemed appropriate, an athlete will be allowed to return to training after taking a time out.

If an athlete suffers a short-term injury whereby they cannot participate in general training, they will still be expected to attend every training session and participate where appropriate (e.g. strength/conditioning, choreography, etc). If an athlete suffers a long-term injury, they may be replaced as needed by a fill-in athlete for the required number of competitions. An athlete with a long-term injury must discuss with their coach an appropriate time to return to training once their injury has healed. A doctor's certificate may be required. If any athlete is injured outside of training please notify reception immediately so your coach can plan for any training absences.

All athletes will have a Medical Form & Waiver to fill in as part of your membership forms. If any medical information changes throughout the year, reception must be notified in writing by emailing info@atomiccheerleading.com.au. If Atomic Allstars Cheer is not made aware of updated medical information we cannot be held responsible for lack of treatment or any wrongly administered treatments.

If you/your child would like to keep medication (eg. epipen) on site for any on-going conditions, please make sure all medication is clearly labelled with name & instructions.



BULLYING POLICY

Atomic Allstars Cheer has a ZERO tolerance for bullying.

Any athlete found to be engaging in bullying by any means, including but not limited to in person, via message or via social media, towards other athletes within the gym will be treated according to the following procedure:

- *First offence: Meeting and formal warning.*
- *Second offence: 1 week suspension from the gym.*
- *Third offence: Indefinite suspension from training. A meeting will be held with the relevant parties (eg. parents) to see when and **if** the athlete returns to training at Atomic.*

If your ban coincides or interferes with a competition, you will be replaced for that competition.



SPORTSMANSHIP/CONDUCT

All athletes AND parents must always:

1. Set a positive example for others to follow
2. Be respectful and courteous to everyone
3. Refrain from gossiping or any form of verbal or physical confrontation
4. Refrain from celebrating the misfortune or defeat of another person, team or program
5. Accept team placements and awards with dignity and class
6. Schedule an appointment to speak with an owner & coach to discuss any issues.



DRESS CODE

All athletes must wear appropriate attire to every training session. This may include designated practice wear. Coaches will address each team at the beginning of each term to discuss what is, and what is not, appropriate attire for each particular class, as well as designated practice wear, if any.

Athletes must have long hair tied back off the face for all classes unless specified otherwise by the coach. Athletes must remove all jewellery (including earrings) prior to each training session. Fingernails must be kept short at all times (includes no long, fake nails). Athletes must not wear any cheer/dance shoes that are used during class to or from ECDA, as outside dirt damages training floors and other equipment.



CODE OF CONDUCT



FOR ATHLETES AND PARENTS

UNIFORMS AND MERCHANDISE

- The Atomic name, team names & logos are not to be used for any custom made merchandise, apparel or products without express written consent from the owners.
- No modifications are to be made to any Atomic apparel, this includes but is not limited to adding transfers, and patches.
- Competition uniforms are for official functions and competitions only, they are not to be worn at outside events (e.g. themed parties).

OTHER

- The sale or distribution of any outside products is not allowed at ECDA without permission from an owner.
- Any athlete over the age of 18 found supplying drugs, tobacco or alcohol to underage athletes will face dismissal from the program
- Travel competitions are for athletes, staff & family only. No boyfriends/girlfriend will be allowed to accompany under 18 athletes to overnight competitions.

FACILITY CONDUCT

- No food, gum or soft drinks are permitted in the gym area other than strictly within the athlete's kitchen. Only water & sports drinks are allowed within the gym.
- All bags that are bought into the gym MUST be stored in the cubbies. NO bags are to be left on or in front of the floors.
- All drink bottles are to be stored on the designated tables during training, no bottles or belongings are to be left on the floors.
- All personal items must be taken with you at the end of class, please don't leave items lying around the gym.
- Respect the privilege of the use of ECDA and its facilities. Eg. Do not leave rubbish lying around.

Continued next page...

CODE OF CONDUCT

TRAINING AND COMPETITION CONDUCT

- Practices may be added or changed at any time during the season with notice.
- Parents, relatives, friends and cheerleaders are prohibited from speaking with competition officials for any reason.
- Anyone threatening to quit or pull his or her child from a team for any reason will be dismissed from the program immediately.
- Exhibit good sportsmanship in our gym and at all events.
- Designated practice wear must be worn to requested sessions.
- Always show respect for coaches, teammates, other Atomic Allstars Cheer athletes, parents, judges, official, spectators and opposing teams/parents.
- During practice individual opinions will not be taken into consideration. All squad and routine decisions are left to the discretion of the coaches.
- Each season many teams will go through losses and additions of team members. The dismissal/addition of a team member is solely at the coach's discretion.
- Athletes are required to attend ALL competitions.
- Be modest when successful and be gracious in defeat.
- Demonstrate good sportsmanship before, during and after competitions.
- Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans and judges during all practices & competitions
- No fake nails or dyed hair (unnatural colours) at competitions.
- No jewellery allowed at practice or competitions. All piercings must be removed, they **cannot** be taped.
- Atomic Allstars Cheer must be your first priority above high school sport, etc.
- The use of drugs, tobacco or alcohol is prohibited at training or competitions
- The use of abusive language or behaviour is prohibited at training or competitions
- Any injury that requires during or outside of training may require clearance by a doctor for the athlete to participate in training again. Your coach must sight the clearance. The clearance must specify the injury that is healed and that a return to vigorous physical activity is allowed.

SOCIAL MEDIA

Atomic acknowledges that our community wants to contribute content to social platforms such as Facebook, Instagram, Snapchat, Tik Tok etc. However, as inappropriate use of these platforms can cause irreparable damage to all parties, the following rules apply:

- The Atomic community must not share content or participate in any behaviour that does not align with our values, whilst wearing Atomic apparel or representing Atomic in anyway.
- The Atomic community are not permitted to create private groups/chats outside of the official team Facebook pages, if group chats/private Facebook groups are created disciplinary action may be taken. This includes but is not limited to suspension from training or removal from the program. This applies to both athletes and their parents/guardians.
- No athlete or parent may post inappropriate messages relating to Atomic Allstars Cheer, another program or an individual on any social media site including but not limited to Facebook, Instagram, TikTok Twitter, etc.
- No Atomic Allstars Cheer team videos are allowed to be posted on websites including but not limited to Facebook, Instagram, TikTok, YouTube, etc. without permission.
- The Atomic name, team names & logos are not to be used on any websites or social media sites (including as social media handles) without express written consent from the owners.
- The Atomic community are to refrain from direct messaging staff via social media more than 1 hour outside of your scheduled class time

PAYMENT PROCEDURES AND INFORMATION

Payments can be made at reception via cash or EFTPOS. Tuition is required to be managed via scheduled direct debits. We do not accept cheques. All class tuition, enrolment and competition bundle costs are non-refundable in the event of injury, sickness, dismissal, and non-attendance of classes by the athlete or discontinuation of a squad.

The Base Competition Fee Pack for your squad will be billed separately via an invoice however this can be added to your direct debit upon request. Atomic Allstars Cheer is not responsible for reimbursing travel expenses, competition fees or term fees to an athlete who is injured, sick, moved or dismissed from a team.

ATTENTION: JOINING AN ALLSTAR PROGRAM INCLUDES COMMITTING TO A FULL YEAR OF CLASSES & TUITION. FEES ARE NOT REFUNDABLE UNDER ANY CIRCUMSTANCES. PLEASE READ THE FOLLOWING TERMS SO YOU CAN MAKE AN INFORMED DECISION.

Enrolment fee MUST be paid upon commencing classes and a tuition Debit form completed by all customers prior to the commencement of their first class (with the exception of a free trial class). A tuition debit form is required to be completed at enrolment covering all tuition costs for the year up to and including December 2024. Athletes enrolling during the year will be required to pay fees from the month they join onwards with a reduction for their joining month (i.e. enrolling 15th April will mean April's payment will be 50% off the full monthly amount).

Payment plans require weekly direct debit payments for tuition. (fortnightly or monthly available upon request).

Class tuition is a contract formed upon submission the enrolment document with direct debit payment agreement or pay upfront agreement. The contract start date is the date of recorded by the digital submission of the enrolment document by the customer who submits that form. The contract expires on the 31st of December 2024 OR once the full amount owed is paid. As part of our class tuition contract we allow a 21-day cooling off period from the class commencement date for customers to choose to cancel their tuition contract without any repercussions. After the 21-day period, customers have a legal obligation to fulfil their contract; all costs must be paid in full. FIRST YEAR SEMI COMPETITIVE ATHLETE EXCEPTION: The tuition contract for first year semi competitive athletes allows for an extended cooling off period. These athletes must advise us in writing by no later than the Thursday 21st of March that they wish to cancel their tuition contract without any repercussions. After this date, first year semi competitive customers have a legal obligation to fulfil their contract; all costs must be paid in full.

Scheduled payments that fail to transact or bounce will result in a temporary loss of service to the athletes: they will be gently re-moved from classes until the payment is made. Failed payments will incur an automatic \$21.90 Failed Payment Fee. In addition to this each dishonoured debit payment will also attract a \$10 administration fee from Atomic to cover the time spent chasing up missed payments. If outstanding payments continue to fail to the point that we are required to pass the debt onto a debt collector, all debt collectors' fees will be added on top of the outstanding amount owed. In the event of serious injury or severe illness, debit payments may be suspended for athletes who are incapable of attending training for a period of time longer than 4 weeks. To suspend your payments, a suspension form will need to be filled in and submitted to the office to be approved along with a medical certificate outlining the terms of the reason for suspension including length of time. Suspension requests cannot be backdated and can only be approved at the discretion of the Atomic Management team.