

ATOMIC

ALLSTARS CHEER



2024 INFORMATION PACK

ELITE CHEER & DANCE ACADEMY

63 LATITUDE BLVD, THOMASTOWN

INFO@ATOMICCHEERLEADING.COM.AU

0439035963

ABN: 19 162 017 601



WELCOME TO ATOMIC ALLSTARS

Atomic Allstars Cheer has become one of the biggest cheer families in Australia, and we can't wait to see what 2024 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. With 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 2024 season.

WHAT IS 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.



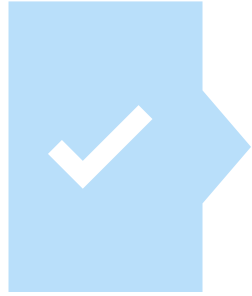
OUR FACILITY

2016 saw the opening of our brand new facility – The Elite Cheer & Dance Academy. ECDA is a state of the art facility, purpose built for cheerleading & dance.

ECDA boasts an impressive list of specialist equipment:

- 2 x 9 run sprung competition floors
- 4 run matted floor
- Sprung tumble floor
- Matted stretch and warm up floor
- 14m x 6m Marley dance floor with mirrors
- 10m Acromat tumble trampoline
- Crash mats, shapes and other equipment to support safe skill development

OUR CORE VALUES



COMMITMENT

An environment where athletes demonstrate dedication and loyalty to one another, they accept decisions for the best of their team and show up for each other.



DETERMINATION

An environment that fosters both resilience and persistence where our coaches work with athletes to set goals and support them whilst they work hard to achieve them.



EXCELLENCE

An environment where athletes are encouraged to strive to achieve their best in a safe, structured and fun training program.



INCLUSIVITY

An environment where everyone is included and valued for their individuality.



POSITIVITY

A positive environment for ALL where athletes display great sportsmanship.



CHEER PROGRAMS

EXPLAINED AT A GLANCE

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

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.

- No competitions
- 2 x performances at club showcase
- Ages 5-12 years old
- 1 x 1 hour session per week
- Low cost
- Low commitment



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
- Strict attendance policy
- 1 x training per week (1.5 - 2.5hrs depending on age and level)
- Attends 2-4 competitions per year
- Wears Atomic sublimated uniform for performances
- All competitions in Melbourne



CHEER PROGRAMS

EXPLAINED AT A GLANCE

ALLSTAR NOVICE

As part of our **Elite Competitive** Program our Allstar Novice teams are perfect for cheerleaders that are ready to take a step into Allstar cheerleading.

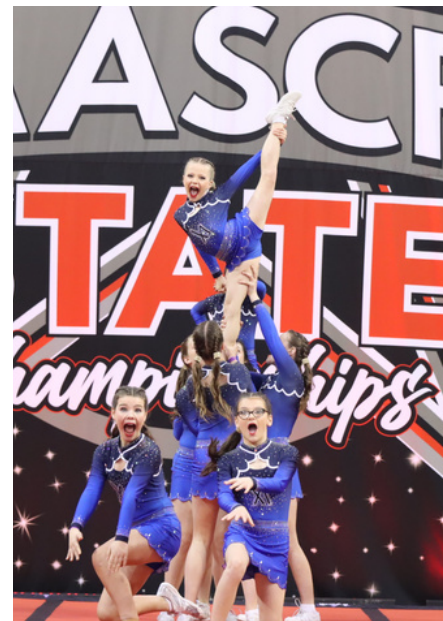
- Strict attendance policy
- 2 x trainings per week (2.5-4hrs depending on age)
- Attends 5-6 competitions per year
- Wears Atomic sublimated uniform for all performances



ALLSTAR LEVEL 1-5

As part of our **Elite Competitive** Program our Allstar 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- 6.5hrs depending on age and level)
- Attends 5-6 competitions per year
- Wears Atomic sublimated uniform for all performances



WORLDS LEVEL 5+6

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 (4- 6.5hrs depending on age and level)
- Attends 5-6 competitions per year
- Wears Atomic sublimated uniform for all performances
- Intends to win a bid to compete internationally



COMPETITIVE CHEER

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.

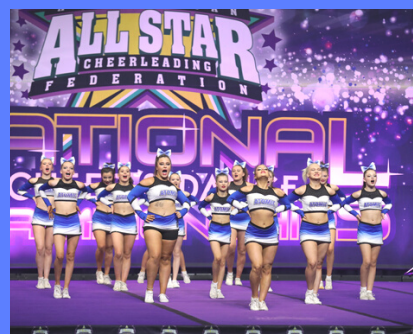
FLYER REQUIREMENTS

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.

	TUMBLING	STUNTING
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	<ul style="list-style-type: none"> • Backward roll • Cartwheel forward roll • Fall into bridge and/or kick over 	<ul style="list-style-type: none"> • Prep • Extension teddy • Single based mid hold • Braced extension
Level 1	<ul style="list-style-type: none"> • Round off (RO) • Front walkover (FWO) • Back walkover (BWO) 	<ul style="list-style-type: none"> • Quarter up to prep • Body position to body position tic toc • Quarter up to single leg stunt with bracer
Level 2	<ul style="list-style-type: none"> • Back handspring (BHS) • BWO BHS • RO BHS • RO multiple BHS • FWO RO BHS 	<ul style="list-style-type: none"> • Half up to extension • Half twisting tic toc • Inversion from ground to single leg • Inversion from ground to extension
Level 3	<ul style="list-style-type: none"> • Standing multiple BHS • Jump BHS • RO tuck • RO BHS tuck • Aerial 	<ul style="list-style-type: none"> • Full up to body position • Switch up to body position • Half up to extended single leg • Inversion to extended single leg
Level 4	<ul style="list-style-type: none"> • BHS to tuck • Standing tuck • RO layout • RO BHS layout • RO whip to layout 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Jump tuck • BHS to layout • RO full • RO BHS full 	<ul style="list-style-type: none"> • Full up switch up to extended single leg • Released inversion to extended single leg • 1 and a quarter up to extension



RECREATIONAL CHEER

KINDER CHEER



As part of our recreational program Kinder Cheer is perfect for children aged 2-4 years old who want to learn about the different aspects of cheerleading in a fun, friendly and supportive environment. This class focuses on gross and fine motor development required for all sports but particularly for progression into our performance and competitive cheer programs. Parents are required to attend this class and assist their child to participate.

WEEKLY COMMITMENT

1 x weekly training

2024 CLUB MEMBERSHIP

\$99 - Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	TERM COST
ATOMS (TERM 1)	45MINS (1x TRAINING SESSION PER WEEK 8 SESSIONS)	\$144
ATOMS (TERM 2)	45MINS (1x TRAINING SESSION PER WEEK 10 SESSIONS)	\$180
ATOMS (TERM 3)	45MINS (1x TRAINING SESSION PER WEEK 10 SESSIONS)	\$180
ATOMS (TERM 4)	45MINS (1x TRAINING SESSION PER WEEK 10 SESSIONS)	\$180
*PAID UPFRONT AT THE START OF EACH TERM *PRO RATA FOR LATER STARTING DATE		

ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

RECREATIONAL CHEER

PERFORMANCE CHEER



As part of our recreational program Performance Cheer is perfect for beginners who want to learn all aspects of cheerleading, in a fun, friendly and supportive environment. This team does not compete but prepares a routine to perform at our clubs showcases, which are held in June and November.

WEEKLY COMMITMENT

1 x weekly training

TEAMS	HOURS OF TRAINING PER WEEK DURING SCHOOL TERM	SEMESTER COST
COMETS (SEMESTER 1)	1 HOUR (1xTRAINING SESSION PER WEEK FOR 20 WEEKS)	\$300
COMETS (SEMESTER 2)	1 HOUR (1xTRAINING SESSION PER WEEK FOR 20 WEEKS)	\$300
*PAID UPFRONT AT THE START OF SEMESTER *PRO RATA FOR LATER STARTING DATE		

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

APPAREL

- Club T-shirt (included in membership)
- Club Scrunchies/Bow (included in membership)
- Black bike shorts
- All white shoes/runners

ATOMIC 2024 TERM DATES

SEMESTER 1

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Thu 28th Jun

SEMESTER 2

TERM 3 Mon 15th Jul to Fri 20th Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

SEMI COMPETITIVE CHEER

CHEERSPORT

Our CheerSport program is perfect for both new and experienced cheerleaders who want an introduction to competitions.

WEEKLY COMMITMENT

1 x weekly trainings with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
TINY/MINI CHEERSPORT GRADE 1 - SPRINKLES	1 HOURS (1xTRAINING SESSION PER WEEK)	\$20
JUNIOR CHEERSPORT GRADE 1 - STARLETS	1.5 HOURS (1xTRAINING SESSIONS PER WEEK)	\$25
*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024		

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$152.50 - Instalment one due 13th March 2024 (purchase via our website)

\$152.50 - Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to ATC Vic Starz Championship and Cheerbrandz Super Nationals
- Professional team photo
- Nationals merchandise
- Competition music

APPAREL

\$100 apparel deposit due 13th March 2024, (purchase via our website)

then balance of apparel invoice due 15th April 2024

Includes:

- 2024 Atomic CheerSport uniform - \$150

SHOES

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



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

SEPTEMBER 7-8 ATC VIC STARZ CHAMPIONSHIP, Waverley Netball Centre GLEN WAVERLEY VIC

OCTOBER 27 CHEERBRANDZ SUPER NATIONALS, Melbourne Sports Centre, PARKVILLE VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

SEMI COMPETITIVE CHEER

ALLSTAR NOVICE

Perfect for both new and experienced cheerleaders who want an introduction to competitions.

WEEKLY COMMITMENT

1 x weekly trainings with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
MINI NOVICE - MINI MAGIC	2.5 HOURS (1x TRAINING SESSION PER WEEK)	\$40
JUNIOR NOVICE - STARDUST	2.5 HOURS (1x TRAINING SESSION PER WEEK)	\$40
SEMI COMPETITIVE CROSSOVER FEE	-	\$12-\$15
*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024		

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$205 - Instalment one due 13th March 2024 (purchase via our website)

\$205 - Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to competitions, ATC Vic Starz Championship, AASCF States and Cheerbrandz Super Nationals
- Professional team photo
- Nationals merchandise
- Competition music

APPAREL

\$60 - practice wear shorts 23rd February 2024 (purchase via our website)

\$200 - uniform deposit due 4th March 2024 (purchase via our website)

then balance of apparel invoice due 15th April 2024

Includes:

- Squad bow - \$25-\$30
- 23/24 Atomic junior uniform - \$370

SHOES

- All semi competitive athletes require Trixstar Cheer shoes in White (Junior uniform). These are separate to the Apparel Pack and can be purchased via our website (\$160)



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

SEPTEMBER 7-8 ATC VIC STARZ CHAMPIONSHIP, Waverley Netball Centre GLEN WAVERLEY VIC

SEPTEMBER 20-22 AASCF STATES, State Basketball Centre WANTIRNA VIC

OCTOBER 27 CHEERBRANDZ SUPER NATIONALS, Melbourne Sports Centre, PARKVILLE VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

SEMI COMPETITIVE CHEER

ALLSTAR LEVEL 1 & LEVEL 2

Perfect for both new and experienced cheerleaders who want an introduction to competitions.

WEEKLY COMMITMENT

1 x weekly training with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
OPEN NON TUMBLE LEVEL 2 - LUNAR	2.5 HOURS (1X TRAINING SESSION PER WEEK)	\$40
ADULT NON TUMBLE LEVEL 1 - ICONS	1.5 HOURS (1 X TRAINING SESSION PER WEEK)	\$25
SEMI COMPETITIVE CROSSOVER FEE	-	\$12-\$15
*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024		

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$222.50 - Instalment one due 13th March 2024 (purchase via our website)

\$225.50 - Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to ATC Vic Starz Championship, AASCF States and Cheerbrandz Super Nationals
- Professional team photo
- Nationals merchandise
- Competition music

APPAREL

\$60 - 23/24 practice wear shorts 23rd February 2024 (purchase via our website)

\$200 - apparel deposit due 4th March 2024 (purchase via our website)

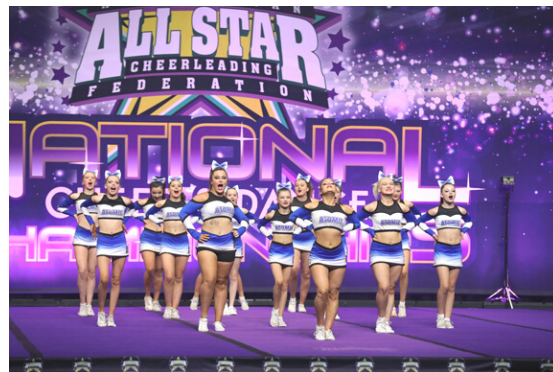
then balance of apparel invoice due 15th April 2024

Includes:

- 23/24 Squad bow - \$25-\$35
- 23/24 Atomic senior/open uniform - \$470

SHOES

- All semi competitive athletes require Trixstar Cheer in Black (Senior/Open uniform). These are separate to the Apparel Pack and can be purchased via our website (\$160)



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

AUGUST 23-25 CHEERCON STATE CHAMPIONSHIP, Casey Stadium, CASEY VIC

SEPTEMBER 20-22 AASCF STATES, State Basketball Centre WANTIRNA VIC

OCTOBER 27 CHEERBRANDZ SUPER NATIONALS, Melbourne Sports Centre, PARKVILLE VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

ELITE COMPETITIVE CHEER

ALLSTAR NOVICE - LEVEL 4

Our Allstar Novice to Level 4 teams are perfect for experienced cheerleaders who are ready to push themselves to be the best they can be.

WEEKLY COMMITMENT

2 x weekly trainings with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
YOUTH NOVICE - TWINKLES	3.5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$49
JUNIOR LEVEL 1 - GOLDEN GIRLS	5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$63
YOUTH LEVEL 2 - SHIMMER	5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$66
JUNIOR LEVEL 3/4 - ENVY	5 HOURS (2x TRAINING SESSIONS PER WEEK)	\$66
FLYERS CLASS	30 MINUTES	\$10
ATHLETE CROSSOVER	-	\$20-\$23

*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$300 - Instalment one due 13th March 2024 (purchase via our website)

\$300 - Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to AASCF Winterfest, ATC Vic Starz Championship, AASCF States, Aussie Gold State Championship, Cheerbrandz Super Nationals
- Professional team photo
- Nationals merchandise
- Competition music

APPAREL

\$135 - 23/24 Atomic practice wear set, 23rd February 2024 (purchase via our website)

\$200 - Apparel deposit due 4th March 2024 (purchase via our website)

then balance of apparel invoice due 15th April 2024

Includes:

- 23/24 Squad bow - \$25-\$35
- 23/24 Atomic Junior uniform - \$370

SHOES

- All elite competitive athletes require Trixstar Cheer shoes in White (Junior uniform). These are separate to the Apparel Pack and can be purchased via our website (\$160).



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

JUNE 28-30 AASCF WINTERFEST, State Basketball Centre WANTIRNA VIC

SEPTEMBER 7-8 ATC VIC STARZ CHAMPIONSHIP, Waverley Netball Centre GLEN WAVERLEY VIC

SEPTEMBER 20-22 AASCF STATES, State Basketball Centre WANTIRNA VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 9-10 AUSSIE GOLD STATE CHAMPIONSHIP, State Basketball Centre WANTIRNA VIC *DATE TBC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 5-9 AASCF NATIONALS, Gold Coast Convention and Exhibition Centre GOLD COAST QLD

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

NATIONALS TRAVEL DATES

Final trainings prior to Nationals will occur in Melbourne on Monday 2nd & Tuesday 3rd December.

All athletes must be present.

You **MUST NOT** begin traveling to QLD until Wednesday 4th December.

ELITE COMPETITIVE CHEER

ALLSTAR NON TUMBLE

Our Allstar Non Tumble teams are perfect for experienced cheerleaders who are ready to push themselves to be the best they can be.

WEEKLY COMMITMENT

2 x weekly trainings with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
OPEN LEVEL 3 NON TUMBLE - TITANIUM	3.5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$49
OPEN LEVEL 4 NON TUMBLE - ONYX	3.5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$49
OPEN LEVEL 5 NON TUMBLE - SHADOW	3.5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$49
PARTNER STUNT	30 MINUTES	\$TBC
FLYERS CLASS	30 MINUTES	\$10
SENIOR/OPEN CROSSOVER	-	\$20-\$23

*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$302.50 - Instalment one due 13th March 2024 (purchase via our website)

\$302.50 - Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to AASCF Winterfest, CheerCon State Championships, AASCF States, Aussie Gold State Championship and AASCF Nationals
- Professional team photo
- Nationals merchandise
- Competition music

APPAREL

\$135 - 23/24 Atomic practice wear set 23rd February 2024 (purchase via our website)

\$200 - 23/24 apparel deposit due 4th March 2024 (purchase via our website)

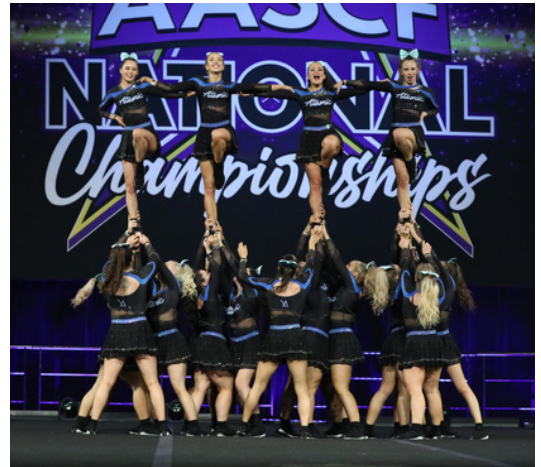
then balance of apparel invoice due 15th April 2024

Includes:

- 23/24 Squad bow - \$35
- 23/24 Atomic senior/open uniform - \$470

SHOES

- All elite competitive athletes require Trixstar Cheer shoes in Black (senior/open uniform). These are separate to the Apparel Pack and can be purchased via our website (\$160)



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

JUNE 28-30 AASCF WINTERFEST, State Basketball Centre WANTIRNA VIC

AUGUST 23-25 CHEERCON STATE CHAMPIONSHIP, Casey Stadium, CASEY

SEPTEMBER 20-22 AASCF STATES, State Basketball Centre WANTIRNA VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 9-10 AUSSIE GOLD STATE CHAMPIONSHIP, State Basketball Centre WANTIRNA VIC *DATE TBC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 5-9 AASCF NATIONALS, Gold Coast Convention and Exhibition Centre GOLD COAST QLD

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

NATIONALS TRAVEL DATES

Final trainings prior to Nationals will occur in Melbourne on Monday 2nd & Tuesday 3rd December.

All athletes must be present.

You **MUST NOT** begin traveling to QLD until Wednesday 4th December.

ELITE COMPETITIVE CHEER

ALLSTAR LEVEL 4

Our Allstar Level 4 teams are perfect for experienced cheerleaders who are ready to push themselves to be the best they can be.

WEEKLY COMMITMENT

2 x weekly trainings with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
OPEN LEVEL 4 - COSMIC 4	5 HOURS (2X TRAINING SESSIONS PER WEEK)	\$66
PARTNER STUNT	30 MINUTES	\$TBC
FLYERS CLASS	30 MINUTES	\$10
SENIOR/OPEN CROSSOVER	-	\$20-\$23

*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$315 - Instalment one due 13th March 2024 (purchase via our website)

\$315 - Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to AASCF Winterfest, CheerCon State Championships, AASCF States, CheerBrandz Super Nationals and AASCF Nationals
- Professional team photo
- Nationals merchandise
- Competition music

APPAREL

\$135 - 23/24 Atomic practice wear set 23rd February 2024 (purchase via our website)

\$200 - apparel deposit due 4th March 2024 (purchase via our website)

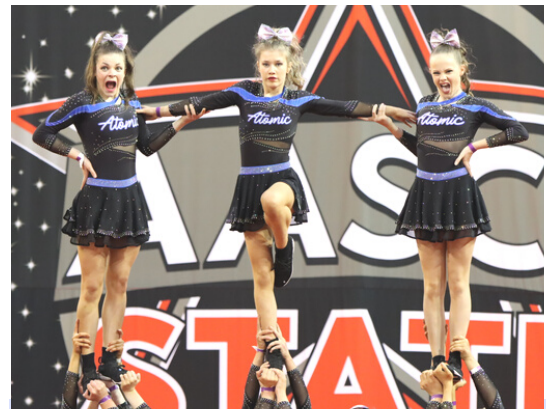
then balance of apparel invoice due 15th April 2024

Includes:

- 23/24 Squad bow - \$35
- 23/24 Atomic senior/open uniform - \$470

SHOES

- All elite competitive athletes require Trixstar Cheer shoes in Black (senior/open uniform). These are separate to the Apparel Pack and can be purchased via our website (\$160)



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 15th Apr to Sun 30th Jun

TERM 3 Mon 15th Jul to Sun 22nd Sept

TERM 4 Mon 7th Oct to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

JUNE 28-30 AASCF WINTERFEST, State Basketball Centre WANTIRNA VIC

AUGUST 23-25 CHEERCON STATE CHAMPIONSHIP, Casey Stadium, CASEY

SEPTEMBER 20-22 AASCF STATES, State Basketball Centre WANTIRNA VIC

OCTOBER 27 CHEERBRANDZ SUPER NATIONALS, Melbourne Sports Centre, PARKVILLE VIC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 5-9 AASCF NATIONALS, Gold Coast Convention and Exhibition Centre GOLD COAST QLD

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

NATIONALS TRAVEL DATES

Final trainings prior to Nationals will occur in Melbourne on Monday 2nd & Tuesday 3rd December.

All athletes must be present.

You **MUST NOT** begin traveling to QLD until Wednesday 4th December.

ELITE COMPETITIVE CHEER

WORLDS LEVELS 5 & LEVEL 6



Our worlds program is specifically formed with the intention of receiving a bid to compete at the IASF Cheerleading World Championships in Florida. Athletes within our worlds program are expected to have a high level of commitment, determination and self discipline towards achieving this goal. It is expected that most of the athletes who compete on these worlds teams in Australia will also travel with the team.

WEEKLY COMMITMENT

2 or 3 x weekly trainings with a strict attendance policy

LEVEL AND TEAMS	HOURS OF TRAINING PER WEEK DURING TERM	COST *PAID WEEKLY
IASF SENIOR LEVEL 5 - OBSESSION	5 HOURS (2xTRAINING SESSIONS PER WEEK)	\$66
IASF OPEN LEVEL 6 NON TUMBLE - ICE QUEENS	5 HOURS (3xTRAINING SESSIONS PER WEEK)	\$66
FLYERS CLASS	30 MINUTES	\$10
ATHLETE CROSSOVER	-	\$20-\$23

*PAID WEEKLY FOR 46 CONSECUTIVE WEEKS STARTING 29TH JANUARY 2024

2024 CLUB MEMBERSHIP

\$99 Includes: 2024 Club T-shirt, Bow and Personal Accident Insurance cover

COMPETITION PACK

\$335 Instalment one due 13th March 2024 (purchase via our website)

\$335 Instalment two due 17th June 2024 (purchase via our website)

Includes:

- Athlete entry to competitions
- Professional team photo,
- Nationals merchandise
- Competition music

APPAREL

\$135 - 23/24 Atomic practice wear set 23rd February 2024 (purchase via our website)

\$200 - apparel deposit due 4th March 2024 (purchase via our website)

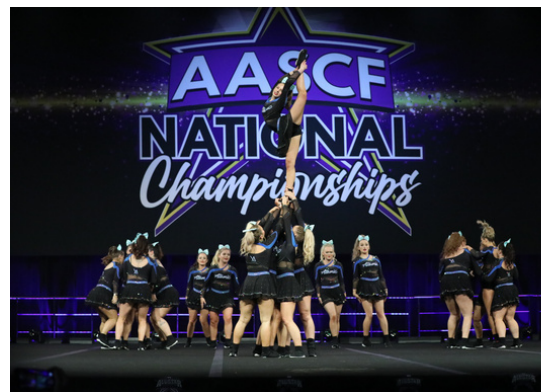
then balance of apparel invoice due 15th April 2024

Includes:

- 23/24 Squad bow - \$25-\$35
- 23/24 Atomic senior/open uniform - \$470

SHOES

- All elite competitive athletes require Trixstar Cheer shoes in Black (Senior/Open uniform). These are separate to the Apparel Pack and can be purchased via our website (\$160)



ATOMIC 2024 TERM DATES

TERM 1 Mon 29th Jan to Thur 28th Mar

TERM 2 Mon 8th Apr to Sun 30th Jun

TERM 3 Mon 8th Jul to Sun 22nd Sept

TERM 4 Mon 30th Sept to Sun 15th Dec

IMPORTANT DATES

JUNE 23 ATOMIC MID YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

JUNE 28-30 AASCF WINTERFEST, State Basketball Centre WANTIRNA VIC

AUGUST 9-10 CHEERCON WORLDS EXPERIENCE, ICC Darling Harbour SYDNEY NSW *TBC

SEPTEMBER 20-22 AASCF STATES, State Basketball Centre WANTIRNA VIC

OCTOBER 27 CHEERBRANDZ SUPER NATIONALS, Melbourne Sports Centre, PARKVILLE VIC

NOVEMBER 2-3 AUSSIE GOLD NATIONALS Adelaide Entertainment Centre, ADELAIDE SA *TBC

NOVEMBER 8 ATOMIC AWARDS GALA, Emerald Reception, 213 Settlement Road THOMASTOWN VIC

NOVEMBER 24 ATOMIC END OF YEAR SHOWCASE, 63 Latitude Boulevard THOMASTOWN VIC

DECEMBER 5-9 AASCF NATIONALS, Gold Coast Convention and Exhibition Centre GOLD COAST QLD

DECEMBER 16-18 ATOMIC 2025 TRYOUTS, 63 Latitude Boulevard THOMASTOWN VIC

INTERSTATE WORLDS BID TRAVEL

DO NOT book anything for CheerCon Worlds Experience or Aussie Gold Nationals. As a club we will determine which Bid providing competition we will attend and then all travel and accommodation will be booked for you as a team.

NATIONALS TRAVEL DATES

Final trainings prior to Nationals will occur in Melbourne on Monday 2nd & Tuesday 3rd December. **All athletes must be present.** You **MUST NOT** begin traveling to QLD until Wednesday 4th December.

COMMUNICATION

POLICY

ADMINISTRATION OFFICE HOURS

All invoicing related questions/enquiries need to be made via email to invoices@atomiccheerleading.com.au, please allow 72 hours for a response as our administration staff only work limited days/hours.

WEBSITE

For a current copy of our information pack, policies, procedures and timetable please visit our website:
www.atomiccheerleading.com.au

SOCIAL MEDIA POLICY

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, Tik Tok, Twitter, etc.
- No Atomic Allstars Cheer team videos are allowed to be posted on websites including but not limited to Facebook, Instagram, Tik Tok, 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.

CONTACTING COACHES/STAFF

If you need to contact coaches/staff please use the info@atomiccheerleading.com.au email address where possible and a member of our team will get back to your query within 72 hours.

We know that text messages & Facebook Messenger are quick & convenient methods of communication, however if you are going to engage this way please stick to the following rules:

- When contacting coaches/staff with class specific queries please only message them between 9am - 9pm and allow them 72 hours to respond. We do not require our staff to be on call to answer your queries 24/7 and each staff member works only limited hours.
- Utilise email where possible for all non-urgent queries.

Admin staff should not be contacted via Facebook for any invoice/administration queries, please see above for the appropriate method of contact for admin queries.

CLASS 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.

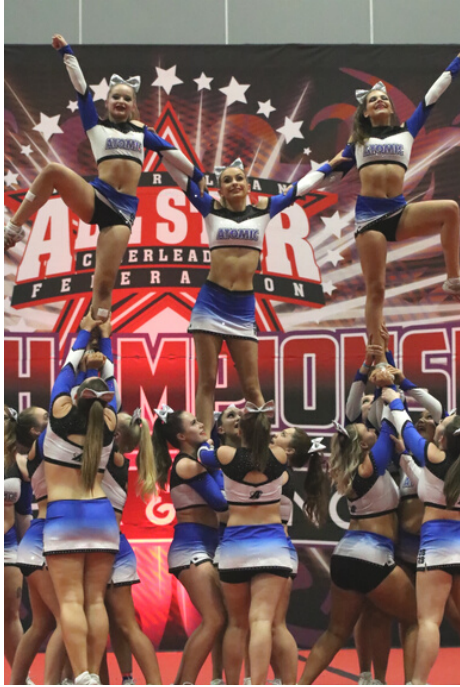
PLEASE SCHEDULE ALL HOLIDAYS WHEN ATOMIC ALLSTARS CHEER IS CLOSED. ALL PLANNED ABSENCES MUST BE SUBMITTED IN WRITING TO YOUR COACH AT THE BEGINNING OF THE SEASON OR AS SOON AS THEY ARE KNOWN.



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

2024 ENROLMENT

PROCESS



We are so thrilled that you are joining **ATOMIC** for our 2024 season. Enroling is quick and easy:

STEP 1: VISIT OUR WEBSITE

www.atomiccheerleading.com.au

STEP 2: CLICK THE 2024 INFORMATION TAB

locate the “click here to enrol” button

This will direct you to our 2024 Membership form, please complete the whole form ensuring all questions are answered, once that part is complete you will be redirected to pay your 2024 membership fee.

Once this has been paid your 2024 membership is complete.

Please ensure you enrol by

Wednesday 10th January 2024

to secure your spot ahead of third round tryouts.

STEP 3: PERSONALISED TIMETABLE AND 2024 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 2024. Please note our admin team is on holidays from Sat 23rd Dec - Mon 8th Jan.



CONTACT US

ATOMIC ALLSTARS CHEERLEADING

63 LATITUDE BLVD, THOMASTOWN

0439035963 OR 0421876253

WWW.ATOMICCHEERLEADING.COM.AU

INFO@ATOMICCHEERLEADING.COM.AU

@ATOMICALLSTARSHEER

HEALTH & WELLBEING

POLICY

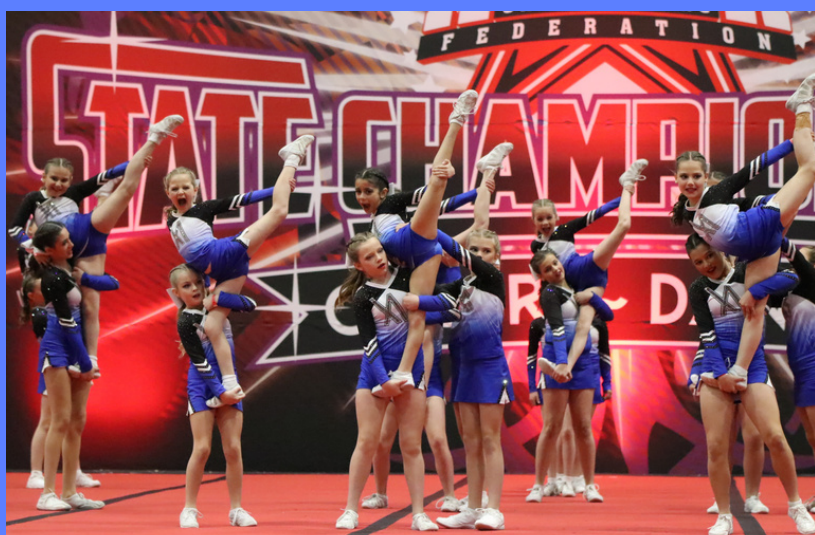
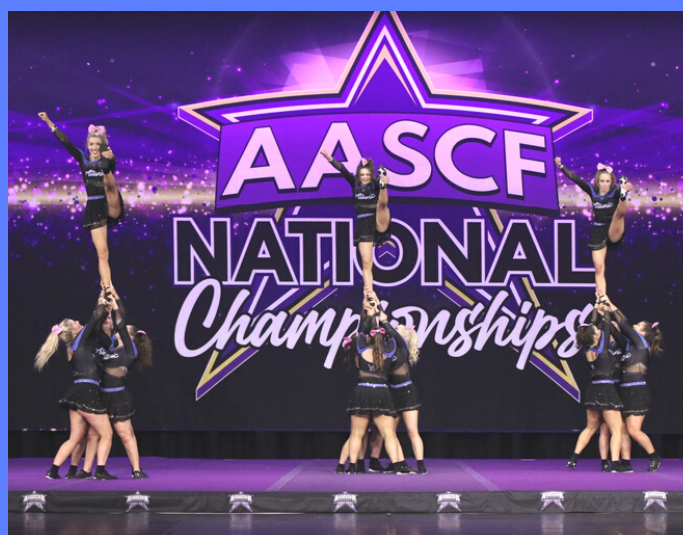
While every care is taken to maintain the safest environment possible, parents and athletes need to note that cheerleading is a highly competitive and potentially dangerous sport, injuries do occur from time to time.

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.



CODE OF CONDUCT

FOR ATHLETES AND PARENTS



TRAINING AND COMPETITION CONDUCT

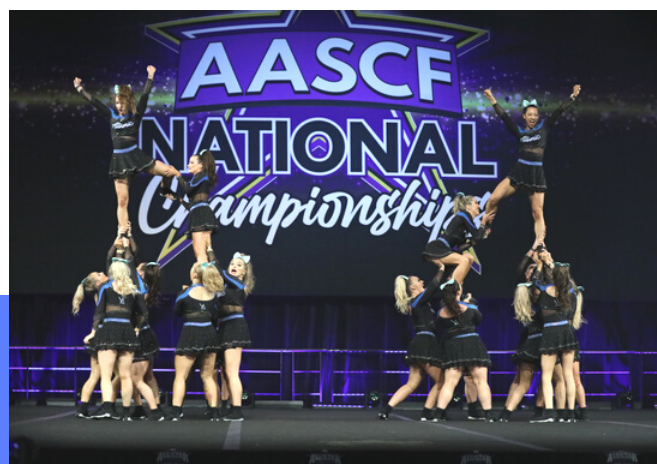
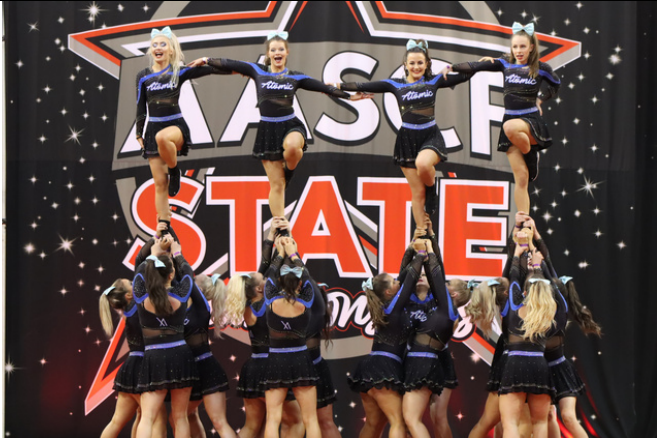
- Practices may be added or changed at any time during the season with notice.
- Parents, relatives, friends and cheerleaders are prohibited from speaking with competition officials for any reason.
- Anyone threatening to quit or pull his or her child from a team for any reason will be dismissed from 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.

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CODE OF CONDUCT

FOR ATHLETES AND PARENTS



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 the gym or text your coach to let them know.
- Holidays & excused absences must be submitted to your coach in writing at the beginning of the season or as soon as known.

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.
- 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 brought into the gym MUST be stored on the bleachers or in the cubbies. NO bags are to be left on or in front of 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.

BEHAVIOUR POLICIES

FOR ATHLETES AND PARENTS

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

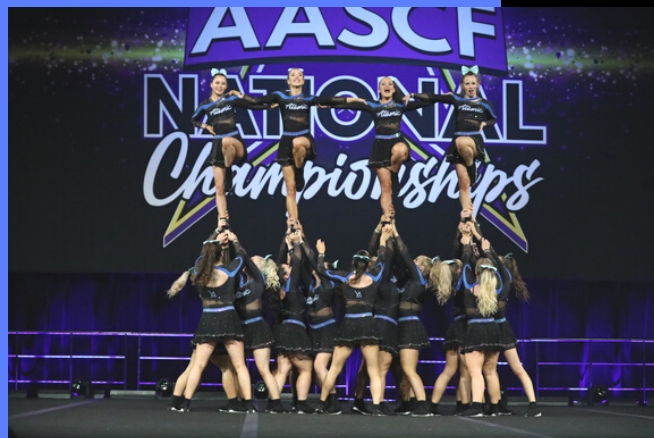
All athletes AND parents must always:

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.



FINANCIAL OBLIGATIONS

AND PAYMENT PROCEDURES

PAYMENT 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.

