



2023 handbook



WWW.ELECTRIXCHEERLEADING.COM

who we are..



Our humble beginnings.

Coach Annabel gathered a group of friends in July 2015 to practice cheerleading as a way of rehabilitating herself after surgery. The operation involved removing a bone tumour from her upper thigh and had meant that she could no longer participate in her regular dance and gymnastics activities. So, Electrix was born!

As more and more friends joined in the fun. Electrix expanded to add more teams and formal training for our coaches. We began to travel to other gyms to learn and across the country for competitions! A photo of that founding team of 20 can be seen above Maxine's desk. They'll always have a special place in our hearts!

Our inspiring journey..

After renting various school gyms and gymnastic centres, in 2017 we moved into our own space at FlipOut. Then in 2020 we moved into our very own purpose designed facility on Bolt Road! The 7 panel sprung floor, athlete area and myriad of training equipment we now have was just what our hard working kids deserved.

We now not only boast such a large facility, but also have a highly experienced USASF qualified coaching team, banners flying on the walls showing our amazing competition results and have become well-known as the place to be for gym sports in the Nelson/Tasman region. We're so proud!

Our club-wide values.

We have always been and will always be more than a sports club. We believe that we have a duty to not only teach our young people how to excel in their sport, but also to instil values that will help them succeed in all future endeavours. Our 3 P's, with their proud place on the gym wall, guide the way we do this:

Passion: having loving for ourselves, love for each other and love for what we do

Power: giving 110% to everything and trusting our inner strength

Perfection: not stopping when we get it right, stopping when we can't get it wrong

what we do..



Cheerleading

All star cheerleading combines dance, gymnastics and acrobatics into one incredible team sport for both boys and girls. Athletes learn a fast-paced and high-intensity 2.5 minute routine which incorporates these acrobatic lifts, flips, jumps and dance sections!

It really is the ultimate team sport - athletes grow to have the utmost trust in their teammates and a bond like no other. You have to, you're letting them throw you in the air! They also learn the true meaning of dedication, co-operation and discipline whilst building a strong foundation in strength and flexibility which supports all sporting pursuits.



Tumbling

Tumbling is the cartwheels, handstands and flips your kids are always practicing on the grass or trampoline. A hugely popular sport, but also very risky if not learnt safely!

Our tumble classes are designed to take children through safe, meaningful progressions which help them reach their goal skills, build trust in their bodies and improve strength, flexibility and co-ordination.

Recreational athletes often choose to enrol in just tumble, or come to a tumble class as well as their cheerleading training. Our competitive athletes do it all!



Trix & other classes

Trix combines parkour, using your body to navigate obstacles and the environment, tricking, martial arts style flips and lines, and tumbling. Mostly designed for male athletes, our highly experienced coach takes you through safe progressions to develop your skills and confidence.

Flyer classes and base classes are compulsory for elite and semi-competitive athletes and optional for all others. These classes take you through the position specific elements you need to perfect to succeed in cheersport. This includes flexibility, strength and shapes.



why we do it..



inclusivity

Cheersport appeals to those children who might not fit into typical sports. We believe that everyone has the right to participate in something they absolutely love, to the level they desire, regardless of financial situation, gender, size or experiences. Cheersport has something for everyone - you WILL find your place here!



health & development

Exercise is a necessary component of a healthy lifestyle from infancy through to adulthood! We pride ourselves on creating a passion for movement and the habitual respect for our bodies which that demands.

By starting our program at age 2, we are very experienced in how Cheersport supports the development of gross motor skills throughout childhood. The strength, flexibility, fitness and concentration athletes gain in our gym sets them up well for their lifelong sporting endeavours - cheersport or otherwise! Cheersport promotes safe risk-taking, increased confidence and a unique interconnectedness between athletes.



wellbeing

When you join Electrix you are officially part of something bigger than yourself. You are making a commitment to your teammates and to yourself to progress and improve. The gym is a safe space where you get to come and just be the best version of yourself that you can be that day, regardless of anything else. This extends to whānau members too! You become a necessary, valued and loved member of an incredible program who always looks after their own. We truly are a family, and we're grateful you're here with us.





2023 programs..

At Electrix we have a team or class suitable for any budget, age, skill level or goal. Whether you want to represent the Nelson region nationally, cheer fun or just learn to tumble, we have the program for you! Read on to find your perfect fit...

ELITE CHEERLEADING

Fully competitive program - the best of the travelling, competing, performing and training!

Compete at 3 events in Christchurch, Wellington, Auckland, Tauranga or Hamilton as well as *South Island Show-offs* in Nelson!

Perform at local events and our end-of-year showcase

Train 2 days a week, 2 hours with your team if you're novice level, or 3 hours if you're on L1+, and an additional 2 hours on a Thursday for tumbling and strength/flexibility

Ages 4+, Levels Novice - 4

\$280/term for novice teams, \$295/term for L1+

Go to Page 9 for try out details!

SEMI-COMPETITIVE CHEERLEADING

Your entry point into the world of competitive cheerleading!

Compete at 1 event in Christchurch, Wellington, Auckland, Tauranga or Hamilton, 1-2 virtual competitions and *South Island Show-offs* in Nelson!

Perform at local events and our end-of-year showcase

Train 2 days a week, 2 hours with your team and an additional 2 hours on a Thursday for tumbling and strength/flexibility

Ages 6+, Levels Novice - 2

\$220/term

Go to Page 9 for try out details!



2023 programs..

MINI SEMI-COMPETITIVE CHEERLEADING

For the minis who are ready for something more!

Compete at 1 event in Wellington, 1-2 virtual events and *South Island Show-offs* in Nelson!

Perform at our end-of-year showcase!

Train once a week for 1.5 hours with your team and with an optional tumble class available on a different day

Ages 4-8yrs, Levels Novice-1

\$170/term without tumble, \$200 with tumble

Go to Page 9 for try-out information!

RECREATIONAL CHEERLEADING

Learn the fundamentals in a fun, safe environment!

Perform at *South Island Show-offs* in Nelson and our end-of-year showcase!

Train 1 hour a week with your team

Ages 4-adult, Stages 1-4

\$120/term

TUMBLING

Learn new tricks with our enthusiastic coaches!

Train 1 hour a week

Ages 4-adult, Levels Novice-4

\$120/term



2023 programs..

RECREATIONAL CHEER PLUS

Go all in and speed up your progress!

Perform at *South Island Show-offs* in Nelson and our end-of-year showcase!

Train 1 hour a week with your team and 1 hour a week in a tumble class

*Ages 4-adult, Cheer Stages 1-4/Tumble Levels Novice-4
\$220/term*

PRESCHOOL MOVEMENT

Attend our club classes and run, jump, climb, roll and dance

Arrange your own 'Movelt' session for a group of friends or playgroup

Ages 1-5yrs

\$50/term for club classes, \$60/session for Movelt

SCHOOL CHEER

Represent your school recreationally or competitively
School teams decide whether to just compete/perform at Nelson (Electrix) events, or to travel and bring home the medals!

Train 1 day a week during lunchtime or afterschool

Inquire now on behalf of your school - fees vary depending on package



What you need..

		Tumble	Rec cheer	Mini semi-comp	Semi-comp	Elite cheer
Club t-shirt	\$35	✓	✓	✓	✓	✓
Team bow/scrunchie	FREE		✓	✓	✓	✓
Club bow	\$25				✓	✓
Club singlet	\$30	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Club hoodie	\$85	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Club crop and shorts	\$35 per item	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Mini semi-comp uniform	tbc			✓		
Semi-comp uniform (\$X)	tbc				✓	
Elite uniform (\$X)	?					✓

expectations..



commitment

Cheerleading is a team sport which revolves around the entire team being present at every practice, performance and event. Planned absences should therefore be avoided. In the event of an unexpected absence, it is your responsibility to let Coach know with as much time as possible as we will need to find a replacement for the day. Athletes under the age of 18 must always have a parent or guardian confirm an absence for any reason.

Taking part in our classes is also a financial commitment - we want our sport to be as accessible as possible, so will be more than happy to discuss in confidence ways we can support you in this if needed.

behaviour

Every person at the gym or Electrix event, including athletes, staff, whānau and guests, is expected to be kind, courteous and supportive at all times. Electrix does not tolerate bullying of any form. Any problems with other athletes or staff members should be taken up with Maxine directly as soon as possible.

More details can be found in the athlete/parent code of conduct

attire

Cheersport is a contact sport and all of our classes involve extensive physical movement. The expectation is that athletes will wear a fitted club t shirt, suitable (not denim) shorts or leggings and cheer shoes in the winter months and a club singlet in the summer months. No jewellery is permitted at any time, but taonga can be worn if taped to the chest. Hair is to be tied back in a high pony tail or french braids at all times and fingernails are to be kept short. Club hoodies, shorts, cheer shoes, shirts, singlets and sports bras are available in Electrix designs from the office!



try out information



Everybody makes a team, Try-outs help us to decide which level team you make.

Pre-registration visit our website or email coach@electrixcheerleading.com for the link to our pre-registration form. You must fill this out by Thursday 17th November if you are planning on attending try outs.

Saturday 19th November - SKILLS EVALUATIONS

4-6 yrs 9-10am

7-8 yrs 9-10am

9-10yrs 4-5pm

10-12yrs 5-6pm

13+ yrs 6-7pm

Sunday 20th November - CALLBACKS

Groups will be emailed to you by 8:30pm on Saturday evening along with the time each group needs to come to the gym. It is normal for athletes to receive anywhere between 1 and 3 callbacks as we try to create the strongest teams possible. Mini semi-competitive athletes can expect 1 callback only, around 10am

Out of town? We can arrange a private try out any time between November 14th - December 2nd.

Team reveals will be on December 4th, the last week of Term 4 athletes will train with their new 2023 teams.

Teams are finalised as soon as they are announced and coaches begin planning their routine and season immediately. Once the teams have been announced, you cannot pull out.

The competition schedule is announced alongside the team lists. The 3 weeks before each competition is a *mandatory practice window*, and athletes must attend all practices during that time. Please do not plan your family vacation during a mandatory practice window.