

2024



# CLUB HANDBOOK

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# 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 both nationally and internationally. We're so proud!



## Our 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, and **PERFECTION**: not stopping when we get it right, stopping when we can't get it wrong.

# WHAT WE DO

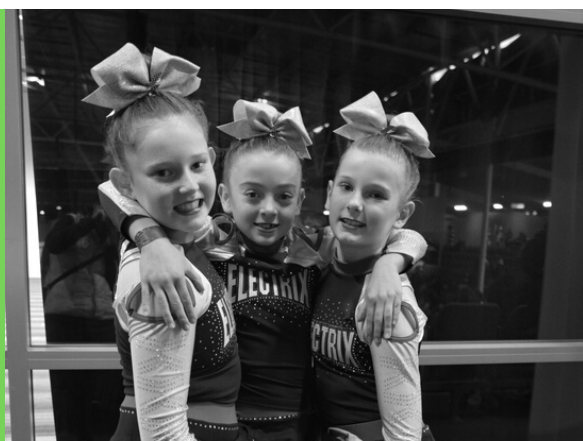


## Cheerleading

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!



## Other classes

On top of our regular team trainings and tumble classes, we also offer preschool movement sessions, school cheerleading teams, adaptive abilities sessions, special clinics, flyer classes and strength classes. Flyer classes and strength 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

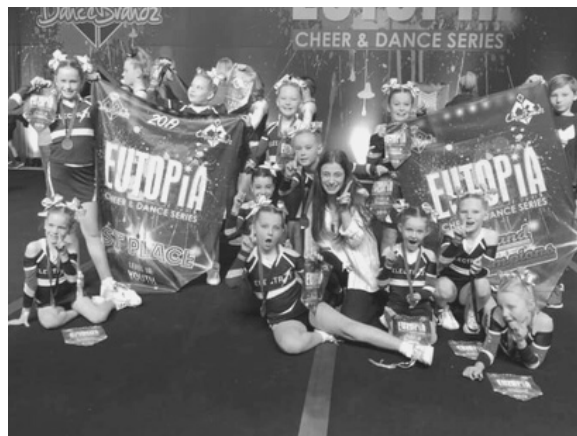


## Inclusivity

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, everyone belongs!

## 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.

# ELITE CHEERLEADING

Resilience - Dedication - Pride

Take your skills to the next level with our fully competitive program for athletes with big dreams. Enjoy travel opportunities, large competitions and focussed training sessions in **ELITE CHEERLEADING**. Elite teams train in 10 week terms and have extra practices in the second week of the Term 2/3 holidays and the Term 3/4 holidays.

4.75 hrs  
/week

## Novice

Age 5+

\$6 per hour!

**Elite Novice** focusses on the development of foundation skills in a supportive environment. Suitable for athletes with little to no experience, this is most children's entry point into Elite Cheerleading.

**Train** for 2 hours with your team on one day, 1.5 hours with your team on a second day followed by a 45 minute tumble class and 30 minute base or flyer class

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

In **Levels 1-4**, athletes master progressively more difficult skills. These levels are suitable for athletes with some experience, usually having participated in our Semi-Competitive or Recreational program previously.

**Train** for 3 hours with your team on one day, 1.5 hours with your team on a second day followed by a 1 hour tumble class and 30 minute base or flyer class

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

6 hrs  
/week

## L1-4

Age 6+

\$5.33 per hour!

\$180/term  
team only

## Open L5 Non-Tumble

Age 14+

\$6-\$8 per hour!

Branching into **Open 5 Non-Tumble** marks our long awaited transformation into a Worlds program. The 2024 season will be our first time in this level, and we are excited to be starting this journey with a small group of athletes which will be selected at our team trials. The team will be aiming for a bid to the World Championships in Florida. Eligible athletes are advanced stunters born in 2010 or earlier.

**Train** for 3 hours with your team on one day and an optional 1.5 hour social training, tumble class or strength and flexibility session on a second day for an additional charge

**Compete** at 3 events in Auckland, Wellington, Christchurch or Tauranga as well as South Island Show-Offs in Nelson and a series of virtual events

\$60/term  
per  
additional  
hour

**Crossovers**  
\$2.70 per hour!

Extra  
3.5 hrs  
(approx)  
/week

Compete MORE but still only travel 3 times and train 2 days a week! Where the timetable allows, kids can be on multiple teams, increasing the rate of their progress and the chances of them levelling up between seasons.

**PAYMENT PLANS AVAILABLE & SIBLING DISCOUNTS**

# DEVELOPMENT PROGRAM

## Extend your skills and reach new heights

Chosen at try outs, our highly selective development program allows members of our Elite and Semi-Competitive teams to work with high level coaches from Electrix and elsewhere to develop their abilities at a faster rate. This is perfect for kids set on representing New Zealand one day and is a direct pathway to a Level 5+, Worlds level team.

**Youth  
Development**  
L2 Non-Tumble  
Ages 6-12

**Junior  
Development**  
L3 Non-Tumble  
Ages 7-14

**Senior  
Development**  
L4 Non-Tumble  
Ages 10+

Whilst athletes have always been free to develop their tumbling skills at their own pace in our tumble classes, our new development program allows us to cultivate our talented stunters, too.

**Train** for 3 hours every second week with guest coaches once a month

**Compete** at South Island Show-Offs, Nationals and virtual events

## WE WILL SELECT THOSE WHO SHOW...

- Stunting and tumbling ability
- A strong work ethic
- Dedication to your team
- An ability for picking things up quickly
- Passion for Cheerleading
- Coachability - be coachable!
- High energy
- An encouraging nature
- Reliability
- Respect
- Self awareness

**\$8 per  
hour**

**3 hrs  
/2 weeks**

**INDICATE YOUR INTEREST ON YOUR TRY OUT FORM**

**PAYMENT PLANS AVAILABLE & SIBLING DISCOUNTS**

# SEMI-COMPETITIVE

## Learn – Progress – Experience

Experience the world of competitive cheerleading through our **SEMI-COMPETITIVE** program. Our Semi-Competitive teams train in 10 week terms with extra practices scheduled in the second week of the Term 2/3 and Term 3/4 holidays

3 hrs  
/week

### Tiny Lytes

Novice

Ages 4-9

\$6 per hour!

**Tiny Lytes** is the perfect option for our littlest athletes. On this team, kids learn the fundamentals of cheerleading and tumbling whilst developing their listening, body awareness and confidence.

**Train** for 1.5 hours with your team on one day followed by 45 minutes with your team and a 45 minute tumble class on a second day

**Compete** at 1 event in Christchurch or Wellington as well as South Island Show-Offs in Nelson and a virtual event

**Photons** is designed for athletes with little to no cheer experience ready to dive in but maybe not keen to travel to competitions so frequently. On this team, athletes develop a strong understanding of the basics, create friendships and are pushed as individuals, too!

**Train** for 2 hours a week with your team on one day followed by 1.5 hours with your team, a 1 hour tumble class and a 30 minute strength or flexibility class on a second day

**Compete** at 1 event in Christchurch or Wellington as well as South Island Show-Offs in Nelson and a virtual event

4.5 hrs  
/week

### Photons

Novice

Ages 6-11

\$5.78 per hour!

4.5 hrs  
/week

### Dynamite

Novice

Ages 8-14

\$5.78 per hour!

**Dynamite** is best suited to those who have a little more experience but still aren't quite ready to make the jump into Elite Novice. Still based on foundational skills, kids on this team master the final stages of the Novice level with a strong focus on Still based on foundational skills, kids on this team master the final stages of the Novice level with a strong focus on technique and teamwork.

**Train** for 2 hours a week with your team on one day followed by 1.5 hours with your team, a 1 hour tumble class and a 30 minute strength or flexibility class on a second day

**Compete** at 1 event in Christchurch or Wellington as well as South Island Show-Offs in Nelson and a virtual event

**Surge** introduces athletes to Level 1, designed for kids needing a challenge but not yet interested in Elite. In this team, kids are expected to be practicing and stretching at home a lot more and training hours increase.

**Train** for 3 hours a week with your team on one day followed by 1.5 hours with your team, a 1 hour tumble class and a 30 minute strength or flexibility class on a second day

**Compete** at 1 event in Christchurch or Wellington as well as South Island Show-Offs in Nelson and a virtual event

5.5 hrs  
/week

### Surge

Level 1

Ages 7-14

\$5.45 per hour!

**PAYMENT PLANS AVAILABLE**



# RECREATIONAL CHEER

## Fun – Friendship – Performances

Enjoy tumbling, dancing and stunting whilst making new friends and developing your confidence. Learn new things and have fun doing it with our passionate and supportive staff! Recreational teams train in 10 week terms with extra practices scheduled in the second week of the Term 2/3 holidays

### About the program..

Our recreational teams **perform at South Island Show-Offs** within Nelson in a pseudo-competition division. This means that they all take home a medal for getting on stage and that our coaches get to practice having their choreography scored against a judging rubric. The teams also **perform at our End-of-Year Showcase** alongside our Semi-Competitive and Elite teams.

At Electrix, recreational teams are split by age and by stage. This means that there is **a team for everyone** – from the youngest beginner to the seasoned gymnast or dancer.

### About the teams...

### About the curriculum...

Our specialised **STAGES curriculum** breaks all foundation cheerleading skills into logical progressions. Designed by our Head Coach and now recognised by NZ judging panels, the STAGES curriculum allows children to move through 'stages' at a motivating pace, receiving recognition for their hard work through 'moving up' certificates along the way. The curriculum forms the basis of the 'scoresheet' our recreational routines are created against so that our junior coaches can practice using rubrics.

## OUR TEAMS

### Stage 1

**ZAP**  
4-6 yrs

**CHARGE**  
5-9 yrs

**SPARKS**  
8-12 yrs

**Train 1 hr / week**

### Stage 2

**JOLT**  
5-9 yrs

**SHOCK**  
8-12 yrs

**EMBER**  
10-16 yrs

**\$120 / TERM**

### Stage 3

**POWER**  
8-12 yrs

**MAGNETS**  
10-16 yrs

Add a tumble class for an extra  
\$100 / term!

### Stage 4

**LUMINATE**  
10-16 yrs

**SONIC**  
17+ yrs

Opportunity to 'move up a  
stage' in July each year!

BAL GAMES

# TUMBLING

**Strength - Co ordination - Confidence**

Learn to cartwheel, roll, handspring, flip and twist safely with our skilled instructors! Children enjoy a sense of accomplishment as they work through the levels, mastering new skills with great technique. These classes are compulsory add-ons for Semi-Competitive and Elite athletes in Levels N-4. Tumble classes run in a 10 week term.

## About the classes..

Tumble classes at Electrix are split into levels and rough age groups within each of these. Athletes must master all skills and drills in one level before moving onto the next. Classes are 1 hour long and run throughout the week. In each class, athletes complete a full body warm up and cool down, a session building basic tumbling shapes, multiple circuits designed to build specific skills

The levels our Tumbling Program follows closely align with the tumble skills needed for each level of competitive cheerleading. Additional skills are included in each level as well, to ensure athletes are physically and mentally prepared for the following level after they have completed their current one.

## About the levels..

Ages 5+

\$120 / term

Add a recreational cheer team for an extra \$100 / term!

# OTHER CLASSES

## Movement - Flexibility - Strength

As well as our teams and tumble classes we offer preschool movement classes, flyer classes and strength classes. The latter two are compulsory for Semi-Competitive and Elite athletes. These classes run in 10 week terms.

### Preschool movement

Age 2-4 yrs

**Preschool movement classes** give your child the opportunity to develop their gross motor skills, confidence, strength, balance and co ordination all whilst socialising with kids their age. With a mixture of intentional teaching, child-led exploration and free play, these sessions are perfect for the busy little one in your life!

**30 min / week**

**\$60 / term**

Flyer classes are designed to help our Elite and Semi-Competitive flyers increase and maintain their flexibility and body awareness so that they can avoid injury and look confident in their stunts. These classes are included within the fees structure for our Elite and Semi-Competitive programs.

### Flyer Classes

### Strength Classes

Strength classes are designed to help our bases increase their power and stability for their stunts whilst also avoiding injury. Delivered by a qualified personal trainer, our strength classes foster a love of exercise and a passion for personal wellbeing. These classes are included within the fees structure for our Elite and Semi-Competitive programs.



# HOW TO JOIN

**Get in touch with us today to  
find the program that's  
right for you!**



Electrix Cheersport



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# ONCE A FAMILY, ALWAYS A FAMILY...

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