



# 2022 handbook



[WWW.ELECTRIXCHEERLEADING.COM](http://WWW.ELECTRIXCHEERLEADING.COM)

# Table of Contents



---

01 WHO WE ARE

---

02 WHAT WE DO

---

03 WHY WE DO IT

---

04 OUR PEOPLE

---

05 2022 PROGRAMS

---

06 EXPECTATIONS

---

# 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..



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## 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.



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## 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!



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## 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..



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## 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!



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## 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.



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## 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.



# our people..



**Maxine Noar**  
manager

I am responsible for running the club. I liaise with parents, organise events and competitions and generally all the boring administration stuff. I run another business as well and so am very busy but I cherish the time spent with our wonderful athletes – they keep me young!



**Annabel Noar**  
Head Coach

I started Electrix by accident in 2015 when I wanted to cheer but there wasn't a club in Nelson. I love coaching and being part of these amazing young people's lives. I have just finished my degree in Educational Psychology and Linguistics and been accepted onto the Masters programme for 2022. I am passionate about helping young people understand their potential and place in the world whether through coaching or my work in local schools!



**Kirra Kennard**  
Coach

I have been with Electrix for five years as a recreational and then competitive athlete. I have been lead coaching for two seasons and love working with our younger athletes and school teams. I also love working with our tumble classes and watching athletes achieve new skills. My dream is to be a midwife and while I wait for that to start I can pour my heart into coaching our wonderful cheerleading teams.



**Ana Muños  
Gonzalez**  
Coach

I was a cheerleader for 12 years in Mexico and saw the sport evolve from just cheering on the sidelines to being the centre of attention and win the respect of other sports. I love being back in cheer as a coach. I am an assistant coach on several teams and my main focus is on flyers and helping them to become consciously aware of and understand their bodies so that they can control them and stay safe.



**Karlee  
Macfarlane**  
Coach

I can't wait to be a part of the Electrix family. I have been cheering for 12 years and coaching for 7. I was an athlete on team NZ all girl senior and junior in 2018 in which we placed 2nd and 3rd. I have lots of international competition experience and have competed in many places around the world such as China, Hawaii, Orlando and Australia. I am very enthusiastic about helping everyone reach their full potential and will do what it takes to get people where they want to be.



**Lewis Karetai**  
Tumble Coach

I'm a high level competitive gymnast and have been loving the start of my tumble coaching journey at Electrix. My favourite part is getting to help athletes reach their goals safely, and supporting them to feel confident and safe when training. I think sometimes I get even more excited about progress than they do!



# 2022 programs..

## Additional training fees

Crossovers \$75/term

Private sessions \$35 for 45 minutes, \$25 for 30 minutes

Specialty routines \$65/term

## Discounts

Sibling discount \$20/term per sibling

Sports Tasman Discount\* \$30/term\*\*

Multiple class discount \$20/term

## Training gear

T shirt \$30  
Hoodies \$85  
Singlets \$30  
Club bow \$25  
Team bow FREE  
Sports crop \$35  
Club shorts \$35

\*for community service cardholders only

\*\*dependant on child's age

## elite cheer

new 2022 uniform!!

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

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

**Train** 2 days a week – one day 3 hours team training, another day 1 hour tumble and 1 hour flyer or base class

*Ages 4+, Level Novice – 4, no experience required!*  
\$280/term

## semi-competitive cheer

compete in 2021 uniform!

Your entry point into the world of competitive cheerleading!

**Compete** at 1 event in either Christchurch or Wellington as well as *South Island Show-offs* in Nelson

**Train** 2 days a week – one day 2 hours team training, another day 1 hour tumble and 1 hour flyer or base class

*Ages 4+, Level Novice – 4, no experience required!*  
\$220/term

## recreational cheer

Find out what all the fuss is about! Learn the fundamentals and make new friends in a safe, inspiring environment!

**Perform** at the Electrix showcases in the middle and end of the year

**Train** 1 hour once a week

*Ages 2+, teams ability grouped where possible!*  
\$120/term

## recreational cheer plus

Go all in and speed up your progression!

**Perform** at the Electrix showcases in the middle and end of the year

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

*Ages 4+, teams ability grouped where possible!*  
\$210/term

## tumble/trix only

Learn new tumble skills and tricks with your enthusiastic coaches!

**Train** 1 hour once a week

*Ages 4+ for tumble, 7+ for trix*  
Trix \$150/term  
Tumble \$120/term

## 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*

# expectations..



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## 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.

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## 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*

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## 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!

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