



2
0
2
5



CLUB HANDBOOK

manager@electrixcheerleading.com
0211788082
www.electrixcheerleading.com

TABLE OF CONTENTS



02	Table of contents
03	Who we are
04	What we do
05	Why we do it
06	Elite cheerleading
07	Development program
08	Semi-competitive cheerleading
09	Recreational cheerleading
10	Tumbling
11	Preschool sessions & other classes
12	How to join

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 across the country for competitions! A photo of that founding team of 2015 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, we have moved through different locations and are now at 1 Nile Street West. 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 and banners flying on the walls showing our amazing competition results both nationally and internationally.



Our values

We 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

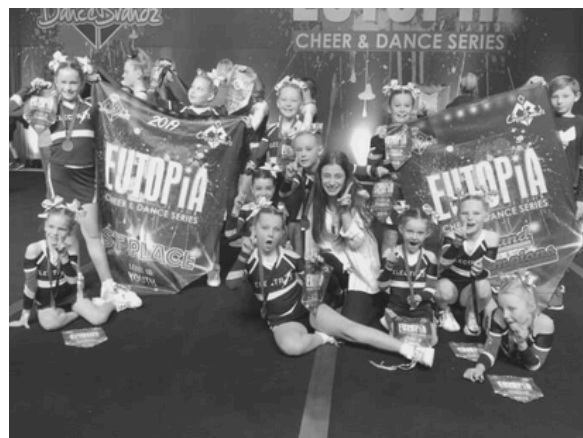


Inclusivity

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.

5 hrs
/week

Novice

Age 5+
\$320 per term

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 twice a week with your team, including flyer and strength curriculum. Followed by a 1hr tumble class once a week.

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 2 hours twice a week with your team, including flyer and strength curriculum. Followed by a 1hr tumble class once a week.

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

5 hrs
/week

L1-4

Age 6+
\$320 per term

4hrs
/week

Open L5 Non-Tumble

Age 14+
\$296 per term

\$320 per
term
with
tumble

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 2 hours twice a week with your team, including flyer and strength curriculums. Also option for added 1 hour tumble class.

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

Crossovers
\$126 per term

Extra
4hrs
/week

Compete MORE but still only travel 3 times! 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

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

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

4 hrs
/week

Photons

Novice

Ages 5-9

\$232 per term

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 2 hours with your team followed by a 1 hour tumble class.

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

Dynamite

Novice

Ages 8-14

\$300 per term

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 technique and teamwork.

Train for 2 hours a week with your team on one day followed by 1.5 hours with your team that includes flyer and strength curriculum and a 1 hour tumble class.

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 2 hours a week with your team on one day followed by 1.5 hours with your team that includes flyer and strength curriculum and a 1 hour tumble class.

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

Surge

Level 1

Ages 7-14

\$300 per term

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

Train 1 hr / week

Stage 2

SHOCK
8-10 yrs

EMBER
10-16 yrs

\$120 / TERM

Stage 3

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 Novice-5. 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.

Our school 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.

**\$60
/term**

School Teams

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

Our Mums and Bubs classes are designed to teach children under the age of 5 fundamental movements and encourage exploration of their surroundings and their physical abilities in a safe, structured environment. These classes are not only beneficial for the children but the parent/caregivers too! Caregivers are able to connect with their community and find different ways to keep thier busy bodied child running and moving safely.

MUMS AND BUBS

**\$5
/class**

ADAPTIVE ABILITIES

Adaptive abilities classes are designed for those with additional needs who may benefit from a class with a smaller number and a quiet time of the day. This class offers a structured lesson with a focus of building confidence, relationships and a balance of learning cheerleading skills and chance to explore favourite activities within the gym. With a smaller number of students we are more easily able to cater to the needs of each child and work alongside the child's parents/caregivers to facilitate a fun and safe experience. This class will be taught by one of our coaches with experience working in a specialist school. Our facility is wheelchair accessible.



HOW TO JOIN

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



Electix Cheersport



@electrixcheersport



+64 21 178 8082



www.electrixcheerleading.com



manager@electrixcheerleading.com





ONCE A FAMILY, ALWAYS A FAMILY...

manager@electrixcheerleading.com

www.electrixcheerleading.com

+64 21 178 8082

