

Information Package 2020



Programs that cater for all ages, experience & commitment levels.

Opportunity for athletes to compete & perform at local, state, national and international competitions & events.

Experienced, passionate and supportive coaches.

Wide Bays first ever cheerleading studio.

NOVICE TO ELITE

ALL AGES, FITNESS LEVELS, BODY TYPES & SKILL LEVELS

@asgardallstarshvb



www.ASGARDALLSTARS.com

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About Us

Welcome to Asgard All Stars, Wide Bays first ever cheerleading studio. We are so excited to welcome back all our returning members this year and, if you are new to Asgard All Stars, welcome to the family. We are so excited to be able to offer a huge range of programs for athletes of all ages, fitness levels, body types and skill levels.

On offer at the club are a range of cheerleading, tumbling, skill building and workout classes that cater for every type of athlete, from beginners through too advanced. Here at Asgard All Stars we believe that every athlete has a special place and adds value to our club.

Our energetic, welcoming and encouraging environment aims to help athletes achieve their highest potential. The classes at Asgard teach athletes; dedication, persistence, resilience, respect, teamwork and trust. Athletes learn a variety of skills throughout our different programs and work to improve their strength, flexibility, body control, motor skills and muscle memory. Athletes that participate in our classes develop a sense of accomplishment and self-confidence and find a sense of purpose and belonging within the club.

Cheerleading is a fast paced, dynamic performance sport. It encompasses stunting, tumbling, tosses and dance. The sport is one of the fastest growing in Australia and Asgard aims to continue to grow and advance as the sport does. The coaches, staff and volunteers here at Asgard All Stars are constantly undergoing training so that we can stay ahead of the game and provide all of our athletes with the best training possible.

Our coaches aim to train athletes with a strong sense of self. We take pride in leading by example and teaching athletes the value of hard work, versatility, discipline and technique. Our brand new facility and equipment ensures that all our athletes are able to train safely while also giving them the best opportunity to develop new skills.

Asgard All Stars strives to help its families as much as possible. If you have any questions, comments or suggestions please don't hesitate to contact Asgard All Stars Management.

Studio Information

CONTACT DETAILS

Phone: 0401386698

Email: asgardallstarsHVB@gmail.com

Address: 2/83-85 Islander Road, Pialba, QLD, 4655

ADMIN HOURS

Please feel free to contact us outside of these hours as we try our best to be as responsive as possible at all times. However, while we would like to be there for you every hour of the day our staff need to have time to relax and step back as well. All enquiries will be responded to as soon as possible.

Monday to Friday 4:00pm to 7:00pm

Saturday / Sunday Closed

FACILITIES

Asgard All Stars is a specialised cheerleading studio that gives athletes the opportunity to train in a safe, supportive and fully equipped facility. Our Studio has the following facilities:

- Sprung Floor
- T.V Playback Area
- Reception Area
- Tumbling Equipment
- Uniform Shop
- Athlete Areas



Program Overview

Recreational	Semi-Competitive	Competitive
<p>Our Recreational Programs are designed for athletes who would like to do cheerleading, dance, tumbling and fitness in a fun, relaxed, social environment without the commitment and performance aspect of competitions or events.</p> <p>This is a great opportunity for athletes to gain an understanding into what Asgard All Stars is all about without the commitment or financial requirements involved in our competitive programs.</p> <p>Our Recreational Program is a great way for athletes to stay fit, have fun and learn a variety of new skills.</p> <p>In our Recreational Cheerleading Program athletes will learn all aspects of the sport including; tumbling, stunting, dance and jumps.</p> <p>In our Recreational Dance Program athletes will spend the year learning skills such as; turns, leaps, body isolations and kicks.</p> <p>In our Recreational Tumbling Program athletes will have the opportunity to learn a variety of different tumbling skills suited to their level. Our tumbling classes will teach athletes varying tricks including: rolls, flips and rotations.</p> <p>Athletes will spend the year learning new skills, which will be combined into a high energy routine for our end of year performance.</p>	<p>Our Semi-Competitive Program gives athletes the opportunity to experience the exciting world of competitive cheerleading and dance with a reduced training and competition schedule and lower financial requirements.</p> <p>We believe that everyone should be given the opportunity to experience the benefits that competitive cheerleading and dance offers, however we are aware that not all families can fully commit to our training schedule on top of other activities, school, family and work commitments.</p> <p>Our Semi-Competitive athletes travel and compete at two State Competitions and one Local Competition each year and will have the opportunity to perform at most local events.</p>	<p>Our Competitive Program is designed for those athletes wanting to work hard to excel in all aspects of their sport; cheerleading, tumbling, stunting, jumps and dance, whilst also developing their performance skills and confidence.</p> <p>Our Competitive Program requires a high level of dedication from both athletes and their families, with full attendance expected for all training, events and competitions throughout the year.</p> <p>Training and competing on one of our competition teams is an unbelievably rewarding experience. Competitive athletes will work hard as an integral member of their team to create amazing routines which will be performed at Local, State and National competitions and events throughout the year.</p>

CHEERLEADING

Cheerleading is a high energy sport that involves stunting, tumbling, jumping and dance. The sport helps athletes develop self confidence, respect, teamwork and trust. Athletes learn a variety of skills and will work to improve their strength, flexibility, body control and muscle memory.

Cheerleading Levels:

All Star Cheerleading athletes require a specific skill set for each level. During Team placement athletes will be placed in the team that best suits their current skill level. A summary of each level and the appropriate skills are as follows:

Mixed Levels	
All Ages	All of our Recreational Cheerleading Classes cater for athletes of all skill levels.
Novice / Level 1	
3 + Years	Novice / Level 1 Cheerleading is the perfect place to start for our athlete with limited or no cheerleading experience who would like to participate in competitive cheerleading. This cheerleading program will teach athletes all stunting, dance, jumps and tumbling skills. There are no prerequisite skills required to join our Novice and Level 1 Cheerleading Teams.
Level 1 Elite	
6 + Years	Level 1 Elite Cheerleading is recommended for athletes who have done competitive or recreational cheerleading in the past. Athletes will need the following prerequisite skills to qualify for our Level 1 Elite teams; forward roll, backward roll, back extension roll, cartwheel, standing bridge, handstand, star jump, tuck jump, toe touch, smooch to prep, thigh stand and trophy hold. Our Level 1 Elite program will continue to develop athletes stunting, tumbling, jump and dance skills.
Level 2	
6 + Years	Level 2 Cheerleading is recommended for athletes who have done competitive cheerleading at a Level 1 or above. Athletes are recommended to have the following prerequisite skills to qualify for our Level 2 teams; all novice and Level 1 tumbling skill, jumps and stunting. In addition; a consistent standing back handspring. Our Level 2 program will continue to develop athletes stunting, tumbling, jump and dance skills.
Level 2 to 6 - Non Tumble	
14 + Years	Non Tumble Cheerleading is recommended for athletes who have done competitive or recreational cheerleading in the past and would like to compete at a higher level but do not currently have the required tumbling. Athletes are recommended to have the following prerequisite skills to qualify for our Non Tumbling teams; all jumps, level appropriate stunting and significant strength and stamina. Our Non Tumbling program will continue to develop athletes stunting, jump and dance skills.

TUMBLING

Our tumbling classes introduce athletes to new skills in a self-paced and fun environment. We offer a variety of tumbling classes that cater to all ages and skill levels.

Tumbling Classes:

Tots Tumbling <i>0 + Years</i> <i>Newborns to Walking</i>	<p>Our Tots Tumbling class is a fun educational program that allows parents/carers to connect with their little one in a safe, fun environment. During this class athletes will have free exploration of our equipment to improve coordination, strength, fine motor skills, gross motor skills, confidence, mental development and social skills. All lessons are planned to keep the attention of young athletes by keeping the activities fun, engaging and short.</p>
Toddler Tumbling <i>1 + Years</i> <i>Crawling to Walking</i>	<p>Our Toddler Tumbling class is the perfect starting point for little ones who have just started to discover how to wander around on their feet. During this class athletes will have the opportunity to explore all our new equipment during free exploration and will also participate in a small circuit that will teach athletes how to jump, climb, balance, lift, throw and understand their own bodies.</p>
Tiny Tumbling <i>3 to 6 Years</i>	<p>Our tiny tumblers class is a perfect for little athletes who love to move around and want to develop their tumbling skills. Athletes in this class will use circuits, games and activities that encourage them to discover their bodies, solve problems, develop social skills and burn off some energy. This interactive parent/carer class uses our brand new equipment as well as specifically designed games that encourage social, emotional and developmental growth. The class keeps the activities short and engaging and is designed so younger athletes can develop skills at their own level.</p>
Mini Tumbling <i>4 to 8 Years</i>	<p>Our Mini Tumbling class allow athletes to participate in circuits, games and activities that develop tumbling skills. This class caters to the variety of different tumbling abilities of athletes this age. It is specifically designed to keep the attention of our younger athletes, allowing them to develop strength, balance, flexibility and muscle control in a fun and engaging class. Athletes in this class will work at their skill and attention level to learn tumbling skills such as Forward roll, handstands, cartwheels and walkovers.</p>
Novice Tumbling <i>6 + Years</i>	<p>In our novice tumbling classes athletes learn how to do forward rolls, backward rolls, straddle rolls, back extension roll, cartwheels, push to backbend, standing backbend and handstands.</p>
Beginner Tumbling <i>6 + Years</i>	<p>In our beginner tumbling classes athletes learn how to do round offs, backbend kick-overs, front limbers, forward walkovers and backward walkovers.</p>
Intermediate Tumbling <i>6 + Years</i>	<p>In our intermediate tumbling classes athletes learn how to do front handsprings, back handsprings, back handspring step outs and fly springs. They will learn connective novice, beginner and intermediate tumbling such as; roundoff back handsprings.</p>
Advanced Tumbling <i>6 + Years</i>	<p>In our advanced tumbling classes athletes learn how to do front tucks, back tucks, aerials, front aerials, layouts and x-outs. They will learn connective novice, beginner intermediate and advanced level tumbling such as; roundoff back handspring back tuck step-out.</p>
Elite Tumbling <i>6 + Years</i>	<p>In our elite tumbling classes athletes learn how to do standing fulls, double fulls as well as other advanced level twisting tumbling. They will continue to learn connective intermediate, advanced and elite level tumbling such as; roundoff back handspring full roundoff double full step out.</p>



DANCE

As well as our cheerleading program, we also offer a fun and exciting dance program. Our dance program is designed to compliment our cheerleading program by offering athletes a fun way to keep fit and further develop their balance, coordination, flexibility and timing. Our dance classes focus on building the foundation of body skills necessary to grow as an athlete. All our classes teach important dance skills such as the correct use of body alignment, posture, extension and lines, turns, leaps, kicks and jumps. Our dance program is designed around cheerleading specific dance and is not a levelled sport.

Dance Styles:

Dance Fitness All Ages	Our Dance Fitness Program combines Pom, Jazz, Hip-Hop and Contemporary/Lyrical into one fun class. It gives athletes a chance to experience all genres of dance in a fun, creative and supportive environment. They will work on their body control, flexibility and teamwork in this fun inclusive class.
Dance Doubles/Solos 3 + Years	Dance Doubles and Solos are for Competitive & Semi-Competitive athletes ONLY. Dance Doubles are a perfect option for those athletes who are interested in further developing their skills or simply spending a bit more time dancing each week. Athletes wishing to participate in this class are required to fill out an expression of interest form and attend a team placement session.
Pom 3 + Years	Pom is an extremely athletic combination of advanced turns, kicks and jumps with high levels of strength and stamina required. Synchronisation and teamwork is the key to a strong Pom routine, along with sharp motions and intricate visual effects. Male dancers may or may not use poms at their discretion.
Jazz 3 + Years	Jazz is a highly technical form of dance with focus placed on execution, style, control, transitions and creativity. A jazz routine incorporates stylised dance movements and combinations, formation changes, group work, leaps and turns performed to high energy music. Emphasis is placed on proper technical execution, extension, body placement and team uniformity
Hip-Hop 3 + Years	Hip hop is an energetic style of dance, combining body isolations, tricks, street style and popular culture to form a creative and dynamic routine. Hip hop presents the opportunity for students to showcase their unique talent and skills, whilst welcoming individual personality and catering to all abilities.
Contemporary/Lyrical 3 + Years	Contemporary/Lyrical is an expressive style of dance that combines different elements from jazz, modern dance and ballet to form a creative and moving routine. Contemporary/Lyrical uses floor work, body control and flexibility to express emotion.

OTHER CLASSES

As well as our cheerleading, dance and tumbling program, we also offer a variety of fun and exciting stunting and skills classes that aim to help athlete develop in varying ways.

Classes:

Flyer School	Our Flyer School program is designed for any athlete that is looking to improve on their strength, balance and flexibility. The class focuses on teaching athletes how to achieve different flyer specific tricks. It also helps athletes to develop balance and enhances strength.
Base Bootcamp	Our Base Bootcamp program is designed for any athlete looking to develop strength, stamina and hand eye coordination while improving their overall stunting skills. Athletes will work to improve their teamwork, timing. Using various equipment, weights and by working with the Flyer School class on occasion athletes will enhance the skills needed for stunting.
Cheer Intensity	Our Cheer Intensity program is a full on workout that will help athletes develop and grow as athletes. Each class includes a high intensity cardio session, functional speed and strength conditioning coupled with leg extensions and footwork developed to enhance the power and technique of cheer skills. Our Cheer Intensity sessions will also include an all-round deep stretch routine that will help athletes improve their mobility and flexibility.
Boys Ninja Warrior	Our Ninja Warrior Class is specifically tailored by our qualified coaches to suit the interests and nature of our male athletes. Throughout this class athletes will partake in a variety of strength challenges, parkour styled activities and learn a number of different tumbling tricks.
Group Stunt/Partner Stunt	Group Stunt is for Competitive & Semi-Competitive athletes ONLY. Athletes in this class will be given a designated stunt group containing two to four other athletes that they will work with to develop a routine that will be performed at competitions and events. Depending on the stunt group athletes may learn and perform Level 1 through to Level 6 routines. Athletes wishing to participate in this class are required to fill out an expression of interest form upon enrolment. Each group and partner stunt will be chosen based on the ability and positions of athletes.



CASUAL CLASSES

Our casual classes are pay as you go sessions designed to give athletes the freedom to choose when and how often they would like to train. Athletes need to book through our website and reserve a spot a minimum on 1 day prior to the class. Just follow the booking link titled 'Casual Classes'.

Casual Classes:

Mums & Bubs Workout	Our Mums and Bubs workout is a fun and unique specially designed workout for parents with babies and young children. Our personal trainer specifically designs workouts that allow parents to exercise with their child without feeling judged or overwhelmed. This class caters for all fitness levels, body types and athletic ability. It is a great way for parents to bond with their little one while getting fit.
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OPEN GYM SESSIONS

Open Gym Sessions are held on the 1st Saturday of each month throughout the Term. Our Open Gyms sessions allow athletes to practice their skills using the full facilities available at the studio. These sessions are open to both members and the public. Attendees need to book through our website and reserve a spot a minimum on 1 day prior to the session. Just follow the booking link titled 'Casual Classes'. *Members of the public will be required to complete a 'Guest Waiver Form' prior to attending their first session.*

Cost:

Members	\$10 per session
Guests	\$15 per session

Session Times:

Morning	10:00am to 11:00am
Evening	5:00pm to 6:00pm

Open Gym Session dates 2020:

Term One:					
Saturday	01 / 02 / 2020	Saturday	07 / 03 / 2020	Saturday	04 / 04 / 2020
Term Two:					
Saturday	01 / 05 / 2020	Saturday	05 / 06 / 2020		
Term Three:					
Saturday	01 / 08 / 2020	Saturday	05 / 09 / 2020		
Term Four:					
Saturday	01 / 10 / 2020	Saturday	07 / 11 / 2020	Saturday	05 / 12 / 2020



TIMETABLE - PROPOSED FOR 2020

	Monday		Tuesday		Wednesday	Thursday		Friday	
900	Mums & Bubs Workout		Mums & Bubs Workout			Mums & Bubs Workout			
	All Ages		All Ages			All Ages			
930	9:00am - 10:00am		9:00am - 10:00am			9:00am - 10:00am			
	Casual Class		Casual Class			Casual Class			
1000	Coach - Kaytlyn		Coach - Kaytlyn			Coach - Kaytlyn			
1030	Tots Tumbling	Toddler Tumbling	Tiny Cheerleading						
	0 & Over	0 & Over	3 to 6						
	10:30am - 11:00am	10:30am - 11:00am	10:30am - 11:00am			Toddler Tumbling			
1100	Coach - Kaytlyn	Coach - Kaytlyn	Coach - Finn			0 & Over			
			Tiny Tumbling			11:00am - 11:30am			
			3 to 6			Coach - Kaytlyn			
1130			11:00am - 11:30am			Tiny Tumbling			
			Coach - Finn			3 to 6			
1200						11:30am - 12:00am			
						Coach - Kaytlyn			
1600	Beginner Tumbling			SEMI-COMPETITIVE Mist		Tiny Cheerleading		Youth Dance Dance Fitness	
	8 & Over					3 to 6		6 to 12	
1630	4:00pm - 5:00pm			Novice Mini Cheerleading		4:00pm - 4:30pm		4:00pm to 5:00pm	
	Coach - Kaytlyn			4 to 8		Coach - Kaytlyn		Coach - Mekelti	
		Mini Tumbling		4:00pm - 5:30pm	Boys Ninja Warriors		Novice Tumbling	Dance Doubles	
1700		4 to 8		Coach - Kaytlyn	3 & Over	6 & Over	Cheer Intensity	3 & Over	
		4:30pm - 5:30pm	SEMI-COMPETITIVE Heimdall		4:00pm to 5:30pm	6 & Over	6 & Over	4:30pm to 6:00pm	
1730		Coach - Finn	Level 1 Junior Cheerleading		Coach - TBA	4:30pm - 5:30pm	5:00pm to 6:00pm	Coach - TBA	
			9 to 16		Coach - Rohnan	Coach - Mekelti	Coach - Kaytlyn		
			4:30pm - 6:30pm						
1800	Flyer School	Base Bootcamp			Elite Tumbling	Youth Cheerleading	Advanced Tumbling	COMPETITIVE SEMI-COMPETITIVE Valkyrie & Bifrost	
	6 & Over	6 & Over			6 & Over	5 to 12	6 & Over	COMPETITIVE SEMI-COMPETITIVE Valhalla & Baldur	
	5:30pm - 6:30pm	5:30pm - 6:30pm	Coach - Kaytlyn Coach - Finn		5:30pm to 6:30pm	5:30pm - 6:30pm	6:00pm to 7:00pm	Senior Dance	
1830	Coach - Kaytlyn	Coach - Finn			Coach - Kaytlyn	Coach - Mekelti	Coach - Kaytlyn	15 & Under	
								6:00pm - 7:30pm	
1900	Intermediate Tumbling					Senior Cheerleading		Coach - Saphron Coach - Mekelti	
	6 & Over					13 & Over		Coach - Saphron Coach - Mekelti	
	6:30pm - 7:30pm	RESERVED TIME	COMPETITIVE Loki		COMPETITIVE Thor	6:30pm - 7:30pm			
1930	Coach - Kaytlyn	Group Stunt & Partner Stunt	Level 2 Senior Cheerleading		Level 2 Non Tumble Open Cheerleading	Coach - Kaytlyn			
		3 & Over	11 to 18		14 & Over	COMPETITIVE Valkyrie	COMPETITIVE Valhalla	Open Dance Dance Fitness	
2000	Adult Cheerleading	6:30pm to 8:30pm	6:30pm - 8:30pm		6:30pm - 8:30pm	Senior Dance	Open Dance	13 & Over	
	18 & Over	Coach - TBA	Coach - Kaytlyn		Coach - Kaytlyn	15 & Under	14 & Over	7:30pm to 8:30pm	
2030	7:30pm - 8:30pm					7:30pm - 8:30pm	7:30pm - 8:30pm	Coach - Saphron Coach - Mekelti	
	Coach - Kaytlyn					Coach - Kaytlyn Coach - Mekelti	Coach - Kaytlyn Coach - Mekelti		

Please be aware that classes may change depending on numbers and interest.

COMPETITIONS & EVENTS

Semi-Competitive	Competitive	Competition / Event Details	
		Date:	PCYC Sports Expo 15 / 02 / 2010
		Location:	PCYC Hervey Bay, 9 O'Rourke Street, Pialba, QLD, 4655
		Teams:	All Competitive & Semi-Competitive Squads
		Date:	Maryborough Eisteddfod 18 / 05 / 2020 to 24 / 05 / 2020
		Location:	Brolga Theatre, 5 Walker Street, Maryborough, QLD, 4650
		Teams:	Competitive & Semi-Competitive Dance Teams
		Date:	Mid Term Showcase 20 / 06 / 2020
		Location:	Asgard All Stars Studio, 2/83-85 Islander Road, Pialba, QLD, 4655
		Teams:	All Competitive, Semi-Competitive and Recreational Classes
		Date:	FraserPop 2020 18 / 07 / 2020 to 19 / 07 / 2020
		Location:	Maryborough State High School, Kent Street, Maryborough, QLD, 4650
		Teams:	All Competitive & Semi-Competitive Squads
		Date:	AASCF All Star Battle 31 / 07 / 2020 to 02 / 08 / 2020
		Location:	Carrara Indoor Sports Stadium, Nerang Broadbeach Road, Carrara, QLD, 4211
		Teams:	All Competitive Teams
		Date:	Aussie Gold State Spectacular 22 / 08 / 2020 to 23 / 08 / 2020
		Location:	Logan Metro Sports Centre, 357 Browns Plains Road, Crestmead, QLD 4132
		Teams:	All Competitive & Semi-Competitive Squads
		Date:	CheerBrandz Australasian Majors 23 / 10 / 2020 to 25 / 10 / 2020
		Location:	Brisbane
		Teams:	All Competitive & Semi-Competitive Squads
		Date:	Aussie Gold Internationals 30 / 10 / 2020 to 01 / 11 / 2020
		Location:	Gold Coast Sports Centre, 296 Nerang Broadbeach, Carrara, QLD, 4211
		Teams:	All Competitive Teams
		Date:	AASCF Nationals 26 / 11 / 2020 to 29 / 11 / 2020
		Location:	Gold Coast Convention Centre, Gold Coast Highway, Broadbeach, QLD, 4218
		Teams:	All Competitive Teams
		Date:	AASCF Pinnacle 01 / 11 / 2020
		Location:	Gold Coast Convention Centre, Gold Coast Highway, Broadbeach, QLD, 4218
		Teams:	All Competitive Teams
		Date:	Asgard All Stars Showoffs 20 / 06 / 2020
		Location:	Asgard All Stars Studio, 2/83-85 Islander Road, Pialba, QLD, 4655
		Teams:	All Competitive, Semi-Competitive and Recreational Classes
		Date:	Christmas Carols TBA
		Location:	Hervey Bay
		Teams:	All Competitive & Semi-Competitive Squads

COMMITMENT & TRAINING OVERVIEW

Stream	Commitment Level	Minimum Training Required				Financial Investment
Competitive Cheerleading	High	Level 1 Elite	3	Hours	Squad Training, Tumbling	Uniform
		Level 2 Non Tumble	3	Hours	Squad Training, Strength	Cheer Shoes
		Level 2	4	Hours	Squad Training, Tumbling, Strength	Competition Fees
Competitive Dance	High	Pom & Jazz	2.5	Hours	Troop Training	Uniform Jazz Shoes Competition Fees
Semi-Competitive Cheerleading	Medium	Novice	1.5	Hours	Squad Training	Uniform
		Level 1	2	Hours	Squad Training	Competition Fees
Semi-Competitive Dance	Medium	Pom & Jazz	1.5	Hours	Troop Training	Uniform Jazz Shoes Competition Fees
Group Stunt & Partner Stunt	High	Level 1 Elite	30	Minutes	Squad Training	Uniform
		Level 2-4	1.5	Hours	Squad Training, Strength	Cheer Shoes
		Level 5 & 6	3	Hours	Squad Training, Strength	Competition Fees
Dance Doubles	High	Pom	1	Hour	Team Training	Uniform
		Jazz	1	Hour	Team Training	Jazz Shoes
		Contemporary/Lyrical	1	Hour	Team Training	Competition Fees
		Hip-Hop	1	Hour	Team Training	

TEAM PLACEMENT

Asgard All Stars is committed to the safe progression of athletes. Each year athletes are required to attend a team placement session where our qualified coaches will place athletes in a team that best suits their skill set, maturity level, position, experience and commitment level. If your athlete misses our group team placement they will be required to set up a separate time with Asgard All Stars so that they can be placed in the correct team. It is important to note that **EVERY ATHLETE** who wishes to compete will have a spot in one of our squads.

Team Placement is an essential part of developing happy and well rounded athletes. There are many considerations that go into putting a successful team together and we take great time and care to ensure we are doing the best for all our athletes. We put teams together each year that are beneficial for current development and also future development of our athletes and our club. Pushing for athletes to advance to a higher level when you're not physically and/or emotionally ready can be very detrimental and unsafe and often ends up in an athlete losing their love of the sport. We want all our teams to be successful and all our athletes to be happy! We ask that athletes, parents and carers trust us, our professional expertise and our athlete knowledge, to place them in the most beneficial team. We don't take the process lightly and always have our athletes safely and wellbeing as our top priority.



FINANCIAL INVESTMENT

Competition Fees:

Competitions & Events are to be paid for in full a minimum of one month prior to the commencement of each event and is a non-refundable payment. Asgard All Stars invoice all athletes the final competition fees at the start of the year once they are made available by the event vendor. Payment plans are available.

Uniform:

All competitive and semi-competitive athletes are required to have the appropriate uniform for each Competition/Event. Uniforms must be paid for in full prior to the athletes first competition.

Item	Cost	Competitive Cheerleading	Semi-Competitive Cheerleading	Competitive Dance	Semi-Competitive Dance
Cheerleading Uniform	\$250	✓	✓		
Cheerleading Bow	\$30	✓	✓		
Asgard Cheerleading Shoes	\$180	✓			
Cheerleading Shoes	\$5 - \$40		✓		
Jazz Shoes	\$30 - \$80			✓	✓
Dance Uniform Pom & Jazz	\$80 - \$100			✓	✓
Poms	\$45			✓	✓
Dance Doubles Uniform	\$50 - \$100			✓	✓
Training Uniform (Pants & Top)	\$90	✓		✓	
Training T-Shirt	\$35	✓	✓	✓	✓

We also have our Ultimate Competition Pack which includes the Cheerleading uniform, Asgard cheerleading shoes, Training uniform, Bag, and Bow. The pack is \$520. Payment Plans are available for uniforms.

Travel & Accommodation:

Asgard All Stars will release an accommodation and travel option for all athletes that choose to stay together at the studios chosen venue. Many of our athletes prefer to travel down and stay together. It is beneficial as athlete will meet up for group meals, help each other get ready and bond as a team. The group accommodation and travel option will be made available for athletes in Term 1. All athletes that wish to use this option are required to RSVP prior to Term 2. Group accommodation and travel is not compulsory as all athletes are required to organise their own accommodation and travel to and from competitions and events.



COMMITMENT & TRAINING REQUIREMENTS

Training Policy (For competitive & semi-competitive athletes) :

Due to the team nature of the sport Asgard All Stars has a very strict attendance policy for all competitive and semi-competitive athletes. At Asgard All Stars, attendance and commitment are the key to our success. Unlike other team sports, if an athlete is absent for training it is detrimental to the entire team and means that all our other athletes cannot train to their fullest potential. Choreography, stunts and pyramid sections don't work without every single member of the squad. This is especially true in the stunting aspect of the sport. Stunt groups are formed very early on in the year and usually train together for the entirety of the season. It is the responsibility of the athlete and their family to understand the commitment level required for each squad **BEFORE** enrolling in a competitive or semi-competitive program.

Due to this, if an athlete is away for a single training session the coach will use another athlete in their current position. It is highly possible that this could cause a change to the absent athletes role in their team. If an athlete misses two or more training sessions in a term, they will be removed from the routine until the coach believes it is appropriate to put them back in (this usually occurs once the athlete has made a significant effort to catch up on their missed training).

Please Note:

- If an athlete misses any training sessions within 3 weeks of an event or competition for **ANY** reason they will be removed from the routine and unable to compete/perform at that competition/event. This is for the safety and wellbeing of both the athlete that is away and the remainder of their team and is non-negotiable.
- Injured and sick athletes (when possible) are still expected to attend all of their team training sessions to support their team. This is to ensure they do not miss any changes or upgrades to the routine and to join in with anything they are able to.
- Withholding an athlete from training (or competition) should never be used as a form of punishment. This not only punishes the athlete but every other member of their squad.
- We encourage athletes to participate in a wide range of sporting activities, however, please know that we do not allow training or competitions to be missed due to other sporting commitments.
- Upcoming school exams or homework are not considered acceptable reasons to miss training. We expect all of our athletes to prepare themselves and maintain a high level of time management for their schooling responsibilities so that they do not adversely impact their team.
- If an athlete is absent because they are in hospital or have a contagious illness an email with Dr's certificate needs to be sent to Asgard All Stars.
- If an athlete has to miss class due to a compulsory school event notice must be given to Asgard All Stars a minimum of two weeks in advance.
- Exceptional circumstances (such as family emergencies) will be reviewed on an individual basis by Asgard All Stars management.

Competition Policy (For competitive & semi-competitive athletes) :

Both semi-competitive and competitive athletes **MUST ATTEND** all competitions and events that are scheduled for their squad. The detrimental effect on a team missing even one athlete for a competition is huge. It is imperative that all competitions are attended.

Performance schedules are usually released a maximum of two weeks prior to the event or competition by the event providers so it is important that athletes remain free for the entire period of the competition/event until they are made aware of each squads arrival, performance and awards schedules.

If an athlete misses any training sessions within 3 weeks of an event or competition for **ANY** reason they will be removed from the routine and unable compete/perform at that competition/event. This is for the safety and wellbeing of both the athlete that is away and the remainder of their team and is non-negotiable.

Key Dates - PROPOSED FOR 2020

Please be aware this is not a complete list of events, competitions and information for the year. Future information will be added throughout the year, emailed to our athletes and posted on our social media.

Pre-Season	Holiday Training	-	16 / 12 / 2019	to	18 / 12 / 2019
	Team Placement - Cheerleading - Round One	-	19 / 12 / 2019		
	Team Placement - Dance - Round One	-	20 / 12 / 2019		
	Holiday Training	-	06 / 01 / 2020	to	22 / 01 / 2020
	Team Placement - Cheerleading - Round Two	-	23 / 01 / 2020		
	Team Placement - Cheerleading - Round Two	-	24 / 01 / 2020		
Term 1	Term One Classes Begin	-	28 / 01 / 2020		
	PCYC Sports Expo Performance	-	15 / 02 / 2020		
	Term One Classes End	-	03 / 04 / 2020		
Term 2	Term Two Classes Begin	-	20 / 04 / 2020		
	Maryborough Dance Eisteddfod	-	18 / 05 / 2020	to	24 / 05 / 2020
	Public Holiday - ANZAC Day	-	25 / 04 / 2020		
	Public Holiday - Labour Day	-	04 / 05 / 2020		
	Asgard All Stars Mid Term Showcase	-	20 / 06 / 2020		
	Term Two Classes End	-	26 / 06 / 2020		
	Cheerleading Camp	-	02 / 07 / 2020	to	03 / 07 / 2020
Term 3	Term Three Classes Begin	-	13 / 07 / 2020		
	FraserPop 2020 Performance	-	18 / 07 / 2020	to	19 / 07 / 2020
	AASCF All Star Battle	-	31 / 07 / 2020	to	02 / 08 / 2020
	Aussie Gold QLD State Spectacular	-	22 / 08 / 2020	to	23 / 08 / 2019
	Term Three Classes End	-	18 / 09 / 2020		
Term 4	Term Four Classes Begin	-	06 / 10 / 2020		
	CheerBrandz Australasian Majors	-	23 / 10 / 2020	to	25 / 10 / 2019
	Aussie Gold International Championships	-	30 / 10 / 2020	to	01 / 11 / 2020
	AASCF National Cheer & Dance Championships	-	26 / 11 / 2020	to	29 / 11 / 2020
	AASCF Pinnacle	-	30 / 11 / 2020		
	Asgard All Stars Showoffs	-	04 / 12 / 2020		
	Asgard All Stars Awards Night Gala	-	05 / 11 / 2020		
	Term Four Classes End	-	11 / 12 / 2020		
	RSL Christmas Carol Performance	-	TBA		

Membership

Description	Cost Per Year
Recreational Athlete Membership	\$50
Competitive Athlete Membership	\$65
Tots Membership (<i>applicable to any athlete under the age of 2 years with any active parent/guardian membership</i>)	\$5

Term Fees

Duration	Cost Per Term
30 Minute Class	\$60
1 Hour Class	\$110
1.5 Hour Competition Classes - Multiple class discount does not apply	\$130
2 Hour Competition Classes - Multiple class discount does not apply	\$150

MULTIPLE CLASS STRUCTURE

Hours	Savings	Cost Per Term
2 Hours	\$10	\$210
3 Hours	\$30	\$300
4 Hours	\$60	\$380
5 Hours	\$90	\$460
6 Hours	\$120	\$540
7 + Hours (<i>Unlimited Class Pass</i>)	Up to \$590	\$620

DISCOUNT STRUCTURE

Duration	Cost Per Term
Family Discount	5% per additional athlete
Unlimited Athlete Class Pass	\$620 per term

Private Sessions

Duration	Cost Per Term
30 Minute Private Lesson	\$40
1 Hour Private Lesson	\$80
10 x 30 Minute Private Lessons	\$300

Casual Classes

Duration	Cost Per Term
1 Hour Casual Class	\$10
Unlimited Session 10 Week Casual Class Pass	\$100

FEES POLICY

Membership:

Membership covers athletes insurance, music compilation fees, athlete awards and entry to Asgard All Stars Show Offs. Competitive registration also covers the additional training required by all athletes prior to competitions. All athletes **MUST** have their membership paid in full prior to commencing their first class. This is for their safety and the safety of others. All Membership fees are non refundable.

Fees:

Term Fees are based on a years worth of lessons and take into account public holidays and additional training. Fees must be paid in full no later than 14 days after an invoice has been issued, unless alternative payment plan arrangements have been made. Any fees not paid by this time will incur a \$5.00 late fee each week. Additionally athletes will be unable to train until their fees are paid in full.

All Fees are non-refundable under any circumstances and are to be paid in full whether classes are attended or not. Long term absences are to be discussed with Asgard Management so an arrangement can be made.

Withdrawing from the program:

All athletes have a 2 week cooling off period when enrolling (including their free trial). After this date the following commitment applies:

- 👤 Recreational Athletes - Joining our recreational program requires a term (10 week) commitment. If an athlete withdraws from a recreational class partway through the term they are still required to pay the remainder of that term.
- 👤 Competitive & Semi-Competitive Athletes - Joining competitive program requires a 12 month commitment. If an athlete withdraws from their competitive program part way through the year, they will still be required to pay their full fees for the remainder of the year.

Private Lessons:

Private lessons are available for both recreational and competitive athletes. These sessions need to be paid in advance and scheduled with Asgard All Stars management. Privates can be paid for the day of a session or a set of 10 private lessons can be purchased and used throughout the athletes time at Asgard All Stars. Private Lessons and Private Lesson passes are non-refundable. Athletes must have an active membership in order to participate in a Private Lesson. Additional costs will apply to athletes without an active membership.

Casual Classes:

Casual classes need to be paid in advance and scheduled with Asgard All Stars management. Casual Classes can be paid for the day of a lesson or a 10 week pass can be purchased which will cover athletes for 10 weeks of unlimited casual classes. Casual Classes and Casual Class passes are non-refundable. Athletes must have an active membership in order to participate in a Private Lesson. Additional costs will apply to athletes without an active membership.

PAYMENT PLANS

Asgard All Stars understands how difficult it can be for families to budget for their athletes sport with the other financial commitments that life offers. For this reason we offer payment plan options for all athletes if they chose. Payment plans can be paid back weekly, fortnightly or monthly. Any payment plans that are in place must be honoured. This includes any uniform or competition payment plans that have been organised. To organise a payment plan please contact Asgard All Stars management.