

2024

PHOENIX
CHEER & DANCE
INFORMATION
PACK



JOIN US IN 2024

Meet our coaches
See our gym
Hear what we are about
Get to know our programs

We have a team for everyone
All ages and skill levels



WELCOME TO PHOENIX CHEER & DANCE

FROM THE OWNERS

Join us as we celebrate six incredible years of soaring high with our talented athletes! As passionate gym owners, our mission is to help our cheerleaders and dancers unleash their full potential.

At Phoenix Cheer and Dance, we go above and beyond to provide our athletes with the tools they need to succeed. Our team programs are designed to offer extra training classes focused on Flyer Flexibility, Tumble, and Dance techniques, ensuring their development goes beyond the gym and into lifelong skills.

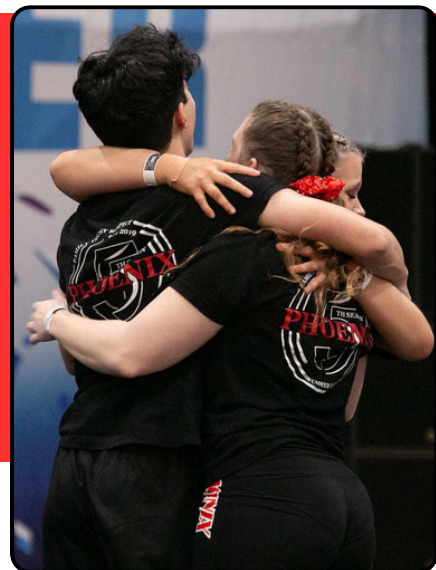
But that's not all! We're already gearing up to create our dream teams for 2024, welcoming new athletes with open arms and crafting ambitious development plans alongside our incredible crew of coaches.

Get ready to experience the magic of the Phoenix Family as we invite you to join our club! Let's make 2024 a year filled with growth, achievement, and unforgettable memories together!

With excitement and dedication,
Karren, Ruby, and the Phoenix Team

WHY CHOOSE US?

Phoenix Cheer & Dance is known as one of the top cheerleading programs in South Australia, and it's no surprise why. We're all about finding that sweet spot of nailing routines while creating a welcoming and supportive atmosphere for athletes of all ages and skill levels. Our program is grounded in a passion for inclusivity and empowerment, which has earned us a well-respected rep.



FAMILY

We're all about tight-knit teams and forging friendships that last a lifetime! Whether you're a casual player or a fierce competitor, we've got a squad that's perfect for you. Our training sessions are all about getting results and staying on top of our game. But that's not all - we love to throw some epic events in the mix too! From disco nights to BBQs and sleepovers, we're all about the fun and building a Phoenix Family that'll have your back.



RESPECT

We're a tight-knit community that cheers on our coaches, athletes, and supporters alike. Whether you're a seasoned pro or just starting out, we value every single member of our family. And with five years of victories under our belt, including State and National champs, we're proud to say that we walk the talk.

TRUST

Our coaches are some of the most experienced in the biz, and we've got a killer program in place to keep them educated, qualified, and totally on it. Our top-notch facilities boast a competition-sized sprung floor and all the tumble equipment you could ever dream of. Safety is our top priority, so we're always upgrading and improving our gear to give our athletes the best possible training space. And the cherry on top? Our in-house choreography is mind-blowing!

OUR STAFF

Our squad of cheer, dance, and tumble coaches are an absolute powerhouse! They're hardworking, dedicated, and passionate, with a huge amount of respect for our sport and their athletes. We value trust, loyalty, respect, and discipline above all else, and our coaches embody these principles wholeheartedly. With relevant USASF cheerleading qualifications and Working with Children Clearances, our coaching team is the ultimate dream team!



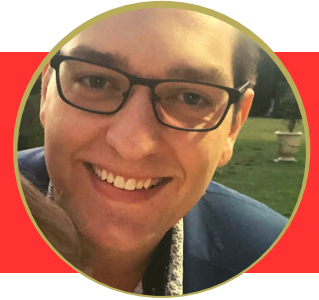
Karren
Director



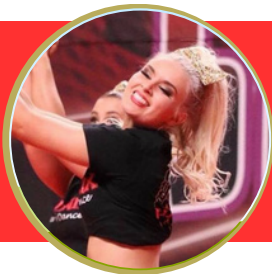
Ruby
Director



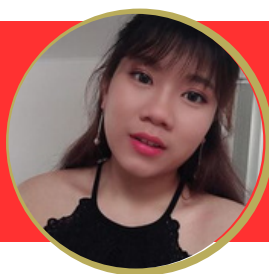
Lloyd
Gym Owner /
Events



Adam
Gym Owner



Head Coach
Crystal



Coach
Nat



Coach
Kenishia



Coach
Isabel



Coach
Jordan



Coach
Heidi



Coach
Maddy

OUR GYM

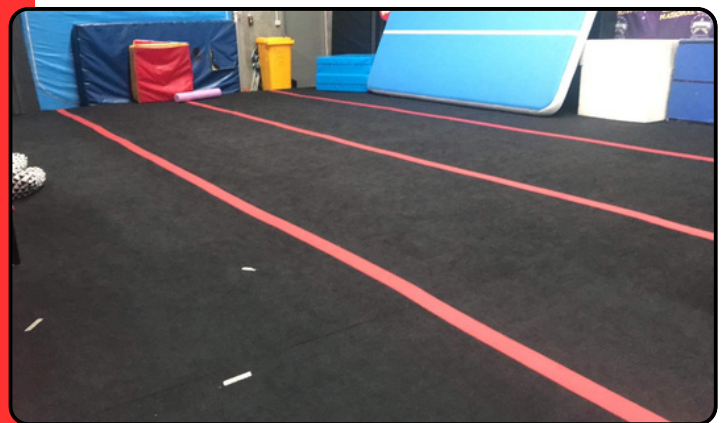
Are you ready to bounce into action? Our competition-sized, sprung floor, complete with a tumble lane and a commercial tumble trampoline, will have you grinning from ear to ear. And that's not all! Our Phoenix banner ups the fun factor with a glittering practice space. Crank up the tunes with our sound system, perfect for those full-out routines, and capture every epic flip with instant replay video facilities.



Head upwards, and you'll spot our dance floor perched above the cheer floor, surrounded by plenty of sunshine and another killer sound system. It's a hidden nook to groove like nobody's watching!



Get ready to flip out over our sprung tumble floor! It's the perfect spot to hone your tumble skills with a double mini trampoline, tumble tracks, and more! With a huge range of equipment at your fingertips, you'll be spoiled for choice on where to begin!



THE PHOENIX DIFFERENCE

At Phoenix, we are passionate about providing affordable programs for all without skimping on the quality of your experience. We take pride in our mission to treat you like family, not just in class but also at our legendary team-bonding events and social outings that embrace each member of your squad with open arms.



Exciting News for Young Athletes!

if you're between the ages 5-15 and love sports? The SA Govt. is giving out \$100 vouchers per student as a reimbursement to promote sports involvement. Don't miss out on this amazing opportunity, visit our office and speak to Karren. She will provide you with all the information on how to apply and get you signed up.

Our social calendar is bursting with energy! All thanks to our Events Coordinator, Lloyd. We love diving into a whole range of wild activities from sleepovers to disco nights, laser skirmishes, and bowling adventures. But wait, there's more! We've got our ultimate must-attend events like the spooktacular Halloween Party, the fiery Phoenix Olympics, and our epic end-of-year awards night and celebration.



RECREATIONAL PROGRAM

Our recreational programs are a great way to get involved with Phoenix and get a feel for what our club is all about without committing to a competition team. You can start anytime during the year and you do not need to attend a team placements.

At Phoenix we offer two different recreational options that train for 1 hour per week

Tumble
&
Cheer Stars

CHEER STARS

Cheer Stars is back for round two! This fantastic program is perfect for budding cheerleaders who want to learn the ropes without feeling tied down to a full competition season. You'll get top-notch training in all the skills and techniques needed to become a cheer champ, all leading up to one epic competition in South Australia at the end of the year.

COST

\$100 Registration

Includes;

Athlete insurance & club t-shirt

Fees

\$60 Per Month for 10 months

Competition entry fees charged separately.



SEMI- COMPETITIVE

The semi-competitive stream provides a chance for athletes to participate in the thrill of competition, with a less demanding training and competition schedule. It is the perfect starting point for those who want to get a taste of the sport by engaging in competitions throughout the year.

Semi competitive cheer and dance teams will compete at selected state competitions only. These teams include Tiny/ Mini cheer & dance, and some novice cheer and dance teams.

The weekly training committment will vary dependent on team.

COST

\$200 Registration

Includes;

Athlete insurance, club t-shirt and club training set .

Training Fees and uniform fees will be determined by the team the athletes is placed in.

Competition entry fees charged separately.

Discounts Available with Phoenix:

Specified on below Cheer & Dance pages



COMPETITIVE CHEER

Our competitive cheerleading program has seen great success since its inaugural season in 2019. Our athletes strive for excellence in their tumbling, stunting, jumps, and dancing while honing their performance skills and building their confidence. However, it's important to note that competitive cheerleading demands a high level of commitment from athletes. Included in our Cheer programs for all athletes are additional Flexibility and Tumble classes. These extra classes are not mandatory, they are provided to empower our athletes to take charge over their progression.

CHEER TEAMS TRAINING AND FEES

<u>Teams</u>	<u>Hours/Week</u>	<u>Fee per Month</u>
Novice	1.0	\$60
Level 1 & 2	2.0	\$120
Level 3 & 4.2	4.0	\$240
Level 1 NT	1.5	\$90
Level 2 NT	2.0	\$120
Level 3 NT+	3.5	\$210
Exceptional Abilities	1.5	\$90

COST

\$250 National Registration

Includes; Athlete insurance, club t-shirt and club training set. \$50 Non refundable Nationals deposit. If you do not require a new training set, \$100 will be credited towards your uniform fees.

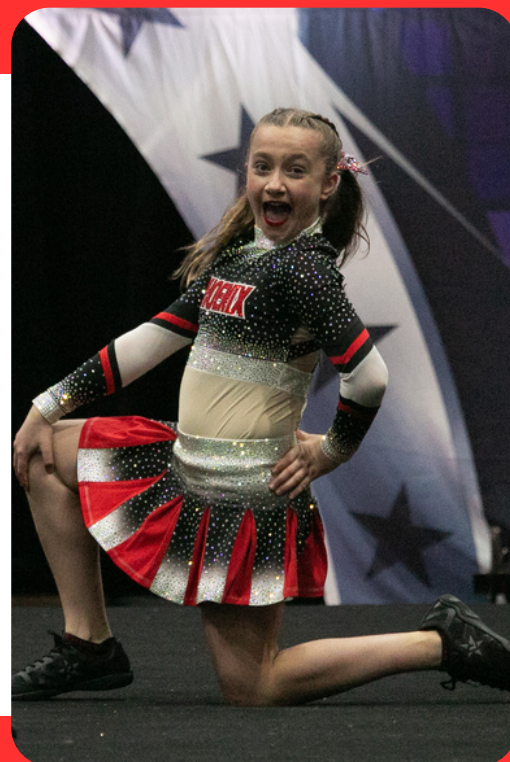
Competitions fees will be charged seperately.

Discounts Available with Phoenix:

1st Cheer Team Participation - Fees as above

2nd Cheer Team Participation - 50% Second Team

3rd Cheer Team Participation - No Charges for 3rd team



COMPETITIVE DANCE

Our competitive dance program like our cheer program has seen great success over the last 5 years. Our Dance program offers a variety of genres from Lyrical and Hip Hop to Pom and Jazz. We compete in teams as well as Duos. On top of our standard team training sessions, we also offer our athletes additional support and development classes for Dance Technique and Flexibility. These extra classes are included in the training fees and athletes can attend as many of these as they like.

DANCE TEAM TRAINING AND FEES

<u>Dance</u>	<u>Hours/Week</u>	<u>Fee per Month</u>
Novice	1	\$60
Intermediate	1.5	\$90
Exceptional Abilities	1	\$60
Dance Duo	0.5	\$40

COST

\$250 Registration

Includes; Athlete insurance, club t-shirt and club training set. \$50 Non refundable Nationals deposit If you do not require a new training set, \$100 will be credited towards your uniform fees.

Competition entry fees charged separately.

Discounts Available with Phoenix:

1st Dance Team Participation - Fees as above

2nd Dance Team Participation - 50% Second Team

3rd Dance Team Participation - No Charges for 3rd+ team



EA CHEER & DANCE

Exceptional Ability Cheer & Dance is a program especially designed for athletes with a disability. Our program has been part of the Phoenix Family since our doors opened in 2019. We have dedicated staff who have experience working with people with disabilities. Our coaches are supportive and understanding, but also want to provide challenges to the athletes who are members of our EA teams.

Our EA teams compete at the same competitions as all fully competitive teams including Nationals.

A lot of our athletes claim their term fees through NDIS. Our Gym Owner Karren has experience with working with NDIS and is happy to help work through this with you.

TRAINING AND FEES

<u>EA Teams</u>	<u>Hours/Week</u>	<u>Fee per Month</u>
Lyrical	1	\$60
Pom	1	\$60
Hip Hop	1	\$60
Cheer	1.5	\$90
Dance DUO	.5	\$40

COST

\$250 Registration

Includes; Athlete insurance, club t-shirt and club training set. \$50 Non refundable Nationals deposit. If you do not require a new training set, \$100 will be credited towards your uniform fees.

Competition entry fees charged separately.

Discounts Available with Phoenix:

Specified on above Cheer & Dance pages



2024 COMPETITIONS

State Competitions

Competition

Cheercon Ice Breaker
Aussie Gold State Championship
Cheercon State Championship
AASCF State Championship
Aussie Gold Nationals

Competition Date

June 28 - 30
August 17-18
September 6 - 8
September 27 - 29
November 2-3

National Competitions

Competition

Cheercon Best of the Best
Sydney ICC

Competition Date

November 29 - December 1

BLACK OUT PERIOD

The two weeks leading up to competition is a black out period, which means that all athletes must attend training. If you are injured or sick you are still required to attend, unless you are contagious, in which case an alternative way of watching training will be need to be organised by the athlete with their coach.

CHEER TERM DATES

Term 1
Begins:
29/01/2024
Ends:
12/04/2024

Term 2
Begins:
29/04/2024
Ends:
14/07/2023

Term 3
Begins:
15/07/2024
Ends:
06/10/2024

Term 4
Begins:
07/10/2024
Ends:
27/11/2024

ATHLETES INFORMATION

Sportsmanship & Behaviour

Phoenix has a strictly 'No Bullying Policy' that extends to verbal, physical and cyber bullying. We do not tolerate bullying in any form including negative body remarks. If anyone is found to be bullying other athletes, action will be taken immediately which may include removal from the club without refund. Athletes and parents are expected to always exhibit good sportsmanship and show respect for Phoenix staff, team mates, other athletes and supporters within the gym. Athletes and parents ARE NOT to approach competition officials or judges for any reason.

As part of registering as an athlete for Phoenix Cheer & Dance you will be asked to read and sign an athlete and supporters code of conduct.

This code of conduct covers a number of items including our anti-bullying policy. Copies of this code can be found on our website and in the reception area.

TEAM MOVEMENTS

All competition teams are reviewed in the first term. Athletes will participate in various activities and training drills to ensure that they have been placed in the best team for them to grow in both skills and confidence. Team movement means that an athlete may be moved to a more appropriate team. This may happen for a variety of reasons which will be explained to the athlete and parent / guardian if required. Team movement is at the coach's discretion and parents/athletes need to understand that all team placements and movements are in the best interest of the individual athlete and our teams. Our priority is for safe cheer practices which means an athlete may need to move to a more appropriate team.

ATHLETES INFORMATION

Competition Uniforms

<u>Team</u>	<u>Club Uniform</u>	<u>Club Bow</u>	<u>Shoes</u>
Cheer Stars	No cost	\$25	Cheer or Canvas Shoes
Mini & Youth	\$300	\$35	Black Rebel Athletics Ruthless
Junior & Senior	\$300	\$35	Black Rebel Athletics Ruthless
Open & Adult 1-3	\$300	\$35	Black Rebel Athletics Ruthless
Open 4+	\$350	\$35	Black Rebel Athletics Ruthless
Pom	\$250	\$30	Black Jazz Shoes
Dance (other)	\$120-150	N/A	Dependant on Team
Exceptional Abilities	\$300	\$35	Black Rebel Athletics Ruthless

DRESS CODE

It is a requirement that all athletes are to wear either their club t-shirt, training set, club merchandise or club colours to all training's. All athletes with long hair must have it tied back off their face for all classes and must remove all jewellery (including earrings) prior to each training session. Fingernails must be kept short at all times.



CHOREOGRAPHY

We pride ourselves on inhouse choreography and to ensure our athletes are getting the best opportunity to learn their choreography we have a dedicated session for each team. These times will be provided during term 1.

Contact Us



0400094355



admin@phoenixcheeranddance.com.au



4 Provident Avenue, Glynde SA 5070

FOLLOW US ON SOCIAL MEDIA



Phoenix Cheer & Dance



[@phoenixcheersa](https://www.instagram.com/phoenixcheersa)