



CHEER INTENSITY ALL STARS



# 2026

## INFORMATION PACK

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1B SOLDIERS POINT ROAD

INFO@CHEERINTENSITYALLSTARS.COM.AU

### DANCE - CHEER - TUMBLE





# Welcome TO CHEER INTENSITY ALL STARS SEASON 3

Thank you for your interest in our program for season 3 2026. We are excited to bring some new classes and opportunities to our 2026 season of competitive cheer and dance.

Cheerleading is such a unique team sport! We believe in fostering development both as athletes and as individuals. Athletes are able to progress at their own pace as well as work within a team environment to achieve a common goal. We aim to create a community where this is not just weekly classes, we aim for our gym to be a place where athletes make lifelong friendships and learn important life skills.

Cheer Intensity recognises that each athlete has a different pathway and progression through the world of Cheer and Dance, athletes are carefully placed on teams where we believe they will have the most success and the most beneficial for their development.



# 2026 TERM DATES

## TERM 1

Monday 2<sup>nd</sup> February to Thursday 2<sup>nd</sup> April  
Friday 3<sup>rd</sup> April CLOSED - GOOD FRIDAY  
Billed as a 9 week term

## TERM 2

Monday 20<sup>th</sup> April to Sunday 5<sup>th</sup> July  
Monday 8<sup>th</sup> June CLOSED - KINGS BIRTHDAY  
Billed as a 11 week term

## TERM 3

Monday 20<sup>th</sup> July to Sunday 27<sup>th</sup> September  
Billed as a 10 week term

## TERM 4

Monday 12<sup>th</sup> October to Sunday 13<sup>th</sup> December  
Billed as a 9 week term

All Holidays must be taken during holiday periods above. By joining a competition team you are committing to full attendance during the above dates. Cheer Intensity follows NSW public school term dates and will always return on a Monday regardless of individual school pupil free days, please keep this in mind when booking holidays.



## 2026 DANCE TEAMS

In 2026 we will see the introduction to Novice and Intermediate dance. This focuses on a higher level of skill, technique and team commitment.

Dance teams will learn all 4 styles of dance - Pom, Lyrical, Jazz and Hip Hop but compete only 2 routines at competition. This will be decided by coaches and based on overall performance and readiness of the routines.

### 2026 Dance Teams

Mini DanceStars

Mini Novice

Youth DanceStars

Youth Novice / Intermediate

Junior Novice / Intermediate

# 2026 COMPETITION DATES

**CHEERCON**  
**ICEBREAKER**  
BLACKTOWN



SATURDAY 4<sup>TH</sup> JULY -  
SUNDAY 5<sup>TH</sup> JULY

**AUSSIE GOLD**  
**STATE CHAMPIONSHIPS**  
SYDNEY OLYMPIC PARK



SATURDAY 1<sup>ST</sup> AUGUST -  
SUNDAY 2<sup>ND</sup> AUGUST

**DCE**  
**NATIONALS**  
BLACKTOWN



FRIDAY 25<sup>TH</sup> SEPTEMBER -  
SUNDAY 27<sup>TH</sup> SEPTEMBER

**BATTLE AT**  
**THE BEACHES**  
NEWCASTLE



FRIDAY 31<sup>TH</sup> OCTOBER -  
SUNDAY 1<sup>ST</sup> NOV

**CHEERCON**  
**NATIONALS**  
ICC SYDNEY



THURSDAY 12<sup>TH</sup> NOVEMBER -  
SUNDAY 15<sup>TH</sup> NOVEMBER

Competition times and days are not released until 1-2 weeks prior to each competition. Please keep all dates free including Friday's (and Thursday's for Nationals). All athletes must arrive at competitions in full uniform with hair and makeup done. Athletes will not be permitted to leave before their awards session.



## ADULT ATHLETES

The safety of our athletes is our top priority, and for the safety and wellbeing of our underage athletes, we kindly request that all participants over the age of 18 provide a Working with Children Check (WWCC).

# 2026 FEE INFORMATION

REGISTRATION  
FEE

**\$60**

T-shirt included!

## REC TUMBLE / FLYER STRETCH LOW COMMITMENT

Ages 6-18yrs

30mins

\$100 Per Term (Based on a 10 week term)

## REC CHEER / DANCE

Ages 4-8yrs

1hour

\$165 Per Term (Based on a 10 week term)

Rec Cheer - Includes tumbling and cheerleading foundational skills.

Rec Dance - Introduction to dance for non-competitive athletes wanting to learn dance.

## COMPETITIVE CLASSES HIGH COMMITMENT

Ages 6-18yrs

1.5hours

\$250 Per Term (Based on a 10 week term)

\*\*Additional costs \$410 Competition Pack

Includes: Music, Registration Admin,

1 routine entry into 5 competitions.

Each additional routine costs \$35-\$60

## PRIVATES / DOUBLES HIGH COMMITMENT

30mins

\$200 Per Term (Based on a 10 week term) - costs will be split between athletes for doubles

## OTHER COSTS

**Competition travel;** Families are responsible for their own travel and expenses to and from competitions.

**Spectator entry fees;** All competitions require spectators to pay an entry fee, this is usually \$35 per person per day.

**Cheer Shoes;** All athletes require white cheer shoes / joggers. Cheerleading shoes can be purchased from [Cheercon.com](http://Cheercon.com) or [cheerdirect.com.au](http://cheerdirect.com.au) - Any plain white joggers are fine.

**New Cheer Athletes;** Competition uniform \$200

By taking part in Cheer Intensity competition teams you are committing to the FULL COMPETITION SEASON which is from February to December 2026. Payments are non-refundable and are not credited if an athlete is absent due to illness, holidays or other commitments. If an athlete is away for longer than 2 weeks due to injury, a doctors clearance must be supplied before the athlete can participate fully.

Late Payments are not acceptable and will result in your child being withdrawn from competition.

## PARENT BEHAVIOUR POLICY

Parents and family members of athletes are expected to behave with respect at all times. Gossiping, harassment and poor behaviour towards coaches, staff, athletes or other programs will not be tolerated.

# ATTENDANCE

Competition athletes must adhere to a strict attendance policy. Cheerleading is a TEAM sport and if one athlete is absent it affects the entire team. Please plan ahead and make sure athletes arrive on time for class. Carpooling is recommended if you are able to.

If an absence arises 3 weeks before a competition, please email us as soon as possible. If your athlete is absent during the 2 weeks leading up to competition your athlete may be removed from sections of the routine, this is at the coaches discretion based on the impact the absence has on the team.

Please note: Any school camps that fall within the 2 weeks leading up to competition must be notified to a coach at the beginning of the year.

## Reasons to be absent from class:

- Weddings
- Compulsory school event (eg formals, exams)
- Contagious illness
- Family emergencies

## Unapproved absence leading up to comp:

- Birthday celebrations
- Social events / parties
- Non compulsory school events (eg talent shows, discos)
- Don't feel like it / too tired
- Minor injuries / recovery (athletes must still be present to watch)
- Appointments
- Holidays

Please communicate all absences via email only - [info@cheerintensityallstars.com.au](mailto:info@cheerintensityallstars.com.au) as early as possible.

# TRAINING ATTIRE

## RECREATIONAL CLASSES

Tumble, Flyer Stretch, Rec Cheer & Rec Dance

Black crop top and Bike shorts or training set. CIA program T-shirt. Appropriate training shoes.

Rec Ballet

Any coloured or black leotard - Ballet shoes.

## COMPETITIVE CLASSES

Black crop top and Bike shorts or training set. CIA program T-shirt.

Cheer shoes / flat soled shoes for cheerleading must be worn. Baggy t-shirts/ jumpers must be removed after warm up for safety.

Hair must be tied up neatly and off the face. All jewellery/ watches must be removed. Small stud earrings/ sleepers are allowed.

# COMMUNICATION

## WHO TO CONTACT:

If you need to clarify any information or have any questions please reach out to us via email at [info@cheerintensityallstars.com.au](mailto:info@cheerintensityallstars.com.au). Please do not approach staff during training times as we have back to back classes.

## WHATS APP GROUPS:

All families will be invited to join a whats app group for their competitive team classes. This helps us better communicate competition information to specific team families. Please **DO NOT** post absences or concerns in group chats. This must be done via email.

## CIA PORTAL:

All families must create an account on our CIA portal. This is where your statement will be located and payments can be made.

# WHATS NEXT?

## HOW WILL COMPETITIVE TEAMS BE SELECTED?

Team placements are determined by evaluating factors such as age, skill level, mental preparedness, commitment, participation in class.

## ACCEPTING TEAMS:

After team placement you will receive an email with the team information your athlete has been placed in for 2026. Please respond to this email to accept the placement. This email will provide all information including costs and training times/ days.

# 2026 TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4PM - 5PM REC CHEER AND TUMBLE 4-8YRS	4PM - 4.30PM NOVICE TUMBLE LEVEL 3 TUMBLE	4PM - 4.30PM LEVEL 1 TUMBLE LEVEL 2 TUMBLE	4PM - 5.30PM MINI NOVICE / DANCESTARS	4PM - 5PM REC DANCE 4-8YRS
5PM - 5.30PM LEVEL 2 TUMBLE 6+YEARS	4.30PM - 6PM MAYHEM CHEER	4.30PM - 6PM WARRIORS CHEER	5.30PM - 7PM YOUTH INTERMEDIATE DANCE	5PM - 6.30PM YOUTH DANCESTARS
5.30PM - 7PM SNIPERS CHEER	6PM - 7.30PM TITAN CHEER	6PM - 6.30PM FLYER STRETCH	7PM - 7.30PM PRIVATE CLASSES	6.30PM - 8PM JUNIOR INTERMEDIATE DANCE
7PM-7.30PM PRIVATE CLASSES	7.30PM - 8PM FLYER STRETCH 6+YEARS	6PM - 6.45PM REC BALLET	7PM - 7.30PM PRIVATE CLASSES	
	7.30PM - 8PM PRIVATE CLASSES	6.45PM - 7.15PM PRIVATE CLASSES		

## TUMBLE LEVEL PRE REQUISITE:

**NOVICE** - No skill requirement

**LEVEL 1** - Standing Bridge and Cartwheel required

**LEVEL 2** - Front and Back Walkover required

**LEVEL 3** - Front and Back Handspring required

# ENROLMENT INFORMATION

CLICK HERE TO ENROL



Cheer Intensity All Stars [Login](#) [Classes](#) [Contact](#)

Welcome to our parent portal

Please sign in

Email Address:

Password:

Passwords are Case-Sensitive

[Sign in](#)

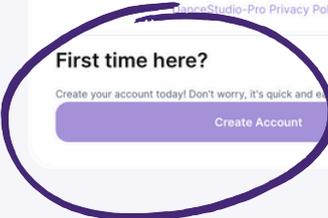
[Forgot your password?](#)

[Terms & Conditions](#) [Privacy Policy](#)

First time here?

Create your account today! Don't worry, it's quick and easy!

[Create Account](#)



Welcome to our parent portal



REGISTRATION FEE  
**\$60**  
T-shirt included!



Cheer Intensity All Stars [Register](#) [Pay](#) [Shop](#) [Info](#) Hello, Lucy

**Your Account**

Complete your parent profile and add your athlete! You can then select the classes you want to enrol in. The parent portal allows you to view and pay for class fees. You will be able to see all past transactions and invoices.

**NOT READY TO ENROL? WANT TO TRY FIRST?**

Contact us for a FREE trial at [info@cheerintensityallstars.com.au](mailto:info@cheerintensityallstars.com.au)

CLICK THE ICONS TO FOLLOW US

