



Cheer Age groups



All age groups and athletes develop cheerleading skills through both Pom Dance and Stunting. Choreography, formations, acrobatic / tumbling skills along with multiple twisting skills advance in complexity as athletes become more skilled.

Cheerleading is a hugely energetic, team driven, dynamic, spectacular sport which is enormously popular and competitive worldwide. Leadership skills, compromise, communication skills, camaraderie, reliability and trust along with the obvious physical and impressive tumbling skills are all developed through this wonderful sport.

Friendships and memories that will last a lifetime....



CYCLONE ALLSTARS Cheerleading pathway

FOUNDATION

**1 x 55 minute
class per week**

These classes concentrate on developing strength, coordination, balance, agility and mobility providing excellent body management & awareness for children to progress within cheerleading. This is also where basic vocals, arm and jump techniques are learned along with musicality and choreography basics.

INTERMEDIATE

**Intermediate
program through
invitation / trial
ONLY. 2 x 2 hour
classes per week.**

At the intermediate level athletes are introduced to 2 layer stunt progressions and technique as well as intermediate tumbling skills. Basket tosses will be introduced as athletes learn to 'fly' through the air. Choreography and formations become more challenging as the teams progress.

ADVANCED

**Advanced program
through invitation /
trial ONLY. 3 x 3
hour classes per
week.**

At this level athletes will train towards mastering 3 layer pyramids, extensions, partner stunts along with twisting and rotational mounts and dismounts. Basket tosses will increase in difficulty, to include twists and somersaults. Tumbling skills will also be developed with a focus on additional strength and conditioning.