



2020 CHEER INFORMATION PACK



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www.hidgettyouthclub.org 



11 Nelson St, Moorabbin VIC 3189

HYC Cheerleading 



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@hyccheer 



Administration Office: 3 Livingston St, Highett VIC 3190

Welcome to Highett Youth Club.

This information pack is designed to give you all the information you will need to accept your position on a HYC competitive team with the full understanding of the commitment it requires.

Please keep this pack for your reference throughout 2020.

OUR FACILITY

HYC Cheer opened our new facility (located at 11 Nelson St, Moorabbin VIC 3189) in April 2019!

Our new facility comes fully equipped with:

- **Full size 9-run competition spring floors**
- **Extra stunt / tumble area**
- **9m Tumbl Trak**
- **A range of tumbling equipment**
- **Athlete / parents common room**



This has enabled us to expand our Cheerleading Program to include new classes such as:

- **Additional Tumble Classes**
- **Flyers / Flex Classes**
- **Open Stunt / Tumble Classes**
- **18+ Stunt / Fitness Classes**
- **Kinder Cheer**
- **Pre-Squad**
- **Additional Recreational Classes**
- **More frequent Open Gyms**



2020 CLASSES

KINDER CHEER

Our Kinder Cheer classes are designed for 3-5 year olds who wish to begin their Cheerleading journey! They will learn the basics of cheerleading, such as tumbling, stunting and jumping in a fun and friendly environment.

KINDER CHEER CLASSES

TERM 1 Saturday 12:45pm - 1:30pm	TERM 2,3 + 4 Saturday 9:30am - 10:15am
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RECREATIONAL CLASSES

A non-competitive cheer class in which athletes have the opportunity to learn the fundamentals of cheerleading in a lower pressure environment. This is a great option for those new to cheer or wanting a cost effective option to get started with cheerleading.

RECREATIONAL CLASSES

Tuesday 4:30pm - 5:30pm	Thursday 4:30pm - 5:30pm
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PRIVATE LESSONS

We are able to arrange Private Lessons at a convenient time outside of scheduled class times. Please contact reception for more information.

OPEN GYM

Open Gym sessions are run at an additional cost during the holiday periods to provide athletes with a chance to continue working on their skills!

18+ STUNT / FITNESS

This class is designed for adults, who would like to get involved with our Cheerleading program at a recreational level. It is suitable for those with no previous Cheerleading experience. All ages are welcome!

18+ STUNT / FITNESS CLASS

Tuesday
7:00pm - 8:00pm

OPEN STUNT / TUMBLE

Our Open Stunt / Tumble classes are designed for those who have some Cheerleading experience. Within this class there is potential to compete as a Competitive Stunt Group.

OPEN STUNT / TUMBLE CLASS

Saturday
1:45pm - 2:30pm

TUMBLING CLASSES

Tumble classes are in place to give athletes the opportunity to gain or improve tumbling skills, which typically take longer to master than other skill sets involved in cheerleading.

TUMBLE CLASSES

NOVICE: Monday
5:30pm - 6:15pm

NOVICE - LEVEL 1: Tuesday
5:30pm - 6:15pm

LEVEL 1: Monday
4:00pm - 4:45pm

LEVEL 1: Friday
5:45pm - 6:30pm

LEVEL 1-2: Thursday
6:15pm - 7:00pm

LEVEL 2: Tuesday
6:00pm - 7:00pm

LEVEL 2: Friday
4:30pm - 5:30pm

LEVEL 3: Thursday
5:15pm - 6:15pm

LEVEL 3-4: Saturday
11:45am - 12:45pm

LEVEL 5: Monday
6:00pm - 6:45pm
INVITE ONLY

FLYER/FLEXIBILITY CLASSES

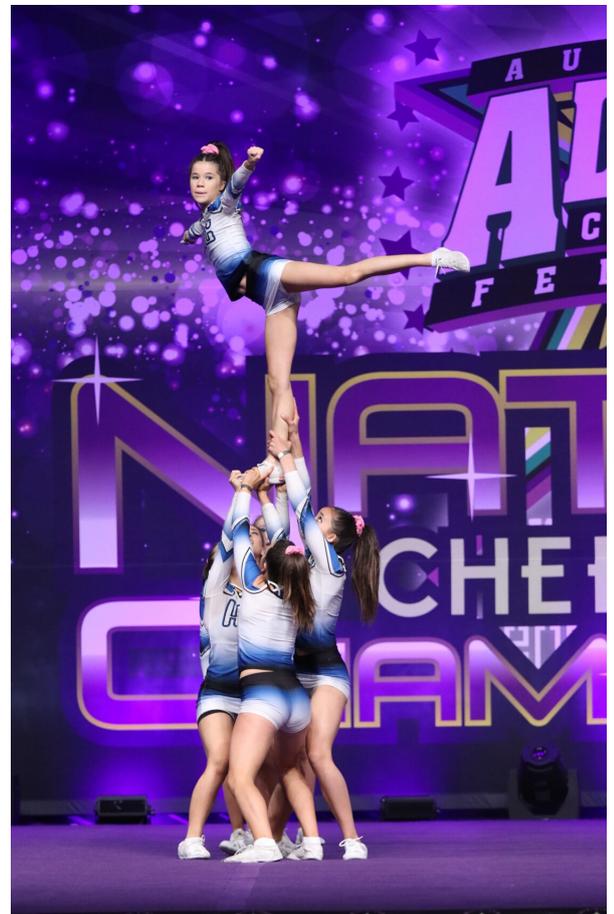
These classes are in place to give athletes the opportunity to gain or improve flexibility. Within classes athletes will also work on their lines and body control which will benefit their stunting ability.

FLYER / FLEXIBILITY CLASS

Wednesday
6:15pm - 7:00pm

Thursday
5:30pm - 6:15pm

Friday
6:30pm - 7:15pm



PRE-SQUAD

Our Pre-Squad Cheerleading Program is suited for athletes wishing to focus on routine building and skills. They will participate in the end of year Show-Offs to showcase what they have learnt throughout the year. This will give them the opportunity to experience the basics of a competitive environment before joining a Competitive Team.

PRE-SQUAD CLASS

Tuesday

4:45pm - 6:00pm



COMPETITIVE CLASSES

Competitive teams are selected very specifically in order to create a dynamic balanced group. These teams begin the year working on skills together that can later be choreographed into a routine. This routine will be performed by the team at various competitions between June-December. These competitions, as well as a HYC uniform and cheerleading shoes are compulsory for all competitive athletes. Friendship groups/ carpooling groups are not considered when selecting competitive teams.

Recommended Tumbling Classes have been listed in the Competitive Class Timetable below. This will enable athletes to work specific routine tumbling skills within the Tumble Class.

2020 COMPETITIVE CLASS TIMETABLE

SNOWFLAKES

Youth Novice

Monday

4:15pm - 5:30pm

Thursday

4:15pm - 5:30pm

TUMBLE CLASS (Novice): Monday

5:30pm - 6:15pm

CYCLONES

Youth Level 1

Monday

4:45pm - 6:00pm

Wednesday

4:00pm - 5:15pm

TUMBLE CLASS (Level 1): Monday

4:00pm - 4:45pm

LIGHTNING

Junior Level 1

Wednesday

4:45pm - 6:00pm

Friday

4:15pm - 5:45pm

TUMBLE CLASS (Level 1): Friday

5:45pm - 6:30pm

BLIZZARDS

Junior Level 2

Wednesday

5:30pm - 7:30pm

Friday

5:30pm - 7:30pm

TUMBLE CLASS (Level 2): Friday

4:30pm - 5:30pm

STORM

Senior Level 3

Thursday

6:15pm - 8:15pm

Saturday

9:45am - 11:45am

TUMBLE CLASS (Level 3): Thursday

5:15pm - 6:15pm

OR

TUMBLE CLASS (Level 3-4): Saturday

11:45am - 12:45pm

BLACK ICE

Senior Level 4 (Developmental Level 5)

Monday

6:45pm - 8:30pm

Wednesday

7:00pm - 8:45pm

Saturday (Level 5)

12:45pm - 1:45pm

TUMBLE CLASS (Level 3-4): Saturday

11:45am - 12:45pm

OR

TUMBLE CLASS (Level 5): Monday

6:00pm - 6:45pm

INVITE ONLY

CHEER LEVEL INFORMATION

LEVEL 1

STUNTING

Straddle sit (prep and extension), prep two feet, thigh stands, and single leg at waist height.

TUMBLING

Forward / backward rolls, cartwheels, walkovers



LEVEL 2

STUNTING

Extension (two foot), single leg libs/heel stretch/arabesque, barrel rolls, straight ride basket.

TUMBLING

Standing back handsprings, round-off back handspring, front handspring

LEVEL 3

STUNTING

Extension single leg, basket tosses, full down dismounts.

TUMBLING

Multiple standing back handsprings, round-off back handspring back tucks



LEVEL 4

STUNTING

Extended single leg dismount, 2 skill baskets, double down, switch up to extended 1 leg stunt, high low tic toc

TUMBLING

Standing back tuck, round-off layout, round-off back handspring layout

LEVEL 5

STUNTING

High high tic toc, two full-twisting load and dismount, kick double twisting, released inversion from prep or above to extended one leg stunt

TUMBLING

Jump back tuck, round-off full, round-off back handspring full, punch-front round-off back-handspring full



2020 COMPETITION CALENDAR

Please ensure that athletes are available for all assigned competitions and must attend the final 2 weeks of trainings in the lead up to all competitions.

AASCF WINTERFEST

26th - 28th June

Melbourne Sports & Aquatic Centre

Cyclones, Lightning, Blizzards,
Storm + Black Ice

Snowflakes, Lightning, Blizzards,
Storm + Black Ice

AASCF BATTLE

7th - 9th August

Knox State Basketball Centre

CHEER BRANDZ OLYMPIA

29th - 30th August

Melbourne Sports & Aquatic Centre

TBC

Snowflakes + Cyclones

CHEERCON EXCLUSIVE EXPERIENCE

11th - 13th September

Knox State Basketball Centre

AASCF STATES

18th - 20th September

Melbourne Sports & Aquatic Centre

Lightning, Blizzards, Storm
+ Black Ice

TBC: Lightning, Blizzards, Storm
+ Black Ice

AASCF SPRING CUP

23rd - 25th October

Melbourne Sports & Aquatic Centre

CHEERCON BATTLE AT THE BEACHES

31st October

Pittwater Rugby Park, Narrabeen (NSW)

Storm **TBC**

Snowflakes, Cyclones + Lightning

EUTOPIA CHEER

15th November

Melbourne Sports & Aquatic Centre

AASCF NATIONALS / PINNACLE

26th - 30th November

Gold Coast Convention &
Exhibition Centre (QLD)

Blizzards, Storm + Black Ice

COMPETITIVE ATHLETE EXPECTATIONS

1. ATTENDANCE

- Attendance to all training sessions is compulsory for competitive athletes.
- Last minute illness must be reported to the coaches or admin staff prior to training session.
- Competitive athletes are expected to stay for the entire length of the training session except by prior arrangement.

2. PUNCTUALITY

- All training sessions will begin on time and competitive athletes should aim to arrive at least 5 minutes early.
- Regular late-comers will first receive a warning and may even lose their position on the team. This will be determined solely by the coaches

3. COMMITMENT

- In the lead-up to any performances or competitions, any extra training sessions will require compulsory attendance.
- Any non-availability for competitions must be reported to coaches within the first three weeks of term one and you may be asked to understudy for the year.
- Competitive athletes and parents are expected to read all notices and emails.

4. UNIFORMS + TRAINING ATTIRE

- Competitive athletes must always arrive at training changed and in suitable attire.
- Each competitive athlete will assume complete responsibility for his/her uniform when in their possession.
- Each competitive athlete is responsible for replacing the entire uniform, should any part of it be destroyed.
- Uniforms may not be altered in any way without permission from the coaches.

5. COMPETITIONS + PERFORMANCES

- Each competitive athlete is required to attend ALL competitions.
- Each competitive athlete is required to arrive at performance/competition arena at the designated time.
- Each competitive athlete is required to arrive dressed as requested by the coaches.
- All competitive athletes will remain in designated area before and after performance and are expected to act professionally at all times, on and off the performance space.

6. RESPECT

- Competitive athletes will act with complete consideration and respect for the coaches and fellow athletes.
- Cheerleading is a team sport and competitive athletes are expected to always be supportive of others & encourage the team to advance as a unit.
- Coaches will always act in the best interest of the team as a whole and therefore competitive athletes must always be respectful of coaches' decisions, even if they do not agree. Any genuine concerns and opinions will always be considered by coaches but only if approached in an appropriate manner.
- If the coaches feel you have failed to comply with the above that may result in being asked to leave/be picked up from training immediately, and possible suspension or expulsion from the team.

