



2021 RECREATIONAL CHEERLEADING & DANCE

ONE TEAM ONE DREAM



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 @smcheeranddance

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4/301 Collier Rd, Bassendean



Welcome to

SM Cheer & Dance!

Welcome to Perth's longest standing Cheer & Dance Program!
We invite you all to join the SMCAD FAMILY!

RECEPTION - OPENING HOURS
Mon-Thurs 3.45pm-6.00pm
Sat 9.00am-3.00pm
Public Holidays CLOSED

Admin Staff

Rachael
Branch Manager/Head Coach
0477 704 079
rachael@smcad.com.au

Accounts/General Enquiries
info@smcad.com.au



Contact Us

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RESPECT | FAMILY | POSITIVITY | FUN | GROWTH



2021 Calendar

| TERM 1 - Jan 30th to Apr 1st (9 weeks) | |
|--|---|
| Jan 30th | First day of Term 1 |
| Feb 27th | No RECREATIONAL CLASSES (Competition team camp) |
| Mar 1st | Gym CLOSED - Labour Day |
| Apr 1st | Last day of Term 1 classes |
| TERM 2 - Apr 17th to July 2nd (11 weeks) | |
| Apr 17th | First day of Term 2 classes |
| Apr 26th | Gym CLOSED - ANZAC Day |
| June 6th | LIFT OFF - SMCAD SHOWCASE! |
| June 7th | Gym CLOSED - WA Day |
| June 25th - 27th | No RECREATIONAL CLASSES (Competition weekend) |
| July 2nd | Last day of term 2 classes |
| TERM 3 - July 17th to Sept 24th (10 weeks) | |
| July 17th | First day of Term 3 classes |
| Aug 7th - 9th | No RECREATIONAL CLASSES (Competition weekend) |
| Sept 10th - 12th | No RECREATIONAL CLASSES (Competition weekend) |
| Sept 24th | Last day of Term 3 classes |
| TERM 4 - Oct 9th to Dec 10th (9 weeks) | |
| Oct 9th | First day of Term 4 classes |
| Dec 10th | Last day of Term 4 classes |
| Dec 12th | INFINITY & BEYOND - SMCAD AWARDS NIGHT |

ALL RECREATIONAL TEAMS
are invited to perform their
Cheer & Dance routines
at our SMCAD LIFT OFF
SHOWCASE and celebrate
with us at AWARDS NIGHT

VIEWING POLICY

Parents/guardians may only view training from the designated viewing area (reception area). No one may enter the training area unless invited in by a member of staff. Do NOT interrupt training to speak to a coach or athlete. Disruptions from parents may result in injury of distracted athletes to themselves or others.

Cheer & Dance 101



Sparklez!

Ages 5 to 8 yrs

Cheer & Dance 101 is our entry level Cheerleading and Dance class designed to introduce beginners to gymnastic tumbling, stunting, jumps, and dance technique, while giving kids the opportunity to make new friends in our FUN-FIRST classes. Your child will fall in love with Cheer & Dance while developing valuable skills including flexibility, strength, balance and coordination.



Tuesdays 4.15-5.45pm

Annual Enrolment Fee - includes 2021 membership, athlete insurance, training t-shirt and scrunchie **\$80**

Termly Tuition Fee - covers all weekly classes per term

Term 1 - \$160 (9 weeks)

Term 2 - \$195 (11 weeks)

Term 3 - \$177 (10 weeks)

Term 4 - \$160 (9 weeks)

**CLICK HERE
TO REGISTER**



Solar!

Ages 9 to 12 yrs



Cheer & Dance 102 is our intermediate level Cheerleading and Dance class designed to introduce build upon fundamental gymnastic tumbling, stunting, jumps, and dance technique skills. This class is a step up from Cheer & Dance 101 and gives kids opportunities to further develop their Cheer and Dance abilities. 102 is the perfect stepping stone towards our Competitive Team Program.



Tuesdays 4.15-5.45pm

Annual Enrolment Fee - includes 2021 membership, athlete insurance, training t-shirt and scrunchie **\$80**

Termly Tuition Fee - covers all weekly classes per term

Term 1 - \$160 (9 weeks)

Term 2 - \$195 (11 weeks)

Term 3 - \$177 (10 weeks)

Term 4 - \$160 (9 weeks)

CLICK HERE
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Gym Rules!



All competitive athletes, families and spectators must understand and abide by all Gym Rules outlined below.

1. All athletes must follow all instructions from Coaches and SMCAD Staff and acknowledge the risk of injury associated with Cheer, Dance and Tumble. The supervising Coach has the right to expel any athlete/parent/guardian from the gym if they do not follow Gym Rules.
2. Athletes may not enter the training area unless invited in by a Coach or SMCAD Staff member. Please wait for your Coach to collect you from the reception area before class.
3. Any late arrivals must be promptly explained to your Coach upon arrival. Do not disrupt classes you enter.
4. Only Cheer shoes, Dance shoes or bare feet are allowed in the gym.
5. All athletes and parents must treat all equipment and areas with respect and keep them clean and tidy. No rubbish is to be left in the reception area. All equipment used during training must be returned to its original place.
6. Only water is allowed in the gym and must be kept neatly in the athlete bag area. All bottles must be recycled or taken home after training. Water bottles may NOT be left in the fridge during training.
7. Any parent/spectator in the viewing area/reception must respect all SMCAD Staff and may NOT enter the gym or call out to athletes unless strictly invited in by a Coach.
8. To avoid injury all athletes must participate in the class warm up. If an athlete does not participate they will not be allowed to participate in the remainder of the class until the appropriate warm up has been completed.
9. All athletes must have hair tied back and may not wear any jewellery/watches inside the gym. Parents/Guardians are responsible for ensuring their children have removed all jewellery prior to entering the gym.
10. All athletes must wear the correct training apparel (see page 12). Athletes should refrain from training in their competition uniform.
11. Gym equipment may only be used under the instruction of a supervising coach. No athletes are allowed on equipment/trampolines/air tracks before class.
12. All athletes must behave appropriately. No horseplay will be tolerated.
13. Open Gym is for ages 7 and above. Any athletes under 7 years must be supervised by a parent/guardian.
14. All pre-existing injuries and/or illnesses must be reported to a coach before class. Any serious illness/injuries that will affect training must be communicated to admin staff via 0488 172 712 prior to training.
15. All athletes must alert a coach immediately of any incidents/injuries that occurred during training.
16. No gum, food or drink (except water) is allowed past the reception area.
17. No loose objects or equipment allowed on the trampoline (hoops, balls etc.)
18. SMCAD has a nut allergy alert in effect. Nut products are NOT allowed.
19. Siblings of athletes not participating in our programs must remain in the reception area with a parent/guardian at all times.
20. SMCAD is not responsible for any personal items lost or stolen.



Code of Conduct!

1. Membership at SM Cheer & Dance is not a right. It is a privilege.
2. Athletes & parents must be aware of the responsibilities required and the commitment they are making to their team. Failure to maintain these commitments could constitute grounds for dismissal of an individual athlete or family.
3. Athletes must be willing to cooperate and be helpful to the coach or any person in charge.
4. Each athlete must realize the manner in which they conduct themselves while representing SM Cheer & Dance directly reflects on the entire program.
5. Athletes must be willing to work hard, take directions, and strive for excellence.
6. Athletes will set and maintain the highest examples of behaviour.
7. Athletes will come prepared to all activities (proper attire, hair, etc.)
8. Athletes will do everything in their power to achieve personal and team goals.
9. Continuous failure to be productive at practice is grounds for disciplinary action or dismissal.
10. When absent, the athlete and parent are responsible for finding out any missed information.
11. Athletes must be on time to practice and all events. Continuous tardiness and/or absences will be grounds for disciplinary action or dismissal.
12. Athletes who are injured or are not feeling well should still attend practice (within reason). Sick or injured athletes will not be required to participate but will watch for any changes that directly affect them.
13. If an athlete is too ill to attend practice (contagious, fever, throwing up) SMCAD Staff should be notified where possible in advance of practice (see attendance policy).
14. Proper conduct is expected at all time from parents, athletes, coaches and staff. Profanity and disrespect will not be tolerated.
15. Parents are not to disturb athletes or staff during training time.
16. Parents are welcome to meet with their coach at the end of practices or by appointment.
17. Athletes should take a positive approach to nutrition and other health related matters.
18. Athletes must avoid banned or illegal drugs and alcohol.
19. Smoking is not permitted inside SM Cheer & Dance, within SM's property boundaries, while representing SM at an event, or while wearing SM apparel in the community. This includes cigarettes, e-cigarettes, and vaping.
20. Drugs and alcohol are strictly prohibited. Any athlete contravening this may be immediately removed from their team and the gym. Anyone appearing to be "under the influence" will be immediately dismissed from the gym.
21. Athletes must maintain academic success as part of their lifestyle and should not let academic challenges impact their commitment to their team.
22. All members have a responsibility to avoid behaviour which negatively affects learning, performance or the safety of self or others.
23. Abusive behaviour, lying, or any negative form of behaviour is ground for dismissal.
24. Any negative behaviour towards SM Cheer & Dance, including its members and staff, or to any other gym or team via any medium (Facebook, Twitter, Instagram, SnapChat, other chat boards, or any other forms of social media) may result in dismissal from the program. In addition, athletes shall not post any compromising photos of themselves, other athletes, or coaches on any internet sites or social media.
25. Competition commitments include those activities prior, during and following the actual competition, which all athletes are required to attend.
26. Jeopardizing the safety of oneself or any other member is grounds for disciplinary action or dismissal.
27. Athletes may not stunt or tumble when coaches are not present.
28. Conflicts should be addressed with management privately in the office or by appointment.