



2021 COMPETITIVE TEAM INFORMATION PACKAGE

Absentees – 0477 704 079

General enquiries – info@smcad.com.au

Competition/event days – 0477 704 079 OR 0488 172 712



www.smcad.com.au | info@smcad.com.au | 0477 704 079



@smcheeranddance



/SMCheerandDance

4/301 Collier Rd, Bassendean

ONE TEAM ONE DREAM



Welcome to

SM Cheer & Dance!

Welcome to Perth's longest standing Cheer & Dance Program! We are excited to be entering our 16th season and 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

Contact Us



info@smcad.com.au



0477 704 079



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Admin Staff

Liz - Owner/CEO

0488 172 712

liz@smcad.com.au

Rachael - Branch Manager/Head Coach/All

Star Cheer Director

0477 704 079

rachael@smcad.com.au

Teneal - All Star Dance Director

teneal@smcad.com.au

RESPECT | FAMILY | POSITIVITY | FUN | GROWTH



Team Training

Throughout the year athletes work closely with their coaches and teammates to master skills and develop competitive routines. In team training sessions athletes work tumbling, jumps, stunts, pyramids, dance, strength and conditioning. Teams combine all of the above skill sets to develop strong routines for the competitive season.

Attendance

Attendance at all team training sessions, camps, events and competitions is **COMPULSORY**. Every athlete plays an important role in their team and any absence hinders the team's ability to train all skills and routine elements – stunting, pyramids, choreography, group tumbling.

Please ensure you block out all event dates, training days/times and competition weekends.

In the event of continued absences from training for reasons not listed below, an athlete will be ineligible to compete at upcoming competitions/events. **NO** training session may be missed 2 weeks before **ANY** competition/event date. If an athlete is absent during this time for **ANY** reason, they will be replaced in the routine to allow teams to train routines full out.

Absentees

Athletes may request to miss a training session for school events, major family events (weddings etc.), or pre-planned family holidays (only if notice given **BEFORE JANUARY 31ST**) via our absence request form. Contact info@smcad.com to be sent a copy of this form.

NO athlete may attend training if they have a fever. If you are sick, stay home!

We ask when athletes are injured or unable to train at full capacity, to attend training to at least observe. Teams regularly learn new skills and make choreography changes from week to week and unnecessary absences set back team progress. Alternate training plans will be made for injured athletes. Please supply us with any medical notes with due notice.



General Enquiries

For all day to day queries please first refer to this information pack! If your question cannot be answered here please contact us via email/ phone or see our front desk staff during opening hours.

rachael@smcad.com.au

0477 704 079

Fees & Class Bookings

Log into your Online Parent Portal to pay fees and book into additional classes!

Monthly fees are direct debited Jan-Nov, and can be paid ahead of the due date via your Parent Portal or at the front desk.

If you are having trouble logging in let us know.

[Parent Portal-CLICK HERE](#)

Heja - Team App

The Heja mobile app is our main platform for parent/athlete/coach communication. Download the app and use the team codes below to join your 2021 Team Group. One parent/guardian for any athlete under 18 must join their team group. We encourage athletes with their own devices to also join. All team groups will be monitored by SMCAD staff and will be regularly used to post training photos/videos, update parents on new skills and training achievements, share team goals and inform families of event information.

All events/competitions will be scheduled on this app
We ask families to have their notifications for this app turned on to alert them of posts from our staff.

TINY TWINKLEZ	KD-987382	GALAXY	EY-507127	COMETZ	NE-143665	INTERSTELLAR	JK-085545
LIGHTNING & THUNDER	AR-784442	ORION	BM-677643	MATRIX	BW-421171		
ROCKETZ & NEBULA	JV-989997	STORM	CP-583471	INFINITY	TH-868576	STARZ ELITE	NH-976395



OUR 2021 CHEER & DANCE TEAMS

Team Timetable

*This schedule outlines all team training for 2021.
Please note training days/times vary from Jan-Feb 2021 to Mar-Nov 2021.*

TEAM NAME/S	DIVISION LEVEL	JAN-FEB 2021 TRAINING	MAR-NOV 2021 TRAINING	CHOREOGRAPHY
TINY TWINKLEZ	TINY NOVICE CHEER & POM DANCE	Sat 9.00-10.30am	Sat 9.00-11.00am	APRIL 16TH
LIGHTNING & THUNDER	MINI NOVICE CHEER & POM DANCE	Wed 4.00-5.30pm Sat 9.15-10.45am	Wed 4.00-5.30pm Sat 9.15-10.45am	APRIL 16TH
ROCKETZ & NEBULA	YTH NOVICE CHEER & POM DANCE	Tue 4.45-6.15pm Thur 4.00-5.30pm	Tue 4.45-6.45pm Thur 4.00-5.30pm	APRIL 15TH

TEAM NAME/S	DIVISION LEVEL	JAN-FEB 2021 TRAINING	MAR-NOV 2021 TRAINING	CHOREOGRAPHY
GALAXY	JNR LEVEL 1 CHEER	Thur 5.15-6.45pm Sat 1.45-3.15pm	Thur 5.00-7.00pm Sat 1.45-3.15pm	APRIL 15TH
ORION	JNR POM/JAZZ DANCE	Sat 12.15-1.45pm	Sat 12.15-1.45pm	APRIL 15TH
STORM	JNR LEVEL 2 CHEER	Mon 4.30-6.00pm Sat 10.45am-12.15pm	Mon 4.00-6.00pm Sat 10.45am-12.15pm	APRIL 14TH
COMETZ	SNR LEVEL 3 CHEER	Mon 6.45-8.15pm Sat 12.15-1.45pm	Mon 6.45-8.45pm Sat 12.00-2.00pm	APRIL 14TH
MATRIX	OPN LEVEL 3 CHEER	Wed 5.30-7.00pm	Wed 5.00-7.00pm	APRIL 16TH
INFINITY	OPN LYRIC/JAZZ DANCE	Thur 6.45-8.45pm	Thur 6.45-8.45pm	APRIL 14TH

TEAM NAME/S	DIVISION LEVEL	JAN-FEB 2021 TRAINING	MAR-NOV 2021 TRAINING	CHOREOGRAPHY
INTERSTELLAR	IASF OPEN LEVEL 4 CHEER	Wed 6.30-8.00pm Sat 4.00-5.30pm	Wed 6.30-8.00pm Sat 4.00-6.00pm	APRIL 15TH & 16TH
STARZ ELITE	IASF OPEN COED LEVEL 5 CHEER	Mon 7.45-9.15pm Wed 7.45-9.15pm Sat 2.45-4.15pm	Mon 7.45-9.15pm Wed 7.45-9.15pm Sat 2.45-4.45pm	APRIL 14TH & 15TH

Events & Competitions



SMCAD teams have a packed competition schedule for 2021.
Competition and event dates are subject to change.
Attendance at all events is compulsory.

TEAMS	2021 SKILLS CAMP FRI 26TH - SUN 28TH FEB	LIFT OFF SMCAD Showcase SUN 6TH JUNE	Cheer Con 25TH-27TH JUN	AASCF States 7TH-9TH AUG	ATC Starz 10TH-12TH SEPT	CUA Stars n Stripes 13TH-14TH NOV	ATC Showdown NOV/DEC TBC	INFINITY & BEYOND SMCAD Awards Night SUN 12TH DEC
TINY TWINKLEZ LIGHTNING THUNDER ROCKETZ NEBULA	SAT ONLY	✓	✓		✓	✓		✓
GALAXY STORM COMETZ MATRIX	✓	✓	✓	✓		✓	✓	✓
ORION INFINITY	✓	✓	✓	✓	✓	✓		✓
INTERSTELLAR	✓	✓	✓		✓	✓	✓	✓
STARZ ELITE	✓	✓	✓	✓	✓	✓	✓	✓

Competition schedules and performance orders will be shared via team Heja groups 2-3 weeks prior to each event. Please block out all competition weekends to avoid scheduling conflicts

2021 Skills Camp!

FEB 26TH - FEB 28TH | Ern Halliday Recreation Camp

Start learning your 2021 competition routines, work elite stunt skills and perfect your dance and tumbling skills at our CHEER & DANCE SKILLS CAMP!

Drop off/pick up details and packing lists will be communicated via Heja in early Feb!

SAT ONLY teams - \$45 | FULL CAMP teams - \$150 (due 1st Feb)



2021 Calendar!

TERM 1 – Jan 16th to Apr 1st (11 weeks)	
Jan 1st – 11th	Office CLOSED
Jan 15th	Jan monthly tuition fee due
Jan 16th	2021 Team Training/All Additional Classes STARTS <i>JAN/FEB TRAINING TIMETABLE</i>
Jan 16th – 21st	WELCOME WEEK – Open viewing for all classes
Jan 26th	Gym CLOSED – Australia Day
Feb 1st	Skills Camp fee due
Feb 15th	Feb monthly tuition fee due
Feb 26th – 28th	2021 Skills Camp – no regular Saturday training
Mar 1st	Gym CLOSED – Labour Day
Mar 2nd	<i>MAR-NOV TRAINING TIMETABLE</i>
Mar 15th	Mar monthly tuition fee due
Mar 29th	Competition uniform orders due
Apr 1st	Last day of term 1 classes
TERM 2 – Apr 17th to July 2nd (11 weeks)	
Apr 14th – 16th	CHOREOGRAPHY CAMP! – timetable TBA
Apr 15th	Apr monthly tuition fee due
Apr 17th	Team Training/All Additional Classes RESUME
Apr 26th	Gym CLOSED – ANZAC Day
May 1st	Competition fee #1 due
May 15th	May monthly tuition fee due
June 6th	LIFT OFF – SMCAD SHOWCASE!
June 7th	Gym CLOSED – WA Day
June 15th	June monthly tuition fee due
June 25th – 27th	Cheer Con – COMPETITION
July 2nd	Last day of term 2 classes
TERM 3 – July 17th to Sept 24th (10 weeks)	
July 15th	July monthly tuition fee due
July 17th	Team Training/All Additional Classes RESUME
Aug 1st	Competition fee #2 due
Aug 7th – 9th	AASCF States – COMPETITION
Aug 15th	Aug monthly tuition fee due
Sept 10th – 12th	ATC Starz – COMPETITION
Sept 15th	Sept monthly tuition fee due
Sept 24th	Last day of term 3 classes
TERM 4 – Oct 9th to Dec 10th (9 weeks)	
Oct 9th	Team Training/All Additional Classes RESUME
Oct 15th	Oct monthly tuition fee due
Nov 13th – 14th	CUA Stars n Stripes – COMPETITION
NOV/DEC TBC	ATC Showdown – COMPETITION
Nov 15th	Nov monthly tuition fee due
Nov 26th	Last day of 2021 team training
Nov 27th	2022 Team Training STARTS
Dec 10th	Last day of 2022 December training
Dec 12th	INFINITY & BEYOND – SMCAD AWARDS NIGHT
Dec 17th	2022 Registration Day

Annual Investment!



2021 Enrolment Fee - 2021 SMCAD membership, 2021 athlete insurance, training t-shirt, singlet, scrunchie and socks!
Monthly Tuition Fees - tuition, choreography & music
Competition Fees - all competition entry fees and SMCAD events

TEAM NAME/S	ENROLMENT FEE DUE 18TH DEC	SKILLS CAMP FEE DUE 1ST FEB	MONTHLY TUITION DUE 15TH (JAN-NOV)	COMPETITION FEE #1 DUE 1ST MAY	COMPETITION FEE #2 DUE 1ST AUG	TOTAL ANNUAL FEE
TINY TWINKLEZ	\$150	\$45	\$105	\$200	\$80	\$1630
LIGHTNING & THUNDER	\$150	\$45	\$160	\$200	\$80	\$2235
ROCKETZ & NEBULA	\$150	\$45	\$188	\$200	\$80	\$2543

TEAM NAME/S	ENROLMENT FEE DUE 18TH DEC	SKILLS CAMP FEE DUE 1ST FEB	MONTHLY TUITION DUE 15TH (JAN-NOV)	COMPETITION FEE #1 DUE 1ST MAY	COMPETITION FEE #2 DUE 1ST AUG	TOTAL ANNUAL FEE
GALAXY	\$150	\$150	\$179	\$200	\$185	\$2654
ORION	\$150	\$150	\$87	\$200	\$155	\$1612
STORM	\$150	\$150	\$173	\$200	\$185	\$2588
COMETZ	\$150	\$150	\$192	\$200	\$185	\$2797
MATRIX	\$150	\$150	\$118	\$200	\$185	\$1983
INFINITY	\$150	\$150	\$120	\$200	\$155	\$1975

TEAM NAME/S	ENROLMENT FEE DUE 18TH DEC	SKILLS CAMP FEE DUE 1ST FEB	MONTHLY TUITION DUE 15TH (JAN-NOV)	COMPETITION FEE #1 DUE 1ST MAY	COMPETITION FEE #2 DUE 1ST AUG	TOTAL ANNUAL FEE
INTERSTELLAR & MATRIX	\$150	\$150	\$214	\$300	\$195	\$3149
INTERSTELLAR & COMETZ	\$150	\$150	\$235	\$300	\$270	\$3455
STARZ ELITE & COMETZ	\$150	\$150	\$241	\$300	\$270	\$3521
STARZ ELITE & INTERSTELLAR	\$150	\$150	\$253	\$300	\$270	\$3653

See page 11 for additional fees/discounts/financial policies



ADDITIONAL FEES

Competition Uniforms DUE 29th MARCH

Novice PINK Team Uniforms – \$255 (includes top, cheer skirt, dance shorts, x2 bows)

All Star BLUE Cheer Team Uniform – \$215 (includes top, cheer skirt, x1 bow)

All Star BLUE Dance Team Costume (ORION) – \$170 (includes costumes, x2 hair pieces)

All Star BLUE Dance Team Costume (INFINITY) – \$200 (includes costumes, x2 hair pieces)

All Star WHITE Cheer Team Uniform (INTERSTELLAR) – \$215 (includes top, cheer skirt, x1 bow)

All Star WHITE Cheer Team Uniform (STARZ ELITE) – \$280 (ladies' uniform), \$255 (men's uniform), \$30 (2021 bow only), \$130 (Starz Elite shoes), \$50 (Option to hire instead of purchase All Star BLUE Cheer Uniform)

Cheer/Dance shoes – All cheer and dance shoes (exception. Starz Elite) must be ordered with our term 1 club order or online via Cheer Direct BEFORE our first 2021 event. Please see your team Heja page in term 1 for more info. Allow \$40–60 for dance shoes and \$105–130 for cheer shoes.

Skills Camp Fee DUE 1st FEB

Novice PINK – \$45 (for Saturday day camp only)

All Star BLUE/WHITE – \$150 (for full Friday to Sunday camp)

*Note this is a single fee PER ATHLETE

Competition Fees PAYMENT 1 DUE 1st MAY – PAYMENT 2 DUE 1st AUGUST

Competition fees are outlined on page 10

*Crossover fee for multiple All Star BLUE Cheer/Dance teams – \$100 per crossover team

*Please note crossover fees for All Star WHITE teams are already applied in your competition fees

DISCOUNTS

Crossover Team Discount

50% off your DANCE team monthly fee when you are enrolled into a CHEER team

50% off your second CHEER team when you are enrolled into 2 CHEER teams

*Please note crossover discounts for All Star WHITE teams are already applied in your monthly fees

Family Discount

10% off your family's total monthly fees when 2 or more siblings are enrolled into PINK/BLUE/WHITE teams

University Discount

20% off your monthly tuition fee for 2021 University students

Annual Payment Discount

5% off your annual fee when paid IN FULL before January 16th

FINANCIAL POLICIES

Early Team Withdrawal

If you choose to withdraw your child or yourself from our competitive program before the end of the 2021 season half of the following month's tuition fees will be due. No refunds for any paid charges.

Refunds

SMCAD do not offer refunds for monthly tuition fees, skills camp, competition uniforms or competition fees. Merchandise will only be refunded if faulty items are distributed.

Late/Dishonour Fees

\$5 late fee if outstanding account not paid within 14 days of the due date.

No dishonour fee will be applied on the first occurrence. A \$5 dishonour fee will be applied for every future dishonoured direct debit/transaction.

Payment Plans

To arrange a payment plan/alternate payments dates please contact admin via email or at the front desk.

Additional Tumbling!



TUMBLING!

Tumbling is an important part of competitive cheerleading. All PINK, BLUE and WHITE CHEER teams have specific tumbling time allocated to team training each week. Cheerleading tumbling is very technical and takes time to master and progress. We are offering additional classes for those athletes who love tumbling and are serious about advancing in the sport!

45 MINUTE WEEKLY TUMBLE CLASS

Advance your tumbling skills faster in our weekly classes. These classes are limited to 5 athletes to 1 coach to ensure the safe and quick progression of each athlete's skills.

Term 1 - \$115 (11 weeks)
Term 2 - \$115 (11 weeks)
Term 3 - \$105 (10 weeks)
Term 4 - \$75 (7 weeks)

30 MINUTE 1 - ON - 1 TUMBLE PRIVATES

Get a fully custom tumbling training plan in our 1 on 1 private classes. Our knowledgeable coaches who know all the ins and outs of tumbling can be booked by request for these highly sought after classes.

Term 1 - \$390 (11 weeks)
Term 2 - \$390 (11 weeks)
Term 3 - \$365 (10 weeks)
Term 4 - \$255 (7 weeks)

BEFORE booking into a tumble class/private check your child's current tumbling level by speaking with their coaches or having a look at their skills chart on your online parent portal.

Athletes may book into the class for the skills they are currently WORKING.
Eg. An athlete has mastered their "yellow level" skills and are working "orange level" skills.
They would book into a orange level class.

Parent Portal-CLICK HERE TO BOOK

SMCAD Tumbling Skills Chart



PURPLE	BUNNY HOP	PUSH TO BRIDGE	CANDLESTICK	LEVER
BLUE	L HANDSTAND	FORWARD ROLL	BACKWARD ROLL	LONG JUMP
PINK	HANDSTAND	CARTWHEEL	STANDING TO BRIDGE	POWER HURDLE
GREEN	HANDSTAND POP	CW BLOCK	BRIDGE RECOVER	FRONT LIMBER
YELLOW	ROUND OFF	BACK WALKOVER	FRONT WALKOVER	TICK TOCK
ORANGE	BACK HANDSPRING	RO BHS	FRONT HANDSPRING	
RED	BWO BHS	RO BHS BHS BHS	FHS STEP OUT FHS	
WHITE	BHS BHS BHS	RO BHS BT	FRONT TUCK	
BLACK	RO BT	RO LAYOUT	STANDING TUCK	
BRONZE	STANDING TUCK	BHS BHS BT	RO BHS LAYOUT	
SILVER	JUMP TO TUCK	BHS BHS LAYOUT	RO BHS FULL	
GOLD	BHS BHS FULL	FRONT THRU TO FULL	WHIP THRU TO FULL	
PLATINUM	STANDING FULL	ARABIAN	DOUBLE FULL	



FLY & FLEX!

We offer a specific FLY & FLEX class for our selected flyers at SMCAD. As a flyer, athletes learn a unique set of skills to be able to correctly and safely execute stunts with their teams. Being a flyer is a privileged position so we ask all flyers to enrol into at least one FLY & FLEX class per week. To be considered for a position as a flyer in any level 2+ team it is compulsory to enrol into a weekly class. Prior to registration day your child will receive a Flyer Card if they are being looked at to be a flyer for 2021.

1 WEEKLY 45 MINUTE CLASS

Term 1 - \$115 (11 weeks)
Term 2 - \$115 (11 weeks)
Term 3 - \$105 (10 weeks)
Term 4 - \$75 (7 weeks)

UNLIMITED 45 MINUTE CLASSES

Term 1 - \$170 (11 weeks)
Term 2 - \$170 (11 weeks)
Term 3 - \$155 (10 weeks)
Term 4 - \$110 (7 weeks)

Once enrolled into a Fly & Flex class join our Flyers ONLY Heja Group!
Extra tips and trick, flexibility progress photos, monthly stretching program
Heja Code - VV-646169

Athletes may book into the Fly & Flex class for their current team via the online parent portal.

[Parent Portal-CLICK HERE TO BOOK](#)

DANCE TECHNIQUE!

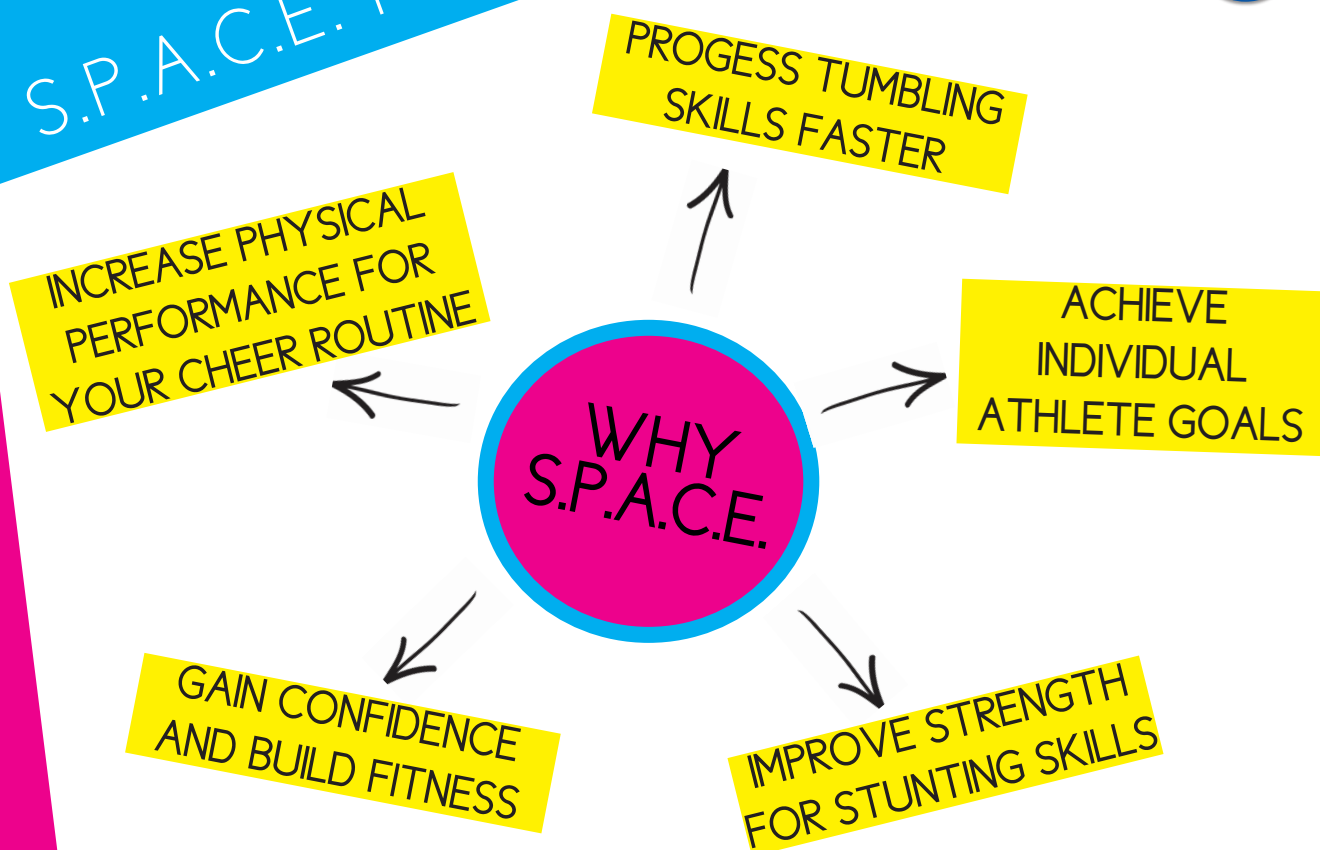
Improve your technical dance skills - leaps, turns jumps, flexibility - with our DANCE TECHNIQUE classes. These classes are limited to 8 athletes to 1 coach to provide dancers with a program focussed towards their individual skills and abilities. We highly recommend this additional class to all of our dancers!

1 WEEKLY 45 MINUTE CLASS

Term 1 - \$105 (11 weeks)
Term 2 - \$105 (11 weeks)
Term 3 - \$95 (10 weeks)
Term 4 - \$55 (7 weeks)

[Parent Portal-CLICK HERE TO BOOK](#)

S.P.A.C.E. Program



In 2021 we are offering a BRAND NEW talent ID program, to help build strong foundations for athletes to excel through the levels of cheer! The STRENGTH POWER AGILITY COMPETITOR EXCEL Program will be open for TRY OUTS during the last week of each term.

Athletes will undergo fitness and flexibility assessments and our top 8-12 athletes will be offered a place in the program. S.P.A.C.E will run as a weekly 1 hour intense strength and conditioning class with the goals for building athletes towards long term competitive success!

This is a PAYG program.

AGES 9-15YRS

TUESDAYS 5.45-6.45pm

Athletes with a place in the S.P.A.C.E. program can book into any weekly classes via their Online Parent Portal.

\$10 per class - pay online each week

Once offered a place in our S.P.A.C.E. Program and enrolled into a class, join our S.P.A.C.E. Athletes Heja Group!
Heja Code - ZC-569554

Parent Portal-[CLICK HERE TO BOOK](#)



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, Snap Chat, 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.

Team Agreement



All competitive athletes and families must understand and abide by all below policies. Any behaviour which breaks any of the policies below can result in dismissal from the SM Cheer & Dance All Star Program.

ATHLETE AGREEMENT

1. I have read and fully understand everything outlined to me in the 2021 Information Pack
2. I agree to follow and abide by SM Cheer and Dance club policies – available www.smcad.com.au
3. I agree to abide by club rules and respect and follow direction and instructions given to me from Management, Coaches and Staff.
4. I agree to work hard at training and maintain a positive attitude to enable me to reach my full potential.
5. I agree to stay focused and encourage my teammates at all times to develop skills not only as an individual but the team as a whole.
6. I will cooperate and demonstrate a high standard of conduct as a representative of SM Cheer & Dance.
7. I agree to wear appropriate and correct attire to all training sessions, competitions and any other event where I will be representing SM Cheer and Dance.
8. I agree not to bring valuables or wear any jewellery to any training sessions, competitions and any other event where I will be representing SM Cheer and Dance.
9. I agree to be on time to all training, competitions, exhibitions, events and meetings.
10. I agree to be courteous to other clubs and teams whilst representing SMCAD and display good sportsmanship at all times.
11. I understand that ALL trainings are compulsory and agree to adhere by the SMCAD attendance policy as outlined in the 2021 Information Pack.
12. I understand that I will NOT be allowed to participate in training and/or competitions if I am suspended from activities at school due to inappropriate behaviour.
13. I understand that trainings are still compulsory during test/exam periods.
14. I understand that I must continuously give my best effort to uphold any and all skills performed prior to being offered a place on my 2021 team/s. If I lose any skills due to lack of effort/negative attitude/lack of attendance I understand I will be removed from my position in any/all teams.

PARENT AGREEMENT (athlete if over 18yrs)

1. I have read and fully understand everything outlined to me in the 2021 Information Pack
2. I agree to follow and abide by SM Cheer and Dance club policies – available www.smcad.com.au
3. I agree to pay all fees incurred by or on behalf of the athlete, including but not limited to enrolment fee, skills camp fee, uniform fees, tuition fees and competition fees.
4. I understand SM Cheer and Dance competitive team program is a full season commitment and that ALL trainings are compulsory for my child.
5. I agree to support coaches in all decisions regarding my child's place and position on their competitive team/s.
6. I will cooperate and demonstrate a high standard of conduct as a representative of SM Cheer & Dance.
7. I understand athletes not present at EVERY training 2 weeks before a competition, that coaches and management have the right to remove my child from the team for the upcoming competition.
8. I understand that there will be no refund given on money paid for competitions due to an athlete's dismissal from the team and agree to take care of any unpaid debts in the event of an athlete quitting the team or being dismissed from the team.
9. I agree to discuss any concerns related to the program, coaches, athlete or other parents DIRECTLY WITH SMCAD MANAGEMENT and understand any negative behaviour towards SMCAD staff, coaches or management will result in my child's dismissal from the program.
10. I agree to accept the coach's decision is FINAL and in the best interest of the team and all parties involved.
11. I agree to demonstrate 'TEAM SPIRIT' by giving moral support to the PROGRAM, STAFF and to ALL SM Cheer and Dance Teams. This includes being courteous to other teams and clubs we compete against with integrity and display good sportsmanship at all times.
12. I agree to provide or make arrangements for transportation to all training, events, competitions, meetings and dress appropriately for the event as instructed by SM Management and Coaches.
13. I agree to have electronic payment information on file through the duration of the season. This can be in the form of direct bank details or credit card. If I choose to pay cash at the branch before the due this is welcome, but must also provide electronic payment information to secure my account.
14. I agree to give at least 4 weeks notice for any major school events which will affect my child's attendance at training/events.
15. I agree to notify SMCAD Management of any school camps for 2021 at the start of the school year (term 1).



Club Policies!

All competitive athletes and families must understand and abide by all below policies. Any behaviour which breaks any of the policies below can result in dismissal from the SM Cheer & Dance All Star Program.

ATTENDANCE POLICY

SAFE stunting, tumbling and dance practices in training and competitions can only be achieved when a level of consistency is reached. Creating safe, controlled, confident skills requires regular training with full attendance in order to run sufficient repetitions of drills, physical conditioning and group stunting skills. Absences directly and negatively impact the safety and progression of the entire team. SMCAD is committed to the safety of every athlete and staff member. Therefore, absences are taken very seriously and can result in dismissal from a team and/or ineligibility to compete. All events and competitions are compulsory. If an athlete is absent from any training session 2 weeks prior to competition they may be replaced in the routine for the safety and wellness of the team. Athletes must attend training to view if injured and cannot train at full capacity.

Please see the list of acceptable reasons for missing training:

- School events – MUST BE COMMUNICATED WITH STAFF PRIOR TO FEB 30th
- Illness – MUST TEXT 0477 704 079 with enough notice for a replacement athlete to be arranged
- Family holidays – MUST BE COMMUNICATED WITH STAFF PRIOR TO FEB 30th (if close to a competition athletes may still be replaced in the routine)

VIEWING POLICY

Parents/guardians may only view training from the designated viewing area (reception area) for the first and last 15 minutes of training for athletes in youth teams and above. 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.

SOCIAL MEDIA POLICY

When using your/our social media channels we ask and require that you:

- Protect your personal privacy and that of others
- Represent your own views respectfully and not impersonate or falsely represent any other person/s
- Never speak about your team/teammates/Coaches/SMCAD Staff negatively via messaging or on social media platforms
- Do not post, use or share hateful, offensive, insulting or provocative language or images
- Do not post videos of SMCAD competition routines until the end of the 2020 season
- Do not post photos of children other than your own without direct permission from their parent/guardian
- Do NOT create 'team' profiles on any social media platform without direct written permission from Rachael (All Star Program Director). All usernames and passwords must be shared with SMCAD Staff who will ultimately oversee any 'team' profiles on all accounts.
- Do NOT create group chats for your teammates on social media platforms aside from Heja. At least one coach will oversee this group chat to ensure none of the above social media policies are broken.

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 class as 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 occur 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.