

2025



INFORMATION PACKAGE

SEASON 15

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CELEBRATING 15 YEARS OF EXCELLENCE IN CHEERLEADING

***WELCOME TO THE
2025 SEASON!***

We are incredibly excited to welcome you to Southern Cross Cheerleading (SCC) for our 2025 season – our 15th year of creating champions both on and off the mat!

Whether you're stepping into the world of cheerleading for the first time, looking for your next competitive challenge, or returning as part of our SCC family, we are thrilled to have you with us as we celebrate this special milestone.

WHY CHOOSE SCC?

- **Premier Cheerleading Program**
- **Family-oriented, inclusive atmosphere**
- **Options for all athletes**

Since 2010, SCC has grown into one of Australia's premier cheerleading programs, known for our family-focused environment, expert coaching, and a commitment to helping athletes of all ages and skill levels reach their full potential.

From recreational cheer for those just starting out, to semi-competitive and competitive All-Star teams for those ready to take on more, SCC offers something for everyone.

JOIN US FOR AN EXCITING YEAR AHEAD!

As we celebrate our 15th season, 2025 is set to be an unforgettable year filled with new opportunities, achievements, and plenty of fun.

From local performances to national and international championships, our athletes will have the chance to showcase their talents and grow both as individuals and as a team.

No matter where you are on your cheer journey, We are here to support you every step of the way.

Thank you for considering Southern Cross Cheer as your cheerleading home for 2025.

Let's make this 15th season our best yet!



OUR MISSION

At Southern Cross Cheerleading, we provide a safe, welcoming space where athletes of all ages and abilities can thrive.

Through personalised coaching in a family-oriented environment, we help athletes build fitness, confidence, and lasting connections, emphasizing learning, fun, and progress at every step.

OUR VALUES

- ★ **Confidence:** Building self-belief and team spirit.
- ★ **Equality:** Creating an inclusive space for everyone.
- ★ **Family:** Fostering a strong, supportive community.
- ★ **Fun:** Keeping enjoyment at the heart of what we do.
- ★ **Integrity:** Acting with honesty and doing what is right.
- ★ **Respect:** Leading by example and treating others well.
- ★ **Responsibility:** Building strong networks and mentoring others toward excellence.



WHY THESE VALUES MATTER?

Our values shape every aspect of SCC, from coaching and training to the support we offer each other. They help us build strong athletes and an even stronger community.



DISCOVER CHEERLEADING AT SCC

Programs for everyone!

WHAT IS CHEERLEADING?

Cheerleading is a high-energy team sport where athletes perform a 2.5-minute routine that combines stunting, pyramids, group tumbling, jumps, and a dynamic dance section. These routines are performed and scored at competitions from local events to national and international stages.

★ Group Tumbling

This includes flipping skills like cartwheels, back handsprings, and more, performed individually and in sync with teammates.

★ Stunting & Pyramids

In small groups of 2-5, or as a full team, athletes lift and support their team mates in the air, creating complex and visually exciting structures. Pyramids combine these skills to form large, picturesque formations with breathtaking transitions.

★ Dance Break

A high-energy, choreographed dance sequence that showcases the team's athleticism, enthusiasm, and unity.

At SCC, we go beyond physical training. Our athletes build invaluable life skills, including teamwork, respect, self-confidence, and dedication. Since our start in 2010 with just 10 athletes, SCC has grown into a leader in Australian cheerleading, now 15 years later with over 22 teams covering all levels—from beginners to world champions.

Our mission is to provide every athlete with a world-class cheer experience at both of our Melbourne locations.

PROGRAMS OFFERED AT SCC

★ Recreational Cheer

The perfect introduction to cheerleading! Our recreational teams are non-competitive and train once a week, helping athletes learn the basics of cheer while building confidence and having fun.

★ Semi-Competitive Cheer

Semi-competitive teams are a great next step for recreational athletes transitioning to competitive cheer. These teams focus on routines with a moderate commitment level, making them ideal for athletes seeking more of a challenge without the full demands of All-Star.

★ All-Star Cheer

Known for excellence, our All-Star teams train year-round, preparing for state, national, and international competitions. With coed and all-girl squads of 5-38 athletes, these teams are carefully structured to build skills, foster teamwork, and master complex routines.

★ Worlds Teams

These elite teams offer top-tier training, focusing on athletes aiming for international championships and high-level performance.

★ Development Teams: *New for 2025!*

Designed for dual team athletes, our Development Teams provide experience in higher-level cheer skills without the full competitive demands of All-Star.

PROGRAM	AGE RANGE	DIFFICULTY LEVEL	COMPETITIONS	COMMITMENT
Recreational	5-18 years	Beginner	No	1 day per week
Semi-Competitive	5-18 years	Beginner to intermediate	Locally	1 day per week
All-Star	5+ years	Beginner to expert	Nationally	2 days per week
Worlds	16+ years	Expert	Internationally	2-3 days per week
Development	5+ years	Intermediate to expert	Potentially local	1-2 day/s per week

RECREATIONAL CHEER PROGRAM

A fun way to start your cheer journey!

WHAT IS RECREATIONAL CHEER?

Recreational cheer is the perfect introduction into the exciting world of cheerleading.

With no competition pressure, athletes train once a week to build confidence, learn foundational skills, and enjoy the fun and fitness of cheer in a supportive environment.

- ★ **Commitment Level:** 1x 1 hour session per week.
- ★ **Who It's For:** Best for beginners or those new to cheer.
- ★ **Program Focus:** Building fundamental skills in a relaxed, educational, and supportive environment.



WHAT YOU WILL GAIN:

- ★ Physical fitness and flexibility.
- ★ Social connections and teamwork.
- ★ Learning cheer basics in a supportive, non-competitive environment.

FUN FACT:

Over 70 athletes were a part of our recreational teams in 2024!

PROGRAM OPTIONS

WESTMEADOWS GYM		PRESTON GYM	
SNOWFLAKES	CRYSTALS	GENESIS	SOLAR
Ages: <ul style="list-style-type: none">• Athletes aged between 4-9 years	Ages: <ul style="list-style-type: none">• Athletes aged between 10-18 years	Ages: <ul style="list-style-type: none">• Athletes aged between 4-9 years	Ages: <ul style="list-style-type: none">• Athletes aged between 10-18 years
Day & Time: <ul style="list-style-type: none">• Tuesdays, 4:30-5:30pm	Day & Time: <ul style="list-style-type: none">• Tuesdays, 5:30-6:30pm	Day & Time: <ul style="list-style-type: none">• Wednesdays, 5:00-6:00pm	Day & Time: <ul style="list-style-type: none">• Mondays, 5:00-6:00pm

- ★ **Financial Information:** See [financial information](#) page

HOW DO I SIGN UP?

Contact us via email: info@southerncrosscheer.com.au

SEMI-COMPETITIVE CHEER PROGRAM

Step Up & Shine Bright: Your Pathway to Competitive Cheer!

WHAT IS SEMI-COMPETITIVE CHEER?

Semi-competitive cheer bridges the gap between our recreational and all-star programs, offering athletes the chance to learn routines, compete at some events, and grow their skill set with a moderate time commitment.

This year, our semi-competitive teams will compete in the Cheer-Stars category, where the scoring requirements are better aligned with skill development and mastery—a perfect way for athletes to have a great introduction to the competition floor.

- ★ **Commitment Level:** 1x 1.5-2 hour session per week.
- ★ **Who It's For:** Best for beginners or athletes with some experience looking for their first steps into competitive cheerleading.
- ★ **Program Focus:** Building fundamental skills, and learning how to successfully perform a cheer routine in a relaxed, educational, and supportive environment.

WHAT YOU WILL GAIN:

- ★ Improved skills in stunting, tumbling, and choreography through focused team training.
- ★ Experience performing and competing in a supportive, development-focused environment.
- ★ Confidence and teamwork, with opportunities to shine at competitions tailored for growth and mastery.
- ★ A fun and rewarding introduction to competitive cheer without the higher demands of our all-star program.

FUN FACT:

In 2024, our semi-competitive teams wowed audiences at multiple events, with athletes showing incredible growth and confidence on the competition floor!



IMPORTANT DETAILS:

- ★ **Locations:** Offered at both Preston and Westmeadows.
- ★ **Age Groups:** Youth and Junior athletes, ages 6-15 years.
- ★ **Training Commitment:** 1 day per week, 1.5-2 hours per session.
- ★ **Performance Opportunities:** Compete in 2-3 competitions and perform at both SCC club showcases.
- ★ **Financial Information:** See [financial information](#) page

LOOKING FOR MORE INFORMATION?

Contact us via email: info@southerncrosscheer.com.au

ALL-STAR CHEER PROGRAM

Train Hard, Compete Big, and Shine Bright!

WHAT IS ALL-STAR CHEER?

All-Star Cheer is our competitive cheerleading program, designed for athletes who want to take their skills to the next level. These teams train year-round to compete at state, national, and international events, showcasing their advanced skill set and choreography.

Teams in this program will compete in the traditional all star cheer divisions and levels, from Novice through to level 7.

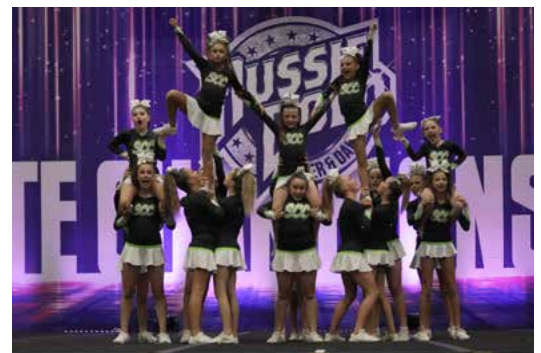
- ★ **Commitment Level:** 2-3 days per week with a focus on skill progression and performance perfection.
- ★ **Team Composition:** Coed and all-girl teams carefully designed to balance skills and maximize success.
- ★ **Competitions:** Compete at 4-6 events annually, including state and national championships.
- ★ **Skill Development:** Master advanced stunts, tumbling, and choreography in a supportive, high-energy environment.

WHAT YOU WILL GAIN:

- ★ Access to elite training that challenges and refines your skills in stunting, tumbling, and choreography.
- ★ Opportunities to represent SCC on prestigious stages, building confidence and pride as part of one of Australia's leading cheer programs.
- ★ Enhanced teamwork, discipline, and leadership skills.
- ★ Confidence and pride in representing one of Australia's top cheer programs.

FUN FACT:

In 2024, SCC's All-Star teams competed at over 5 major events, consistently bringing home top placements and showcasing our teams world-class talent!



IMPORTANT DETAILS:

- ★ **Locations:** Offered at both Preston and Westmeadows.
- ★ **Age Groups:** Mini, Youth, Junior, Senior, and Open (ages 5+).
- ★ **Training Commitment:** 2 days per week, 1.5-2.5 hours per session.
- ★ **Performance Opportunities:** Compete in 4-5 competitions, including 1 interstate championship, and perform at both SCC club showcases.
- ★ **Financial Information:** See [financial information](#) page
- ★ **Team Information:** See Competitive teams and leveling addendum

LOOKING FOR MORE INFORMATION?

Contact us via email: info@southerncrosscheer.com.au

WORLDS TEAMS PROGRAM

Where Champions Are Made!

WHAT IS OUR WORLDS TEAMS PROGRAM?

World Teams are the pinnacle of competitive cheerleading at SCC, designed for athletes seeking to compete on the global stage. These teams are known for their elite skill level, innovative routines, and dedication to excellence, representing SCC at the prestigious IASF World Championships.

Key Features of our World Teams:

- ★ **Proven Excellence:** Our World Teams have earned over 6x medals at the IASF World Championships, solidifying our reputation as one of the top cheer programs globally.
- ★ **Elite Coaching:** Our coaches are multiple world champions and medalists, as both athletes and coaches, bringing unmatched expertise and experience to every practice.
- ★ **Trendsetters:** Our World Teams are renowned for pushing the boundaries of the sport, crafting routines that set global trends and captivate audiences.
- ★ **Commitment to Growth:** Athletes work with world-class skills coaches and choreographers, refining their abilities at the highest level.

CURRENT WORLDS TEAMS

- ★ **2025 Worlds:** Lady Reign, International Open Level 5
- ★ **2026 Worlds:** Legacy, International Open Large Coed Level 7
- ★ **2026 Worlds:** Interstellar, International Open Level 6.0

WHAT YOU WILL GAIN:

- ★ Train with industry-leading coaches and choreographers.
- ★ Perform and compete at elite international events.
- ★ Gain confidence, discipline, and teamwork in a high-performance environment.

FUN FACT:

SCC's World Teams are among the most respected globally, with routines that set trends and inspire teams around the world!

IMPORTANT DETAILS:

- ★ **Locations:** Offered at our Preston location
- ★ **Age Groups:** Open (ages 15+).
- ★ **Training Commitment:** 2-3 days per week, with additional preparation for worlds.
- ★ **Performance Opportunities:** 5-6 competitions annually, including Bid Events and World Championships (once every two years).
- ★ **Financial Information:** See [financial information](#) page
- ★ **Team Information:** See Competitive teams and leveling addendum



DEVELOPMENT TEAMS AT SCC

Building Bridges to Cheer Excellence!

WHAT ARE DEVELOPMENT TEAMS?

Development Teams at SCC are designed to help athletes bridge the gap into higher levels of cheerleading while mastering their current skills. These teams provide focused training to prepare athletes for greater challenges and opportunities, supporting their progression within a fun and supportive environment.

Teams in this program may compete at 2-3 competitions, and perform at our club showcases.

- ★ **Dual Team Commitment:** Designed for athletes already part of an All-Star or Semi-Competitive team, providing additional growth opportunities.
- ★ **Skill Refinement:** Focused on learning and perfecting current level skills while preparing for higher-level routines.
- ★ **Flexible Training:** Training schedules range from 2-4 hours per week pending team needs.
- ★ **Wide Range of Levels:** Open to athletes from Levels 1 through 7, catering to varying abilities and goals.
- ★ **Age Divisions:** Teams are structured based on athlete requirements, ensuring the best possible fit for growth and development.

WHAT YOU WILL GAIN:

- ★ Enhanced skills in stunting, tumbling, and performance, tailored to your current and future level.
- ★ Confidence to take on higher-level challenges in a supportive, team-focused environment.
- ★ A smoother transition to advanced teams, with personalized guidance from expert coaches.

FUN FACT:

Development Teams are SCC's newest initiative, tailored to ensure every athlete has the opportunity to progress and grow at their own pace!



IMPORTANT DETAILS:

- ★ **Locations:** Offered at both Preston and Westmeadows.
- ★ **Commitment:** 2-4 hours per week, 1-2 training session per week.
- ★ **Levels:** Open to Levels 1-7.
- ★ **Age Groups:** Varying age divisions, determined by athlete needs.
- ★ **Additional Participation:** Athletes must also be part of an All-Star or Semi-Competitive team
- ★ **Financial Information:** See [financial information](#) page
- ★ **Team Information:** See Development teams and leveling addendum

READY TO JOIN THE SCC FAMILY?

We make it easy to find your perfect cheer team!

JOINING SCC IS SIMPLE!

SCC offers flexible and welcoming pathways to join our teams, whether you're new to cheer, an experienced athlete looking to level up, or a returning member.

Follow the steps below to find the best fit for you!

2025 PLACEMENT OPTIONS

For Athletes with Prior Experience or Current SCC Members

2025 2ND ROUND PLACEMENT DAY

- ★ **Date:** Saturday, 18th January 2025 (session times below).
- ★ Ideal for new athletes with prior cheer experience or current athletes wishing to level up.

PRESTON GYM

Session 1 - 11:00am to 1:00pm

- All levels, athletes aged between 5-13
- All levels, athletes aged 14+

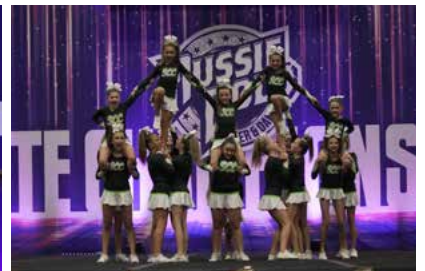
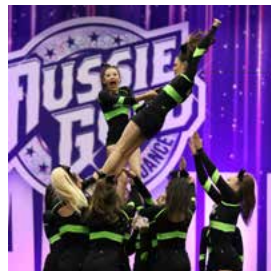
WESTMEADOWS GYM

Session 1 - 2:00pm to 3:30pm

- All levels, athletes aged between 5-13
- All levels, athletes aged 14+

CURRENT ATHLETE ASSESSMENTS

- ★ **Dates:** During practices, 16th-19th December 2024.
- ★ For returning athletes being assessed within their current teams, these athletes will also be considered for leveling up in 2025.



For Beginners or New Athletes to Cheer

NEW TO CHEER SESSIONS

- ★ **Date:** Specific dates in December 2024 (see below).
- ★ A low-pressure introduction to cheerleading and team placement.

PRESTON GYM

Ages 5 to 9 years

- Wednesdays, 5:00pm to 6:00pm
4/12, 11/12, 18/12

Ages 10 to 17 years

- Mondays, 5:00pm to 6:00pm
2/12, 9/12, 16/12

WESTMEADOWS GYM

Ages 5 to 9 years

- Tuesdays, 4:30pm to 5:30pm
3/12, 10/12, 17/12

Ages 10 to 17 years

- Tuesdays, 5:30pm to 6:30pm
3/12, 10/12, 17/12

ADDITIONAL OPTIONS

Come and Try Cheer Sessions

- Dates: Various dates in 2025
- Explore cheerleading with SCC through fun, casual sessions

2nd Round Placement

- Dates: Late January 2025
- For athletes who missed the December placements or are joining SCC later.

Individual Assessments

- Dates: On an as-needs basis
- For athletes who require personalized placement due to scheduling or unique needs.

WHAT HAPPENS AT PLACEMENT?

- ★ Athletes will showcase their skills in a friendly, supportive environment.
- ★ Evaluations focus on tumbling, stunting, jumping, motions and overall ability to find the best team fit.
- ★ Coaches provide guidance to ensure every athlete has an opportunity to grow and succeed.



MISSED PLACEMENT? DON'T WORRY!

- ★ SCC offers year-round enrollment options, allowing athletes to join teams as opportunities arise.
- ★ Contact us to discuss your options and schedule an individual assessment if needed.



GET IN TOUCH!

Email: info@southerncrosscheer.com.au

Phone: 0452 357 964

Website: www.southerncrosscheer.com.au

Follow us on Facebook and Instagram for updates on placement dates and other events.

2025 KEY DATES AT SOUTHERN CROSS CHEER

Stay Organized and Informed with Our 2025 Cheer Calendar!

IMPORTANT DATES

TERM 1

TERM 2

January (TBA)	Summer clinics and classes	22nd April	Recreational teams commence term 2
8th January	International teams commence training - Only teams traveling to Worlds in 2025	25th April	Anzac Day - No training
18th January	2nd round team placements	5th May	All Star teams commence term 2
26th January	Australia Day	11th May	Mothers Day - No training
28th January	Teams commence term 1 from this date	7th-8th June	Kings Birthday weekend - No training
8th-9th February	Super Clinics - Adjusted schedule all Star teams	9th June	Kings Birthday - Training as per schedule
8th-10th March	Labor Day weekend - No training	15th June	SCC Pre-season Showcase - All Star teams
11th-16th March	Athlete placement review period	20th-22nd June	Cheercon Icebreaker - Cheerstars teams
5th April	Last day training term 1 - Recreational teams	27th-29th June	AASCF Winterfest - Knox, VIC
4th-16th April	Choreography sessions - All Star Teams	4th July	Last day training term 2 - All teams
12th April	SCC Worlds showcase		
17th April-4th May	SCC All Star teams holiday break		

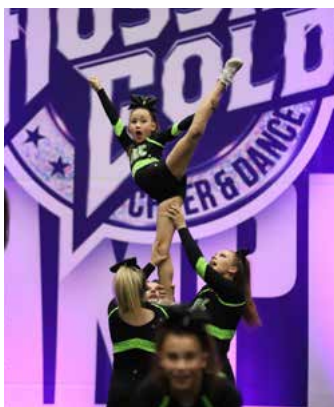
TERM 3

TERM 4

21st July	Teams commence term 3 from this date	6th October	Teams commence term 4 from this date
8th-10th August	AASCF Battle - Knox, VIC	24th-26th October	AASCF Spring Carnival - Knox, VIC
22nd-24th August	Cheercon States - Melbourne, VIC		Cheerbrandz Majors - Gold Coast, QLD
	Aussie Gold Pan Pacific - Gold Coast, QLD	1st-2nd November	Melbourne Cup weekend - No training
31st August	SCC Super Sunday - All Star teams	4th November	Melbourne Cup Day - Training as per schedule
12th-19th September	States Spirit Week - Adjusted schedule	8th-9th November	Aussie Gold States - Melbourne, VIC
20th September	Last day training term 3	16th November	SCC Nationals Showcase - Location (TBA)
19th-21st September	AASCF States - Knox, VIC	17th-21st November	Nationals Spirit Week - Adjusted schedule
		20th-24th November	AASCF National Championships - VIC
		25th-28th November	Nationals Break - No training
		5th-7th December	Cheercon National Championships - NSW
		13th December	SCC Awards Night - Location (TBA)
		8th-14th December	SCC 2025 Team placements
		20th December	Last day of 2024 training

- Dates are subject to change. Updates will be communicated via email and team pages.
- Competition dates are advisory and not applicable to all teams, the competition listing for each team will be listed in the 2025 athlete handbook.

Questions? Contact us via email: info@southerncrosscheer.com.au



2025 FINANCIAL INFORMATION

Transparent, Simple, and Tailored for Every Athlete!

To find out what you will be charged for your 2025 participation, take the amount of hours to be trained per week and multiply it by the weeks per term. Then you will need to add in any extras for your team.

Please note that there are different rates for recreational and All Star programs, this is due to the additional services required for different teams.

External supplier items information will be made available as soon as they are known.

RECREATIONAL CHEER TEAMS

TIER	TUITION FEES	EXTRAS
Rec tier 1 <ul style="list-style-type: none"> All Recreational Teams 	Tuition: \$15.00 weekly <ul style="list-style-type: none"> Term 1 - 10 Weeks Term 2 - 11 Weeks Term 3 - 9 Weeks Term 4 - 11 Weeks <p><i>*Training 1 day, 1 hour p/week</i></p>	Rec Registration: \$50.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> 2x SCC Showcases Bow Team Tee

SEMI-COMPETITIVE CHEER TEAMS

TIER	TUITION FEES	EXTRAS
Semi-competitive tier 1 <ul style="list-style-type: none"> CheerStars Teams 	Tuition: \$30.00 weekly <ul style="list-style-type: none"> Term 1 - 10 Weeks Term 2 - 9 Weeks Term 3 - 10 Weeks Term 4 - 11 Weeks <p><i>*Training 1 day, 2 hours p/week</i></p>	Registration: \$75.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> Choreography & Music 2-4x Competitions 2x SCC Showcases Uniform Bow Team Tee

ALL STAR CHEER, WORLDS CHEER, DEVELOPMENT PROGRAM

TIER	TUITION FEES	EXTRAS
All Star tier 1 <ul style="list-style-type: none"> Novice Teams 	Tuition: \$49.00 weekly <ul style="list-style-type: none"> Term 1 - 11 Weeks Term 2 - 9 Weeks Term 3 - 9 Weeks Term 4 - 11 Weeks <p><i>*Training 2 days, 3.5-4 hours p/week</i></p>	Registration: \$75.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> Choreography & Music 4-6x Competitions 2x SCC Showcases Team Uniform Team Tee Bow
All Star tier 2 <ul style="list-style-type: none"> Level 1 Teams 	Tuition: \$54.00 weekly <ul style="list-style-type: none"> Term 1 - 11 Weeks Term 2 - 9 Weeks Term 3 - 9 Weeks Term 4 - 11 Weeks <p><i>*Training 2 days, 4 hours p/week</i></p>	Registration: \$75.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> Choreography & Music 4-6x Competitions 2x SCC Showcases Team Uniform Team Tee Bow
All Star tier 3 <ul style="list-style-type: none"> Levels 2-5 (non-worlds teams) 	Tuition: \$54.00 weekly <ul style="list-style-type: none"> Term 1 - 11 Weeks Term 2 - 9 Weeks Term 3 - 9 Weeks Term 4 - 11 Weeks <p><i>*Training 2 days, 4 hours p/week</i></p>	Registration: \$75.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> Choreography & Music 4-6x Competitions 2x SCC Showcases Team Uniform Team Tee Bow
All Star tier 4 <ul style="list-style-type: none"> Worlds Teams 	Tuition: \$55.00 weekly <ul style="list-style-type: none"> Term 1 - 11 Weeks Term 2 - 9 Weeks Term 3 - 9 Weeks Term 4 - 11 Weeks <p><i>*Training 2+ days, 4.5+ hours p/week</i></p>	Registration: \$75.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> Choreography & Music 4-6x Competitions 2x SCC Showcases Team Uniform Team Tee Bow
All Star dual team athlete <ul style="list-style-type: none"> Athletes who are a part of 2x all star teams Athletes also in our development program 	Tuition: \$68.00 weekly <ul style="list-style-type: none"> Tier 4 tuition - \$56.65 p/w Dual athlete surcharge - \$10.00 p/w <p><i>*Training 2+ days, 6.5+ hours p/week</i></p> <p><i>*Add \$10.00 for a third team/program</i></p>	Registration: \$75.00 Additional Items (Pricing TBA) <ul style="list-style-type: none"> Choreography & Music 4-6x Competitions 2x SCC Showcases Team Uniforms - no discount on uniforms, will need to purchase a second uniform if required Team Tee x 2 Bow x 2 is required

ADDITIONAL ITEMS

ITEM	COST	NOTE
• Team Bow	\$25.00	Training bow
• Team Tee	\$30.00	Team bow
• Semi-Comp Bow	\$30.00	Competition bow
• All-Star Bow	\$35.00	Competition bow
• Semi-Comp Uniform	\$TBA	New uniform for '25
• Junior Program Uniform	\$TBA	New uniform for '25
• Senior Program Uniform	\$350.00	Current uniform

COMPETITION ENTRY FEES

COMPETITION	ENTRY FEES		
	ALL STAR	NOVICE	DUAL
• SCC Pre-Season Showcase	\$10.00	\$10.00	n/c
• Cheercon Icebreaker	TBC	TBC	TBC
• AASCF Winterfest	\$75.00	\$55.00	\$30.00
• AASCF Battle	\$95.00	\$65.00	\$45.00
• Cheercon States	TBC	TBC	TBC
• Aussie Gold Pan Pac's - QLD	\$100.00	\$100.00	\$30.00
• AASCF States	\$75.00	\$65.00	\$35.00
• AASCF All Star Classic	\$75.00	\$55.00	\$30.00
• Cheerbrandz Majors - QLD	TBC	TBC	TBC
• Aussie Gold States	\$80.00	\$80.00	\$30.00
• SCC Showcase	\$40.00	\$40.00	n/c
• AASCF Nationals	\$100.00	\$85.00	\$55.00
• Cheercon Nationals - NSW	TBC	TBC	TBC

FINANCIAL POLICIES

FEE DUE DATES	REFUND POLICY
<ul style="list-style-type: none"> • Fee due date information will be released at registration • No invoice cancellations >10 days after issue date <p style="text-align: center;">OVERDUE FEES</p> <ul style="list-style-type: none"> • Any item 14 days overdue will incur a 10% late fee • Athletes with fees >14 days overdue will sit out of practice until payment arrangement is made 	<ul style="list-style-type: none"> • Tuition fees are 80% refundable 0-10 days after payment • After 10 days of payment, tuition fees are non-refundable • All other items are non-refundable upon payment <p style="text-align: center;">NON-REFUNDABLE ITEMS</p> <ul style="list-style-type: none"> • Registration fees • Competition fees • Choreography and music fees • Uniform and merchandise items • International travel package items • The above includes pre-purchased items, and deposits

ALL STAR CHEER DISCOUNT STRUCTURE

DISCOUNT TYPE	PERCENTAGE	DISCOUNT POLICY
Family discount	10%	<ul style="list-style-type: none"> • Maximum of 1 discount per athlete/family (exception, referral discount) • Scholastic discount commences in term 2, this applies to active athletes in our partnered scholastic programs (primary, secondary, further) • Family discount applies to 2+ siblings enrolled full time in All Star cheer • Yearly fee discount can only be claimed prior to February 11th and must be paid within 14 days of invoice issue date • Referral discount is a once off payment, per full-paid referral (can be issued in credit at admin discretion)
Scholastic discount	10%	
Referral discount	\$50.00*	
Yearly fees paid before 11th February 2025	10%	

ADDITIONAL INFORMATION

<ul style="list-style-type: none"> • Weekly tuition is calculated based on number of hours trained per week. • We charge tuition in the term blocks listed. • Invoice dates will be listed in the 2025 athlete handbook. • Overdue invoices will result in not being allowed to participate in team practices until rectified. • Dual team surcharge applied to extra teams once the cap of 4.5 weekly training hours reached. • All Star athletes with up to date accounts have unlimited open gym, tumble, flex, and stunt classes. • Additional items such as, choreography, music, uniforms, team merchandise, & competition entry are not applicable to discount structures and can be subject to change • The items listed here is not a complete list, this will vary per team. Additional items for each team will be communicated to team athletes & caretakers once the season has commenced • There may be additional competition requirements for specific teams, this will be advised in the 2025 athlete handbook. • Classes are a package, class costs are non refundable or credited if an athlete is away due to illness, holidays or other commitments (Unless over 3 weeks, however remainder of that month is billable). <ul style="list-style-type: none"> • Tuition is not adjusted in cases where a short term situation limits an athletes ability to attend practices or events, this includes (but not limited to): work, school, holidays, injury, illness, or personal reasons. • If absent due to an injury that does not allow any participation for longer than 3 weeks, a doctors certificate must be provided and a credit will be applied pending approval. • All approved credits are applied to tuition fees, applied to your next terms invoice. • Parents/Guardians/Adult aged athletes are responsible for communication of cancellation of any team or class, of which we require 4 weeks written notice via email to info@southerncrosscheer.com.au, fees are payable during the 4 week period. • Athletes with current uniform will not be billed for the uniform and the bow but will be required to purchase team tee.
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The above financial information is intended as a guide. Upon season commencement, all athletes will receive the 'SCC Athlete Handbook', which will have the most current information on our financial information, policies, and procedures

STAY CONNECTED WITH SOUTHERN CROSS CHEER!

We're here to answer your questions and help you join!

CONTACT US

EMAIL	info@southerncrosscheer.com.au - Email is our preferred method of communication
PHONE	0452 357 964
WEB	www.southerncrosscheer.com.au

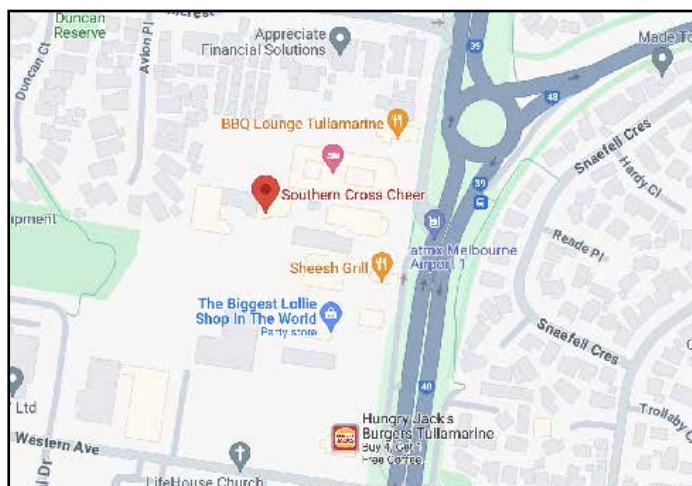
OUR LOCATIONS

PRESTON GYM



Preston Address:
1b, 1-7 Chifley Drive
Preston, VIC 3072

WESTMEADOWS GYM



Westmeadows Address:
Unit 5, 261 Mickleham Road
Westmeadows, VIC 3083

Each location is equipped with everything needed to train our athletes and teams from beginner through to advanced including; fully sprung cheer floors, tumbling tracks, mats, and assistance shapes, strength equipment and more!

SOCIAL MEDIA

FACEBOOK	www.facebook.com/SouthernCrossCheerleading/
INSTAGRAM	@southerncrosscheer
TIKTOK	@southerncrosscheer

OFFICE HOURS

- SCC does not run standard office hours, but inquiries are responded to promptly via email.
- Phone inquiries are not answered during coaching hours.





BECOME A PART OF OUR CHEER FAMILY IN 2025!

Don't wait—join SCC today and become part of our legacy of excellence!



ADDENDUM I: CHEER DIVISIONS & LEVELS

2025 COMPETITION AGE GRID

All Star cheer athletes are placed into teams with athletes of a similar age, allowing for a stronger team bond and an appropriate age environment. Below is a list of age divisions we will offer in our All Star teams.

DIVISION	MINI	YOUTH	JUNIOR	SENIOR	OPEN
AGES	5-9 Years (2020-2016)	6-12 Years (2019-2013)	8-15 Years (2017-2010)	11-18 Years (2014-2007)	14+ Years (2011 or earlier)
LEVELS	Novice, 1	Novice, 1, 2, 3	Novice, 1, 2, 3, 4	Novice, 1, 2, 3, 4	1, 2, 3, 4, 4.2, 5, 6, 7

SCC reserves the right to adjust our teams' age divisions and level if required after team placements.

CHEER LEVEL INFORMATION

Cheer levels are used to ensure that all athletes are placed in a team that allows them to learn and interact with athletes of similar ability. Levels run from novice to level 7 with set requirements for each level, listed below.

LEVEL	TUMBLE SKILLS	STUNT SKILLS	JUMPS & MOTIONS
Novice	<ul style="list-style-type: none"> No tumble requirement 	<ul style="list-style-type: none"> No stunt skills required 	<ul style="list-style-type: none"> No jump or motion experience required
1	<ul style="list-style-type: none"> Back and front walkover combination skills Elite teams: Walkovers from both legs 	<ul style="list-style-type: none"> Stunts allowed to chest level and below Pyramid skills can include braced extension level 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with good technique Ability to perform motions to counts with good technique
2	<ul style="list-style-type: none"> Back handspring (BHS) Round off BHS 	<ul style="list-style-type: none"> Stunts allowed to 2 leg extended level or 1 leg chest level Introduction to toss style skills 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with good to great technique Ability to perform motions to counts with great technique
3	<ul style="list-style-type: none"> Multiple BHS Jump to BHS Round off back handspring back tuck 	<ul style="list-style-type: none"> Stunts up to 1 leg extended level and loads and dismounts to 1 twist allowed Introduction to braced inversions 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with good to great technique Ability to perform motions to counts with great technique
4	<ul style="list-style-type: none"> 1+ BHS to back tuck Standing back tuck Round off BHS layout 	<ul style="list-style-type: none"> Stunts can release to extended level, full twisting loads to extended level allowed, dismounts to 2 twists allowed Introduction to released inversions 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique
5/6	<ul style="list-style-type: none"> Jump to back tuck Round off BHS layout full/double BHS to layout/full 	<ul style="list-style-type: none"> Strong stunt skills (co-ed and all girl styles) Stunts can load and dismount to 2 full twists Vast range of braced/unbraced inversions allowed 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique
7	<ul style="list-style-type: none"> Round off BHS layout full/double BHS to layout full/double Standing back full 	<ul style="list-style-type: none"> Strong co-ed stunt skills required Stunts involve free flipping inverting loads and dismounts Pyramids can be loaded 2 1/2 people high 	<ul style="list-style-type: none"> Ability to perform combination jumps to counts with great technique Ability to perform motions to counts with great technique

FLYER REQUIREMENTS

NOVICE & LEVEL 1	LEVEL 2 & 3	LEVEL 4+
<p>BODY CONTROL Ability to hold and develop good posture and body tension while in stunts, with minimal balance checks while standing on one or 2 feet</p> <p>LOADS, TRANSITIONS, & DISMOUNTS Ability to develop and maintain control in the at-level skill requirements of your team</p> <p>BODY POSITIONS Ability to perform required flyer body positions as required by your team. This may include the following on both legs:</p> <ul style="list-style-type: none"> Liberty Heel Stretch Arabesque Scale 	<p>BODY CONTROL Ability to maintain good to great posture and body tension while in stunts, with no balance checks while standing on one or 2 feet</p> <p>LOADS, TRANSITIONS, & DISMOUNTS Must be able to maintain control in the at-level skill requirements of your team. Ability to learn new skills and commit to the instructions given by team coaches & specialists</p> <p>BODY POSITIONS Ability to perform required flyer body positions as required by your team with good technique. This includes the following on both legs:</p> <ul style="list-style-type: none"> Liberty Heel Stretch Arabesque Scale 	<p>BODY CONTROL Ability to maintain great posture and body tension while in stunts, with no balance checks while standing on one or 2 feet</p> <p>LOADS, TRANSITIONS, & DISMOUNTS Must be able to maintain a high level of control in the at-level skill requirements of your team. Ability to learn new skills and commit to the instructions given by team coaches & specialists</p> <p>BODY POSITIONS Ability to perform required flyer body positions as required by your team with good technique. This includes the following on both legs:</p> <ul style="list-style-type: none"> Liberty Heel Stretch Arabesque Scale

ADDENDUM II: GENERAL INFORMATION

ATHLETE ATTENDANCE

Having our athletes attending all cheer training sessions is crucial to their teams success. When we have one athlete away, it is not just one person missing. It is one whole stunt group unable to learn that new skill, or perfect that sequence, the end pyramid not being able to practice, not being able to clean that tumbling section or dance break. It really effects the whole team.

We do hold our all-star athletes to a high standard of accountability in regards to attendance, and when considering team placements your attendance record is also taken into consideration.

For our all-star teams, we have an expectation for our athletes to attend practices 2 to 3 times per week, and attend all team competitions, with minimal missed practices for family/school commitments.

We do release a calendar at the start of the season, and communicate any adjustments that may happen as soon as they are known, so our athletes can make sure they can attend all sessions.

As a general rule, we train alongside the public school term dates, with an exception for our international teams as they have a schedule sent out that is specific to their international trips.

ATHLETE & COACH CONDUCT

SCC has a reputation for being a very supportive club both in the gym and in the greater cheer community. We expect all our athletes to demonstrate good behavior both in person and on any media source.

At SCC we have a communication policy each athlete/guardian is required to sign. Athletes found to be in breach of this will face penalties up to removal from the club.

We expect each athlete and coach to be respected and to treat each other with respect. We pride ourselves on providing a nurturing and supporting environment for all our athletes and teams to mature into true ambassadors for our sport.

Upon registration you will receive our athlete/family handbook. This book outlines our expectations of our members and their immediate family and it is highly recommended that you read this thoroughly as it will outline all you need to know regarding conduct and being a member of the SCC family.

SAFETY

We take pride in being a child safe facility and aim to encourage a culture of unbiased acceptance for people inclusive of race, gender, age, and abilities. As our members and staff come from such diverse backgrounds our goal is for the club to be a safe space for all. Communication and feedback from all people involved in SCC is embraced and encouraged.

Our coaches and staff are trained annually and periodically on child safety and we review and update our child safe policies and procedures on a regular basis. We also hold safety meetings with all athletes and teams to help educate and identify unsociable behavior and help those in need.

Our child safe policies will be emailed to all members at the commencement of the cheer season and can also be sent out upon request.

INSURANCE AND AMBULANCE COVER

We provide athletes with personal accident insurance which covers them for any injuries sustained whilst training or competing under the supervision of an SCC approved coach. However as a minimum we recommend taking out ambulance cover for your athlete as if an injury occurs and the coach/first aid officer deems that an ambulance is needed, we will call this on behalf of the athlete.

SCC will bear no responsibility for the costs associated with ambulance call outs.

ATHLETE DRESS CODE

We expect our athletes to be well presented at trainings and competitions. Each team's coach or the club administration will set expectations as to the required dress code for practices and competitions.

Piercings and jewelery are not to be worn at practices or competitions and nails are to be kept short and rounded, as cheerleading is a contact sport and we don't want to cause discomfort to you or other athletes.

ADDENDUM III: WHICH PROGRAM IS RIGHT FOR ME?

This page is to help you decide the best direction for you/your athlete!

DID YOU KNOW YOU HAVE MULTIPLE OPTIONS WHEN JOINING SCC?

Recreational cheerleading, semi-competitive cheerleading, and all-star cheerleading are three distinct categories of cheerleading, each with its own benefits.

Recreational cheerleading is typically focused on fun and participation, with an emphasis on learning basic cheer skills and promoting team spirit. It is often practiced at the local level and does not involve intense competition.

Semi-competitive cheerleading, on the other hand, combines elements of recreation and competition. It involves more advanced skills and choreography than recreational cheer, and teams may participate in local and regional competitions to showcase their abilities.

All-star cheerleading is the most competitive and demanding form, where highly skilled athletes perform intricate routines with precision and athleticism. These teams compete at regional, national, and sometimes international levels, aiming for excellence in stunts, tumbling, jumps, and dance. All-star cheerleading requires significant dedication, training, and commitment, often involving year-round practices and specialized coaching.

When choosing between recreational, semi-competitive, or all-star cheerleading, it's important to consider your personal goals, commitment level, and skill level to determine which category is the right fit for you. Below are a few points to consider to help you make your decision:

RECREATIONAL	SEMI-COMPETITIVE	ALL-STAR
<ul style="list-style-type: none"> • Usually train once a week for an hour or less • No entry skill requirements, you come and we teach you everything • Non-competitive, with the option of participating in the end of year showcase • The place to learn the basics of the sport, and get an idea if cheerleading is right for you • Affordable, no additional items to consider (e.g., uniform, competition fees) • Lower attendance expectations than other options • Great starting point for those new to the sport 	<ul style="list-style-type: none"> • Train once a week, but for a longer session (typically 1.5-2 hours) • No entry skill requirements, but a term in recreational cheer would be helpful • Will compete in 2-3 state competitions in term 4, plus perform at the end of year showcase • Learn and perfect a performance routine with your team • Affordable competitive option, you do have additional items to consider, however we do our best to make these costs minimal • Moderate commitment expectations, you are only required to attend class once a week, and for specific team events • Take the basics you learned in recreational cheer and see how they are applied to a routine • A great place to see if competitive cheerleading is for you. There are no skill requirements to join 	<ul style="list-style-type: none"> • Train multiple times a week (typically twice) for 1.5-2.5 hours a session • There are multiple levels of difficulty, this is to allow for safe progression and an appropriate team for all skill levels • Entry skill requirements for each level • Compete in multiple competitions at state, national, and sometimes international levels • Learn and perfect a performance routine built around the required skill set of your team • High level of commitment expected, you will need to be able to attend multiple team trainings on a weekly basis (during school terms), and attend specific team events (performance, competitions, bonding sessions) • The place to be if you know you want to get involved in competitive cheerleading, and see what heights you can attain

One of the major benefits of joining cheerleading is being a part of a team.

- Being a part of a cheer team offers numerous benefits that extend beyond the cheerleading mat. One of the primary advantages is the sense of belonging and camaraderie that comes with being part of a close-knit group. Cheer teams create a supportive and inclusive environment, fostering lifelong friendships and a strong support system.
- Athletes learn valuable skills such as communication, cooperation, and collaboration. Working together towards a common goal, athletes learn to trust and rely on each other, developing strong bonds and a shared sense of purpose. Athletes also learn accountability and responsibility, as every member plays a role in the team's success.
- Cheerleading cultivates discipline, dedication, and time management skills, as athletes must balance rigorous training schedules with other commitments. Moreover, being on a cheer team provides opportunities for personal growth and self-confidence. Athletes learn to overcome challenges, and perform in high-pressure situations, building resilience and mental fortitude.
- Finally, the shared successes and accomplishments experienced as a team foster a sense of pride and fulfillment, creating lasting memories and a sense of achievement that extends far beyond the cheerleading season.