

INFORMATION PACK

PLIÉ CHEER, DANCE & POM



Welcome to cheer at Plié! Our coaching team hope that your child has a happy, fun & successful year with us- we are looking forward to watching the kids gain skills, improve confidence & perform at the many opportunities provided to them.

We expect our competition cheer, pom & dance students to be committed to all weekly training sessions, other than in the event of illness or travel. In cheer training, as every member of the team is integral to the training, it is often impossible to practise when we have team members missing from class. If your child is injured, please bring them along to watch the class, so they don't fall behind, or let us know if they will be absent.

Our tiny, mini & youth cheer program includes both cheer & pom. We feel pom is an excellent training tool for the dance component of the cheer routines (especially for students who are not enrolled in dance classes), and allows the students to compete in 2 routines at comps- not just one. Our junior, senior & open athletes choose if they wish to compete in pom as well as cheer.

Age Divisions

Age divisions are based on age of athletes on Dec 31 of the competition year

Tiny 6 & under

Mini 9 & under

Youth 12 & under

Junior 15 & under

Senior 18 & under

Open 14 & over

Levels Offered

- Novice
- Level 1
- Level 2
- Level 3
- Level 4
- Level 4.2

Program Outlines



NOVICE COMPETITIVE PROGRAM

This program is for athletes who want to try the sport of cheer and participate in competitions throughout the year.

The commitment for our recreational teams entails

- One training per week
- Attendance at 5 competitions
- High level of attendance at training (unless prevented by extreme illness or travel)

COMPETITIVE PROGRAM LEVELS 1 +

This program is for athletes who are willing to 100% commit to their team for a full year & commit to ALL the competitions in our calendar.

The commitment for our competitive teams entail

- One training per week
- One additional tumbling class @ Plie per week (for athletes in a level 2 team or higher)
- Attendance at ALL comps in our calendar
- Perfect attendance at all scheduled or additional training sessions (unless prevented by extreme illness or travel).

Team Plié Guidelines



Cheerleading is a competitive, team & club sport.

Just as with any other sport, we expect all our athletes & carers to...

- show a high level of sportsmanship at training & competitions
- show respect to coaches, fellow athletes & officials at all times
- be 100% committed to our club

Plié do not allow our competitive team members to train at any time with other cheerleading clubs or tumbling coaches unless recommended by us.

No sport supports their athletes training or attending workshops, private coaching or tutorials with neighbouring clubs who are in direct competition.

For example, Cromer soccer & netball team members do not train with Beacon Hill club teams or coaches. Cheerleading is no different.

Every club takes a different approach to coaching, creating their own unique style. It is imperative to the success of our Plié teams that all our athletes are on the floor competing the techniques that we have trained in our athletes.

Poor technical execution of skills can result in deductions for our teams.

Receiving contrasting coaching from two clubs can be very disruptive to athletes progression and can sometimes undo all the hard work they have put in with our Plié coaches.

Additionally, allowing athletes to partake in external training creates an uncomfortable situation for Plié coaches and fellow team mates.

A successful team is a united team!

We offer everything our athletes need right here at Plié- weekly coaching sessions, a large range of tumbling classes, holiday workshops & private coaching. We will always recommend any external workshop that we believe is beneficial to our athletes.

By supporting our club you are supporting the success of our athletes & teams.



Competition Dates



2024 COMPETITION DATES

AASCF Winterfest
Quay Centre, Sydney Olympic Park
June 21-23
(Cheer only- no dance)

CheerCon State
ICC Darling Harbour
August 9-11

AASCF State
Quay Centre- Sydney Olympic Park
Sept 13-15

CheerCon Nationals
ICC Darling Harbour
Nov 29- Dec 1

AASCF Nationals
Gold Coast Convention Centre
Dec 5-8



Program & Camp Costs



TINY | MINI | YOUTH PROGRAM COSTS

- Term Fees
- Tinies \$250/ Mini & Youth \$300
- 2nd team \$100
- Extra training \$10 per session
- Annual compulsory insurance \$20
- Uniform \$140 (tinies & minis) \$220 (youth) Bow \$30
- Poms \$40
- Stockings for pom \$18
- Cheer shoes & jazz shoes

Comp Fees

Winterfest

- 1 routine \$60
- Additional routines \$30

Cheer Con State

- 1 routine \$85
- Additional routines \$40

AASCF State

- 1 routine \$70
- Additional routines \$35

Cheer Con Nationals

- 1 routine \$95
- Additional routines \$50

AASCF Nationals

- 1 routine \$95
- Additional routines \$55

JUNIOR | SENIOR | OPEN PROGRAM COSTS

- Term fees \$300 per term
- 2nd team \$100
- Extra training \$10 per session
- Annual compulsory insurance \$20
- Uniform \$220 Bow \$30
- Stockings for pom \$18
- Poms \$40
- Cheer shoes & jazz shoes

Comp Fees

Winterfest

- 1 routine \$60
- Additional routines \$30

Cheer Con State

- 1 routine \$85
- Additional routines \$40

AASCF State

- 1 routine \$70
- Additional routines \$35

Cheer Con Nationals

- 1 routine \$95
- Additional routines \$50

AASCF Nationals

- 1 routine \$95
- Additional routines \$55



Program & Camp Costs



Also consider costs for....

- Spectator entry for comps
- Parking
- Travel costs
- Make-up & hair requirements
- Shoes (white sneakers for cheer, tan jazz shoes for pom)

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