

HIGHRISE CHEERLEADING

COMPETITIVE INFO PACK 2023



Highrise Cheerleading is a club like no other! We welcome you to the 2023 season and cannot wait to see what excitement, joy and growth this year will bring.

JOIN
the
FAMILY



WWW.HIGHRISECHEERLEADING.COM.AU

NATALIE@HIGHRISECHEERLEADING.COM.AU

TEAM MEETING

We will be holding a team meeting for each team on the first lesson of term 1. This will be a quick 5-10 minute meeting with all athletes and parents to meet each other and run over a few small points for the year.

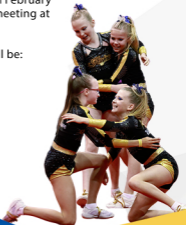
This is the week of January 30th - February 3rd

ORIENTATION DAY

Orientation day will be held on February 12th. This will be a club wide meeting at the gym.

Some of the topics covered will be:

- Interstate travel
- Compulsory lessons
- Competitions
- Fee payment
- Uniform & training gear
- Any questions



TERM DATES & GYM CLOSURE

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TERM 1 START	January 30th
ORIENTATION DAY	February 12th
TERM 1 END	April 6th
TERM 2 START	April 24th
TERM 2 END	June 30th
TERM 3 START	July 17th
TERM 3 END	September 22nd
TERM 4 START	October 9th
NATIONALS GYM CLOSURES	23rd - 28th November (Inclusive)
PRESENTATION DAY 2021	December 2nd
2024 TEAM PLACEMENT DAY	December 9th
TERM 4 END	December 15th

2023 TEAM TIMETABLE

TINY TOWERS

WEDNESDAY 9:15-10:15AM

MINI SKYSCRAPERS

MONDAY 4-5PM

WEDNESDAY 4:30-5:30PM

EMPIRES

MONDAY 6:45-7:45PM

WEDNESDAY 6:30-7:30PM

CENTREPOINT

MONDAY 5:45-6:45PM

WEDNESDAY 5:30-6:30PM

CITADEL

TUESDAY 5-6:30PM

THURSDAY 5-6:30PM

APEX

TUESDAY 6:30-8PM

THURSDAY 6:30-8PM

GROUP STUNT

TUESDAY 4-5PM

Please note you are required to attend all sessions corresponding to your team selection. If there are any issues with training times please let us know immediately.

2023 TUMBLING CLASSES

Please select one or more of the tumbling classes from each level below which best fit your child's current tumbling ability. As your child's tumbling skills advance you are free to move classes to find the best fit.

Note your child's tumbling level may not reflect their cheer team level.

LEVEL 1

MONDAY 5-5:45PM

TUESDAY 4-5PM

WEDNESDAY 4-5PM

THURSDAY 4-5PM

FRIDAY 4-5PM

LEVEL 2

TUESDAY 4-5PM

WEDNESDAY 4-5PM

THURSDAY 4-5PM

FRIDAY 4-5PM

FRIDAY 5-6PM

LEVEL 3

FRIDAY 5-6PM

LEVEL 4 & 5

THURSDAY 4-5PM

FRIDAY 6-7PM

LEVEL 1 - Front & Back Walkover

LEVEL 2 - Front & Back Handspring

LEVEL 3 - Tucks & Multiple Back Handspring

LEVEL 4 - Layouts & Standing Tucks

LEVEL 5 - Twisting & Standing Fulls



ADDITIONAL OPPORTUNITIES

DANCE

Highrise had a successful dance program in 2019-2021 and we will be looking at returning dance to our program in the coming months/years. Keep posted for updates!

GROUP STUNT

Group stunt will be offered in 2023 and is a small team based event where a group of 4/5 athletes perform a 1 minute routine that only consists of stunting with no dance, tumble or pyramid elements.

INTERNATIONAL COMPETITIONS

Highrise has had a number of great overseas trips in past years, which include trips to the USA as well as New Zealand. We have taken international teams from Level 2 through to Level 5. We will be looking for teams to travel internationally in the near future.

There are a number of competitions where 'bids' can be won to such events. Shall a team win a bid, athletes of that team will receive first priority in selection for that international event.

Between 2019 & 2020 Highrise received over 10 international bids! So rest assured there will be plenty of opportunities!

PARKOUR

We are currently looking to reintroduce our Parkour program to Highrise. Keep posted for updates!

RECREATIONAL CHEERLEADING

Recreational Cheerleading is for those who want a taste of Cheerleading. Training less and with lower pressure and commitment. Perfect for beginners and athletes with tighter schedules.

OTHER ACTIVITIES

HOLIDAY CAMPS

BIRTHDAY PARTIES

OPEN GYM







CLINICS

EVENTS

If you are interested in enrolling in any of the above programs, please contact our front desk staff!

COMPETITION CALENDAR

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DATE	EVENT	WHERE	WHO	COST	ADDITIONAL ROUTINES
10th-11th June		Highrise Cheerleading	All Teams	\$20	\$10
23rd-24th June		Homebush	All Teams	\$95	\$35
12th-13th August		Homebush	All Teams	\$95	\$50
8th-11th September		Homebush	Mini-Open Aged Teams	\$95	\$50
23rd-27th November		Melbourne Convention Centre	Mini-Open Aged Teams	\$120	\$75
2nd-3rd December		Sydney Harbour	All Teams	\$110	\$55

NOTE: 2 WEEKS PRIOR TO ALL COMPETITIONS IS COMPULSORY TRAINING. FAILURE TO ATTEND THESE WILL RESULT IN REMOVAL FROM THE TEAM

COSTS

WHAT	HOW MUCH	WHAT DOES IT COVER?
Term Fees	Refer to pages 9 & 10	Training fees per term
Registration fee	\$185 Early bird (Before 1st Jan 2023) \$200 on time (On or before 12th Feb 2023) \$215 late (13th Feb onwards) +\$40 for Second Team Registration	<ul style="list-style-type: none"> - Individual Athlete Insurance - Registration to all events bodies (eg AASCF, Cheerbrandz ect...) - Choreography Costs - Administration Fees - Presentation night and awards
Competition Entry Fee	Refer to competition calendar for exact pricing	Athletes competition entry. Please note spectator tickets are available for purchase on or before each competition
2023 Competition Uniform	\$225	2023 Competitive uniform. Bow, makeup etc sold separately
Interstate Travel	Flights, Accomodation	Travel may be required in 2023 to Melbourne for Nationals. You are required to arrive Thursday and leave Monday Dependant on team selection
Training Uniform	Pieces start at \$30	Training top, bottoms and bow are required
Music Fee	\$30/pp per team – price will vary slightly	Custom music track for each team
Nationals T-Shirt	\$40	Custom made Highrise T-Shirt for all athletes attending Nationals



Fee Payment 2023

We will be trialing a new payment portal in 2023

COMING SOON

Payment Plans

Payment Plans are available. To organise a payment plan that best suits you please contact us for a confidential chat.



Fee Pricing Scale

We structure our term fees based off hours trained per week.

Your term fee will vary based on the length of each term and the hours trained per week in that term.

This way, adding a tumbling class or second cheer team is more affordable.

This can be confusing, so please reach out if you need guidance

<i>Hrs Week</i>	<i>Rate/Hr</i>	<i>Wkly Cost</i>	<i>9 Weeks</i>	<i>10 Weeks</i>	<i>11 Weeks</i>
0.75	\$26.66	\$20.00	\$179.96	\$199.95	\$219.95
1.00	\$22.50	\$22.50	\$202.50	\$225.00	\$247.50
1.50	\$20.00	\$30.00	\$270.00	\$300.00	\$330.00
2.00	\$19.50	\$39.00	\$351.00	\$390.00	\$429.00
2.50	\$18.50	\$46.25	\$416.25	\$462.50	\$508.75
3.00	\$17.00	\$51.00	\$459.00	\$510.00	\$561.00
3.50	\$16.50	\$57.75	\$519.75	\$577.50	\$635.25
4.00	\$16.00	\$64.00	\$576.00	\$640.00	\$704.00
4.50	\$15.00	\$67.50	\$607.50	\$675.00	\$742.50
5.00	\$14.00	\$70.00	\$630.00	\$700.00	\$770.00
5.50	\$13.50	\$74.25	\$668.25	\$742.50	\$816.75
6.00	\$13.00	\$78.00	\$702.00	\$780.00	\$858.00
6.50	\$12.85	\$83.53	\$751.73	\$835.25	\$918.78
7.00	\$12.35	\$86.45	\$778.05	\$864.50	\$950.95
7.50	\$12.00	\$90.00	\$810.00	\$900.00	\$990.00
8.00	\$11.75	\$94.00	\$846.00	\$940.00	\$1,034.00
8.50	\$11.50	\$97.75	\$879.75	\$977.50	\$1,075.25
9.00	\$11.00	\$99.00	\$891.00	\$990.00	\$1,089.00
9.50	\$10.75	\$102.13	\$919.13	\$1,021.25	\$1,123.38
10.00	\$10.50	\$105.00	\$945.00	\$1,050.00	\$1,155.00
10.50	\$10.25	\$107.63	\$968.63	\$1,076.25	\$1,183.88
11.00	\$10.00	\$110.00	\$990.00	\$1,100.00	\$1,210.00
11.50	\$9.85	\$113.28	\$1,019.48	\$1,132.75	\$1,246.03
12.00	\$9.50	\$114.00	\$1,026.00	\$1,140.00	\$1,254.00
12.50	\$9.35	\$116.88	\$1,051.88	\$1,168.75	\$1,285.63
13.00	\$9.14	\$118.82	\$1,069.38	\$1,188.20	\$1,307.02
13.50	\$9.00	\$121.50	\$1,093.50	\$1,215.00	\$1,336.50
14.00	\$9.00	\$126.00	\$1,134.00	\$1,260.00	\$1,386.00

NEXT STEPS

If wish to enrol in our 2023 program we would love to have you!

We will be holding a January tryout once our facility is up and running. Our new facility will consist of a full 9 Panel Sprung Floor, Resi Pit, Long Tramp, Air tracks and more!

We are however, placing athletes in teams already. If you have previous Cheerleading or Gymnastics experience we will be able to immediately place you for the 2023 season without a tryout. Please reach out via email to - natalie@highrisecheerleading.com.au

Please follow the link below to find all associated forms for this year:

www.bit.ly/HRCFORMS - Capitalised as shown

Please bring these forms signed for your team meeting first week of class

Please request to join the following Facebook group for all our Competitive Athletes and their families - click below or search for 'Highrise Families'

www.bit.ly/HRCFamilies - Capitalised as shown



INJURY & ABSENCES

Injury Protocol

Injury occurred during training → tell coach immediately

Injury occurred outside of training → is it going to affect training sessions?

Yes → contact gym reception as soon as possible

No → manage injury as best as possible and attend training as per usual

Regardless of the injury athletes are still required to attend class. Injured athletes are still able to learn changes made to routines and formations ect. It is imperative that you bring your injured child to class, even if its to sit and watch.

2 weeks compulsory training still applies to injury.

Absence Protocol

Please note we will make every effort possible to accommodate events throughout the year. If you are able to give enough notice we may be able to make the appropriate changes to ensure your athlete does not miss any learnings, choreography or lessons.

Please note that while we understand absences are unavoidable at times, we have a compulsory 2 weeks before all competitions. Failure to attend a lesson will result in removal from the team.

Athletes with low attendance (below 80%) may also be removed from the team.

HIGHRISE

THANK YOU

ADDRESS

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NORTH NARRABEEN, 2101, NSW

EMAIL

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PHONE

TBC

SOCIAL MEDIA

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