

Thank you for your interest in the 2024 RI Cheerleading Team. Please read the following information regarding the team so you fully understand the commitment required before trialling for the team.

Cheerleading Goals and Objectives 2024

- ★ To challenge and extend talented cheerleaders, gymnasts, and dancers in a diverse sport not offered widely by our local community.
- ★ To develop mental and physical strength & a strong sense of teamwork
- ★ To represent RI at a very high standard within our school, locally and nationally
- ★ To develop a strong sense of personal, school, and community pride in the team and continue the proud RI tradition of excellence in the sport of cheerleading.

Benefits of Cheerleading

Cheerleading helps build strength and awareness of important muscle groups, in particular the core which has long-term health benefits for students that extend beyond their sporting efforts. Cheer training also helps develop students' timing and coordination and improves balance and spatial awareness. As students learn to take measured risks and follow explicit instructions they will experience success and build confidence in their ability to try new and challenging things. Most importantly – Cheerleading is lots of fun!!!

Reasons to try Cheerleading

- Students find it exciting and new as it is something they often have limited experience of
- It is a challenging sport that requires a high level of mental and physical fitness
- There is variety within the sport for students to identify strengths and target weaknesses
- Students experience success as their improvement over time is generally very clear
- It is an opportunity for those students who may not experience success in the more traditional "school sports" such as ball sports and athletics.

Important Qualities a Cheerleader

- Strong verbal and non-verbal communication skills. All cheerleaders must build great trust in each other by interacting effectively through a diverse range of skills.
- Cheerleaders must be highly enterprising, self-motivated, resourceful, reliable, and resilient.
- Due to the high commitment needed all team members will be required to keep up to date with all classwork and maintain a great attitude toward school.

Trials

Trials will be held on Monday and Tuesday of **Week 6** in the School Hall. Any interested students must attend these trials.

→ **Initial Trials:** **Monday 4 March 12.40-1.25 pm**

→ **Recalls** (if required): **Tuesday 5 March 12.40-1.25 pm**

Students must wear PE gear and sports shoes. All hair must be tied securely into a ponytail or braid. No jewellery is to be worn. Please bring a water bottle.

Coaches

Pip Faulknor	ICU Advanced Certified Cheerleading Coach, USASF accredited Cheerleading Coach, ICU & NZCU Certified Cheerleading & Dance Judge; NZCU Chair (2000-2018)
Andrei Coman	Owner & Head Coach of Cheer Dynamix, IASF Executive Committee, USASF accredited Cheerleading Coach, AASCF Cheerleading Judge

Compulsory Full Team Training Schedule

It is important to note the level of commitment required before putting your name forward for trials as students must attend all training sessions unless they are absent from school. This is to ensure that both individuals and the team as a whole can develop the skills and routines necessary to compete at the top level of this sport.

→ TERMS ONE & FOUR

- ◆ Monday Lunchtime: Hall
- ◆ Tuesday Lunchtime: Hall
- ◆ Friday Afternoon: Hall

→ TERMS TWO & THREE:

- ◆ Monday Lunchtime: Hall
- ◆ Tuesday Lunchtime: Hall
- ◆ Friday 12.30-3pm: Cheer Dynamix Gym
 - 12.30 pm Depart for gym
 - 1:00 - 2.30 pm Training
 - 3:30 pm Arrival back at School

Note: Traffic can be a factor on Friday afternoons and as such students will be able to contact parents if there are any delays.

The team will be training off-site on Friday afternoons during Terms 2 & 3 at Cheer Dynamix Gym, 36 O'Shannessey Street, Papakura, Auckland 2110

All training sessions will be taken by a fully credentialed and highly experienced coach & will involve a range of conditioning exercises, motions, dance choreography, jumps, tumbling, and stunt training.

Note: Extra sessions may be called during the year as needed.

2024 Competition/Event Dates - Subject to Change

Throughout the year the team will compete at several events. These events are subject to change due to a variety of factors. We will provide further information closer to the time of each event.

→ Cheer Factor

- ◆ 21-22 September
- ◆ VENUE: Claudelands Event Centre, HAMILTON

→ Cheer Dynamix Elite Showcase

- ◆ tbc
- ◆ VENUE: Claudelands Event Centre, HAMILTON

→ CNZ Nationals

- ◆ 26-27 October
- ◆ VENUE: Claudelands Event Centre, HAMILTON

Possible Gold Coast Cheer Competition

We are currently investigating the possibility of reintroducing a cheerleading trip to the Gold Coast to compete in Australia. This trip used to be a feature of our school calendar before COVID-19. Once we have confirmation of the final details, these will be shared with Team Members to seek expressions of interest. **It is important to note that this trip can only go ahead if the majority of Team Members attend and final approval is granted by the Board of Trustees.**

If the trip proceeds a commitment to cover all expenses will be required. Whilst the team will fundraise, it is likely the costs per student will be approximately \$2000 based on current pricing. We will have full details for you before the end of Term 1 to ensure you have plenty of time to consider this opportunity.

Uniforms

To help students compete safely all cheerleaders should have a pair of proper Cheerleading shoes. These can be purchased directly from sources in NZ. This does cost more than purchasing them online from overseas however, there is a large variety of different brands now available and it can get confusing. If you decide to purchase them yourselves we advise you send a link to Ms Faulknor first to check they are appropriate. 'Cheer Amore NZ' sells their shoes at Cheer Dynamix Gym which makes it easier to purchase shoes directly. We will allow time during early training sessions to try shoes on.

The school PE uniform does not allow for the range of movement required in Cheerleading. All team members will be required to have a set of rehearsal clothing – black or coloured in the school colours of red, white, grey &/or black. This will consist of knee-length leggings or black shorts (ie - Nike pros) and a singlet/t-shirt. The school will provide cheer tracksuits and the performance uniform.

Fees and Payments

There is a fee for Cheerleading which must be paid in advance for students to participate. This fee covers the Term 2 & 3 weekly gym hire & buses for Friday afternoons, coach's wages, music & choreography, stunt & pyramid clinics, 2 competitions plus teacher release (reliever) if required.

We are unable to give you the exact amount at this time as the cost is calculated based on the number of students participating and so we determine the final fee once the team is confirmed. As an indication, the fee is likely to be approximately \$750-\$900, based on previous years and recent price increases for transport, gym hire and tuition.

After the trials, parents will be emailed offering places to those students who have been selected. To help us finalise the fee for 2024 we need to confirm the team as quickly as possible. **Acceptance of your child's place in the team will need to be sent to Pip Faulknor pipf@remint.school.nz by 9am Friday 8th March.** The confirmed team will then be notified later that day with the final fee for 2024, which will be invoiced via the parent portal. We have a strict no pay no play policy so this fee must be paid before training can commence.

Payment is due by 3:00 pm Thursday 14th March and training will commence on Friday 15th March. No students will be permitted to participate in cheer unless payment is either made in full OR a payment plan has been arranged with the office. For payment queries, please contact Margaret Khoong, our Business Manager at admin@remint.school.nz

Refund Policy

As these fees are based on the number of students accepted into the team, if a student drops out, no refunds can be made once training has started.

Parent Support

Last year the support from our families was outstanding! We require parent help for all off-site events and competitions. Please think about how you can help with fundraising and support for the out-of-town events.

Commitment

Being in the Cheerleading Team is a huge commitment but is also hugely rewarding!! We work extremely hard and achieve excellence. Team members feel extremely proud of their achievements and quickly become very passionate about the sport - many team members have gone on to join elite club teams after leaving RI. Team members quickly get a real sense of belonging to something very special and a real sense of family is created.

Thank you for your interest in the 2024 team and I look forward to seeing you at trials.

Pip Faulknor
Cheerleading Coach
Remuera Intermediate School