



2024 INFORMATION PACK

cheer@affinitygymnastics.co.nz

80 Detroit Drive, Rolleston

ABOUT US



Introduction to Affinity Cheerleading Academy

Welcome to Affinity Cheerleading Academy. This Information Pack provides information on the 2024 Affinity Gymnastics Cheerleading program. It is essential that parents/caregivers of an athlete involved in cheerleading read this information pack to understand the key dates and expectations.

Affinity Gymnastic Academy was established in early 2018 by our founder and current President, Ryan Jones, to provide the Selwyn district with a dedicated full-sized gymnast facility. Following the success of Affinity Gymnastic Academy and the popularity growth of Cheerleading in New Zealand, Affinity Cheerleading Academy was added to the Affinity Family from April 2020.

Registered as a charity under the Charities Act 2005, Affinity Cheerleading Academy offers access to the sport of cheerleading for all within our community. Through active encouragement of participation at all levels we seek to improve the health and well-being of the community and create opportunities for learning and coaching children in the sport.

So, what is cheerleading?

Cheerleading is a high energy, performance-based sports that heavily relies on trusting ones team members and a regular attendance. It involves acrobatic stunts, pyramids, tumbling, jumps, and dance and is a great way to increase fitness, create lifelong friendships, and can help to improve confidence and self-esteem. Cheerleading was officially recognised as a sport on 31 May 2013 at the Annual General Assembly of Sports Accord in St Petersburg.



Stunts



Jumps



Tumble



Dance

PROGRAMME



Recreational

Best suited for ages 5 - 10 years, recreational cheerleading is great for building the foundational skills of cheerleading.

Time: Sunday 3:15 pm - 4:15 pm

Cost: \$170 per term

Commitment level: Low

Competitions: No

Other info:

- No experience required.
- Start and end at any point in the year - enroll on a term-by-term basis.
- No uniform requirements. However, a pair of clean, soft-sole sneakers are required to train in.

Cheer Sport

Best suited for ages 6 - 12 years, Cheer Sport is a great introduction to competitive cheerleading. Throughout the year athletes will work on a 1:30 minute routine to perform at virtual* competitions. Athletes need to be prepared to commit to their team for a full year (please see **Key Dates** on pgs. 7 - 8).

Time: Sunday 4:00 pm - 5:00 pm

Cost: \$170 per term + competition costs

Commitment level: Medium

Competitions: Yes - Virtual* only

Other info:

- No experience required.
- Requires purchase of Affinity Cheerleading t-shirt at \$40.00, a pair of black shorts or leggings, and a pair of clean, soft-sole sneakers.

*Athletes routine is filmed in the gym and sent off for assessment against other Cheer Sport teams



PROGRAMME cont.



Competitive

Best suited for ages 8 – 15 years with previous cheerleading, dance, gymnastics, or aerobics experience (although not always necessary). Throughout the year athletes will work on a 2:30 minute routine to perform at competitions. Athletes need to be prepared to commit to their team for a full year, including twice weekly trainings and all scheduled competitions (please see **Key Dates** and **Competitions**).

Time: Sunday 5 pm – 7 pm and Wednesday 6:15 pm – 7:15 pm

Cost: \$353 per term + competition costs

Commitment level: High

Competitions: Yes – travel to North and South Island is required

Other info:

- Athletes must trial for team
- Requires purchase of Affinity Cheerleading competition uniform, an Affinity Cheerleading t-shirt, and a pair of cheer shoes.

Tumble classes

For athletes who want to expand their tumble skills. Our tumble class is best suited to athletes who are comfortable doing handstands and cartwheels and want to extend their tumble skills and work on round offs, walkovers, and handsprings. Athletes who want to compete a solo or duo routine (see below) need to enroll in the tumble class.

Time: Wednesday 7:15 pm – 8:15 pm

Cost: \$170 per term

Commitment level: Low

Competitions: No (unless the athlete wants to perform a solo or duo routine)



Specialty Items

A specialty item focus on some of the elements of cheerleading for a 1-minute performance. Specialty divisions available are:

- Indi/Solo, an individual performs a combination of jumps, tumble, and dance.
- Duo, a group of 2 performs a combination of jumps, tumble, and dance.
- Group Stunt, a group of 4 or 5 people performing stunts.
- Partner Stunt, a group of 2 people performing stunts.

KEY STAFF



Emily Mace

Cheerleading Head Coach

Emily has more than 13 years' combined experience coaching both recreational gymnastics and competitive cheerleading. She has experience coaching a range of athletes from 5 years - adults. She holds cheerleading coaching credentials to an Elite Level (Level 5) through the International Cheerleading Union Cheerleading Federation.

"I am a bubbly character who thrives in a team environment. I have always loved acrobatic-type sports and as a result spent most of my childhood doing recreational and competitive gymnastics. I was so excited to discover that the University of Canterbury had a cheerleading team (something I had wanted to try for a long time) when I moved to Christchurch in 2014. Since this time, I have done a mix of competing in and coaching competitive cheerleading teams"

Email: cheer@affinitygymnastics.co.nz

Phone: 027 357 8275



Sophie Chapman

Assistant Cheerleading Coach

Sophie began cheerleading in 2018, with Emily Mace as her coach! She represented Affinity Cheerleading in 2020, where they came 2nd at the Cheer and Dance Factor. She is now on a Level 3 team with Empire Athletics, who won a bid to compete at the prestigious international cheerleading competition, the Summit! Sophie began her coaching career at Affinity in 2023, assisting Emily with the recreational class, competitive team, and tumble class.

"I am so excited to be able to continue coaching at Affinity next year! Affinity has led me to where I am today and even though I am no longer competing with Affinity, I love to be able to coach and support everyone on their cheer journey."



KEY STAFF cont.



Tracy Jones

General Manager

As well as being one of the founders of Affinity Gymnastics Academy, Tracy is also the General Manager and a WAG coach. She holds both British Gymnastics and Gymnastics New Zealand coaching qualifications.

"I absolutely love coaching gymnastics and really enjoy being part of a gymnast's journey from pre-school through to competitive levels and currently coach up to Step 5 WAG. When I'm not coaching you will find me in the office, and if you do please feel free to come over and say 'hi' as I love getting to know all of our members."

Phone: 02 AFFINITY (022 334 6489)

Email: tracy@affinitygymnastics.co.nz



Ange Meier

Assistant Manager

I have with a passion for all aspects of gymnastic sports. I love being a coach and have had the pleasure of coaching for many years after retiring as a gymnast in 1997.

I hold my FIG level 2 coaching qualification (NZ senior coach qualification), Junior MAG coach, Trampoline level 1 and a senior Advanced 2 Judge for Gymnastics NZ. I am also a qualified pre-school teacher holding a bachelor's degree in teaching and learning. I am a coaching advisor on the Technical Committee for Gymnastics New Zealand, on the Gymsports in Canterbury and Provincial National Committees, Canterbury Coach and New Zealand levels tour coach. I am immensely proud to have coached gymnasts that have represented Canterbury and New Zealand since 2006.

Phone: 02 AFFINITY (022 334 6489)

Email: ange@affinitygymnastics.co.nz



KEY DATES



- Terms fees are based off a 9-week term, so classes reflect this.
- Dates in **Green** are applicable to members of the Cheer Sport team only.
- Dates in **Blue** are applicable to members of the Competitive team only. There will be no competitive team training on the same weekend as competitions.

Term 1

Sun 04 Feb – Sun 09 Apr

Sun 04 Feb Optional attendance*

Sun 31 Mar No classes (Easter Weekend)

Term 2

Sun 28 Apr – Sun 09 Jul

Sun 29 Apr No classes (Affinity is hosting a gymnastics competition)

Sun 02 Jun No Classes (King's Birthday weekend)

Wed 26 Jun Last Wednesday classes for Term 2

Sun 09 Jul Optional attendance*

Term 3

Sun 21 Jul – Sun 29 Sep

Sun 28 Jul South Island Show Offs (Nelson Competition)

Sun 04 Aug Filming for NZ Majors (Virtual Competition)

Sun 11 Sep No classes (Affinity is hosting a gymnastics competition)

Sun 01 Sep Filming for Spring Carnival (Virtual Competition)

Sun 15 Sep Alpine Classic (Christchurch Competition)

Wed 18 Sep Last tumble class for Term 3

22 and 23 Sep Cheer Factor (Hamilton Competition)

Sun 22 Sep Last Class for Recreational and Cheer Sport

Wed 25 Sep Competitive team training, 6:15 pm – 8:15 pm (optional attendance*)

Sun 29 Sep Competitive team training only (optional attendance*)

KEY DATES cont.



Term 4

Sun 13 Oct – Sun 15 Dec

Sun 20 Oct **Filming for Super Nationals (Virtual Competition)**

Sun 27 Oct No classes (Labour Weekend)

Sun 15 Oct Showcase in Gym (within normal training time)

2 and 3 Nov **Cheerbrandz Super Nationals (Auckland).**

No classes (Affinity is hosting a gymnastics competition)

Day TBC Nov End of year Showcase + Prize Giving

Sun 01 Dec Try Outs for 2025 (5 pm – 7 pm)

*Members of the Cheer Sport and Competitive team must make every reasonable effort to attend all scheduled practices. There are no 'subs' in cheerleading – everyone has a role to play. This makes absences particularly disruptive to practice as it limits the stunt skills, pyramid skills, and choreography, that can be practiced. For this reason, we try not schedule practices during the school holidays and long weekends (if the Public holiday falls on a Monday) so athletes and their families can have time to go away. If a training is marked as optional attendance this was because we couldn't avoid having it outside of the holidays (but we still want to offer the class since that is what fees are based on).



FINANCIAL



Term Fees

All athletes are invoiced per term for their training fees. Fees and Term length are set by Affinity Gymnastics Academy. Terms fees are outlined below and based on a 9-week term:

- | | | |
|---|-------|------|
| • Recreational cheer | \$170 | |
| • Cheer Sport | \$170 | |
| • Competitive | \$353 | |
| • Tumble class | \$170 | |
| • Tumble class + Recreational or Cheer Sport | \$306 | |
| • Tumble class + Competitive | \$470 | |
| • One-time membership fee to join Affinity Cheerleading Academy | | \$20 |

Term fees cover the cost of paying coaches, building lease and all operational expenses. These fees are to be paid promptly, failure to do so may result in your child being removed from their class. In the case of a serious injury or illness where your athlete may need to take two or more weeks off, a medical certificate is required and a reduction in fees will be applied.

Please be aware that any missed training session(s) for anything other than genuine medical reasons (substantiated by a doctors certificate) will not receive any credit for any proportion of fees (e.g. vacations).

Affinity Gymnastics Academy are a registered charity and therefore run as a not-for profit organisation, any surplus profit at the end of each financial year will either be reinvested into the club or used to lower members fees.

Private lessons

Private lessons are available on request. We charge \$25 for 30 minutes, \$40 for 45 minutes, or \$50 for 1 hour. Athletes doing a specialty item will require a one-off private lesson for choreography.

Competition fees

There are additional costs associated with attending competitions. These costs are outlined in Competitions (pg. 10).



COMPETITIONS



Cheer Sport: Members of the 2024 Cheer Sport team will attend three virtual competitions. Dates below represent when their routine will be filmed in the gym. Costs reflect the competition entry fee.

Competitive: Members of the 2024 competitive team will attend four competitions. Costs below reflect the competition entry fee but do not include travel costs. Parents are responsible for organizing travel for their athlete to attend their required competitions. We recommend using BAND if you need help.

Specialty Items: Competitions are also available to Specialty Items. Please email Emily if your athlete would like to compete a specialty item.

CHEER SPORT

NZ Majors

Sun 4 August

Cost: \$50 per athlete

Location: Virtual (video filmed in gym)

Spring Carnival

Sun 1 September

Cost: \$50 per athlete

Location: Virtual (video filmed in gym)

Super Nationals

Sun 20 October

Cost: \$50 per athlete

Location: Virtual (video filmed in gym)

COMPETITIVE

South Island Show Offs

Sun 23 July

Cost: \$65 per athlete¹

Location: Trafalgar Centre, Nelson

More info: <https://showoffs.co.nz/>

Alpine Classic

Sun 15 September

Cost: \$65 per athlete¹

Location: Mainpower Stadium, Rangiora

Cheer Factor

Sat 21 and Sun 21 September

Cost: \$105 per athlete (two day event)

Location: Claudelands Arena, Hamilton

Super Nationals

Sat 2 and Sun 3 November

Cost: \$110 per athlete (two-day event)

Location: Eventfinda Stadium, Auckland



¹ Price is an estimate based of 2023 fee

COMMUNICATION



How to contact us

Our preferred method of communication is email and our second preference is BAND, please see below their different purposes.

Coaches may provide you with a cell phone number for you to contact them by, but they do not have to.

Please do not contact our coaches via social media, e.g., Facebook Messenger, Instagram, etc. It is important for us to balance work and personal life. We have a public Facebook Page and Instagram page that you can follow.



Affinitycheerleadingacademy



@affinitycheerleadingacademy

Email

All-important communication will be sent via email, cheer@affinitygymnastics.co.nz or admin@affinitygymnastics.co.nz. This is our preferred method of communication.

If you wish to communicate with Emily (Cheerleading Head Coach), please use cheer@affinitygymnastics.co.nz. All upcoming absences should be communicated to Emily as early as possible via email. However, if it is last minute then feel free to send your athletes coach a message on BAND (see below).

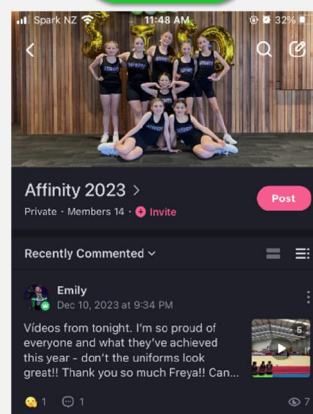
All invoices will be sent from admin@affinitygymnastics.co.nz

BAND app

All parents (or athletes aged 18 and older) will be invited to join a BAND group for their athletes' team. The purposes of the BAND group are:

- For coaches and members to share photos and videos from training or competitions. This allows members of the Cheer Sport and Competitive team to practice their routines at home.
- For parents to communicate with each other for help/support e.g., carpooling, hair and make-up assistance, travel to and from competitions, etc.
- For organising social activities, i.e., team dinners. Parents and athletes are welcome to organise team events at any time outside of training.

Athletes 13 to 17 are welcome to be a part of their team's BAND group, along with their parents or caregivers. Athletes 18 and over can be in a BAND group without a parent.



EXPECTATIONS



All Members:

As an athlete or parent of the Affinity Cheerleading Academy I will strive to:

- Be ready to train at the designated training time; late attendance is disruptive to your squad. Being 'ready to train' includes:
 - Dressed in appropriate training attire - a form fitting t-shirt or singlet, sports leggings or fitted bike shorts. Please avoid clothing items containing zips, belts, buckles, domes, or hoods. Thermals and crew neck sweatshirts are great in the cold weather.
 - Training shoes on - these need to be clean, soft-soled sneakers or cheer shoes. Please avoid wearing your cheer shoes outside so that they stay clean for training.
 - Long hair tied up, and
 - All accessories are removed before training. This includes, but is not limited to, necklaces, rings, bangles/bracelets, spare hair ties, and watches as these can cause injury to other athletes. I understand that all piercings, e.g., earrings, etc., are worn at my own risk.
- Inform my coach via BAND or email as early as possible if I cannot attend or will be late to a training session.
- Always put 100% effort into all training sessions (and competitions) and display a high standard of behavior.
 - Inform my coach as early as possible if an injury or illness will limit my training ability.
- Listen to all instructions given by coaches and Affinity staff.
- Respect, support, and encourage my teammates. This includes making my teammates feel welcome and included, especially when they are new athletes.
- Bring a drink bottle to training and take breaks at the time given by my coach, if I need additional breaks, I will ask my coach.
- Place all my personal belongings in the lockers and be responsible for all my belongings, including drink bottles, shoes, bows, bags and any other personal items.
- Eat any snack food in the kitchen or the foyer area and not chew gum during class.
- Absolutely no NUTS or nut products (including but not limited to peanut butter on sandwiches) are allowed in the gym at any time. We have members that have severe allergies to nuts, therefore as this poses a risk to life, we must remain a nut free zone.
- If I wish to attend other cheerleading classes, training sessions, or events that are not held by Affinity Cheerleading Academy, I will inform Emily Mace.

Competitive team and Cheer Sport members:

I understand that I must make every effort possible to attend all scheduled practices and that absences are disruptive to my squad as it limits the stunt skills, pyramid skills, and choreography, that can be practiced. Acceptable reasons to miss training are contagious illness (e.g., COVID-19, the flu), special events (e.g., weddings, funerals, graduations) one-off school events (e.g., camp), or one-off sporting events (e.g., competition) are examples of acceptable reasons to miss training. Personal or family holidays, social activities/dinners/parties, work, homework load, are not acceptable reasons to miss training.