

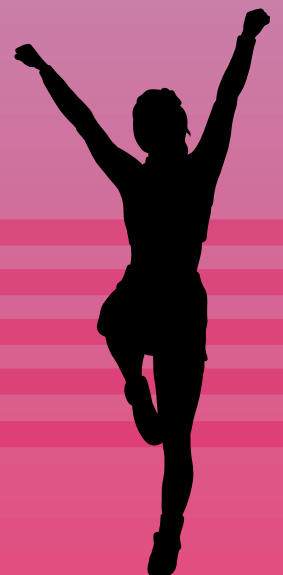


# AFFINITY

## Cheerleading Academy

### Information Pack

# 2025



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cheer@affinitygymnastics.co.nz  
[affinitygymnastics.co.nz/cheerleading](http://affinitygymnastics.co.nz/cheerleading)

# TABLE OF CONTENTS

- 03 About Us
- 04 Our Programs
- 05 How do they compare?
- 06 Choose your program
- 07 Key Staff
- 08 Coaching Team
- 09 Training Days
- 10 Event Calendar
- 11 Financial
- 12 Communication
- 13 Expectations



## INTRODUCTION

Welcome to Affinity Cheerleading Academy. This Information Pack provides information on the 2025 Cheerleading programs offered within Affinity Gymnastics Incorporated. 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.



## WHAT IS CHEERLEADING?

Cheerleading is a high energy, performance-based sport that heavily relies on trusting ones team members and a regular attendance. It involves acrobatic stunts, pyramids, tumbling, flexibility, jumps, and dance. It 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



PERFORMANCE

# OUR PROGRAMS

## CHEER FUN

Learn stunts, jumps, tumble, dance, flexibility, and performance. Our Cheer Fun class is ideal for beginners who want to learn the fundamentals of cheerleading in a relaxed and enjoyable environment.

- Best suited for 5 - 10 years
- No experience required!
- Enroll on a term-by-term basis
- No competitions or uniform requirements

## CHEER TUMBLE

Master tumble skills such as walkovers, round offs, handsprings, and flips. Our cheer tumble class is for athletes who want to focus on tumble skills. It is also a space for athletes to practice a solo or duo routine (see **Cheer Specialty** below).

- Athletes need to be confident in handstands, cartwheels, and bridges.
- Enroll on a term-by-term basis
- Competitions optional

## CHEER SPORT

Our lower cost and lower commitment competitive cheerleading option. Cheer Sport is **available for 6 - 18 years** and a great option for people who are:

- New to cheerleading,
- Have lots of other hobbies (only one training per week)
- Don't want to travel for competitions
- Want to compete a routine that is less restrictive (than Cheer Passion routines)

Being part of a Cheer Sport team is a **full year commitment**. Members will learn a 1:30 minute routine that incorporates all cheerleading elements and compete at local (Christchurch) and virtual competitions (see pages for more details on competitions and costs). Athletes of a Cheer Sport team need to be prepared to commit to their team for a full year and put some work in at home to stay on top of routine choreography.

## CHEER PASSION

Show off your cheerleading skills at regional and national events. Our Cheer Passion program is for those families truly passionate about cheerleading and requires a higher financial and time commitment than our other programs.

- Currently **available for 8 - 15 years**.
- Incorporate all cheerleading elements into a 2:30 minute routine.

Like Cheer Sport, athletes of Cheer Passion need to make a **full year commitment** to their team and are expected to do some practice outside of training to stay on top of skills and choreography.

## CHEER SPECIALITY

Focus on your favorite aspect of cheerleading. Specialty items are 1-minute performances by smaller groups. Options available are:

- **Solo or Duo**, focus on tumble, jump, and dance routine performed by one athlete.
- **Partner stunt or Group Stunt**, a stunt routine, performed by two (Partner) or four to five (Group) athletes.



# HOW DO THEY COMPARE?

## COMMITMENT

	COMMITMENT PERIOD	NO. TRAININGS PER WEEK	TRAINING HOURS PER WEEK	LEARN A ROUTINE?	COMPETITIONS* <sup>2</sup>
<b>CHEER FUN</b>	TERM	1	1	Term 4 only* <sup>1</sup>	NO
<b>CHEER SPORT</b>	YEAR	1	1.5	YES 1:30-minute	YES 2 - 3 virtual 1 in CHC
<b>CHEER PASSION</b>	YEAR	2	3	YES 2:30-minute	YES 2 away comps 1 in CHC 1 - 2 virtual
<b>CHEER TUMBLE</b>	TERM	1	1	NO* <sup>3</sup>	NO* <sup>3</sup>
<b>CHEER SPECIALITY</b>	HALF A YEAR TO A YEAR	1	1	YES 1:00-minute	YES CASE BY CASE

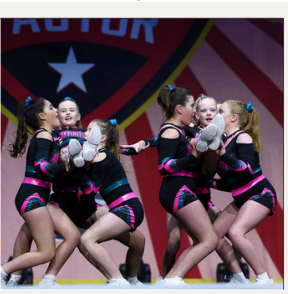
## COSTS

	TERM FEES* <sup>4</sup>	COMPETITION COSTS* <sup>5</sup>	UNIFORM COSTS	MUSIC	CHOREOGRAPHY FEE
<b>CHEER FUN</b>	\$179 (\$251)	N/A	Soft-soled sneakers (with good flexibility)	NO	NO
<b>CHEER SPORT</b>	\$203 (\$268)	\$215	\$40 for club tee \$23 for hair accessory Shorts or leggings Soft-soled sneakers	\$175* <sup>7</sup>	VORTEX TBD (dance only)
<b>CHEER PASSION</b>	\$371 (\$385)	\$300	\$40 for club tee \$23 for hair accessory \$290* <sup>6</sup> for uniform Cheer Shoes	\$318* <sup>7</sup>	YES TBD (dance and routine composition)
<b>CHEER TUMBLE</b>	\$179	N/A	Soft-soled sneakers (with good flexibility)	NO* <sup>3</sup>	NO* <sup>3</sup>
<b>CHEER SPECIALITY</b>	\$179	\$40 - \$50 per competition	CASE BY CASE Soft-soled sneakers (with good flexibility)	\$123* <sup>7</sup>	YES TBD

### \*Notes

1. Cheer Fun athletes enrolled in Term 4 will learn a small routine to perform at the end of year Showcase + Prize Giving (see page 10)
2. Please see **Event Calendar** on page 10. For Cheer Passion athletes, both away competitions are 1-day events for 2025.
3. Unless athletes want to compete a solo or duo routine.
4. Values in (brackets) reflect term fee if combined with tumble class.
5. Reflects upper limit of competitions and is based on information from 2024 if competition host has not released information for 2025. Does not include travel costs or coaching travel costs. Travel is for parents to arrange individually.
6. To date, we have managed to get sponsorship for Cheer Passion uniforms. We will aim to seek additional sponsorship for any additional uniforms that are required. If we are not successful, the number of new uniforms we need to purchase will be split between all Cheer Passion athletes, so it won't be the full \$290 per person.
7. Represents total cost (which will be evenly split between each team member) of a pre-made mix purchased from Cheer Sounds (US company). Values reflect USD price converted to NZD on 2-Feb-2025 so subject to change.

# CHOOSE YOUR PROGRAM



CHEER PASSION



CHEER SPORT



CHEER SPECIALITY



CHEER FUN



CHEER TUMBLE



## EMILY

CHEERLEADING HEAD COACH

**Email:** [cheer@affinitygymnastics.co.nz](mailto:cheer@affinitygymnastics.co.nz)

Coach of **NIMBUS**, **VORTEX**, and **TUMBLE**

Emily has over 15 years' experience coaching recreational gymnastics and competitive cheerleading. She has coached a range of ages, from 5 years - adults, and holds cheerleading coaching credentials to an 'Elite' level (Level 5).

"I am a bubbly character who thrives in a team environment. I have always loved acrobatic-type sports and spent most of my childhood doing recreational and competitive gymnastics. I was thrilled to find the University of Canterbury cheerleading team when I moved to Christchurch. I felt like I had found my true passion"

How long have you been doing cheer for? *11 years!*

When did you first compete and with what team? *2014 with UCheer (as a partner stunt).*

What team are you on now? *I am now a synchronised swimmer for the CAS Masters team.*

What is your favourite part of cheerleading? *The team/family environment and variety of skills.*

What's been your proudest moment in cheerleading to date? *When I coached UCheer in 2020 and the team achieved 'Scholastic Champions'.*

What made you want to be a coach? *The coach of UCheer was stepping down and I couldn't bear the idea of the club (my home away from home) falling apart.*

What are you excited for this year? *I am very excited about having three competitive teams and the number of people wanting to compete solo or duos.*

## TRACY & ANGE

OFFICE TEAM

**Email:** [admin@affinitygymnastics.co.nz](mailto:admin@affinitygymnastics.co.nz)

**Phone:** 02 AFFINITY (022 334 6489)



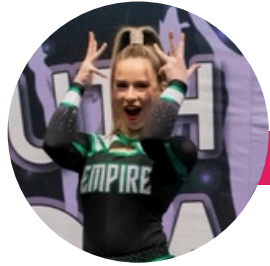
Tracy and Ange, along with Ryan Jones, are the founders of Affinity Gymnastics Academy Incorporated.

Tracy and Ange are the General Manager and Assistant Manager, respectively, for Affinity Gymnastics Incorporated. They manage lots of the 'behind the scenes' work including enrollments, invoicing, and grant applications. If you have any questions about Friendly Manager (our enrolment system), invoices, or setting up payment plans they are the best people to answer your questions.

Tracy is also a Junior Advanced women's artistic gymnastics (WAG) coach & Preschool Coach. She holds both British Gymnastics and Gymnastics New Zealand coaching qualifications.

Ange is the WAG Head Coach and also coaches preschool classes. She holds qualifications in Senior WAG gymnastics, men's artistic gymnastics (MAG), trampolining, and is a qualified judge.

# COACHING TEAM



**Sophie**

JUNIOR COACH

Coach of **PYTHONS**

How long have you been doing cheer for?

*7 years!*

When did you first compete and with what team?

*Affinity Fire (Senior Level 1) in 2020*

What team are you on now?

*Empire Athletics Kryptonite (Open Level 4)*

What is your favourite part of cheerleading?

*The friends you make and the fun environment.*

What's been your proudest moment in cheerleading to date?

*When my team won a bid to The Summit Champs in our first ever international competition.*

What made you want to be a coach?

*I want to be able to spread my love of cheer to others.*

What are you excited for this year?

*I'm very excited to be able to coach Pythons and see their improvement as the year goes on.*



**Izzy**

JUNIOR COACH

Coach of **CHEER FUN**

How long have you been doing cheer for?

*7 years!*

When did you first compete and with what team?

*Affinity Fire (Senior Level 1) in 2020*

What team are you on now?

*This year I am just focussing on coaching*

What is your favourite part of cheerleading?

*Tumbling*

What made you want to be a coach?

*I was ready to move on from being an athlete but wanted to continue sharing my love for cheerleading with people.*

What are you excited for this year?

*Seeing new faces, supporting everyone, and teaching others the knowledge I have learnt.*



**Aimee**

ASSISTANT COACH

Coach of **PYTHONS**

How long have you been doing cheer for?

*4 years*

When did you first compete and with what team?

*Affinity Nimbus (Junior Novice) in 2022*

What team are you on now?

*All Star Pride Jagz (Youth Level 1)*

What is your favourite part of cheerleading?

*Dance and the feeling of being part of a team.*

What's been your proudest moment in cheerleading to date?

*Achieving new skills and performing a routine at my first-ever competition, The Alpine Classic.*

What made you want to be a coach?

*I want to give back to a sport I love. It's so rewarding to help others grow, develop, and fall in love with cheer too.*

What are you excited for this year?

*I can't wait to push myself, compete at a new level, and take on the challenge of helping coach.*



**Freya**

ASSISTANT COACH

Coach of **CHEER FUN**

How long have you been doing cheer for?

*This is my 4th year*

When did you first compete and with what team?

*Affinity Nimbus (Junior Novice) in 2022*

What team are you on now?

*All Star Pride Lynx AND Panters (Senior Level 2 & 3)*

What is your favourite part of cheerleading?

*Tumbling*

What's been your proudest moment in cheerleading to date?

*competing in Australia last year and winning 1st place + Grandchamps*

What made you want to be a coach?

*I wanted to be a coach to share my passion of cheerleading with other people.*

What are you excited for this year?

*I'm super excited to travel to Hawaii and compete there!!*



# TRAINING DAYS

**CHEER FUN: SUNDAY, 3:15 PM - 4:15 PM**

**PYTHONS: SUNDAY, 3:30 PM - 5:00 PM**

**NIMBUS: SUNDAY, 4:30 - 6:30 PM & WEDNESDAY 6:15 - 7:15 PM**

**VORTEX: SUNDAY, 6:15 PM - 7:45 PM**

**STUNT SPECIALITY (TBC): MONDAY, 6:45 PM - 7:45 PM**

**TUMBLE CLASS: WEDNESDAY 7:15 PM - 8:15 PM**

JANUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY						
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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL						
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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY						
S	M	T	W	T	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13 <sup>1</sup>	14	15	16	17	18	19
20	21	22	23	24	25	26
27 <sup>2</sup>	28	29	30	31		

AUGUST						
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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <sup>3</sup>						

SEPTEMBER						
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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER						
S	M	T	W	T	F	S
			1	2	3	4 <sup>4</sup>
5*	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9 <sup>5</sup>	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## KEY

**Public holiday**

**Training day**

**Optional training day**

**<sup>1</sup>Nimbus & Vortex only**

**<sup>2</sup>Cheer Fun & Pythons only**

**<sup>3</sup>Cheer Fun, Pythons, & Vortex only**

**Nimbus optional make up class, 6:15 pm - 8:15 pm**

**<sup>4</sup>Competition routines only**

**\*Christchurch competition**

**<sup>5</sup>Team Placements for 2026 (sometime during class time)**

# EVENT CALENDAR 2025

EVENT (LOCATION)	DATE	CHEER FUN	PYTHONS	NIMBUS	VORTEX	AVAILABLE FOR SPECIALITY
Choreography (TBD)	TBD			✓ *	✓ *	✓ *
Eutopia (Virtual Entry <sup>1</sup> )	15 or 18 June			✓ 15 Jun <sup>3</sup>		✓ 18 Jun
Showcase (In the Gym)	20 June			✓		✓
South Island Show Offs (Nelson)	27 July			✓		✓
NZ Majors (Virtual Entry <sup>1</sup> )	3 or 6 August		✓ 3 Aug <sup>3</sup>		✓ 3 Aug <sup>3</sup>	✓ 6 Aug
Spring Carnival (Virtual Entry <sup>1</sup> )	24 August, 31 August, or 3 September		✓ 31 Aug		✓ 24 Aug	✓ 3 Sep
United Cheer (Wellington)	31 August			✓		
Showcase (In the Gym)	4 October 3 pm - 5 pm		✓	✓	✓	✓
Garden City Champs (Christchurch)	5 October		✓	✓	✓	✓
NZ Super Nationals (Virtual Entry <sup>1</sup> )	19 October		✓	✓	✓	✓
Affinity Showcase + Prizegiving (In the Gym)	Late Nov or Early Dec	✓	✓	✓	✓	✓
Christmas Parade <sup>2</sup> (Rolleston)	TBD	✓	✓	✓	✓	✓
Christmas Parade <sup>2</sup> (Lincoln)	TBD	✓	✓	✓	✓	✓

1. Virtual entries are filmed in the gym during the teams normal training session.

2. Christmas Parades are great exposure for our club. Attendance is not compulsory, but it would be great if all competitive athletes could attend at least one Christmas Parade.

3. Entry into this competition will be confirmed at least 3 weeks before the filming date.

\*Dates, time, and location TBD. Will be done over two separate sessions - a dance choreography session in the second half of Term 1 and a 'general flare' session in the first half of Term 2. Sessions will likely to be done outside of normal training times.

\*Dates, time, and location TBD. Will likely be done in the second half of Term 1 or first half of Term 2.

\*Choreography for solos and duos will be done within a 1.5-hour private lesson to be organized in Term 1 or 2.

## MEMBERSHIP FEE

If this your first time with Affinity Cheerleading Academy Incorporated, then a one-time membership fee of \$20 is required to join.

## TERM FEES

All athletes are invoiced per term for their training fees. Term fees are listed on page **4** and are set by Affinity Gymnastics Academy Incorporated. Terms fees are based on a 9-week term. If a 9-week is unable to be provided, then fees will be prorated accordingly.

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).

## COMPETITION FEES

Competition fees listed on page **5** reflect the competition entry fee set by the competition host. The price does not include travel costs. Travel and accommodation costs incurred by staff will be on-charged to the teams attending the competitions (and split evenly among the competition attendees).

So that everyone can work within their own budget, parents are responsible for organising travel for their athlete to attend their required competitions. We recommend using your athlete's BAND group (see page **12**) to organise group travel/accommodation.

## PRIVATE LESSONS

Private lessons are available on request. These private lessons can be for general strength training, flexibility, specific tumble skills, or jump conditioning. We charge \$25 for 30 minutes, \$40 for 45 minutes, \$50 for 60 minutes, or \$75 for 90 minutes. Athletes doing a specialty item will require a one-off 90-minute private lesson for choreography.

## FUNDRAISING AND SPONSORSHIP

We understand that cheerleading is an expensive sport. We have started up a **Fundraising Group** which everyone is welcome to join. Fleur Evans is leading our **Fundraising Group** for 2025. Please contact Fleur [021 272 1293] if you have any questions or ideas for fundraising. Affinity Gymnastics Academy Incorporated are a registered charity and therefore run as a not-for profit organisation, so terms fees are as low as possible and any surplus profit at the end of each financial year will either be reinvested into the club or used to lower members fees.

## BUY, SELL, SWAP PAGE

We operate an Affinity Cheer Buy Sell Swap Facebook Group to help with finding items such as cheer shoes and uniforms at a cheaper price. Everyone is welcome to **join** but please limit your sales to items related to cheerleading.

## 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](mailto:cheer@affinitygymnastics.co.nz) or [admin@affinitygymnastics.co.nz](mailto: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](mailto: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).

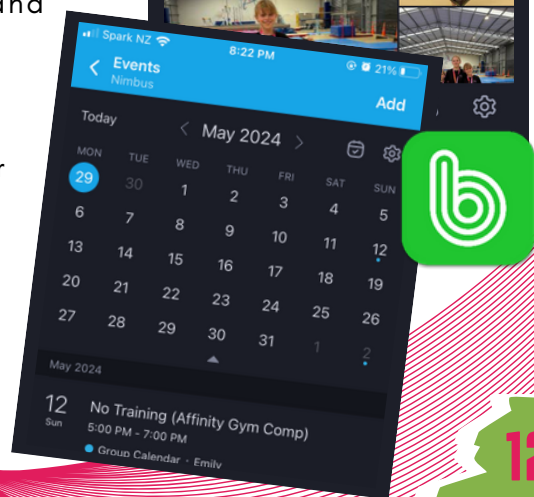
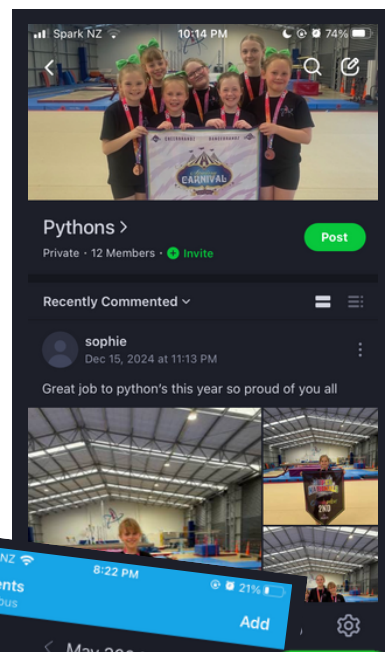
All invoices will be sent from [admin@affinitygymnastics.co.nz](mailto:admin@affinitygymnastics.co.nz)

## BAND

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.
- To keep track of Key Dates using the inbuilt BAND calendar
- 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.



## Be ready to train at the designated training time

Late attendance is disruptive to your squad. Being 'ready to train' includes:

1. Dressed in appropriate training attire - a fitted t-shirt or singlet, sports leggings, gym shorts, or fitted track pants. Please avoid clothing items containing zips, belts, buckles, domes, or hoods. Thermals and crew neck sweatshirts are great in the cold weather.
2. Having cheer shoes on before practice starts
  - a. 'Cheer shoes' can be any clean, soft- and flexible-soled sneakers with no excessive grip (ask yourself would you like to hold this shoe in your hands or have someone stand on your back in it), or you can buy specialised cheer shoes. Please note that members of **Cheer Passion** will need to compete in white shoes, and it is good to practice in the shoes you will compete in.
  - b. Please avoid wearing your training shoes outside so that they stay clean for training.
3. Long hair tied up and out of face and nails are short,
4. 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. All piercings, e.g., earrings, etc., are worn at athletes own risk.

## Absences

All absences should be communicated via BAND or email as early as possible if an athlete cannot attend or will be late to a training session.

- **Members of Cheer Passion and Cheer Sport** must make every reasonable effort to attend all scheduled practices. Cheerleading is not like other sports, there are no subs, everyone has a role to play. Absences limits the stunt skills, pyramid skills, and choreography, that can be taught and 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). Personal or family holidays, social activities/dinners/parties, work, homework load, are not acceptable reasons to miss training.

## 100% effort

Athletes are expected to give 100% effort at all training sessions and competitions and display a high standard of behavior.

- An athletes coach should be informed as early as possible if something (e.g., injury or mental health) is limiting an athletes training ability.

## Show respect

1. Listen to all instructions given by coaches and Affinity staff.
2. Listen to, support, and encourage teammates. This includes making teammates feel welcome and included, especially when they are new athletes.

*"Coming together is a beginning. Keeping together is progress. Working together is success."*

  1. *"A successful team is a group of many hands but of one mind."*
2. Taking breaks at the time given by the coach and ask if the coach if additional breaks are needed.
3. 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.
4. Eat any snack food in the kitchen or the foyer area and not chew gum during class.
5. 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.

**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.