



2022

# SM CHEER & DANCE TEAM PLACEMENT INFO PACK

[www.smcad.com.au](http://www.smcad.com.au)  
4/301 Collier Rd, Bassdean  
Perth WA

WELCOME TO

# SM CHEER & DANCE!

SMCAD is Perth's longest standing Cheer & Dance Program and most successful SMALL GYM. We are excited to be entering our 17th season and invite you all to join the SMCAD FAMILY

**FUN | FAMILY | GROWTH | RESPECT | POSITIVITY**

## *Cheerleading*

is one of Australia's fastest-growing coed sports. Our program caters for beginners aged 4+ all the way to elite world class athletes. Learn to stunt, tumble, dance and perform fast-paced, high energy routines across competitions and events in Perth. Watch your child make friends for life and gain confidence in our positive and competitive learning environment. SMCAD is the perfect place to grow in the sport of Cheerleading, with many opportunities for National and International tours!

## *Dance*

at SMCAD offers an amazing variety of genres and competitive options for passionate dancers aged 4+ years. With teams for kids to advanced dancers, our experienced coaches offer opportunities for all athletes to take their technical ability along with love of all things dance to the next level! Specialising in Freestyle Pom (Performance Cheer) along with Jazz and Lyrical, there is a style for everyone at SMCAD!



**EXCEL IN CHEER & DANCE AT SMCAD!**



# WHAT IS SMCAD ALL ABOUT?



## FUN

At SMCAD we have perfected the balance of discipline and FUN. Our training sessions focus on growing a passion for Cheer & Dance through loving the hours of training that go into creating and perfecting competition routines. We understand that kids who have fun in sport are more likely to grow up living a healthier, more active lifestyle.

## FAMILY

Every athlete who walks through our doors is a valued member of the SMCAD Family no matter their age or skill level. We strive to create the best community culture we can for the benefit of everyone in our club. You will have a one-of-a-kind experience joining a team at SMCAD.

## GROWTH

We are strong believers that you get out what you put in. Our teams train by the principle that 'hard work pays off' and to grow as athletes we must always endeavour to do our best.

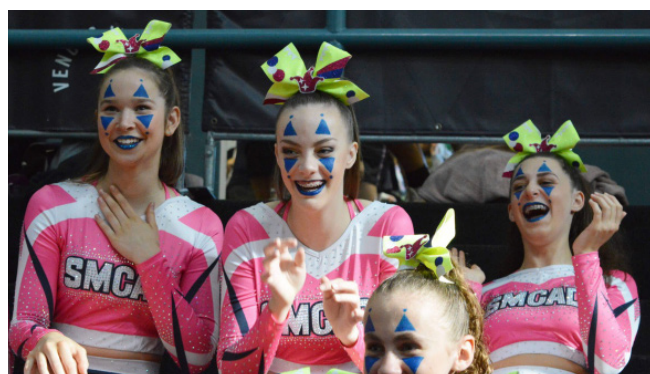
The growth as athletes and young individuals in our gym is of the highest importance to our dedicated coaches, as they guide teams through their most important stages of life.

At SMCAD we pursue the long term goals of all athletes by the all-round development, both physically and mentally.

PERFECTION BEFORE PROGRESSION

## RESPECT

Everyone at SMCAD respects Cheer & Dance as a competitive sport and we expect this from all coaches, athletes and families. A great attitude towards training and teamwork is valued more than any skill, ability or amount of talent in our gym. We uphold high expectations of respect and believe this is key for creating an enjoyable experience for all.



## POSITIVITY

Sporting success thrives in positive, supportive training environments. Our coaches instil the importance of having a positive mindset to push athletes throughout the competition season. It's all about uplifting your teammates and gaining confidence in yourself!

# BEST FROM THE WEST

SINCE 2008





# WHAT WE OFFER

## EVERYTHING CHEER & DANCE!

### THE PERFECT PLACE TO LEARN CHEER, DANCE AND TUMBLE!

## RECREATIONAL TEAMS

Looking for somewhere to start your child's adventure into Cheerleading & Dance?! For kids ages **2-12 yrs** a Recreational Team at SMCAD is PERFECT! These teams train once a week, learning fundamental stunt, pyramid, tumbling, jumps and dance, and get to perform at our Lift Off Showcase!

[CLICK HERE FOR OUR RECREATIONAL INFO PACK!](#)

## COMPETITIVE TEAMS

### AGES 4 YRS TO ADULT!

Teams of 8-24 athletes train 1-3 times a week to perfect 2 minute routines incorporating stunting, pyramids, tumbling, jumps and dance. Cheerleading routines are specially choreographed by our coaching staff and as athletes learn and grow throughout the season their routines will develop as teams perfect new skills to perform in competitions across Perth. Our Novice Teams work to master the fundamentals before progressing into more advanced All Star and Non-Tumble Teams. Opportunities to tour nationally and internationally come for our Elite teams and outstanding All Star and Non-Tumble Teams.

Competitive Cheerleading has a place for every skill level at SMCAD!



### NOVICE TEAMS

There are no required skills to start in a Novice cheer team. You will learn everything you need to know while training in these teams.

Novice teams compete in both cheer AND dance!  
*1-2 training days & 4 competitions*

### ALL STAR TEAMS

All Star Cheer and Dance teams are full of fun while creating confident, competition-ready athletes. We offer a variety of teams to suit everyone.

All Star teams have the option to DOUBLE TEAM!  
*1-4 training days & 3-5 competitions*

### NON-TUMBLE TEAMS

These teams are perfect for athletes with a LOVE of stunting! Training focusses on excelling stunting skills to perform in a stunt-heavy routine.

Non-Tumble teams have the option to DOUBLE TEAM onto All-Star teams!  
*1 training day & 3 competitions*

### ELITE TEAMS

SMCAD offers high level cheerleaders and dancers fantastic opportunities to train and compete in Australia and internationally. Our elite teams are for dedicated and truly passionate ATHLETES.

Elite cheer team athletes are required to DOUBLE TEAM to make up sufficient training hours!  
*2-3 training days & 4-6 competitions*

## ADDITIONAL CLASSES

Can't get enough of training at SMCAD? We offer a variety of additional classes for specific skill set development. These classes are HIGHLY recommended for all competitive athletes.

Enrol into additional classes termly!

*Tumble group classes/1-on-1 privates, Fly & Flex (compulsory for level 1+ flyers), S.P.A.C.E.*



# COMPETITION TEAMS

## DIVISIONS & CHEER TEAM REQUIREMENTS

### AGE DIVISIONS

SMCAD follows the IASF/ACSA age grid for all cheer and dance teams  
Age as of 31st Dec 2022

### TUMBLE REQUIREMENTS

Athletes will be placed onto teams for the tumble level they have mastered, not the level they are working. During the season athletes will work skills in the above level in training and tumble classes.  
*Non-tumble teams will be placed by stunting, jump and dance ability*



#### NOVICE

There are no required skills to start in a Novice team. You will learn everything you need to know while training in these teams

#### LEVEL 1

Back walkover series  
Front walkover  
Round off (RO)

#### LEVEL 2/4.2

Back handspring (BHS)  
Front handspring  
RO BHS series

#### LEVEL 3

Jump to BHS  
Standing BHS series  
RO BHS back tuck (BT)  
Front tuck

#### LEVEL 4

Standing BT  
Standing BHS BHS BT  
RO BHS layout  
Whip/Front thru to layout

#### LEVEL 5

Jump to standing BT  
Standing BHS BHS layout  
RO BHS full  
Whip/Front thru to full



### FLYERS!

FLYERS selected for level 1 to 5 teams must enrol into a Fly & Flex class to develop strength, control, performance quality and flexibility to safely execute required stunting skills in their teams. Athletes will be selected for positions as FLYERS during training with their team/s.

### SUPER STUNTERS!

Limited places are reserved on level 2-5 teams for SUPER STUNTERS!

Athletes with below level tumbling ability who have outstanding stunting skills will be considered for Super Stunter positions on high level teams.

All team placements are decided by our senior, highly-experienced coaching staff!

# COMPETITION TEAMS

## DANCE STYLES & REQUIREMENTS

### DANCE STYLES

#### POM



#### JAZZ



#### LYRICAL



### SKILL REQUIREMENTS

Dancers will be placed onto team according to dance skill technique, performance ability and retention of choreography. See Novice, All Star and Elite Team skill requirements below.

#### NOVICE TEAMS

There are no required skills to start in a Novice cheer team. You will learn everything you need to know while training in these teams.

Novice teams compete in both cheer AND dance!

*1-2 training days & 4 competitions*

#### ALL STAR TEAMS

Dancers in All Star teams will work to develop their technical and performance skills once mastering the fundamentals in Novice teams.

All Star teams will compete in JAZZ AND POM/LYRICAL!

*1-2 training days & 3-5 competitions*

single pirouette, great motion technique,  
well-executed jumps and leaps,  
confident performance ability

#### ELITE TEAMS

Elite and development teams push dancers with strong technique to excel in the competitive world of DANCE. SMCAD offers National and International touring opportunities for elite teams.

Elite teams have the option to DOUBLE TEAM!

*1-2 training days & 3-5 competitions*

double pirouette, strong motion technique,  
basic fouette technique, well-executed jumps and leaps,  
outstanding performance ability



# 2022 TEAMS!

## NOVICE

TEAM NAME/S	DIVISION & LEVEL	JAN-NOV TRAINING	CHOREOGRAPHY
TINY TWINKLEZ & TERRESTRIALS	TINY NOVICE CHEER & POM	(JAN/FEB) - SAT 9.00-10.30am (MAR-NOV) - SAT 8.30-10.30am	SUN 13TH MAR FRI 22ND APR
LIGHTNING & THUNDER	MINI NOVICE CHEER & POM	(JAN/FEB) - SAT 9.45-11.15am (MAR-NOV) - SAT 9.15-11.15am	SUN 13TH MAR FRI 22ND APR
ROCKETZ & NEBULA	YOUTH NOVICE CHEER & POM	MON 4.45-6.15pm WED 4.15-5.45pm	SUN 13TH MAR THUR 21ST APR

## ALL STAR/NON-TUMBLE

TEAM NAME/S	DIVISION LEVEL	JAN-NOV TRAINING	CHOREOGRAPHY
GRAVITY	JUNIOR LEVEL 1	TUE 5.15-6.45pm THUR 5.00-6.30pm	THUR 21ST APR
STORM <b>TOURING TEAM</b>	JUNIOR LEVEL 2	SAT 10.00-11.30am TUE 5.15-6.45pm	WED 20TH APR
ORION	JUNIOR JAZZ & POM	SAT 11.30am-1.00pm TUE 4.15-5.15pm	SUN 13TH MAR THUR 21ST APR
MATRIX	OPEN LEVEL 3NT	WED 5.00-6.30pm	TUE 19TH APR
APOLLO 4.2	OPEN LEVEL 4.2	WED 6.30-8.00pm	WED 20TH APR
INFINITY	OPEN JAZZ & LYRICAL	THUR 7.30-9.30pm	SUN 13TH MAR

## DEVELOPMENT

TEAM NAME/S	DIVISION LEVEL	JAN-NOV TRAINING	CHOREOGRAPHY
NOVA & HALOS <b>TOURING TEAM</b>	MINI LEVEL 1 CHEER & POM	(JAN/FEB) - SAT 10.00-11.30am (MAR-NOV) - SAT 9.45-11.45am (JAN-NOV) THUR 5.00-6.30pm	SUN 13TH MAR THUR 21ST APR
COMETZ	JUNIOR LEVEL 3	TUE 6.30-8.00pm	WED 20TH APR
ZODIAC <b>TOURING TEAM</b>	OPEN POM	THUR 6.45-7.45pm	TUE 19TH APR

## ELITE CHEER

TEAM NAME/S	DIVISION LEVEL	JAN-NOV TRAINING	CHOREOGRAPHY
GALAXY <b>SUMMIT TEAM</b>	JUNIOR IASF LEVEL 1	SAT 8.30-10.00am	FRI 22ND APR
INTERSTELLAR & APOLLO 4.2	OPEN LEVEL 4 & OPEN LEVEL 4.2	SAT 1.00-2.30pm WED 6.30-9.30pm	TUE 19TH APR WED 20TH APR THUR 21ST APR
STARZ ELITE & INTERSTELLAR <b>TOURING TEAM</b>	OPEN LEVEL 5 & OPEN LEVEL 4	SAT 1.00-3.30pm MON 6.30-9.00pm WED 8.00-9.30pm	TUE 19TH APR WED 20TH APR THUR 21ST APR

**CLICK HERE TO BOOK A FREE TRIAL CLASS!**





# COMPETITIONS AND EVENTS!

Competition schedules are released 2-3 weeks prior to events on the SMCAD BAND GROUP. Please block out all competition weekends to avoid scheduling conflicts.

## TERM DATES

Term 1 - Sat 15th Jan to Thurs 7th Apr  
 Term 2 - Sat 23rd Apr to Fri 1st July  
 Term 3 - Sat 16th July to Fri 23rd Sept  
 Term 4 - Sat 8th Oct to Fri 9th Dec

2022 EVENTS	2022 SKILLS CAMP FEB 25 - 27	LIFT OFF SMCAD Showcase JUN 12	Cheer Con Icebreaker JUN 24/25/26	Aussie Gold States AUG 6-7	ATC Starz SEPT 10/11	Cheer Con States SEPT 16-18	AG Internationals TOUR OCT 19-25	ATC Showdown NOV 12-13	INFINITY & BEYOND SMCAD Awards Night DEC 11
TINY TWINKLEZ LIGHTNING ROCKETZ	SAT ONLY								
TINY TERRESTRIALS THUNDER NEBULA									
NOVA HALOS									
STORM									
GRAVITY MATRIX									
APOLLO 4.2									
COMETZ									
ORION INFINITY									
ZODIAC									
INTERSTELLAR									
STARZ ELITE									

\*All event dates and competitions are subject to change

\*We are CLOSED on all public holidays and regular training sessions will NOT run on competition weekends





# SMCAD COACHES AND DEVELOPMENT PROGRAMS

SMCAD takes pride in the quality of coaching from our recreational classes, all the way to our elite teams. Our Coaches have a passion for everything Cheer & Dance and are dedicated to providing the best experience for all athletes in the club. The SMCAD Coaching Staff take great care in their role as leaders of young adults, and continuously strive for success by developing well-training athletes and confident individuals.

Our senior coaching staff work tirelessly to hold all training practises to the highest of standards. SMCAD Coaches and CITs participate in regular education workshops to equip themselves with the tools for safe athletic progress and competitive success.

All coaches have current IASF credentials, WWCC and Senior First Aid



## CHEER BUDDY PROGRAM

**12+ YRS**

SMCAD selects dedicated athletes who embody our core values and show great leadership qualities to join our Cheer Buddy Program. Cheer Buddies assist coaches on novice classes to get a taste of what it takes to become the perfect role model for our young athletes.

## ASSISTANT COACH DEVELOPMENT PROGRAM

**15+ YRS**

SMCAD is always recruiting enthusiastic, driven, passionate people to train under our Senior Coaches, to start their career in coaching. With a fully-developed program covering all aspects of cheer and dance instruction, coaches come out of the ACDP as well-educated, confident coaches. Coaches who successfully complete the ACDP can be hired onto our team of incredible coaches!

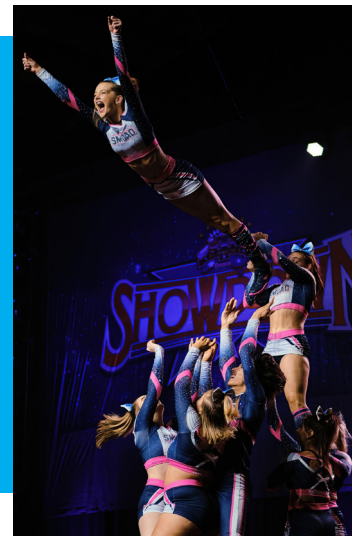
**READY TO START A COACHING CAREER WITH SMCAD?!**

**APPLY HERE!**



# WHAT ARE YOU WAITING FOR? ENROL TODAY!

AND JOIN THE SMCAD *Family*



**CLICK  
HERE  
TO BOOK  
A FREE  
TRIAL  
CLASS!**

## Contact Us



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