

# TEAM Cheer program

## Registration

Name of organisation:

Contact person:

Address:

P/Code:  Email:

Phone:  Mobile:

Are you interested in receiving more information on how your group can participate in a showcase event in week seven of the program?

Yes  No

I wish to purchase the CD/DVD set for \$66 (incl GST); or

I wish to purchase the CD/DVD and printed teacher resources for \$110 (incl. GST)

### Payment details

Please tick one of the following options:

Attached is a cheque made payable to 'Gymnastics Australia'; or

I authorise Gymnastics Australia to invoice our organisation.

Purchase order number:

Name:

Signature:

Date:

GA ABN 99 405 587 212

**Fax this form to Gymnastics Australia:  
(03) 9271 0599, all order enquiries to (03) 9271 0500**

All other enquiries should be directed to:

Nerine Cooper  
National Program Coordinator  
Gymnastics Australia  
Telephone: 03 9271 0500  
Email: [ausgym@gymnastics.org.au](mailto:ausgym@gymnastics.org.au)

## Participating in TEAM Cheer

- 1 Complete the registration form attached and fax it to Gymnastics Australia.
- 2 Identify an appropriate person to deliver the program from within your community.
- 3 Gymnastics Australia will send you the resource kit.
- 4 Conduct the TEAM Cheer program in your club, studio, school or after-school care centre for seven consecutive weeks.
- 5 Students have the opportunity to participate in a local showcase event in week seven of the program (optional).
- 6 Consider taking the next step and participating in a regional or state AUS Cheer event. For more information visit [www.auscheer.org.au](http://www.auscheer.org.au)



## TEAM Cheer Program



SUPPORTED BY



Australian Government  
Australian Sports Commission

Active After-school  
Communities

Helping kids and communities get active

Take part in the **TEAM Cheer** program with the Active After-school Communities program and Gymnastics Australia!

The **TEAM Cheer** program is held over seven weeks and is an excellent way for your organisation to be involved in a quality cheerleading and dance program.

## What is the **TEAM Cheer** program?

TEAM Cheer is an exciting cheerleading and dance participation program that is available to be conducted in clubs, studios, schools and after-school care centres. The program aims to introduce basic cheerleading and dance movements to encourage participation and improve coordination and fitness.

TEAM Cheer is a seven-week program that guides community coaches through the development of a pre-choreographed 60 second cheerleading or 90 second hip hop routine for their participating students or team.

The TEAM Cheer program provides entry-level participation opportunities for school students and teachers wishing to get involved in cheerleading. The program targets school-aged students aged from five to 12 years, and both boys and girls are encouraged to participate.

**TEAM Cheer** is an exciting cheerleading and dance participation program

## TEAM Cheer program

The Active After-school Communities program and Gymnastics Australia would like to invite your organisation to be involved in a seven-week TEAM Cheer program.

As a participant you will be provided with a TEAM Cheer program kit, which includes:

- » a DVD of the two performance routines plus additional cheerleading and dance movements and stretches
- » a CD containing:
  - » the two performance songs
  - » a set of choreography notes for the two performance routines
  - » a unit plan and teacher resource, including six detailed lesson plans. Each lesson will provide:
    - » warm-up games and activities
    - » stretching routine
    - » circuits enhancing skill and strength development
    - » development of performance routine
    - » cool-down activities
- » a participation certificate template you can print out for each of your students.

All of this is provided for the small cost of \$66 (incl. GST) or \$110 (inc GST) which includes a printed copy of the teacher resources.

## Who can deliver the program?

Anyone can deliver the program: parents, teachers and other community coaches. Identify someone suitable, either within your organisation or your local community.

Each participating club, studio, school or after-school care centre will be provided with extensive resources to guide the teacher/coach/instructor through each of the lessons. The materials have been written specifically for this program to ensure no prior experience with cheerleading and dance is required.



**Anyone can deliver the program!**

