



CHEER & DANCE

2011
ISSUE 1



Dear Coaches, Cheerleaders and Dancers,

Congratulations to everyone on a successful year in 2010 and in 2011 AASC has been working hard to providing more competition opportunities both in Australia and Internationally, more skills clinics and education, more top level international coaches and judges and everything you need to assist your program.

2011 AASC Student Insurance

It is time to either renew or attain AASC 2011 Cheerleader & Dancer 2010 Individual Memberships which includes genuine Personal Accident Insurance (PAI) for the individual Cheerleader/Dancer.

As many dance related insurance policies do not cover cheerleading it is important to make sure that your students are covered for all practice, competitions, performances & other events the Cheerleaders/Dancers may attend through AASC, or any other organization.

The annual membership fee is reduced in 2011 to only A\$10.00 per student, and covers you from 1st Feb 2011 - 1st Mar 2012 and in addition to the PAI your athletes will receive a member's card, patch and identification number for proof of membership.

By taking out the AASC Annual individual memberships it means your athletes will not have to pay any extra for insurance for any of the AASC camps, clinics and competitions.

Visit the AASC website on www.aascf.com.au and download the membership form under 'Information Centre'.

2011 AASC Competition Calendar



AASC ALL STAR WINTERFEST CHEER & DANCE SEASON STARTER

- Newcastle (NSW) – June 26th
- Geelong (VIC) – July 3rd
- Brisbane (QLD) – July 10th
- Townsville (QLD) – July 17th
- Dural-Sydney (NSW) – July 24th



AASC ALL STAR STATE SERIES

- WA (Rockingham) - 21st August (pending on entries we might need a bigger venue)
- QLD (Brisbane Entertainment Centre) - 27th & 28th August
- SA (Adelaide) - 4th September
- VIC (Melbourne, MSAC) - 11th September
- ACT (Canberra) - 25th September
- NSW (Sydney, Homebush) - 2nd October



AASC NATIONAL CHAMPIONSHIP

Brisbane Sports Centre, Boondal (QLD) - 19th & 20th November

Coach Credentialing & Education

The internationally recognised IASF Coach Credentialing series has proven to be a great educational asset to the cheer and dance community around the world! The testing covers three "core" areas: tumbling, stunts, and basket tosses. Each core area has 6 levels that stand alone, so you can credential to different levels in each of the three core areas.

Each of the core areas (all levels) consist of a written exam and a hands-on exam in which coaches must demonstrate ability to teach (not perform) specific skills in the curriculum. In other words, the written exams are intended for you to study, learn, and internalize the components of proper progressions, training techniques, and safety.

Knowing these things empowers coaches to a whole new level of freedom and comfort in their coaching abilities and makes for a safer, stronger cheer community.

IASF Coach Credentialing & Education dates for the first part of 2011 have been set, the venues are not confirmed but they are reliably in their stated cities.

Melbourne - Sat Feb 19th, 10am - 5pm

Brisbane - Sat Feb 26th - 10am - 5pm

Sydney - Sat March 5th - 10am - 5pm

Adelaide - Sat March 12th - 10am - 5pm

All of the other States & locations not mentioned will have IASF Coach Credentialing either connected with their Winterfest or State Championship, whichever comes first.

If you would like an independent date for the IASF Coach Credentialing, we will need a minimum of 15 coaches, or else if you cover the cost of our flights and accommodation, we will work with as few as 6 coaches at the normal rates. For more information and registration forms please follow this link:

<http://www.aascf.com.au/information/forms>



Shop with AASCF

AASCF can assist you with all your cheerleading needs.



We have over 200 pairs of shoes in stock – all sizes and NO WAITING!

To Order

Contact Steve James at steve@aascf.com.au or visit the online store at <http://www.aascf.com.au/shop/merchandise>

New Kaepa Models

Available May 2011



\$90.00



SPECTRUM

Lightweight shoe for all surface competition or sideline!

\$110.00



STELLARLYTE

6 ounce competition shoe!

Would you like your 2011 competition routines custom choreographed?

Cheerleading choreography and cheerleading camps are now available from **Rosemary Sims**—Head Coach and Chorographer for the TEAM AUSTRALIA World Teams and Cheer Victoria OUTLAW teams!!

Smart coaches are recognizing that the best use of their time is to “coach” their team.... not trying to become a world-class choreographer over-night. If you have the rare gift of choreography... then you do NOT need Rosemary’s services... But if you are like 99% of coaches out there, you know a good routine when you see one, but you struggle to put together the best routine to give your squad the best chance to win.

Rosemary can CUSTOMISE to your squad’s ability and talent level and leaves room for improvement throughout the season for added difficulty. Being an accredited ICU Worlds Judge herself she will formulate your routine to ensure that all elements of the scorecard are covered and give your team the best chance of success!!

Rosemary will have you complete detailed forms for you to tell her about your squad ahead of time so that she can craft the perfect routine before she starts. Rosemary has choreographed numerous State & National champion routines from High school to All-star, she will have you covered with original and creative routines.

Contact Rosemary at r_sims@bigpond.com

Shannon Smith returns!!!



He’s back!! Shannon Smith returns down under to judge at selected State Championships in September.

Shannon Smith, is one of the leading coaches in the World, co-owner of Spirit Sport Championships, Head Coach of the award winning Carolina All-Stars (172 Time National Champions!!) & multiple national champion coach of Clemson University Cheerleading Team. Shannon was the lead presenter at the ICU European Coaches Conference in Germany and the ICU Malaysian Cheer Conference and is a permanent lead presenter at

the IASF Worlds Conferences and is in huge demand so we are very fortunate to have his expertise available to us in Australia.

Shannon is well known to AASCF members who attended AASCF’s 2009/2010 clinics where he provided the latest stunt instruction to cheer teams in Melbourne, Sydney and Brisbane and we are pleased to announce that Shannon will be Head Judge at selected State Championship series across Australia. Visit the AASCF website on www.aascf.com.au and download State Championship entry forms under ‘**Information Centre**’.



AASCF IS PROUD TO SEND 8 BID WINNING TEAMS TO 2011 USASF/ICU WORLD CHEER & DANCE CHAMPIONSHIPS



AASCF is proud to be sending 8 teams to represent AASCF and Australia at the 2011 USASF / IASF World Cheer & Dance Championships where they will be competing against 17,000 of the

best cheer athletes and dancers in the World from over 70 countries.

AASCF teams will be competing in the following divisions -

IASF Level 5 Open Coed
East Coast All Stars (Newcastle)
Australian Outlaws (Melbourne)

IASF All Girl Level 5
Australian Dreamgirls (Melbourne)

IASF International Open Jazz
Bradshaw Elite (Sydney)

IASF International Open Pom
Bradshaw Elite (Sydney)
East Coast All Stars (Newcastle)
Wolfpack (Melbourne)

IASF International Open Hip Hop
Bradshaw Elite (Sydney)

It is possible to have fun watching and keeping up with the event.

The Worlds™ are provided via Video On Demand over the internet by USASF for a small fee. You will be able to get all the information here:

<http://www.iasfworlds.org/worlds/video/>

Also, there will be complete coverage and photos here on the USASF Facebook page www.facebook.com/USASF as well as the AASCF Facebook page <http://www.facebook.com/pages/Australian-All-Star-Cheerleading-Federation-AASCF/341124442350>

We know that all of the Australian cheer and dance community wish our teams all the best and make sure that you let them know of your support on our facebook page.

Coaches -

Have you planned your 2011 Cheer year?

As a cheerleading coach, you have to wear many hats often without thanks. Therefore it's imperative that you stay organised throughout the year by planning ahead and mapping out a schedule for your team. The more organised you can be the more you can accomplish and the calmer/happier you and your cheerleaders (& parents!) will be.

Things to think about are –

FEB-MARCH

- Organise your calendar of events – tryouts, camps, clinics, uniform order, competitions, events
- Ensure your insurance (PL& PI + Individual Accident) are up to date
- Conduct tryouts (if you have not already done so in Nov/Dec the year prior)
- Select your squad(s)
- Plan for medical issues(First Aid training + Emergency Plan in place)
- Organise choreography – either in house or get some outside assistance.
- Schedule practice times
- Purchase cheer shoes and choose, measure and order uniforms (uniform orders can take approx 8 weeks for delivery!)
- Appoint a fundraising committee for travel, uniform expenses

APRIL-JUNE

- Organise a start of year skills clinic (either in house or an organised AASCF clinic or camp)
- Organise competition entries for WINTERFEST Championship series
- Organise parents action committee to assist with competition travel plans – appoint Cheer Mums to assist you.

JULY-SEPTEMBER

- If required schedule additional practices prior to State Championships
- Review routine and makes changes if required prior to State Championships - seek outside assistance with stunt/tumblin/choreo if required
- Organise competition entries for AASCF State & National Championships series
- Arrange travel arrangements/ accommodation for AASCF National Championships

OCTOBER-DECEMBER

- Review routine and makes changes if required prior to National Championships - seek outside assistance with stunt/tumbling/choreo if required
- Arrange end of year special performance for parents/friends
- Make arrangements/ advertise for next year's squads tryouts



**AASCF 2011
DUEL IN THE DESERT
PALM SPRINGS USA
BID WINNERS**



Congratulations to the Cheer Victoria Outlaw teams who represented AASCF at the Duel in the Desert Palm Springs USA on February 5th & 6th. Junior Outlaws L2 came a fantastic 2nd to the awesome Cali All Stars

beating 6 US teams on their home turf - all the more impressive seeing they only had 13 girls whereas all the other teams had 21!! Teen Outlaws came an impressive 6th improving on their position on day 2 and their Coach Anne Marie won the award for the Most Creative Dance Choreography of the division...

Australia should be proud we are producing home grown coaches and choreographers of this calibre..

Check them out on <http://www.youtube.com/watch?v=cs0mB0Bgzxl>



For your chance to have the ultimate USA cheer experience make sure you enter an AASCF State Championship as Partially Paid bids will be given to the SPIRIT SPORTS "Duel In The Desert" All Levels National Championship in Palm Springs, California, USA, February 2012 to the highest scoring team of the day in each Cheer level: 1, 2, 3 & 4 in the age groups of Youth, Junior and Teen at all of our State Championships.

SPIRIT SPORTS "Duel In The Desert" All Levels National Championship is the largest & most prestigious Cheer & Dance Team National Championship on the West Coast USA.

**BELIEVE IN THE PREPARATION, BELIEVE IN
THE PERFORMANCE, BELIEVE IN THE AASCF
EXPERIENCE**

Each competition season, you spend countless hours preparing your squad, practicing your skills and perfecting your routine. We want you to know - we're working just as hard on our events as you are on your routines. You deserve the best competition experience out there...and our staff wants to give it to you.

Unlike many other competition providers, we don't use volunteers nor local staff to run our events. The same management staff you speak with in our office is the same staff you see running our events each weekend. Because of that, you receive the highest level of customer service possible and we guarantee your competition will run smooth and seamlessly.

We've spent the past 7 years building our events around the thoughts and suggestions of every coach we've come in contact with...and it's our goal to exceed your expectations.

For the 2011 AASCF COMPETITION REGISTRATION/INFORMATION Pack please go to <http://www.aascf.com.au/information/forms> or contact Rosemary Sims at r_sims@bigpond.com





AASCF PACKAGE DEAL

\$180

if you buy the whole package -
Uniform, Poms, Briefs,
Bow & Shoes.
Save \$\$

**SCHOOL OR NEW CHEER PROGRAM UNIFORM PACKAGES
IN YOUR TEAMS COLOURS AND PERSONAL LOGO! ***

*Not available in metallic



Top and skirt or pants in 6 style options with logo for - \$79

Basic 6 inch plastic poms -
\$18 per set



Boy leg briefs (non metallic) - **\$10**



Bow - **\$10**



Kaepa cheerleading shoes - **\$85**



Email Rosemary at:
r_sims@bigpond.com

We look forward to seeing you all at one of our competitions, camps or clinics and please do not hesitate to contact us if you require any assistance or information for any of your cheerleading requirements from KAEPa shoes, Stock & Customs uniforms, TIFFIN MATS , warm up gear, private skills or choreography clinics or just a chat!

Australian All Star Cheerleading Federation P/L

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Facebook : <http://www.facebook.com/pages/Australian-All-Star-Cheerleading-Federation-AASCF/341124442350?ref=ts>