



The AASCF Scoop

1st of April, 2020 ~ Vol 1, Issue 1

This newsletter has been formulated to inform our community of new information in regards to important matters involving the AASCF Cheerleading & Dance season.

SEASON STARTS IN AUGUST - WINTERFEST REPLACES CHEER BATTLE

As you all know, the global sports community is facing an unprecedented test: determining when and how to move forward with competitions and events considering the COVID-19 (Coronavirus) pandemic.

We've received several queries from our community who were wondering if the 2020 competition season and in particular, if the 2020 WINTERFEST series in June will still be proceeding given the attention COVID-19 (Coronavirus) has been getting in the headlines.

Whilst the situation is rapidly changing and hard to plan, AASCF have made the decision that we as a community need as much time as we can to allow the authorities to fight this virus. In turn, we have moved the 2020 WINTERFEST series from June to now commence in August. This effectively provides a 4.5 month/20-week buffer in which we will have clarification as to whether it is wise to proceed at that time or not.

BATTLE is a Cheer only competition, so in the need to push our season to start later we thought it more productive to change WINTERFEST to the BATTLE dates so all Cheer and Dance teams can compete. Meaning our season will now start in August rather than June and there will no longer be a 2020 Cheer Battle Series.

The 2020 AASCF WINTERFEST series (now moved to August) will still give all the usual 2021 Cheer & Dance Bids we offer, plus the 2021 Cheer Summit Bids which are normally given at the AASCF BATTLE.

Please note - in the instance of AASCF events not being able to run (due to the current COVID-19 situation), we will REFUND FULL ENTRY FEES. We will continue to keep you all abreast on the latest developments in this rapidly evolving emergency and keep a positive outlook moving forward in everyone's best interests. Thank you for your patience and understanding as we navigate this unprecedented situation.

TEAM AASCF – ALL STAR STRONG



2020 AASCF Winterfest Long Sleeve t-shirts

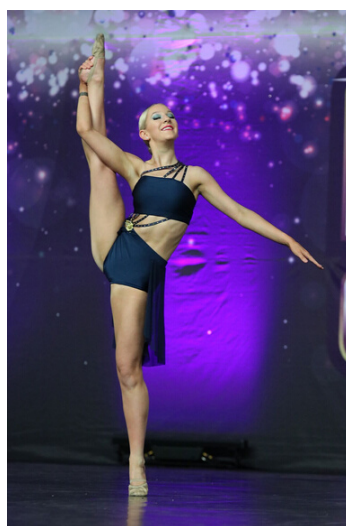
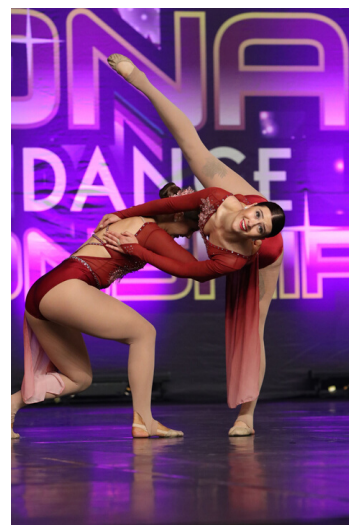
NEW FOR 2020 – PREMIER DANCE DIVISIONS AT AASCF NATIONALS

2019 has seen a huge growth in standard amongst our All-Star Dance teams, not only against other Australian teams, but on the International stage. As such, *NEW for 2020, AASCF Nationals will have 3 Dance Levelled Divisions:

- Novice Dance – following the Novice rules in addition to IASF Dance rules
- All Star Dance – following the usual IASF Dance rules - will have Dance Royalty awarded as usual
- Premier Dance - following the usual IASF Dance rules - will have Premier Dance Royalty Grand Champions awarded, as well as Summit & IASF Worlds Bids

The Dance Divisions at Nationals are so deep. Creating a 3rd division will not only separate the ages and team sizes, and now the abilities as well - similar to Cheer. We are introducing the new Premier Dance Divisions to our Elite Youth, Junior, Senior and Open dance teams in all styles.

From AASCF's 2020 States onwards, including Spring Carnival, your dance teams score will qualify them for the AASCF Nationals Premier Dance Divisions.



AASCF NOVICE CHEER & DANCE PROGRAM FOR 2020

In our 10th year of Novice All Star Cheer and Dance, we are celebrating its huge success since its inception in being an integral part of our countries All Star Cheer & Dance growth. The Novice divisions at AASCF All Star Cheer & Dance Championships have made our sport very approachable and affordable and continues to do so. In 2019 alone AASCF experienced a near 20% growth in the Novice divisions, which represents a continued great future for our sport.

AASCF's concept for the formation of the Novice divisions was for an accessible way for newbies to cheaply, and safely, dip their toes into the sport of All Star Cheer & Dance. This allows for them to give it a go, then once the athlete has established they love it, they move onto Level 1, or a regular dance team.

Novice is an easy way to learn about our sport, and after a few competitions the new coaches and/or athletes will be on their way to embracing our sport fully. Novice has always been the perfect gateway for the new or recreational athletes entering our sport and we celebrate its 10 years of success.

The 10-year strong success of Novice within your program is the fundamental base of keeping your program strong and alive. Embrace it to introduce new athletes to your club.

WHAT AASCF NOVICE CHEER AND DANCE REPRESENTS

- Perfecting basic skills – removing the intermediate, advanced and elite elements
- A simple introduction into the "IASF rules" of our sport
- Novice allows a deeper range of ages in each age group allowing more depth of new athletes into each team
- A simple stepping stone with minimal pressure on athletes to understand the sport before moving on to level 1 or the regular dance divisions
- An inexpensive way for athletes and their parents to have a taste of our sport before the full commitment:
 1. Simple, basic and affordable uniforms and costumes (many teams wear their club's warmup attire)
 2. Less class time is needed since only the basic skills need to be taught
 3. Routines time length are still maximum 2.30 cheer & 2.15 dance (minimum 1.45), allowing athletes to establish their routine at a slow pace keeping it safe and not having to skip important disciplines of our sport
 4. Novice Competition fees are cheaper whilst still doing a full-length routine and receiving medals and trophies
 5. Hair and makeup kept neat and tidy to a basic minimum – another time, pressure and cost saver for parents. We need to keep Novice approachable, affordable and achievable in a 1 ½ hour lesson a week.



DANCE BATTLE MOVED TO MELBOURNE DUE TO SURVEY OUTCOME

Last season we emailed out to all dance coaches around Australia that supported the Dance Battle about needing to move Dance Battle to a new date. The majority of dance clubs that responded requested to move the date a little later. As such we moved the 2020 Dance Battle to the agreed upon date, 29th-30th of August, as it was an empty weekend in NSW.

We immediately informed all Dance Clubs of the new date and locked in the venue (NIDA in Sydney). In mid-November of last year, we received an unwelcomed email from the venue disclosing they had made an error and the date was not available.

Months passed and we struggled to find a replacement venue, so we put out a survey to all Dance Clubs from around the country and had 47 respond with the below outcome for the future of Dance Battle:

1. KEEP IT IN SYDNEY ON SAME DATE - 8 clubs requested option 1 – 5 were from NSW
2. RE-VISIT ANOTHER DATE AND KEEP IT IN SYDNEY - 6 clubs requested option 2 – 2 were from NSW
3. MOVE TO ANOTHER STATE - 25 clubs requested option 3 – 18 were from Melbourne
4. CANCEL DANCE BATTLE - 8 clubs requested option 4

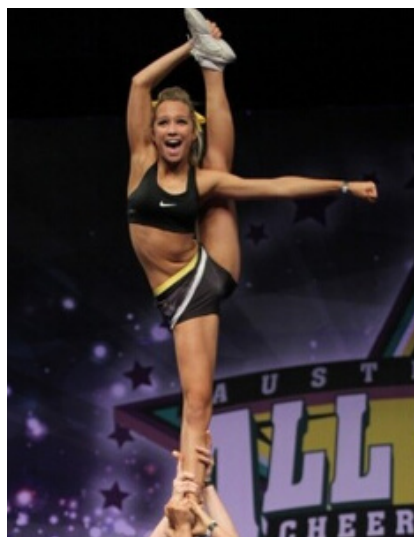
The demand was clearly to move Dance Battle to Melbourne – thank you to all for all your feedback. It is now officially confirmed Dance Battle will be at the State Netball & Hockey Centre, Parkville, Melbourne, in the main Arena on the 29th-30th of August. The venue is a 15 minute drive from the airport, with some very affordable accommodation nearby, particularly the Urban Camp Melbourne Co-Operative.

As per the front page, there will be ongoing updates throughout the year in regards to any changes made to our season ahead.



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FLYERS WORK PLAN: FOR ATHLETES WANTING TO STAY IN FORM OVER THE BREAK



Core, leg and arm work

- 3 times a week jog on the spot to your favourite song, break for 60 seconds, repeat twice more (total of 3 times)
- Jump on the spot, keep arms beside ears, for 2 minutes, gradually increasing the quantity you do within this time
- Hold plank in perfect form, arms pressed into ears for 45-60 seconds at a time, repeat 2 more times (total of 3 times)
- Push-ups x 30 - break them up as you need.
- Sit ups x 30 - break them up as you need.
- Burpees x 30 - break them up as you need.

Flexibility

Stretch at every spare moment.

- Replicate bar work exercises, using anything from balustrade to a bench top or the back of a chair.
- Follow this with a big stretch, make sure you stretch both sides evenly!

Floor flying

Your goal is to be able to stand on one leg, with a locked-out knee, in any position. Once you have warmed up, practice all your flying lines on the floor with perfect form. The goal is to make your stunt as smooth as possible.

- Always imagine your hip is a hinge and separates your leg from the rest of you.
- Always keep your post leg perfectly straight.
- Always bring your leg up to your body, don't reach towards your leg.
- Always use your arms to pull your leg towards you, to maximise your flexibility.
- Always practice on both legs

Jump technique

Flyers need to be able to jump, to get themselves off the ground. This, coupled with nice flexibility, makes a great flyer. The better your jumps and your flexibility, the easier it will be for your bases.

- When fully warmed up, on a matted (or soft) floor surface, practice your straight jump technique. Backs up, chest lifted, pointed toes, knees straight in the air, sponge through your knees on the landing and driving, USE YOUR LEGS!
- Also try jumping up to a soft raised surface. Make sure you have plenty of space around you in case you miss.

Implement change by repetition

Poor technique is hard break, and new technique is hard to achieve. The only way for change to occur is lots of repetition with perfect form for muscle memory. The harder you work on perfecting technique, the more repetition you accomplish, the more likely you will have success.

UPDATED COMPETITION CALENDAR FOR 2020

DUE TO THE CORONAVIRUS PUBLIC EVENT SIZE BAN OF 100+ PEOPLE, AASCF HAVE MOVED WINTERFEST TO AUGUST'S BATTLE DATES AS PER BELOW.

IF ANY AASCF EVENTS ARE CANCELLED WE WILL REFUND FULL ENTRY FEES.



www.aascf.com.au
CHEER & DANCE

AASCF 2020

COMPETITION SEASON

THE COMPETITION IS HERE!

UPDATED

| | WINTERFEST BATTLE CHAMPIONSHIPS | ALLSTAR BATTLE CHAMPIONSHIPS | STATE CHAMPIONSHIPS CHEER & DANCE | NATIONALS SCHOLASTIC CHAMPIONSHIPS | AASCF NATIONALS THE LARGEST CHEER & DANCE COMPETITION IN AUSTRALIA | AUSTRALASIAN PINNACLE |
|------------------|--|--|---|---|--|---|
| NSW / ACT | Friday 14th (evening) to Sunday 16th August Quay Centre, Sydney Olympic Park | | Friday 11th (afternoon/evening) to Sunday 13th September Quay Centre, Sydney Olympic Park | Friday 9th to Sunday 11th October Quay Centre, Sydney Olympic Park | Thursday 26th to Sunday 29th November Gold Coast Convention and Exhibition Centre <small>incorporates ALL-STAR SCHOLASTIC UNIVERSITY</small> | Monday 30th November Gold Coast Convention and Exhibition Centre |
| QLD | Friday 31st July (afternoon/evening) to Sunday 2nd August Carrara Indoor Sports Stadium | Thursday 6th August MSAC – Melbourne Sports & Aquatic Centre | Friday 4th (afternoon/evening) to Sunday 6th September Gold Coast Convention and Exhibition Centre | Friday 16th (evening) to Sunday 18th October Brisbane Entertainment Centre | AASCF NATIONALS - THE LARGEST CHEER & DANCE COMPETITION IN AUSTRALIA 2000+ TEAMS 13,000+ COMPETITORS | AASCF PINNACLE - "THE CHOSEN FEW" BID ONLY EVENT |
| VIC | Friday 7th (evening) to Sunday 9th August Melbourne Sports & Aquatic Centre | Saturday 29th to Sunday 30th August State Netball Hockey Centre, Parkville, Melbourne | Friday 18th (afternoon/evening) to Sunday 20th September MSAC – Melbourne Sports & Aquatic Centre | Friday 23rd (evening) to Sunday 25th October State Basketball Centre | <small>DANCE WORLD'S</small> <small>CHEERLEADING WORLD'S</small> | EARNED NOT GIVEN THE CHOSEN FEW |
| SA | Friday 21st (evening) to Sunday 23rd August TBC | | Friday 25th (evening) to Sunday 27th September Titanium Arena | | AT AASCF NATIONALS WE OFFER 2x FULL PAID, 18x PARTIAL PAID AND 40x AT LARGE BIDS TO THE 2021 IASF CHEER & DANCE WORLD CHAMPIONSHIPS | AUSTRALIA'S PEAK BODY AUSTRALIAN CHEER SPORT ALLIANCE SANCTIONED EVENT CHEER & DANCE |
| WA | | | Friday 28th (evening) to Sunday 30th August HBF Stadium | | | |

Cheers to 15 YEARS 2006-2020

For further enquiries and a complete information package visit, call or email:

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ALL AASCF EVENTS ARE ACSA SANCTIONED

