



The AASCF Scoop

6th of July, 2020 ~ Vol 1, Issue 4

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

A CHAT WITH ROSEMARY SIMS-JAMES ABOUT THE AASCF 2020 COMPETITION SERIES

The AASCF 2020 season – States / Spring Carnival & Nationals – is still going ahead.

This week a couple of coaches contacted me as they are concerned about the standard their Cheer teams will be at this year's AASCF States. I explained that all clubs in each State are in the same boat and stunting at this year's States will be watered down compared to usual, and that's ok, we are all in this together. Our AASCF Judges are very mindful of this and all judging will be considerate, much like the style of Judging we have at the season starter Winterfest each year.



It is so important for the future of your club, the mental health of your athletes and the sport of All Star Cheer & Dance, to get back to some kind of normality as soon as possible - AASCF are committed to working safely to make that happen. Therefore, having your teams compete at AASCF States, may that be with a basic routine, in your teams practice gear rather than a uniform or with a limited audience, will have an extremely positive benefit for your athletes enthusiasm and mental wellbeing.

There are some concerns about athletes or teams forced to pull out last minute due to COVID-19 - be assured all entries will be refunded under these circumstances. Also discounts and applicable refunds will apply if any of AASCF's Championships are forced to go to a virtual format due to COVID-19.

AASCF States is where Dance Doubles and Stunt teams qualify for Nationals. Appreciating the standard will not be as high this year, AASCF will either – 1/ lower the enter score to qualify or 2/ allow all Stunt and Dance Doubles through to Nationals without needing to qualify – this will depend on the number of entries.

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Another allowance AASCF will be making this year for Dance Doubles and Stunt teams is you can enter them into States if you do not have any actual cheer or dance teams entered. We understand that some clubs only have Dance Doubles and Stunt teams now and we want to support you all moving forwards as these teams are paramount for your club's future regrowth. However, please note that Dance Doubles and Stunt teams will not be allowed to compete at AASCF Nationals if they did not compete at AASCF States.

COVID-19 has affected us all in so many ways, and there are so many changes each week to what we can and cannot do, and this varies from State to State. What AASCF can confirm is we have many strategies in place to make sure our competitions will happen in one form or another - we are ready for whatever may be thrown our way.

A recent concern is, i.e. what if Queensland demands a 2 week isolation from Victorians – as Queensland is our first competition back, many of the full time AASCF Victorian staff are prepared to go to Queensland 2 weeks early to self-isolate before States. In addition, we have full time & casual staff based in Queensland and all of our other main States and the Victorian AASCF office and staff are nowhere near the hot spots in Victoria.



The AASCF full time staff – Kerry, Rachelle, Kirsty, Steve, Sonny, Kenny, Courtney, Daniel, Jayden, Bill, myself, and all of our casual staff and our wonderful Judges from around Australia & NZ are all ready and are working hard to make September happen for you all.

We all love and miss all of you and hope to see our All Star family soon.

Warm Regards Rosemary Sims-James

*Owner, Program Director, Events Producer,
International Liaison & Director of
Education Australian All Star Cheerleading
Federation (AASCF)*



THE AASCF HISTORY OF AUSTRALIA'S COMPETITIVE ALL STAR CHEER & DANCE AS WE KNOW IT

1985: Professional Game Cheerleading was introduced to Victoria, Australia, by Rosemary Sims-James for the NBL, then eventually the WNBL, SEABL & AFL for a while

1987: American Association of Cheerleading Coaches & Administrators (AACCA) is formed; establishing safety standard for cheerleading, and begins to become duplicated globally

1990: USA non-school Cheerleading Programs termed "All Star" begins to develop around United States

1995: Rosemary Sims-James & Kerry Perry organised and operated the Dance Victoria Select Troupe Championship, managing over 2000 competitors, which included and was a starting point of competitive Cheerleading in Victoria, Australia

1997: Rosemary Sims-James introduced American Association of Cheerleaders Coaches & Advisers AACCA to Australia and was AACCA safety accredited

1998: Rosemary Sims-James Constructed Australia's first complete "how to coach" Cheerleading Syllabus & Safety manual

2003: The largest United States Cheerleading organizations formed & register the not-for-profit entity the "United States All Star Federation (USASF)" and also the "International All Star Federation (IASF)" to support international club cheerleading & the World Cheerleading Club Championships

2004: The USASF/IASF hosts the 1st World Cheerleading Championships. Rosemary & Steve James become members of the USASF/IASF. Rosemary Sims-James was accredited to Level 6 by the United States All Star Federation USASF

2005: The Australian All-Star Cheerleading Federation AASCF was formed and became a member of the USASF/IASF, introducing it to Australia

2006: AASCF conducts its first National ALL STAR CHEER & DANCE Championships hosting 600 competitors.

2007: The USASF/IASF hosts the 4th World Cheerleading Championships and AASCF sends our first bid winning teams from Australia finishing 4th Nations Cup

2008: Rosemary Sims-James is awarded the IASF International Cheerleading Coach of the Year (first ever non-American to win this prestigious award). This was great for the promotion of Australian Cheerleading

2011: Cheerleading was introduced to University Sports by Rosemary Sims-James and AASCF held their first Uni Games Cheer & Dance Championship

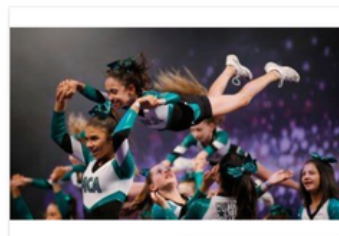
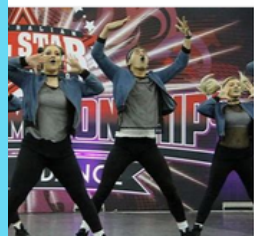
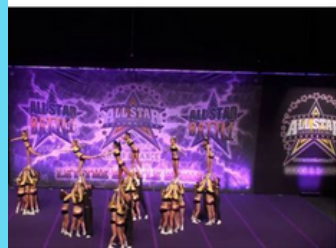
2013: The Guinness World Record highest basket toss involved four bases tossing a flyer to a height of 5.50 m (measured from its lowest point), was achieved by members of the Australian All Star Cheerleading Federation (Australia) on the set of a CCTV Guinness World Records special, in Beijing, China, on 3 September 2013

2016: AASCF's IASF Worlds Bid winning team Southern Cross Cheer – Legacy, were Australia's first Cheer Globe at the IASF Worlds, receiving 2nd place in the highly competitive International Open Large Coed Level 6 Cheer. The Gold Coast community recognise the importance of AASCF Nationals to the local economy with GC Bulletin article highlighting Cheerleaders competing on Gold Coast bring \$24 million boost to economy

2017: ACSA was successfully formed as a Peak Body by Stephen James, Nerine Cooper & Rosemary Sims-James to guide and unite Australia's All Star Cheer & Dance

2018: Rosemary Sims-James is awarded the International Cheer Union Recognition Award for 10 consecutive years of judging at the ICU World Championships and services in assisting ICU judging and education

2019: AASCF National Championships demonstrating the growth and popularity of AASCF's All Star Cheer & Dance in Australia hosting 1800+ teams and over 11,964 competitors. The IASF honour's Rosemary Sims-James the IASF Pioneer and Lifetime Achievement Award for leading and developing Cheer & Dance in Australia



How will the return of sport help young athletes?

It has been a tough year so far, with a lot of challenges and stresses on everyone. It is at times like these that the power of sport to improve physical and mental health, to relieve stress and anxiety and to bring communities together is most needed.

AASCF is excited to see that the Australian Sports Foundation and the Federal & State Governments have worked with national sporting bodies and medical experts to help ease the return of community sport across the country where every State has now announced a return to full training/level C resumption and except for adults in Victoria contact training has resumed Australia wide.

We feel that it is imperative that our youth have a safe return to training/competing as soon as it is feasible as has far-reaching physical, mental and social benefits throughout the all star community. Our clubs offer children a predictable and familiar place of routine and clear expectations. Coaches/teachers play a huge role in ensuring predictability in their roles as stable and familiar people to children can be hugely important for transition and adjustment.

Richard Keegan, an associate professor in sport and exercise psychology at the University of Canberra, said the return of sport could not have come sooner. "There's a lot of social connection that happens through sport, and that's sorely missed in the last few months," he said.

He said the positive effect of sport on both mental health and community cohesion was well established, with younger athletes the bigger winners from the easing restrictions. "The nice thing about being able to participate in sport is that you kind of get them all at once, it's not like you just slice off one of those benefits," he said. "you're achieving all of these advances across physical, emotional, problem solving, social, it's a wonderful thing."

It is for this reason that AASCF is working so hard to try and ensure we can get "physical" competitions back as soon as feasible as that is the main feedback we are hearing back from our club/coach surveys - the clubs want us to get back to as normal a season as we can. The next month or two will still be tough as things continue to change, but please know that we are all here to support you where we can.

This COVID-19 crisis will eventually pass but in the meantime, we need to understand that we are living in a "new normal" and AASCF and all star cheer & dance will adapt and change as we go.

THE PSYCHOLOGICAL BENEFITS OF PLAYING YOUTH SPORTS



**INCREASES
CONFIDENCE**



**REDUCES
STRESS**



**REDUCES
ANXIETY**



**IMPROVES
MOOD**



**DEVELOPS
RESILIENCE**



**BUILDS SELF
ESTEEM**



**IMPROVES
COMMUNICATION
SKILLS**



**TEACHES
TEAMWORK**



**IMPROVES
COGNITIVE
FUNCTIONING**



**TEACHES
RESPECT**



**IMPROVES
WELL BEING**



**TEACHES
EMOTIONAL
CONTROL**



**BUILDS
FRIENDSHIPS**



**TEACHES
LIFE
LESSONS**



**TEACHES
INDEPENDENCE**



**IMPROVES
LEARNING**



**BOOSTS
CREATIVITY**



**IMPROVES
PERFORMANCE
AT SCHOOL**



**FACILITATES
INFORMATION
PROCESSING**



**IMPROVES
BODY IMAGE**



**IMPROVES
QUALITY OF
LIFE**



**BOOSTS
PRODUCTIVITY**



**TEACHES
COPING
SKILLS**



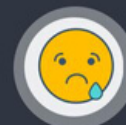
**IMPROVES
MENTAL
ALERTNESS**



**IMPROVES
FOCUS**



**IMPROVES
ATTENTION**



**REDUCES
DEPRESSION**



**STIMULATES
GROWTH OF
BRAIN CELLS**



**IMPROVES
PROBLEM
SOLVING SKILLS**



**INCREASES
SELF
ACCEPTANCE**

Conquering the Double Full & it's mind blocks

This month, Rosemary investigates how to overcome mind blocks in tumbling – focusing on that dreaded transition from single fulls to double fulls that so many athletes get a mental block and fear over. She asked a variety of ex high level cheer athletes looking for their feedback on this subject. How did they overcome this fear when they were a training athlete in their prime? Here are their words of wisdom from our cheer tumbling pioneers. You can use these analogies in any stage of your tumbling journey.

TAM PHAM

How did I overcome any tumbling fear as an athlete....

When I finally got it in my head that my coaches would never encourage me to perform the next progressive skill unless I was ready, was when I overcame a lot of these fears. I learned to trust them. I shouldn't admit this, but I would often times just shut my eyes, trust my body, and trust that my body would know what to do. Our sport is all about body awareness and I had to do just that, allow my body to do what it was trained to do. All the drills and spots allowed for body to become aware of the skill. With every new skill I would go a little harder, pull a little harder, and I would always land on my feet. Mind blocks are real, but only you can decide and trust when you are ready to do it.

Trust your coach. Trust your body.



MARTY KOCH

One of the biggest things I used to tell myself was to trust and remove the pressure from myself as an athlete. Trust your body, Trust your coaches guidance, trust your technique.

One way to build this trust is practice. The more you are comfortable with a skill like a full twist and can FEEL what your body is doing, the more you will start understand how the double full will work. Which brings me to talk about air awareness.

Practice doing nice high floaty fulls where you can see the exit of the skill and the ground beneath you. If you are worried about your double full talk to your coach about the specifics. What are you worried about in particular, not enough height? am I ready? Will I be able to spin twice? Communication is a massive part of learning - If you don't ask, you don't know. Never be embarrassed or think that you will be seen as weak by asking questions.

This mental practice will pro-long your progression. DO NOT, Compare yourself to other athletes. It can be very easy to get caught up in watching other people get skills quicker than you, or progressing faster than you.

You are you, and progressing at YOUR RATE.

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The AASCF Scoop

JORDAN OTTO-WILSON

Fear is good. Fear is there for a reason - it's your brain telling you that it doesn't feel safe.

I've never been a fan of 'Just Do It'. Fear should be respected, and overcoming fear isn't just about willpower or pushing through. For me, fear just means I haven't prepared enough, and I need to spend more time on my progressions.

I know I'm ready when I feel safe, and fear turns into excitement.



DAVID JAMES

I remember when I would look on YouTube and see how people easily threw double twists like it was nothing.... I was determined that I could also get that skill but when I got to the point of starting to throw doubles I made a mistake of rushing into them and not first fixing my fulls to give myself the best chance of progressing into doubles without fear.

When I moved to Cheer Athletics in the USA that they told me to go back to basics and first fix my full twist skills before the double. This when I was able to make real progress as I was confident within my skill set to attempt and then master doubles without the fear of not knowing where I was in the air.

Therefore, my advice in regards to any new skill is to ensure you fix the basics first leading into any progression as the best thing I ever did was going not from a full to a double but rather going from a full to fixing every detail about my WHOLE pass that made my doubles consistent.

ANDREI COMAN

When I first start working with athletes transitioning from a full to a double - I use what I call the 'riding a bike' analogy.

When you first learn how to ride a bike (attempt a double), you don't know what you are doing and you will fail time and time again. Until that one day, you can't explain what actually happened but all of a sudden you can ride a bike. From that point onwards you will be able to ride your bike because of what we call 'muscle memory'.

The same thing happens with doubles, you will try and fail time and time again. But if you are remaining persistent and determined to "ride your bike" that double will happen one day.

Falling "off your bike" is part of the learning process and don't get discouraged by it. You don't have to ride your bike (land your double) today or tomorrow but promise yourself you will work on it and your coaches will always be there to pick you up when you fall.



SAM BOGNAR

The best (and worst) thing about training doubles is that practice really does make perfect.

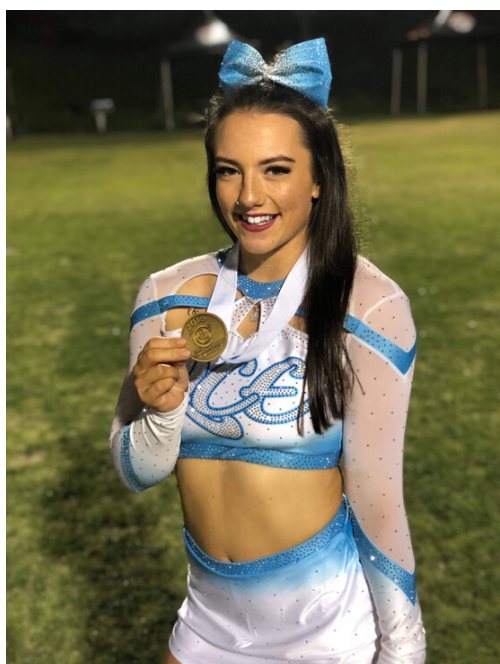
I believe the only way to overcome a fear is to do it anywhere and any way (in a safe training environment) you can until it's not scary anymore.

Start off doubling where you are most comfortable, whether that be with a spot, into a foam pit, or onto a crash mat, and do it until it's no longer scary and muscle memory.

Then push yourself to the next step; smaller crash mats, less spotting etc - do this until it's not scary anymore and so on and so forth.

Eventually it'll become second nature and muscle memory, and you will have done enough reps where it isn't scary anymore!

Above anything else, believe in yourself and your abilities, you really can do anything you put your mind to!



**Cheers to
15 YEARS**
2006-2020



AASCF 2020 COMPETITION SEASON

THE COMPETITION IS HERE!



NSW / ACT
Friday 11th
(afternoon/evening) to
Sunday 13th September
Quay Centre, Sydney Olympic Park

Friday 9th (evening) to
Sunday 11th October
Sydney Olympic Park

Friday 27th to
Sunday 29th November
Gold Coast Convention
and Exhibition Centre

QLD
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**

VIC
Friday 18th
(afternoon/evening) to
Sunday 20th September
MSAC - Melbourne Sports & Aquatic Centre

Thursday 22nd October
State Basketball Centre, VIC

Friday 23rd (evening) to
Sunday 25th October
State Basketball Centre

**2000+ TEAMS
13,000+ COMPETITORS**

SA
Friday 25th (evening) to
Sunday 27th September
Titanium Arena

Friday 30th October (evening)
to Sunday 1st November -
Titanium Arena

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