

# SWINBURNE UNIVERSITY OF TECHNOLOGY CHEERLEADING

2017 INFORMATION PACK

# WELCOME TO THE RAZORBACKS FAMILY!

As Swinburne enters their fourth year of competitive cheerleading and dance, we are excited for the further growth and development of our program and the opportunities that 2017 holds.

The following information pack is designed to provide you with all the necessary information you will need for the 2017 season.

## WHAT IS COMPETITIVE CHEERLEADING?



Cheerleading is a fast-paced, dynamic sport that encompasses stunts, tumbling, tosses, dance, gymnastics and acrobatic techniques, all combined into a two and a half minute routine.

As a university team, Swinburne compete in the scholastic division, with a section of chanting and crowd involvement, competing nationally against other university teams.

## WHY SHOULD YOU DO CHEER?

### GET FIT & HAVE FUN

Improve cardio as well as core, legs and arm strength. We offer a friendly and fun environment for all athletes.

### MAKE FRIENDS

Cheerleading is all about fun, teamwork and forming lasting team bonds. Our squads have a strong family vibe and are also involved in many social events outside of training.

### TRAIN ON CAMPUS

Many of our classes are situated on campus, providing a central and convenient location for our athletes to train.

### BE COMPETITIVE

Our teams compete at national events against other Australian Uni's. Our squads also travel interstate and compete at the Australian University Games!

# 2017 PROGRAM

## CHEER SQUADS

### **SWOOSHBACKS**

Swooshbacks is our Premier level 1/2 team that is perfect for people who have little or no cheerleading experience. It will provide an excellent way of learning the basics of cheer and building up competition confidence.

### **RAZORBACKS**

Razorbacks is our Premier level 3/4 team that will primarily be for athletes who have some prior experience in cheer or gymnastics. Routines will be focused on high level skills and tight execution.

## COMPETITIONS

NAME	TEAMS	DATE	LOCATION
Flight Night	All	3rd Jun	MSAC
Winterfest	All	23rd-25th Jun	SBC
Battle	Razorbacks	11th-13th Aug	SBC
States	All	22nd-24th Sept	MSAC
AUGs	All	29th Sept	Gold Coast
Spring Carnival	All	22nd-29th Oct	SBC
Nationals	All	24th-25th Nov	Exhibition Centre

\* MSAC= Melbourne Sports & Aquatic Centre

SBC= State Basketball Centre

# 2017 PROGRAM

## TRAININGS

Each team will have two, 90-minute training sessions a week. Both of your squad trainings are compulsory, the locations we train at are:

**Melbourne Cheerleading Academy, 1/37 Lexton Road, Box Hill North**  
**&**  
**The George, Room GS201, Swinburne Hawthorn Campus**

\*There may be some other casual training sessions that start later in the year for anyone wanting to work on group and/or partner stunts for competitions.

### TUMBLE

Tumbling classes focus on developing the individual's present skills. Tumble skills can include anything from forward rolls, cartwheels, round offs, flips and saults. All athletes will work on skills at the level that they are ready for.



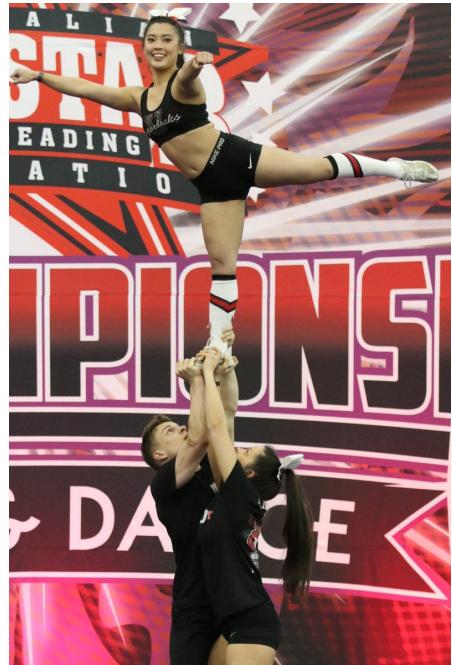
### SQUAD CLASS

Squad classes are aimed at developing the stunting abilities of all athletes involved within the stunt. Stunt groups can consist of 1-4 bases, plus a flyer who they perform the stunts with. These classes will also have a strong focus on strength and conditioning.



### FLYERS CLASS

Flyers class will work on improving flyer's flexibility, strength, body tension and aerial awareness, all skills needed for flying and being able to pull lines in the air. These sessions are required for all flyers.



# 2017 PROGRAM

## FEE STRUCTURE

Below is an estimate of how much the entire year will cost in fees for each team. The actual cost will vary slightly between people depending on if you need a new uniform and whether you do extra stunt groups at competitions, as well as some other variations. Fees are broken down into five payments over the year and each will be itemised onto invoices.

**SWOOSHBACKS ONLY**

**\$750**

**RAZORBACKS ONLY**

**\$950**

**BOTH TEAMS**

**\$1200**

\*If you would like to organise a payment plan to spread your payments out even further you can contact our club Treasurer.



## OTHER COSTS

### ADDITIONAL ITEMS

### REQUIRED BY

### COST

INSURANCE	ALL ATHLETES	\$15
UNIFORM	NEW ATHLETES	\$120
COMPETITION BOW	FEMALE ATHLETES	\$20
FLYER SHOES	FLYERS	\$100
CLUB SHIRT	ALL ATHLETES	\$30
CLUB TRACKIES	OPTIONAL	\$60

# 2017 PROGRAM

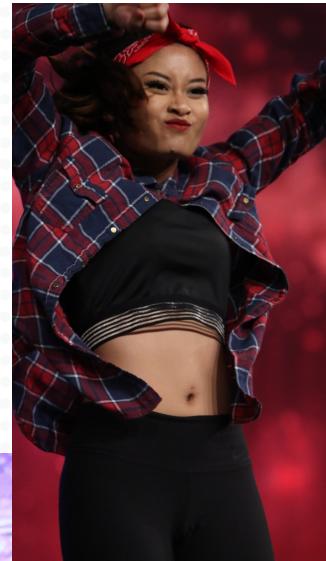
## DANCE TEAMS

### RAZORBEATS

Razorbeats is our competitive Hip Hop team, perfect for anyone interested in competitive dance or just wanting to learn something new. Routines will incorporate any street style movement with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Razorbeats will be eligible to compete at any competitions throughout the year. Competition selection will be discussed with your team throughout the year.

### TRAININGS

Razorbeats will have one, 90 minute training per week, with the option to add an extra training day later in the year. Trainings will be located at Swinburne Hawthorn campus, SR building, level 2.



# OTHER WAYS TO GET INVOLVED

## STUNT GROUPS

Athletes are also able to enter competitions in groups of 2-5 to compete separately to their squad routine. These stunt groups are a fantastic way to learn new skills that you may not get to try in normal squad trainings and can help you improve much faster.

Each stunt group is eligible to enter any competitions, including ones that aren't on our program schedule. Trainings for stunt groups will be separate to normal squad trainings and can be organised with a coach.



## EXECUTIVE COMMITTEE

The executive committee is a great place for people who want to help influence the future of the club. Currently there are a number of General Representative roles open for athletes. General Reps act as the voice of the team; they get to attend committee meetings and vote on important club matters and is a great place to start for people who are thinking of going for a senior role in following years. If they choose, they can also specialise into a specific area such as fundraising and sponsorship, merchandise or social media.

# CLUB CONTACTS

## JAMES FERGUSON

### President

president@  
swinburnecheerleading.com

## MONISHA ALEXANDER

### Secretary

secretary@  
swinburnecheerleading.com

## COURTANEY MORTON

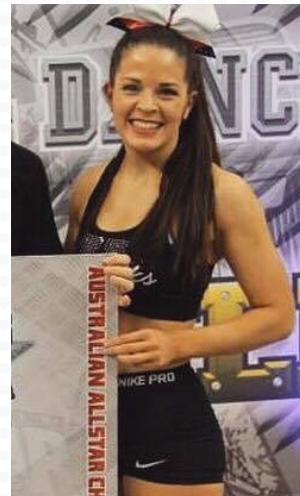
### Treasurer

treasurer@  
swinburnecheerleading.com

## COACHES



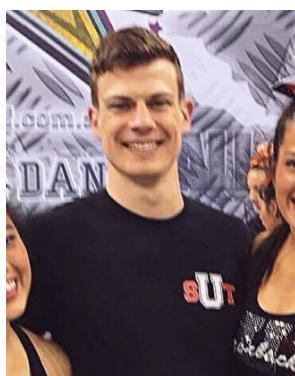
RODNEY BURNS  
PRIMARY COACH



MONISHA ALEXANDER  
PRIMARY COACH



KAYLEE  
HERRMANN  
ASSISTANT COACH



JAMES  
FERGUSON  
ASSISTANT COACH



COURTANEY  
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