



SHIRE ELITE

CHEERLEADING

2022

INFO PACK

SHIRE ELITE CHEERLEADING

CHEER | TUMBLE | DANCE | PARTIES | CLINICS

RELEASE DATE

13 APR 2022

1800 744 733

www.shireelite.com.au

hello@shireelite.com.au

2/34 Endeavour Rd, Caringbah NSW 2229



SHIRE ELITE
CHEERLEADING

CONTENTS

	PAGE
CONTACT US	3
INTRODUCTION	4
WHAT IS CHEER?	5
WHY CHOOSE SHIRE ELITE?.....	6
EASY GUIDE TO FIND THE PERFECT TEAM/CLASS	7
WHAT WE OFFER	
RECREATIONAL CLASSES	
» Cheer Fun / Tumble Fun / Dance Fun	8
SEMI COMPETITIVE TEAMS	
» Cheer Sport.....	9
COMPETITION TEAMS	
» Cheer Advance	10
» Cheer Elite	11
» Dance.....	12
CLASSES/CLINICS	
» Tumble.....	13
» Fitness	13
» Flyers	13
» Private Coaching	13
» Skills Clinics.....	13
» Holiday Clinics	13
TIMETABLE	14
TRIAL A CLASS.....	15

CONTACT US



SHIRE ELITE CHEERLEADING

Unit 2, 34 Endeavour Road
Caringbah NSW 2229

Call us on: 1800 744 733

Text us on: 0497 441 015

Email us at: hello@shireelite.com.au

Visit our website: www.shireelite.com.au

GYM OPEN TIMES

Monday	3:30pm - 9:15pm
Tuesday	10am - 12pm + 3:30pm - 9:15pm
Wednesday	3:30pm - 9:15pm
Thursday	3:30pm - 9:15pm
Friday	3:30pm - 8:30pm
Saturday	9am - 12pm

CLASS TIMES

Please see our [Timetable](#) for class times.

RECEPTION HOURS

Monday - Friday / 2:30pm - 6:30pm

As our program runs from the afternoon until late evening our reception hours are later in the day. Please feel free to contact our amazing reception staff by phone, email or in person during these times.

We try our very best to be as responsive as possible at all times, however if you contact us outside these hours, on some occasions, you may not receive a response until during the above reception hours.



Darcee Carmont
Receptionist

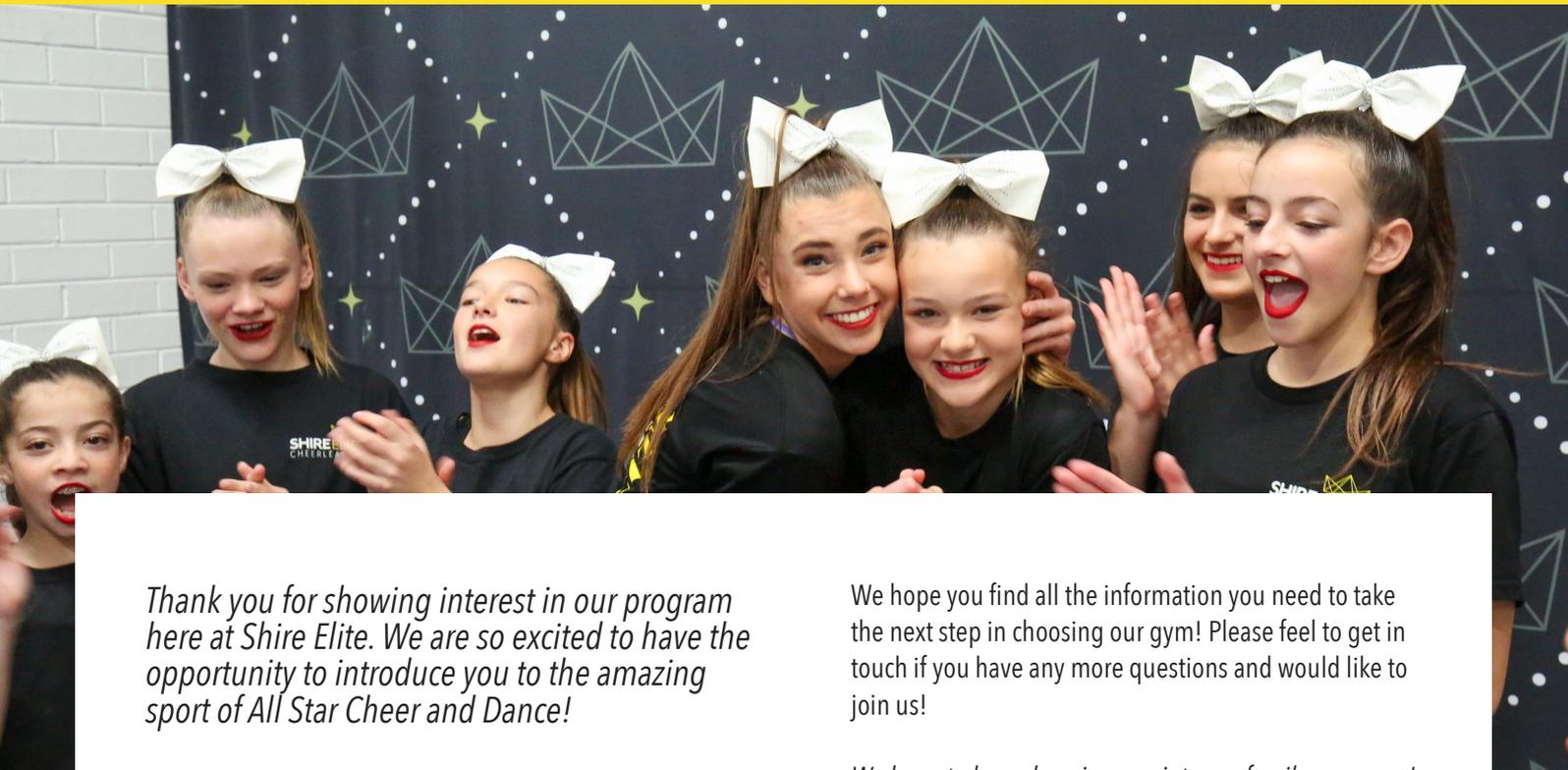
HOW TO ENROL

Once you've trialled a class or you're ready to enrol follow these easy steps!

1. [Simply Click Here](#) >>
2. Click 01 Enrolment
3. Enter athletes full name and date of birth
4. Complete your enrolment and select which teams and/or classes you are enrolling in.
5. Set-up direct debit

[Click to Enrol](#)

Thanks for your interest in Shire Elite!



Thank you for showing interest in our program here at Shire Elite. We are so excited to have the opportunity to introduce you to the amazing sport of All Star Cheer and Dance!

At Shire Elite we pride ourselves on our positive culture and family environment, where everyone is given the coaching and support to help them to become the best athlete they can be. We welcome everyone to train at our gym, where every athlete enjoys the rewards of hard work, progressive learning, and relationships that last a lifetime.

We strive to provide a home within our gym, where like-minded athletes and coaches can encourage and support each other to reach their full potential. With a commitment to inspiring and enriching our athletes' lives, Shire Elite continues to strive for perfection, aiming to offer our families the very best.

We hope you find all the information you need to take the next step in choosing our gym! Please feel to get in touch if you have any more questions and would like to join us!

We hope to be welcoming you into our family very soon!

Warm Regards,



Laura Garrett
Founder + Cheer Director
SHIRE ELITE CHEERLEADING

Established in 2012

Last year we celebrated our 10th year of bringing all star cheerleading to the Sutherland Shire. In our humble beginnings we started with just 2 teams and have now grown to 25 teams across all levels. Many of our athletes are still with us from our early days.

We look forward to many more amazing years ahead!



What is Cheer?

Cheerleading is one of the fastest growing sports in the world and one of very few competitive co-ed sports.

In Australia, Cheerleading has increased in popularity over the past 10 years with multiple gyms in every state. Our largest competition of the year; AASCF Nationals attracts over 16,000 athletes, from Australia, Asia Pacific and the US. With spectators close to 26,000 for this competition.

Cheerleading in Australia is called All Star Cheer and is a competitive sport where teams from different cheer gyms compete against each other at competitions. A routine is performed by athletes in an all girl or co-ed team. They are formed based on age divisions and skill level. We cater to athletes from 3 years to adult. Every ability level, from brand new to world class athletes.

Our coaches work with their teams to develop a routine in preparation for competition. We incorporate a combination of stunt, tumble, jump and dance elements that are practiced weekly to execute a flawless, clean, well timed routine.

All this training and hard work by our athletes is aimed towards performing the very best routines at competition. No other sport requires the attendance of every single athlete for every training session as every element especially our stunts require every athlete to play a certain position on a team. We have so much success at competitions due to our athletes commitment to training and our coaches bringing out the best in our athletes.

All Star Cheerleading is a dynamic and demanding sport incorporating gymnastics tumbling, acrobatic stunts, jumps, dance performance and technique performed in a 2:30min routine.



Why choose Shire Elite?

Join us in our 11th year! We are bringing 25 teams to represent the Sutherland Shire in All Star Cheer & Dance!

We are known in the cheer community for our clean routines with perfect timing and exceptional tumble skills.

Athletes remain within our gym for years. Many athletes are still with us from our first year and are now amazing coaches.

- We are the Largest Cheer Gym in Southern Sydney
- Current AASCF Cheer Gym of the year
- Current AASCF Gym Owners of the year
- Safe progression of all skills to ensure perfect technique
- Small Tumble classes
- Full competition size sprung floor and additional sprung floor training space
- National Champion Titles every year since 2013
- Multiple Grand Champion titles
- 26 Cheer & Dance teams
- 1300% growth in athlete numbers since 2012
- Our Coaches are loyal, passionate and dedicated to our program

About us

Shire Elite Cheerleading was founded in 2012 by Laura when she was 20 years old. Originally, she started Shire Elite to cheer competitively again as there were no other clubs in the area. However she never had the chance to compete as Shire Elite took off! Mitchell also started off as an athlete. He grew passionate about coaching and is now director of the tumble program at Shire Elite. Mitchell believes in having an open minded approach to skill development, and places importance on researching and educating himself on new tumbling techniques.

Fast forward to 2022, Laura and Mitchell have coached their teams to National Grand Champion titles and multiple National Champion titles every year since 2013. Shire Elite teams have competed in USA, New Zealand, and won the only fully paid bid to IASF Worlds in 2020. We are home to competitive cheerleading in Sydney's Sutherland Shire, our family has grown a lot since we first began!

We pride ourselves on our positive culture and family environment. Our club has a clear focus on teamwork, work ethic and most importantly our family culture. We have recently undergone a restructuring of our tumble program which has created uniformity, cleanliness and encouraged progression across the program as a whole. As a club, we strive for uniformity and progression in our stunting and we execute this through reinforcing a focus on technique.

We are so excited to work with you!

EASY GUIDE

SELECT THE PERFECT TEAM OR CLASS



ALWAYS WANTED TO TRY CHEERLEADING?

If you've always wanted to see why All Star Cheer is the fastest growing sport for girls in Australia then why not give it a try?! At Shire Elite, all of our teams are important to us. Therefore, every athlete is placed on a team of similar ages and ability, allowing each team to reach their full competitive potential. We understand that not everyone is keen to commit to competing so we also have recreational or even semi competitive teams like Cheer Fun and Cheer Sport.

You're welcome to come along and try any team or class.

[Click here to book a trial](#)

	Perfect for Pre-Kindy Kick start gross motor and social skills	Build your Skills Learn and develop safe tumble technique	Just for Fun Learn the basics of cheer and tumble	Intro to Comps Perfect for beginners and young athletes	Keen for more! No experience required just commitment	Experienced Athletes Team selection based on skill & commitment	Love to Dance Compete or just for fun! Perfect for Adults
Program	TINY TUMBLERS	TUMBLE ONLY	RECREATIONAL	CHEER SPORT	CHEER ADVANCE	CHEER ELITE	DANCE
Commitment	Low	Low	Low	Low	Mid	High	Mid
Ages	3 - 5	5 - Adult	5 - 12	5 - 13	10 - Adult	7 - Adult	8 - Adult
Enrolment Fee	-	\$50	\$50	\$100	\$100	\$100	\$100
Train per week	45min	45min	45min OR 1.5hrs	1.5hrs	2hrs 15min (Adult Team: 1.5hrs)	3hrs 45min - 6hrs	45min
Fees	\$15 per class	\$15 per class	\$15 per class	\$30 per week	\$45 per week (Legacy \$30 per week)	\$70 per week	\$15 per team/class
Events	-	-	2 <i>(optional)</i>	4	6	7	6
Event Fee	-	-	-	\$280	\$600	\$760	\$700
Uniform Fee	-	-	-	\$160	\$390	\$390	\$160 Pom \$390
Teams/Classes	TINY TUMBLERS 3 - 5 years	TUMBLE CLASSES PRIVATE LESSONS (OPEN TO ALL) 5 - 7 years 8 - 9 years 10 - 13 years 14 - 17 years Adults 18+ TUMBLE CLASSES (BY SELECTION) Novice Level 1 Level 2 Level 3 Level 4/5	CHEER FUN TUMBLE FUN DANCE FUN (Pom) 5 - 12 years	TINY TEACUPS TINY TIARAS TINY TOPAZ TINY TWINKLES 5 - 7 years MINI OPALS MINI NOBLES MINI HEARTS MINI ACES 8 - 9 years REGALS 10 - 13 years	MONARCHS DUCHESS 10 - 13 years MAJESTIES 14 - 17 years LEGACY Adults 18+	MINI REIGN 7 - 9 years HIGHNESS EMPIRE 10 - 13 years IMPERIALS EMPRESS 9 - 16 years QUEENS 11 - 18 years DYNASTY ROYALS 14+ years	DANCE FUN (Pom) 5 - 12 years HIERARCHY (Hip Hop) Under 18 years DIAMONDS (Lyrical) 14 years - Adult PRESTIGE (Hip Hop) CROWNS (Pom) Adults 18+
	MORE INFO	MORE INFO	MORE INFO	MORE INFO	MORE INFO	MORE INFO	MORE INFO

WHAT WE OFFER

RECREATIONAL CLASSES



CHEER FUN / TUMBLE FUN / DANCE FUN

If you've ever attended one of our holiday clinics these classes will follow a similar format to learn stunting basics, dance choreography, jumps, correct shapes and tumbling basics. No requirements just come along for fun, making friends and learning new skills.

This is the perfect starting place for young athletes with limited skills who want to learn the basics of cheer whilst having fun and making friends.

Everyone is welcome to join our recreational classes as we will teach you everything! Why not add a tumble class to make it 1.5 hours of learning and fun!

These classes are focused on fun with no competitions and are the perfect introduction to cheer and make friends!
Ages 5 - 12 yrs.

CLASS	DIVISION	AGE	TRAINING DAY
CHEER FUN	Recreational Cheer	5 - 12 yrs	TUE 4 - 4:45pm
TUMBLE FUN	Recreational Tumble	5 - 12 yrs	TUE 4:45 - 5:30pm
DANCE FUN	Recreational Pom Dance	5 - 12 yrs	SAT 9 - 9:45am
CHEER FUN	Recreational Cheer	5 - 12 yrs	SAT 9:45 - 10:30am
TUMBLE FUN	Recreational Tumble	5 - 12 yrs	SAT 10:30 - 11:15am

COMMITMENT LEVEL:	LOW	MID	HIGH
IDEAL FOR:	Perfect for beginners to cheer! Low commitment, maximum fun!		
FEES:	> Cheer Fun Class = \$15 per week > Tumble Fun Class = \$15 per week > Dance Fun Class = \$15 per week		
ADDITIONAL COSTS:	Enrolment Fee: \$50 per athlete, per year <i>(Includes Shire Elite t-shirt, personal insurance and admin costs)</i>		
EVENTS*:	Sun 29 May Mon 21 - Tue 22 Nov	Shire Elite 2022 Showoffs Full Out Week	

*Please Note: Events are optional for Cheer Fun and Dance Fun athletes but are highly recommended as the athletes always get so much pride out of performing their routine to a crowd of fellow Shire Elite athletes and their family and friends. However they are always so much fun and they'll enjoy having the rest of the gym cheer them on when they perform their routine.

WHAT WE OFFER

SEMI COMPETITIVE CHEER TEAMS



CHEER SPORT

We want to give everyone the opportunity to experience and participate in the amazing sport of cheer! However, we are aware that not all athletes and families can commit to the training schedule and financial requirements on top of other sports, school activities and work commitments. For this reason, we provide our fantastic Cheer Sport teams where athletes are provided the chance to experience the excitement of competing, with training only once a week, whilst learning new skills and making friends. Our Cheer Sport teams are the ideal starting place for new athletes that would like to excitement of performing at competition events.

TEAM	DIVISION/LEVEL	AGE	TRAINING DAY
TINY TEACUPS	Cheer Sport Tiny Grade 1	5 - 7 yrs	MON 4 - 5:30pm Team + Tumble
TINY TIARAS	Cheer Sport Tiny Grade 1	5 - 7 yrs	WED 4 - 5:30pm Team + Tumble
TINY TOPAZ	Cheer Sport Tiny Grade 1	5 - 7 yrs	THU 4 - 5:30pm Team + Tumble
TINY TWINKLES	Cheer Sport Tiny Grade 1	5 - 7 yrs	FRI 4 - 5:30pm Team + Tumble
MINI OPALS	Cheer Sport Mini Grade 1	8 - 9 yrs	MON 4 - 5:30pm Team + Tumble
MINI NOBLES	Cheer Sport Mini Grade 1	8 - 9 yrs	WED 4 - 5:30pm Team + Tumble
MINI HEARTS	Cheer Sport Mini Grade 1	8 - 9 yrs	THU 4 - 5:30pm Team + Tumble
MINI ACES	Cheer Sport Mini Grade 1	8 - 9 yrs	FRI 4:45 - 6:15pm Tumble + Team
REGALS	Cheer Sport Youth Grade 1	10 - 13 yrs	TUE 4 - 5:30pm Team + Tumble

COMMITMENT LEVEL:	LOW	MID	HIGH
IDEAL FOR:	Ideal starting place for beginners to competitive cheer! Experience competitions!		
FEES:	> All Cheer Sports Teams = \$30 per week		
ADDITIONAL COSTS:	Enrolment Fee \$100 per year (Includes Shire Elite t-shirt, insurance and admin costs) Event Fee: \$280 per year Cheer Uniform: \$160		
EVENTS:	Sun 29 May Fri 1 - Sat 2 Jul Fri 11 - Sun 13 Nov Mon 21 - Tue 22 Nov	Shire Elite 2022 Showoffs CheerBrandz Eutopia Competition CheerBrandz Nationals Competition Full Out Week	

WHAT WE OFFER

COMPETITION CHEER TEAMS



CHEER ADVANCE

Our Cheer Advance teams are for those athletes ready to make a bigger commitment to their training but are not yet ready for an elite team. Cheer Advance athletes train for around 2 hours once per week and get to enjoy competing at most of the same exciting competitions and events. Cheer Advance teams require a higher level of dedication and commitment from both athletes and their families than our Cheer Sport teams, with full attendance expected for all trainings and events throughout the year.

Adult Team

Our adult teams are a great way to keep fit whilst having fun, and our classes always include plenty of laughs! We are lucky enough to have such an inclusive group of adults, who are always looking for more additions to their family. Why not book in for a trial class? There's no judgement, just fun and encouragement!

TEAM	DIVISION/LEVEL	AGE	TRAINING DAY
MONARCHS	Cheer Advance Youth Novice	10 - 13 yrs	MON 5:30 - 7:45pm Team + Tumble
DUCHESS	Cheer Advance Youth Novice	10 - 13 yrs	WED 5:30 - 7:45pm Tumble + Team
MAJESTIES	Cheer Advance Senior Novice	14 - 17 yrs	MON 7 - 9:15pm Tumble + Team
LEGACY	Cheer Advance Adult Non Tumble	18yrs+	MON 7:45 - 9:15pm Team (Optional Tumble Mon 7pm)

COMMITMENT LEVEL:	LOW	MID	HIGH												
IDEAL FOR:	Beginners and experienced athletes who are keen to experience more competition events!														
FEES:	> Youth and Senior Cheer Advance Teams = \$45 per week > Adult Cheer Advance Team = \$30 per week														
ADDITIONAL COSTS:	Enrolment Fee \$100 per year (Includes Shire Elite t-shirt, insurance and admin costs) Event Fee: \$600 per year Cheer Uniform: \$390 (Uniform remains for 2022 & 2023 seasons)														
EVENTS:	<table border="0"> <tr> <td>Sun 29 May</td> <td>Shire Elite 2022 Showoffs</td> </tr> <tr> <td>Fri 10 - Sun 12 Jun</td> <td>AASCF Winterfest Competition</td> </tr> <tr> <td>Fri 9 - Sun 11 Sep</td> <td>AASCF NSW State Competition</td> </tr> <tr> <td>Fri 11 - Sun 13 Nov</td> <td>CheerBrandz Nationals Competition</td> </tr> <tr> <td>Mon 21 - Tue 22 Nov</td> <td>Full Out Week</td> </tr> <tr> <td>Thu 24 - Sun 27 Nov</td> <td>AASCF Nationals Competition (Broadbeach, QLD)</td> </tr> </table>			Sun 29 May	Shire Elite 2022 Showoffs	Fri 10 - Sun 12 Jun	AASCF Winterfest Competition	Fri 9 - Sun 11 Sep	AASCF NSW State Competition	Fri 11 - Sun 13 Nov	CheerBrandz Nationals Competition	Mon 21 - Tue 22 Nov	Full Out Week	Thu 24 - Sun 27 Nov	AASCF Nationals Competition (Broadbeach, QLD)
Sun 29 May	Shire Elite 2022 Showoffs														
Fri 10 - Sun 12 Jun	AASCF Winterfest Competition														
Fri 9 - Sun 11 Sep	AASCF NSW State Competition														
Fri 11 - Sun 13 Nov	CheerBrandz Nationals Competition														
Mon 21 - Tue 22 Nov	Full Out Week														
Thu 24 - Sun 27 Nov	AASCF Nationals Competition (Broadbeach, QLD)														

*Please Note: AASCF Nationals Competition in Qld is not compulsory for Cheer Advance athletes.

WHAT WE OFFER

ELITE COMPETITION CHEER TEAMS



CHEER ELITE

Our elite teams are for those athletes who are ready to work hard as an integral component of their team towards building an amazing routine which will be performed at multiple competitions throughout the season. These teams require an exceptionally high level of dedication from both athletes and their families, with full attendance expected for all training and competitions throughout the year. Placement on an Cheer Elite team is highly selective but also extremely rewarding.

TEAM	DIVISION/LEVEL	AGE	TRAINING DAY 1	TRAINING DAY 2
MINI REIGN	Cheer Elite Mini Novice	8 - 9 yrs	TUE 4 - 6:15pm Tumble/Team/Fitness	THU 4 - 5:30pm Team/Fitness
HIGHNESS	Cheer Elite Youth Novice	10 - 13 yrs	TUE 4:45 - 7:45pm Tumble/Team	THU 4:45 - 7pm Team/Fitness
EMPIRE	Cheer Elite Youth Level 1	10 - 13 yrs	MON 4:45 - 7:45pm Fitness/Team/Tumble	WED 5:30 - 7:45pm Team/Fitness
QUEENS	Cheer Elite Senior Level 1	11 - 18 yrs	WED 7 - 9:15pm Fitness/Team	FRI 5:30 - 8:30pm Fitness/Team/Tumble
IMPERIALS	Cheer Elite Junior Level 2	9 - 16 yrs	WED 4 - 6:15pm Team/Fitness	FRI 4 - 7pm Team/Fitness/Tumble
DYNASTY	Cheer Elite Open Level 3NT	14 yrs+	WED 7 - 9:15pm Fitness/Team	FRI 6:15 - 8:30pm Fitness/Team
EMPRESS	Cheer Elite Junior Level 3	11 - 18 yrs	TUE 7 - 9:15pm Fitness/Team	THU 5:30 - 8:30pm Team/Tumble/Fitness
ROYALS	Cheer Elite Open Level 5	14 yrs+	TUE 6:15 - 9:15pm Tumble/Fitness/Team	THU 6:15 - 9:15pm Fitness/Tumble/ Team

COMMITMENT LEVEL:	LOW	MID	HIGH
IDEAL FOR:	The full Elite Cheer experience with full commitment to training and events		
FEES:	> All Cheer Elite Teams = \$70 per week		
ADDITIONAL COSTS:	Enrolment Fee \$100 per year (Includes Shire Elite t-shirt, Insurance and admin costs) Event Fee: \$760 per year Cheer Uniform: \$390 (Uniform remains for 2022 & 2023 seasons)		
EVENTS*:	Sun 29 May Fri 10 - Sun 12 Jun Fri 12 - Sun 14 Aug Fri 9 - Sun 11 Sep Fri 11 - Sun 13 Nov Mon 21 - Tue 22 Nov Thu 24 - Sun 27 Nov	Shire Elite 2022 Showoffs AASCF Winterfest Competition AASCF Battle Competition AASCF NSW State Competition CheerBrandz Nationals Competition Full Out Week AASCF Nationals Competition (Broadbeach, QLD)	

*Please Note: All events are compulsory for Cheer Elite athletes.

WHAT WE OFFER

DANCE TEAMS



DANCE

Shire Elite offers fun, high energy dance classes in the styles of Hip Hop, Pom and Lyrical. Dancers will learn and refine a choreographed 2-minute dance routine, which they will perform at events throughout the year. Hip Hop teams are available for dancers Under 18 yrs and we also have an adult teams. Our Lyrical team is available for dancers aged 14 through to adults and our Pom team is available for adults only.

Unable to commit to a competitive team or not ready to compete? You can join our dance teams as a non-competitive, class-only athlete and attend training classes only. Why not [book in for a trial class](#)? You have nothing to lose, and you might even find that you'll love it just as much as the kids!

Adult Dance Teams

Why should the kids have all the fun? Our dance teams are a great way to keep fit whilst having fun in our classes with plenty of laughs! We are lucky enough to have such an inclusive group of adults, who are always looking for more additions to their family.

TEAM	DIVISION/LEVEL	AGE	TRAINING DAY
DANCE FUN	Recreational Pom Dance	5 - 12 yrs	SAT 9 - 9:45am
HIERARCHY	Hip Hop Junior Novice	Under 15 yrs	SAT 9 - 9:45am
CROWNS	Pom Adult	18 yrs+	SAT 9:45 - 10:30am
PRESTIGE	Hip Hop Adult	18 yrs+	SAT 10:30 - 11:15am
DIAMONDS	Lyrical Open	14 yrs - Adult	SAT 11:15am - 12pm

COMMITMENT LEVEL:	LOW	MID	HIGH
IDEAL FOR:	Anyone who loves to dance and be part of a family with exciting events to attend		
FEES:	> All Dance Teams = \$15 per week (per team)		
ADDITIONAL COSTS: <i>Not applicable to Dance Fun</i>	Enrolment Fee \$100 per year (Includes Shire Elite t-shirt, insurance and admin costs) Event Fee: \$700 per year Dance Costume: \$160 - Hip Hop & Lyrical, \$390 - Pom (Uniform remains for 4 seasons)		
EVENTS: <i>* Optional Events for Dance Fun</i>	Sun 29 May Fri 1 - Sat 2 Jul Fri 9 - Sun 11 Sep Fri 11 - Sun 13 Nov Mon 21 - Tue 22 Nov Thu 24 - Sun 27 Nov	Shire Elite 2022 Showoffs* CheerBrandz Eutopia Competition AASCF NSW State Competition CheerBrandz Nationals Competition Full Out Week* AASCF Nationals Competition (Broadbeach, QLD)	

WHAT WE OFFER

NON-COMPETITIVE CLASSES



CLASSES

TUMBLE

Our tumble classes are designed to teach basic through to advanced tumble skills in a fun, safe and progressive environment. Tumble classes are split into levels ranging from novice for beginners then level 1 through to level 6. Each athlete is assessed and placed in a class that is best suited to their current tumble ability and future skill development. All our Cheer Advance and Cheer Elite Teams are required to attend a compulsory Tumble class.

FITNESS

Fitness classes focus on building strong and healthy athletes through increasing overall fitness. These classes incorporate a range of dynamic conditioning activities and exercises to improve flexibility, strength, power and cardio endurance. Increasing fitness is one of the fastest ways to speed up your skill development in cheer and dance. Fitness classes are compulsory for Cheer Elite athletes but are highly recommended for all.



TINY TUMBLERS

Our pre-school program is the perfect introduction to basic shapes, balance and co-ordination in a fun and relaxed environment. A great way for young children to improve their social skills whilst also developing strong gross motor skills such as balance, coordination and increased strength and mobility.

Only \$15 per class. Every Tuesday @9:30am & 10:30am
[Click here to book a Tiny Tumblers trial](#)

PRIVATE COACHING & CLINICS

PRIVATE COACHING

Private coaching is available to both members and non-members of Shire Elite. Private coaching is designed for athletes that would like to improve any aspect of cheer and/or dance. They can be formatted to focus on any specific skill that an athlete is wishing to gain, perfect or master. Or alternatively can be including in an athletes weekly ongoing general skill development. Private coaching is available as 45 minute sessions available from 4pm weekdays and 9am Saturdays. We also have limited 30 minute sessions at 3:30pm on weekdays.

SKILLS CLINICS

During the year we hold specialised clinics that focus on particular skills such as backward walkovers, jumps, flyer skills or even high level tumbling skills. These usually occur during school holidays. Keep an eye out on social media and emails for any upcoming skills clinics

HOLIDAY CHEER CLINICS

We run our super popular Holiday Cheer Clinics every school holidays. Our clinics are stacked full of fun to keep the kids entertained for the whole day. Each clinic includes a games, stunts, tumble, dance, obstacle courses, free play and fun cheer routines. They always book out fast so make sure you to book early to secure your spot. [Click here!](#)

CHEER PARTIES

Contact us about our cheer parties for your child's birthday.

We also hire out our gym for events.

For more info head to shireelite.com.au/parties or email us at admin@shireelite.com.au



TIMETABLE

MONDAY			
4:00pm	TINY TEACUPS Cheer Sport Tiny 4 - 4:45pm		MINI OPALS Cheer Sport Mini 4 - 4:45pm
4:45pm	TUMBLE L1 EMPIRE 4:45 - 5:30pm		TUMBLE TINY 4:45 - 5:30pm
5:30pm	EMPIRE Cheer Elite Youth L1 5:30 - 7pm		MONARCHS Cheer Advance Youth Novice 5:30 - 7pm
6:15pm			
7:00pm	FITNESS EMPIRE 7 - 7:45pm	TUMBLE ADULT 7 - 7:45pm	TUMBLE NOVICE MONARCHS 7 - 7:45pm
7:45pm	LEGACY Cheer Advance Adult NT 7:45 - 9:15pm		MAJESTIES Cheer Advance Senior Novice 7:45 - 9:15pm
8:30pm			

TUESDAY			
CHEER FUN Recreational Cheer 4 - 4:45pm		TUMBLE NOVICE YOUTH 4 - 4:45pm	TUMBLE NOVICE MINI REIGN 4 - 4:45pm
TUMBLE FUN 4:45 - 5:30pm	REGALS Cheer Sport Youth 4:45 - 5:30pm	FITNESS HIGHNESS 4:45 - 5:30pm	FITNESS MINI REIGN 4:45 - 5:30pm
TUMBLE NOVICE HIGHNESS 5:30 - 6:15pm		MINI REIGN Cheer Elite Mini Novice 5:30 - 6:15pm	
HIGHNESS Cheer Elite Youth Novice 6:15 - 7:45pm		FLYERS EMPRESS /MINI REIGN 6:15 - 7pm	TUMBLE L5 ROYALS 6:15 - 7pm
		FITNESS EMPRESS/ROYALS 7 - 7:45pm	
EMPRESS Cheer Elite Junior L3 7:45 - 9:15pm		ROYALS Cheer Elite Open L5 7:45 - 9:15pm	

WEDNESDAY			
4:00pm	IMPERIALS Cheer Elite Junior L2 4 - 5:30pm		TINY TIARAS Cheer Sport Tiny 4 - 4:45pm
4:45pm			TUMBLE TINY 4:45 - 5:30pm
5:30pm	FITNESS IMPERIALS 5:30 - 6:15pm	FITNESS EMPIRE 5:30 - 6:15pm	DUCHESS Cheer Advance Youth Novice 5:30 - 7pm
6:15pm	EMPIRE Cheer Elite Youth L1 6:15 - 7:45pm		FLYERS QUEENS IMPERIALS/DYNASTY 6:15 - 7pm
7:00pm			FITNESS QUEENS /DYNASTY 7 - 7:45pm
7:45pm	DYNASTY Cheer Elite Open L3 NT 7:45 - 9:15pm	FLYERS EMPIRE 7:45 - 8:30pm	QUEENS Cheer Elite Senior L1 7:45 - 9:15pm
8:30pm			

THURSDAY			
4:00pm	TINY TOPAZ Cheer Sport Tiny 4 - 4:45pm	MINI HEARTS Cheer Sport Mini 4 - 4:45pm	MINI REIGN Cheer Elite Mini Novice 4 - 4:45pm
4:45pm	TUMBLE TINY 4:45 - 5:30pm	TUMBLE MINI 4:45 - 5:30pm	FITNESS HIGHNESS 4:45 - 5:30pm
5:30pm	EMPRESS Cheer Elite Junior L3 5:30 - 7pm	FLYERS ROYALS 5:30 - 6:15pm	HIGHNESS Cheer Elite Youth Novice 5:30 - 7pm
6:15pm		FITNESS ROYALS 6:15 - 7pm	
7:00pm	TUMBLE L3 EMPRESS 7 - 7:45pm	TUMBLE L5 ROYALS 7 - 7:45pm	FLYERS HIGHNESS 7 - 7:45pm
7:45pm	FITNESS EMPRESS 7:45 - 8:30pm	ROYALS Cheer Elite Open L5 7:45 - 9:15pm	
8:30pm			

FRIDAY			
TUMBLE L2 IMPERIALS 4 - 4:45pm		TINY TWINKLES Cheer Sport Tiny 4 - 4:45pm	
IMPERIALS Cheer Elite Junior L2 4:45 - 6:15pm	TUMBLE TINY 4:45 - 5:30pm		TUMBLE MINI 4:45 - 5:30pm
	FITNESS QUEENS 5:30 - 6:15pm	MINI ACES Cheer Sport Mini 5:30 - 6:15pm	
TUMBLE L1 QUEENS 6:15 - 7pm		FITNESS IMPERIALS 6:15 - 7pm	FITNESS DYNASTY 6:15 - 7pm
QUEENS Cheer Elite Senior L1 7 - 8:30pm		DYNASTY Cheer Elite Open L3 NT 7 - 8:30pm	

SATURDAY		
9:00am	HIERARCHY Hip Hop Junior Novice 9 - 9:45am	DANCE FUN Recreational Pom Dance 9 - 9:45am
9:45am	CROWNS Pom Adult 9:45 - 10:30am	CHEER FUN Recreational Cheer 9:45 - 10:30am
10:30am	PRESTIGE Hip Hop Adult 10:30 - 11:15am	TUMBLE FUN 10:30 - 11:15am
11:15am	DIAMONDS Lyrical/Contemporary Open Novice 11:15am - 12pm	

25 MAR 2022

TUMBLE CLASSES

Tumble Classes shown in Dark Grey are selective only.
All other classes available to everyone including beginners

TRAINING REQUIREMENTS

CHEER ELITE (SELECTIVE) Novice, Level 1, 2 & 3 = 1 x Tumble Class, 2 x Fitness Classes
Level 3 Non Tumble = 2 x Fitness (Tumble class not required)
Level 5 = 2 x Tumble Classes, 2 x Fitness Classes

CHEER ADVANCE CHEER SPORT Tiny, Mini, Youth & Junior = 1 x Tumble Class
Cheer Advance Adult Team = Tumble class optional

AGE GRID

Age athlete turns in 2022

FUN CLASSES 5 - 12 yrs
CHEER & TUMBLE

Tiny 5 - 7 yrs
Mini 8 - 9 yrs
Youth 10 - 13 yrs
Senior 14 - 17 yrs
Junior Elite Selective
Senior Elite Selective
Open Elite Selective
Adult 18yrs+

DANCE TEAMS

Junior Under 16yrs
Open 14 yrs - Adult
Adult 18yrs+

TRIAL A CLASS



TRIAL A CLASS OR TEAM!

At Shire Elite, we always offer a trial class before enrolling. We feel it's important to know exactly what our gym is like before committing to enrolment. Plus we're super confident that you'll love your trial and have no choice but to enrol after attending anyway!

What to Bring/Wear

Most of our athletes wear shoes to training. For beginners just simple white sneakers are perfect however if you're more comfortable in bare feet that's also fine. Wear comfortable, fitted clothes such as a crop top, fitted singlet or t-shirt and fitted shorts or bike shorts. No jewellery or watches to keep everyone safe and long hair must be tied up securely. Don't forget to bring a water bottle!

What to Expect

Once you arrive, please check in with our friendly reception staff who will ensure any necessary forms have been completed. They will then introduce you to your coach(es) for the session.

Your coach will give you a tour of the gym and introduce you to some other athletes. Parents are welcome to remain at reception for trial classes to ensure their child is comfortable. However, other than a trial, parents are not allowed inside the gym, but can watch from outside the roller door.

Each session starts with a warm up, then the class or team will commence their training. If there is anything you want to ask

please feel free to ask your coach to explain more to you. There may be some new words or phrases you hear that sound different or strange for skills you know, but don't be afraid to ask!

If you're new to cheer you are welcome to just watch until you feel ready to join in. Your team mates and coach will encourage you to participate so that you get the full experience. There is no expectation for you to know how to do any skills as we understand it's your first time and there's lots to learn! Just try to do your best and enjoy yourself.

After your class your coach or one of our lovely receptionists will check in with you to see how if you enjoyed your class(es) and to answer any questions. The coach will speak with the parent or carer to provide feedback and recommend a class or team that will be best suited. Our receptionist will give you details on how to enrol and answer any questions about enrolment, training or anything else you'd like to know.

You are more than welcome to enrol on the day. Once payment has been set up, you will receive your Shire Elite Club t-shirt which you can wear to your first training session.

We will contact you a few days after your trial to check in with you and see if you would like to enrol if you haven't already. As always feel free to get in touch anytime if you have any questions at all.

We look forward to welcoming you into our gym!
The Shire Elite Team

[Get in touch via email!](#)

BOOK A TRIAL

All ages and abilities are welcome to trial a class or team!

1. Simply Click Here (or go Book a Trial tab on our website: www.shireelite.com.au)
2. Select from Tiny Tumblers, Recreational Cheer, Cheer Teams, Tumble, Dance
3. Book your class and receive a confirmation email.

[Book a Trial](#)