



**2017 Cheerleading
Team Placement
Information Pack**

Congratulations on taking the first step to become part of the incredible Icon Gymsports Cheer-leading family!

2017 has so many amazing things in store for us as a club. Between our Option 1 and Option 2 teams, recreational cheerleading, and also tumbling, there is a place for EVERYONE at Icon. This pack will outline the information needed to participate in the 2017 Team Placements.

There are 3 ways to try out for a position with Icon:

- 1. Team Placements on 10 December, 2016 from 5—8pm**
- 2. Video Submission Tryouts submitted between 29 Nov, 2016 - 28 Jan, 2017**
- 3. Private Audition (\$30 fee applies). Schedule via cheer@icongymsports.com**

The following pages will explain your 4 options for placement as well as the teams you may try out for. Just remember, EVERYONE makes a team at Icon.

The following teams will be at Icon in the 2017 competition year:

Team Name	Division & Level	Age Group	Beginner Intermediate Advanced Elite	Training Day and Time
Red Bellies (+ Tumble Class)	Mini Novice	8 years of age and under	Beginner	TBD
Serpents	Youth Level 1	11 years of age and under	Beginner— Intermediate	Tuesday & Thursday 4.00—5.30pm
Taipans (+ Tumble class)	Senior Level 1	10—18 years of age	Beginner— Intermediate	Wednesday 6.00—8.00pm
Cobras (+ Tumble Class)	Open Level 2	14+ years of age	Intermediate	Monday 7.30—9.30pm
Copperheads	Junior Level 2	14 years and un- der	Intermediate	Tuesday & Thursday 5.30—7.00pm
Harlequins	Senior Level 3	10—18 years of age	Advanced	Mon/Fri - 6.00—7.30pm Wed - 7.30—9.30pm
Vipers	Open Level 4	14+ years of age	Elite	Tuesday & Thursday 7.00—9.30pm

* - Teams in green denote our Option 1 teams. Teams in blue denote our Option 2 teams.



Team Placements

10 December, 2016 & 28 January, 2017

10 Dec 2016 - Saturday - 5.00 - 8.00pm

5.00 - 5.30pm - Arrival and Registration

5.30 - 5.45pm - Group Warm-Up and Stretch

5.45 - 6.00pm - Separate into groups by Team/Age

6.00 - 6.20pm - Teach Dance in 2 groups

6.20 - 6.35pm - Warm– up tumbling and jumps

6.35 - 7.00pm - Audition Tumbling by registration number

7.00 - 7.20pm - Audition Dance by registration number

7.20 - 7.50pm - Audition stunting by possible stunt position

7.50 - 8.00pm - Departure (Results will be sent out on 17 December!)

All Cheer teams begin training the week of 30th January 2017.

2017 WELCOME PICNIC

We will be hosting a Welcome Picnic for everyone to attend on 28th January, 2017 at Mona Vale Beach. This is a fantastic chance to meet your new team and have a relaxed day of hanging out

before the hard work begins!

(RSVP required after you accept your position on a team for 2017)



Video Auditions

Submit between 5 December, 2016 - 28 January, 2017

Video tryouts are always welcome for any of the Icon Gymsports' competitive cheerleading teams. You may take the video on anything from a camera to a smart phone, as long as each element can be clearly seen by the coaches that will review it.

Elements that must be included are the following:

3 Advanced Jumps—two of which must be connected (whipped)

Any tumbling skills you want included

The Intermediate or Advanced Dance

The dance can be learned from the Icon Gymsports Facebook Page or a link will be available in our Instagram bio to the Youtube video—follow @iconsnakepit

If you have previous cheer experience you should also show proper technique for basing or flying the following skills in your desired stunt position:

A hang drill

A thigh stand or prep level stunt

A single leg stunt at waist, prep, or extended level

Flyers: any and all body positions you can demonstrate



Hurdler Jump



Toe Touch



Pike Jump

Private Audition

\$30 fee applies

Athletes are welcome to schedule a private audition with an Icon Cheerleading coach. A typical audition will look like the following:

- Learn the Intermediate or Advanced dance before your audition day**
- Arrive 10 minutes before the audition time in order to warm-up and stretch**
- The coach will review the dance with the athlete**
- 5-10 minutes of tumbling and jumps warm-up**
- Athlete will show their selected jumps and tumbling skills**
- Athlete will perform the chosen dance**
- Coach will ask athlete to demonstrate stunting positions that may apply**

Private Auditions may be schedule between the followings dates and times:

5th - 16th December, 2016 - Tuesday through Friday from 4.00 - 7.00pm

10th - 27th January, 2017 - Monday through Friday from 1.00 - 6.00pm

Please email cheer@icongymsports.com to schedule a time with a coach. Make sure to offer three options of availability just in case a coach is unavailable for your first choice.



2017 Athlete Information

This form MUST be submitted with your audition either via email or in person on the day.

Athlete Name: _____

Date of Birth ___ / ___ / ___

Address: _____

Age as of 31 Dec 2017: ___

Contact Email: _____

Parent/Guardian(s) Name: _____

Parent/Guardian(s) Contact #: _____

Please tick the teams you are interested in:

OPTION 1 TEAMS– 4 competitions in 2017

- Red Bellies (Mini) Serpents (Youth 1) Taipans (Senior 1) Cobras (Open 2)

OPTION 2 TEAMS - 7 competitions in 2017

- Copperheads (Junior 2) Harlequins (Senior 3) Vipers (Open 4)

Icon Gymsports will not be offering cross-overs on competitive teams in 2017 unless to cover an injury within 3 weeks of a competition. Please remember that Option 2 teams are a very high level of commitment.

Previous Cheer Experience:

Previous other experience:

Please tick the stunt position you would like to audition for:

- Flyer Main Base Side Base Back Spot/Base

Please circle if you are interested in Group Stunt in 2017: YES / NO

