



**Cheer Tumble 'n' Fly  
Dance Crew**

## **Welcome**

Thank you for your interest in the **Cheertumble'n'fly Dance Crew (CTF)** programme. **CTF** is a cheerleading, dance, and tumbling club in Perth, Western Australia. We have gyms in Queens Park and Forrestfield.

Mim Longo started **CTF** in 2008. **CTF** provides high-quality cheer,dance, hip hop, burlesque, contortion and tumbling programs for most age groups, and for beginner to intermediate cheer levels. Mim and her coaches, Rachel Cottrell, Deb Mondon and Tiff Leeder train competitive teams in local and national competitions.

2012 promises excitement and success. We look forward to building and expanding our programs to meet your needs. We will offer the following programs:

- Bring it on cheer – teaching athletes to cheer, dance and be part of a team
- Boys only Hip Hop team. **\*New**
- Open Hip Hop for Men and Women \*To compete in Sydney 2012 **\* New**
- Stick it tumbling STUNTZ - a class for hard working athletes who are ready to take on level higher level stunting
- Hip hop
- Performance Jazz classes. **\*More age groups**
- Contortion.
- Burlesque. **\*New**

All our coaches have police clearance, working with children checks, and are first aid qualified. Mim is a qualified cheer coach with 30 years dance experience.

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## Cheer Tumble 'n' Fly Dance Crew

### **Bring it on cheer**

These classes are for all age groups. We will focus on learning the basics of cheerleading including jumps, stunts, dance, and cheer skills and constantly build on these skills. These action-packed classes are fun, all athletes will compete in local, state and even National Competitions.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers. Competition wear available from CTF. Approximate prices: uniform \$100, bow \$15, cheer sneakers \$100. This is cheaper for younger groups. Pom Poms range from \$25 - \$35*

### **Stick it tumbling**

These classes are for four year-old and older athletes who want to do cartwheels, forward rolls, back flips and more.

*Class attire - CTF gear available at training or black cotton lycra gear or leotard, and bare feet. Lower levels: black jazz or acro shoes. CTF will announce concert costume in term 3.*

### **Stuntz**

These classes are for tough little princesses, nine and older. Some of our older athletes will be able to compete in 2012 stunt groups for Open and Senior age groups in Level 3.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers. Competition wear available from CTF. Approximate prices: uniform \$100, bow \$15, cheer sneakers \$100. Same as your cheerleading group uniform.*

### **Hip hop and Boys Hip hop**

CTF jumped at the chance to bring hip hop to your community in 2009. This class is filled with hip hop moves, popping, locking, stretching, and strength building exercises.

All students compete in competitions with the routines they learn in class. Our new open age class will have guest teachers who will be teaching more street styles.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers or black split sole jazz shoes. Competition wear available from CTF. Approximate price \$80*

### **Contortion**

This exciting form of physical movements involves dramatic flexing and bending of the body. Dancers and cheerleaders can use contortion to add drama to their routines and flexibility to their skills.



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## Performance Jazz class

This class is aimed at our more advanced athletes. If you've got some dance skills already and would like to master a little more than our hip hop class this may be for you.

Dancers in this class will have the chance to compete in solos, duos, trios, troupes, and teams in cheer and dance competitions. They will learn more about their posture, core strength and how to polish their performances.

They will also learn various dances throughout the year including jazz, funk and contemporary. All cheerleaders who want to extend themselves should take this class.

These more disciplined classes are for athletes who want to compete at state, national, and international levels.

*Class attire - CTF gear available at training, or black cotton lycra gear and sneakers or black split sole jazz shoes. Competition wear available from CTF. Approximate price \$120, will get multiple use from costume.*

## Burlesque

Looking to get fit in a fun, relaxed environment? Then this is the class for you.

A 45 minute beginner burlesque class for ladies 17 and older. Classes include cardio warm up, stretches to increase flexibility, and learning classic and modern burlesque moves.

*For those daring enough to compete and or perform their routines a costume will need to be purchased for approximately \$100*

## Tiny tots pom and dance

This is a fun class that introduces the world of dance and pom pom routines to tiny tots. It is closed to parents. Coaches will ask for any parental help they need.

The children will perform in local competitions.

*Class attire - CTF attire or black or pink comfortable clothing. Bare feet or sneakers. Costumes approximately \$60. Pom Poms range from \$25 - \$35.*

## Athletes with special needs

We integrate kids with special needs into our regular classes. Contact Mim for details.



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## Schedule

Class	Age	Wednesday	Friday	Saturday	Sunday	Where
Tumbling						
Level 1	4 and older	3.45 – 4.30 p.m.				Queen's Park
Level 2 and 3	6 and older	5.00 – 5.45 p.m.				Queen's Park
Contortion						
Beginner and advanced	5 and older	4.30 – 5.00 p.m.				Queen's Park
Hip hop						
Mini bots	9 and younger		4 – 4.30 p.m.			
Junior mixed	14 and younger		4.30 – 5.15 p.m.			Hartfield Park
Burlesque	17 and older		5.15 – 6.00 p.m.			Hartfield Park
Performer's dance						
Junior senior	18 and younger		5:15-6:00 p.m.			Hartfield Park
Competitive STUNTZ						
Youth to open	8 and older			3.15 – 3.45 p.m.		Queen's Park
Competitive cheer and pom						
Youth and junior pom	14 and younger			12.00 – 12.45 p.m.		Queen's Park
Junior level 2 cheer				1.00 – 2.15 p.m.		Queen's Park
Tiny tots	2 and older			2.15 – 3.00 p.m.		Queen's Park
Mini juniors	8 and younger			2.15 – 3.15 p.m.		Queen's Park
Open Hip hop	14 and older				4.00 – 5.00 p.m.	Queen's Park
Open performance dance	14 and older				4.45 – 5.45 p.m.	Queen's Park
Open pom	14 and older				4:45 – 6.00 p.m.	Queen's Park

Private lessons for dance solos, duos, and trios by arrangement.

Queen's Park Rec.Centre is at Centre Street in Queen's Park. Hartfield Park is at 99 Hale Road, Forresfield.



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## Fees

Class	Per class \$	Discount	Registration*
Tumbling	10.50	5.00	35.00
Contortion			
Beginner and advanced	7.00	5.00	35.00
Hip hop			
Mini junior	9.50	5.00	35.00
junior, and boys	10.50		
Performer's dance			
Junior	10.50	5.00	35.00
Burlesque	10.00	***5.00	15.00
Competitive STUNTZ			
Youth to open	7.00	5.00	35.00
Competitive cheer and pom			
Tiny tots	9.50		35.00
Youth and junior 1 and 2	16.50		35.00
Mini juniors	12.00		35.00
Elite seniors level	12.00	5.00	35.00
Performer's dance, hip hop, and pom – Open age	10.50 ea		35.00
	15.50 x 2		35.00
	20.00 x 3		35.00

\*\*\* **Burlesque.** If you have a child in CTF you only pay \$5.00

\*\***Special deal.** When you take a class, take an extra class through the week for only \$5.00.

No matter how many classes you take in a week, the most you will pay is \$30.

Siblings 10% discount.

Competition fees are extra.

\* Covers our athletes for insurance during classes.

## Terms

- You must pay for registration when you register.
- All athletes must pay every month, when you receive the invoice. No more weekly payments in 2012.
- **Cheertumble'n'fly Dance Crew** accepts VISA, MasterCard, Debit, cheque or cash.
- All sales final on Cheertumble'n'fly Dance Crew, costumes and uniforms . Once you have ordered your uniform or costume you **MUST** fully purchase, no excuses accepted.
- If your account is overdue you will be charged \$5.00 on your next account.



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## Communication

Our Website will provide comprehensive information about all of our programs, events, and competitions. We update it regularly. Please tell us your e-mail coordinate.

**Cheertumble'n'fly Dance Crew** believes that communication between parents, administrators, coaches, and athletes is important to running our club effectively.

We encourage you to contact CTF staff if you have any concerns.

### Head coach

All new enquiries

Mim Longo

[info@cheertumblenfly.com](mailto:info@cheertumblenfly.com)

04 0825 7526

### Administration

[admin@cheertumblenfly.com](mailto:admin@cheertumblenfly.com)

### Other staff

Rachel Cottrell – Cheer/Dance coach

Debra Mondon – Dance teacher

[dancin\\_debz@hotmail.com](mailto:dancin_debz@hotmail.com)

0410176637

Tiffany Leeder – Burlesque teacher

[tifflee90@hotmail.com](mailto:tifflee90@hotmail.com)

0427 313 284



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## Registration 2012

<b>Athlete's name</b>	
<b>Date of birth</b>	
<b>MediCare number</b>	
<b>e-mail</b>	

<b>For office use only</b>
Registration \$35
Registration \$15

<b>Parents names</b>	
<b>Address</b>	
<b>Postcode</b>	
<b>Parent's home phone #</b>	
<b>Parent's cell phone #</b>	
<b>Parents e-mails</b>	

<b>Ambulance cover with</b>	
<b>Number</b>	

<b>Emergency contact</b>	
<b>Emergency phone number</b>	

<b>Other siblings in the program</b>	
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Please make us aware of:

- Any court orders for custody.
- Who you authorise to collect your child after class.
- Medical conditions including allergies.
- Intellectual challenges.



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## Consent and Waiver form

When my child takes part in the **Cheertumble'n'fly Dance Crew** programs. I waive any claims I may have against and release all liability and agree not to sue **Cheertumble'n'fly Dance Crew**, or any member of its staff for any personal injury, death, property damage or loss suffered because of my child's participation in the program, arising out of any cause whatever.

I am aware of the usual risks and dangers associated with the **Cheertumble'n'fly Dance Crew** programs and the possibility of injury, death, property damage or loss resulting from them.

It is my responsibility to ensure that my child is wearing suitable clothing and other items coaches consider necessary during participation in the programs. This includes braces and equipment athletes wear to participate.

My child and I have read and understand the **Cheertumble'n'fly Dance Crew** rules that apply always. We understand they are for our safety and protection. I also understand that I must report all injuries to my Coaches no matter how insignificant they may appear and whether they resulted from participation with **Cheertumble'n'fly Dance Crew**.

Accidents happen and can occur with or without fault of the athletes or **Cheertumble'n'fly Dance Crew**. When my child takes part in **Cheertumble'n'fly Dance Crew** programs, I accept the risk of accidents happening.

I agree the activities carried out at a cheerleading club are suitable for my child.

Date \_\_\_\_\_

Participant \_\_\_\_\_

Signature \_\_\_\_\_

Parent or guardian \_\_\_\_\_



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## Rules



**Please read and play by these rules.**

**CTF** is a competitive Cheer and Dance Club. We expect all athletes to:

- Compete.
- Take part in all program activities.
- Not miss classes. If athletes miss classes we will remove them from routines until the next performance.

When ordering uniforms and costumes you must pay for your uniform, even if you leave the club before competing

**CTF** has as strict policy on abuse and interference. We will terminate membership of parents or athletes who abuse our staff or interfere with how we run classes.

Athletes must conduct themselves properly while obeying these rules:

- Come prepared for class.
  - Arrive on time.
  - Wait for their class to start before going on the floor or using any equipment.
  - Enter the gym floor or use equipment only when a coach is there.
  - Eat food or drinks only in the waiting area.
  - Report all injuries to coaches immediately.
  - Wear proper clothing to the gym. **CTF** training attire is available.
  - Wear sneakers to cheer classes – No skate shoes.
  - Wear jazz shoes to dance and level 2 acrobat classes.
  - Tie hair away from the eyes.
  - Bring something in which to store jewellery during practices.
- Cheertumble'n'fly Dance Crew** is not responsible for any lost or stolen articles.

Please tell us if your child has any challenges so we can care for them properly.



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## Participant's Informed Consent form (Under 18)

Please read carefully.

### Risk

I \_\_\_\_\_ give my consent for my child  
(Parent's Name)

\_\_\_\_\_ (Child's Name) to take part in cheerleading that may result in personal injury. These might include injury to bones, joints, ligaments, muscles, tendons, internal organs, and other parts of the skeletal system; and potential damage to other parts of the body. In rare occasions they may include death, paralysis, or brain damage. They may also include property damage or loss.

Cheerleading programs use organized routines made up of stunting, gymnastics, and dance to cheer on sports teams at games and matches or as a competitive sport. I understand these risks and give my child permission to take part in a cheerleading program.

### Rules

I understand the rules are for the safety and protection of participants. I agree to tell my child it is important to obey the rules **Cheertumble'n'fly Dance Crew** sets down.

### Media release

**Cheertumble'n'fly Dance Crew** may use, without payment, any written information, photograph, videotape or other visual media of my child taken during one of its events. **Cheertumble'n'fly Dance Crew** may use this information to further its objectives.

As the parent or guardian of the participant this form names, I declare I have read, understood, and agree to all the contents of this Informed Consent.

I also agree to assume full responsibility to tell my child of the risks involved and that it is important to obey **Cheertumble'n'fly Dance Crew** rules.

Date \_\_\_\_\_  
Participant \_\_\_\_\_  
Signature \_\_\_\_\_  
Parent or guardian \_\_\_\_\_  
Signature of witness \_\_\_\_\_