



**2014**

# **Handbook**

**1/440 Kingston Road**

**Logan Central Qld 4114**

**(Located within Wriggle It Playcentre)**

**Phone: 0405 809 421**

**Email: [info@fiercecheeranddance.com.au](mailto:info@fiercecheeranddance.com.au)**

**[www.fiercecheeranddance.com.au](http://www.fiercecheeranddance.com.au)**

## Dance Classes

### **Ballet:**

Do you want to learn the most graceful form of self-expression? Classical ballet is the most formal of the ballet styles that remain devoted to traditional ballet technique. In this class, you will develop disciplined techniques and a strong awareness of your body along with grace, elegance and line. These are essential qualities and a foundation for every dancer.

### **Jazz Ballet:**

Jazz is a broad range of dance style. It is a dance to contemporary and pop music, drifting away from the classical ballet. Although the same discipline and understanding is required, Jazz delivers more vibrant and energetic dance. You will learn to combine physical exercise and performance skills, allowing students to learn body isolation and contraction to increase body's flexibility, strength, and stamina required for energetic fast movements.

### **Contemporary:**

Using the natural lines and energy of the body, this modern dance style exerts combined elements of both classical ballet and modern dance. A student will learn strong technique needed for movements that are abstract and fluid, and express interpretation with wide range of movements.

### **Tap Dancing:**

A so called "Music of the feet", implements metal plates on tap shoes, which allow dancers create rhythmic patterns and percussion sounds. Students will learn to tap lively and vigorously, along with right musical timing and rhythm. Students will benefit physically through building stamina and body coordination, as well as cognitive abilities that will develop both mental and muscle memory and be a proficient tap dancer.

### **Hip Hop:**

A unique dance style that embodies latest dance moves performed to Hip Hop and R'n'B Music. With less rigorous in dance discipline, students will be trained to perform freedom movement incorporating their own personalities to their dance moves.

### **Competitive Dancing:**

Competitive dancing is for dancers who are completely committed to training at least twice a week in one competitive class and one technical class while working towards representing Fierce Cheer and Dance in the upcoming competitive season. All dancers are placed into teams according to their age and level of ability. Competitive athletes are required to purchase the Fierce Cheer and Dance competition uniform and tracksuit.

## Cheerleading Classes

### Cheerleading Squad

Cheerleading is challenging and fun to learn as much as it is exciting to watch. Our cheerleading classes are designed to cover all stunts, jumps, motions and dance you'll need to learn to be a cheerleader. This program requires a full year's commitment and athletes will be enrolled to their appropriate level at the beginning of the year. In a cheerleading competition, teams perform a 2 ½ minute routine with music. Scores are given by a panel of cheerleading experts depending on the difficulty and execution of the stunts, jumps, dance and other elements. The winner takes a trophy and the rights to brag. Teams compete on different age and difficulty (1-6), 6 being the toughest.

Squads:

- Kittykats      4-7 years
- Wildcats      8-14 years
- Jaguars      14-17 years

### Tumbling

Beautifully executed tumbling adds exciting variety in a cheer routine. It is especially thrilling for an audience to watch a solo tumbler do a series of rolls, flips or cartwheels. Our tumbling class can teach you exactly the basics you need. This class is designed to teach beginners tumbling skills including forward rolls, cartwheels, handstands, springs and round-offs.

### Stunts

Stunts class may only be taken by cheerleaders who also are enrolled in Squad and Tumbling Classes.

### Dance Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:00	Primary Contemporary (4-5 years)	Primary Hip Hop (4-5 years)	Primary Ballet (4-5 years)	Primary Jazz (4-5 years)	Primary Tap (4-5 years)
4:00-5:00	Competitive Dance (4-5 years)	Jazz (6-7 years)	Ballet (6-7 years)	Hip Hop (6-7 years)	Tap (6-7 years)
5:00-6:00	Contemporary (6-7 years)	Competitive Dance (6-7 years)	Ballet (8+ years)	Hip Hop (8+ years)	Tap (8+ years)
6:00-7:00	Contemporary (8+ years)	Jazz (8+ years)	Competitive Dance (8+ years)	Jazz (14 years+)	Tap (14+ years)
7:00-8:00	Contemporary (14+ years)	Hip Hop Open (7:00-8:30pm)	Ballet (14 years+)	Competitive Dance (14+ years)	Hip Hop (14 years+)
8:00-9:30	Jazz Open		Ballet Open	Contemporary Open	

## Cheerleading Timetable

	Tuesday	Wednesday
3:30-5:00	Cheerleading Wildcats	Cheerleading Kittykats
5:00-6:00	Tumbling Wildcats	Tumbling KittyKats
6:00-7:30	Cheerleading Jaguars	Group Stunts
7:30-8:30	Tumbling Jaguars	

## Policies

We encourage all of our athletes to wear the Fierce Cheer and Dance uniform with pride. Please remember that when athletes are in uniform they are representing Fierce Cheer and Dance and the high standards, values and reputation of our Cheer and Dance School.

Fierce Cheer and Dance's colours are Black, White and Red and we encourage all parents and supporters to wear our gym colours at all competitions, events and displays to show your support and involvement in the club.

For all enquiries in regards to new enrolments/teams/schedule/events/competitions please contact the gym manager on 0405 809 421 or email [enrolments@fiercecheeranddance.com.au](mailto:enrolments@fiercecheeranddance.com.au).

For all enquiries in relation to invoices/payments/policies please contact [accounts@fiercecheer&dance.com.au](mailto:accounts@fiercecheer&dance.com.au)

**Postal Address** for Fierce Cheer & Dance:

1/440 Kingston Road Logan Central Qld 4114

### Counter

The Fierce Cheer and Dance counter is open 3:30-9pm Monday, Tuesday, Thursday and Friday and open 3:30 – 8:30pm Wednesday for you to make over the counter purchases and ask questions to your manager.

### General Gym Rules

\*Applicable to athletes, parents, supporters, spectators in the gym at any time:

- Fierce Cheer and Dance will open at 3:25pm Monday to Friday ready for 3:30 class to commence on time. Due to the fact we are located in Wriggle It Play Centre we cannot allow athletes to enter before this time.
- Please wait to be marked off at reception before entering designated Fierce Cheer & Dance café area before class commences.
- No food or drink may be consumed in the training area
- Please keep noise to a minimum if another class is in session
- Please respect all coaches, staff and athletes from Fierce Cheer & Dance

- Do not enter into any unauthorized area in the Play Centre (storerooms, kitchen, behind counter, office etc)
- Respect all equipment, facilities, furniture at the play centre and treat it like your own
- Do not leave any rubbish in the Play Centre, use bins provided
- Play centre Inflatables will not be used during Classes as athletes need to be able to hear instructions from teachers clearly. Parents must ensure that sibling do not climb on deflated inflatables.
- Please put your name on all articles of clothing, shoes and bags. Jewellery items or extra accessories should be left at home as they are not permitted in class. Fierce Cheer & Dance is not responsible for any lost or stolen articles.
- Tap shoes are to be worn on dance floor only.
- Training continues through school holiday (excluding Christmas Holidays)
- Training does not take place on public holidays.
- Athletes should bring a bottle of water to each class.

### **Athlete General Guidelines**

- Athletes must wear Fierce Cheer and Dance training uniform to all classes. See Dress codes for details.
- Tap shoes are to be worn on dance floor only.
- All athletes must wait in the café area until called to the training area by their coach.
- Do not distract other classes upon arrival
- Do not touch any gym equipment unless supervised by your coach
- No food or drink other than water is to be consumed during class
- No chewing gum is allowed in centre.
- No rubbish is to be left in the centre please use bins provided.
- Do not leave belongings lying around the gym; put them straight in your bag in designated area.
- Athletes are expect to attend classes as the routines are designed for full class involvement. If athlete cannot attend a class please contact manager.
- Although we offer the playground equipment to siblings to play whilst athlete is in class, after athlete has finished class we ask parents to be mindful that other classes are beginning and this is not an opportunity to use the playground for after class play.
- We require athletes to commit to the full year with Fierce Cheer and Dance.
- For athletes in competitive classes, athletes are expected to attend all competitions.
- It is important that athletes attend all scheduled classes. Regular attendance is imperative for consistent progress and to ensure that the dancer receives the maximum benefit from the class. This is especially true in group classes where a student's absence will have an effect on the formations involving other students and placement in the choreography of routines. It is the student and/or parents responsibility for obtaining any information missed when absent.

## **Parent General Guidelines**

- Parents may stay and watch teams train, but we ask noise levels to be kept to a minimum as athletes tend to be distracted and to do not train efficiently.
- Non-participating siblings may use the play centre play equipment at no extra cost and must be supervised at all times and follow play centre rules at all times. These rules are found at the front reception area. Parents and children not following play centre rules may be asked to leave.
- No parent or sibling is allowed to set foot in the training area - this is for athletes only
- Please respect all coaches and staff at all times - Inappropriate behaviour towards any staff member will not be tolerated and you will be asked to leave the Centre.
- Inappropriate parent discussions that negatively impact Fierce Cheer and Dance or Wriggle It Indoor Play Centre, teams or individual athletes or staff members will not be tolerated. We encourage you to use the appropriate channels if you have a query or concern. Please remember our number one concern is for YOUR children and their ultimate safety and happiness as we train them to be the best athlete they can be!
- Please direct all of your queries to the gym manager at the counter during opening hours or feel free to email. We want you to feel there is open communication at Fierce Cheer & Dance.
- Be a supporter of the gym and our events - We want you to feel a part of our Fierce Dance and Cheer family.
- Parents are responsible for transporting their child to and from class on time. Students must wait inside the gate until their ride arrives. Parent come in and pick-up your child. Please notify the teacher if someone other than the child's parents will be picking them up.
- By enrolling at Fierce Dance and Cheer, students and parents agree that photographs and videos may be taken of students in class and at school functions for promotional and website advertising.

## **Dress Codes**

### **Cheerleading**

Fierce Cheer and Dance Hot Pants and Black Fierce tank top or fitted t-shirt. White sports shoes or cheerleading shoes. Hair must be tied back. No jewellery to be worn in training.

### **Ballet Class:**

Fierce Black leotard with optional Black Dance skirt, pink dance stockings and pink ballet shoes. Please note your child may be invited to move to pointe shoes at the Dance Instructor's discretion. Hair must be tied in a bun for class. No jewellery to be worn in training.

**Tap Class:**

Fierce Cheer and Dance Hot Pants and Black Fierce tank top or fitted t-shirt, dance stockings and black tap dance shoes. Hair must be tied in a bun for class. No jewellery to be worn in training.

**Jazz Class:**

Fierce Cheer and Dance Hot Pants and Black Fierce tank top or fitted t-shirt, dance stockings and black dance shoes. Hair must be tied in a bun for class. No jewellery to be worn in training.

**Hip Hop:**

Fierce Cheer and Dance Loose Pants, Black Fierce Hoodie and sports shoes that are comfortable and easy to move in. Hair must be tied back. No jewellery to be worn in training.

**Contemporary Class:**

Fierce Cheer and Dance Hot Pants and Black Fierce tank top or fitted t-shirt and white socks, no shoes. Hair must be tied in a bun for class. No jewellery to be worn in training.

**Competition Uniforms:**

Competitive Cheerleaders are required to purchase the Fierce Competition Uniform and Bow.

Competitive Dance teams are required to purchase costumes – To be advised.

**Fees**

30min Class                \$12.00 per week

1 hour Class                \$16.00 per week

1 ½ hour Class            \$18.00 per week

Cheerleading Squad      \$16.00 per week

Squad and Tumble        \$28.00 per week

(2 classes 2 ½ hours total per week)

Squad Tumble & Stunts \$44.00 per week

(3 classes 3 ½ hours total per week)

Four or more classes per week attract a 5% discount

Six or more classes per week attract a 10% discount

Competitive classes attract competition entry fees. These will be charged over two payments in February and May.

A registration of \$48.00 must be paid on enrolment and direct debit form filled out and submitted to Fierce Cheer and Dance. Weekly fees are paid by direct debit from either a bank account or a credit card on a weekly, fortnightly or monthly basis.. Credit cards will attract a 2% surcharge. If payment declines on scheduled day, it will be processed again in 3 days. If payment declines a second time you will be charged a \$6.95 fee. To avoid this you may call paymenthub on 1300 909 339 to organize a better time for payment to be debited from your account.





**In Case of Emergency:**

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Medical Information (This section must be completed)

Family Doctor - Name: \_\_\_\_\_ Telephone No: \_\_\_\_\_

Address: \_\_\_\_\_

Medicare Expiry Reference Number

Number: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Reference No: \_\_\_\_\_

Private Health Insurance (If Applicable): \_\_\_\_\_

Physical Limitations or Medical Conditions which may be relevant to participation in Program:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Drug Allergies:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Food Allergies:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Has your child had full anti-tetanus immunization? Y / N

If so, when? \_\_\_\_\_

Is your child on medication? If so, give details of current dosage and required dosage in emergencies:

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I approve of my child participating in the Fierce Cheer and Dance Program.

I agree that my child shall be subject to the control of the instructor's and staff members at Fierce Cheer and Dance.

I authorise the Coordinator of Fierce Cheer and Dance, where it is impracticable to communicate with me, to consent to my child receiving such medical or surgical treatment as may be deemed necessary.

Furthermore, I agree to meet any medical or hospital expenses that may be incurred in the result of and emergency on account of my child's possible injury or illness.

Signed: \_\_\_\_\_ (Parent/Care Giver) Date: \_\_\_\_\_

Print Name: \_\_\_\_\_