

# 2022 WELCOME PACK

LA TROBE UNIVERSITY  
CHEER AND DANCE



[www.ltucd.com](http://www.ltucd.com)  
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## ABOUT

La Trobe University Cheerleading and Dance (LTUCD) was established in 2009 and is one of the longest running cheerleading clubs within the Australian University community. Our club offers cheerleading and dance programs for La Trobe University students of all ages and abilities (no previous cheer or dance experience required). LTUCD focuses on several key values which are: safety, positivity, encouragement, support, hard work, competitive spirit and commitment.

We hold our training at Atomic All Stars which includes a fully equipped training facility, providing both novice and advanced athletes with the opportunity to develop and perfect their skills at all levels in both cheer and dance.



## TRAINING FACILITY

Our athletes have access to:

- 2x 9-run sprung floors
- 8-run dance floor with mirrors
- Separate sprung tumbling area
- Tumble track and trampoline
- Tumble air mat, crash mats, shapes & other equipment

We are extremely excited to welcome all our new and existing members to the club in 2022 and cannot wait to see all our athletes grow as we head into the 13th year of La Trobe Cheerleading and Dance!



# CHEERLEADING

Cheerleading is a fast paced, dynamic sport that encompasses various aspects of stunting, chanting, tumbling, tossing and dance. Cheerleading athletes will participate in a compulsory tumbling class which will focus on level specific tumbling skills that can be incorporated into a routine, as well as a team training where athletes will learn a cheerleading routine which includes different aspects of stunting, tumbling and more. Our cheerleading athletes will also participate in a weekly conditioning class which focus on building and improving strength and fitness. All competitive cheerleading teams will attend multiple competitions throughout the year and athletes must be available for all competitions.

## TEAMS:

### LEVEL 1 & 2

This class is designed for athletes new to the sport or with little experience. We coach this team beginning with the fundamental skills of the sport and build up. Athletes will learn stunting, tumbling and dance. This team will compete and perform during the 2022 season. No try out is required..

### LEVEL 3 & 4

This team is designed for athletes who have had cheer or gymnastics training. This team trains at a high level and sessions include stunting, tumbling, dance as well as strength and conditioning. This team competes throughout the 2022 season and represents LTU at events on campus.

### VARSITY

This team performs at off campus professional sporting events such as Rugby Union, UBL and other events.

### STUNT GROUPS

This is an invite only competitive group of top performing athletes who compete stunt only at competitions.

Our cheerleading coaches are IASF certified and credentialed in the instruction of pyramids, stunts, basket tosses and tumbling. Our assistant coaches work under the direct instruction of a qualified head coach.

Athletes are placed into teams with the aim of maximising each individual's potential within a competitive squad. In order to be competitive, athletes need to be able to successfully and safely perform skills that are required in any particular level. Cheerleading involves tumble, stunt, jumps, dance, teamwork, commitment and attendance – all categories are considered when we place athletes into teams. All athletes are required to attend a team placement session to determine the appropriate team placement.

Coaches and Committee reserve the right to alter an athlete's team placement throughout the 2022 season: for reasons such as injury, attendance, attitude, inappropriate behaviour and skill progression.

# MEET THE TEAM

## CHEERLEADING COACHES

Our Coaches always strive to provide a fun, safe and educational environment for all eagles athletes. They are dedicated, passionate and incredibly talented role models, that have so much to offer every single one of our eagles!

Our cheerleading coaches are IASF certified and credentialed in the instruction of pyramids, stunts, basket tosses and tumbling.

Our assistant coaches work under the direct instruction of a qualified head coach.



**DAVID CUNNINGHAM**

Level 3/4 Head Coach



**LAINIE INVERNO**

Level 1/2 Head Coach  
Varsity Coach



**BRIE EASTAWAY**

Assistant Coach



# DANCE

Dance is a fun sport that focuses on movement, flexibility, coordination and style. It is a high intensity sport that helps to improve confidence and ability. Dance athletes must participate in a team training of one or more style/s of their choosing. All competitive dance teams will attend multiple competitions throughout the year and athletes must be available for all competitions.

## TEAMS:

### HIP HOP & LYRICAL

This class is a team who will learn the skills and technique required for the styles of Hip Hop and Lyrical. This team will compete and perform two routines during the 2022 season. Routines will be one of each style. No try out is required..

### POM & JAZZ

This class is a team who will learn the skills and technique required for the styles of Pom and Jazz. This team will compete and perform two routines during the 2022 season. Routines will be one of each style. No try out is required..

### VARSITY

This team performs at off campus professional sporting events such as Rugby Union, UBL and other events.

### DOUBLES

This is an invite only competitive duo of top performing athletes who compete as a pair at competitions.

Athletes are placed into teams with the aim of maximising each individual's potential within a competitive squad. Dance team positions will be based on a dancer's current skill level, dance technique, potential, previous attendance (if returning athlete), attitude and commitment.

In 2022, LTUCD will be offering competitive and alternative positions on competitive teams as well as a technique class for non-competing athletes.

Coaches and Committee reserve the right to alter an athlete's team placement throughout the 2022 season: for reasons such as injury, attendance, attitude, inappropriate behaviour, and skill progression.

# MEET THE TEAM

## CHEERLEADING COACHES

Our Coaches always strive to provide a fun, safe and educational environment for all eagles athletes. They are dedicated, passionate and incredibly talented role models, that have so much to offer every single one of our eagles!

Our dance coaches have an extensive background in the AASCF competition circuit and hold highly regarded qualifications.

Our assistant coaches work under the direct instruction of a qualified head coach.



**TIM DOHERTY**

Hip Hop and Lyrical



**CASEY JESSOP**

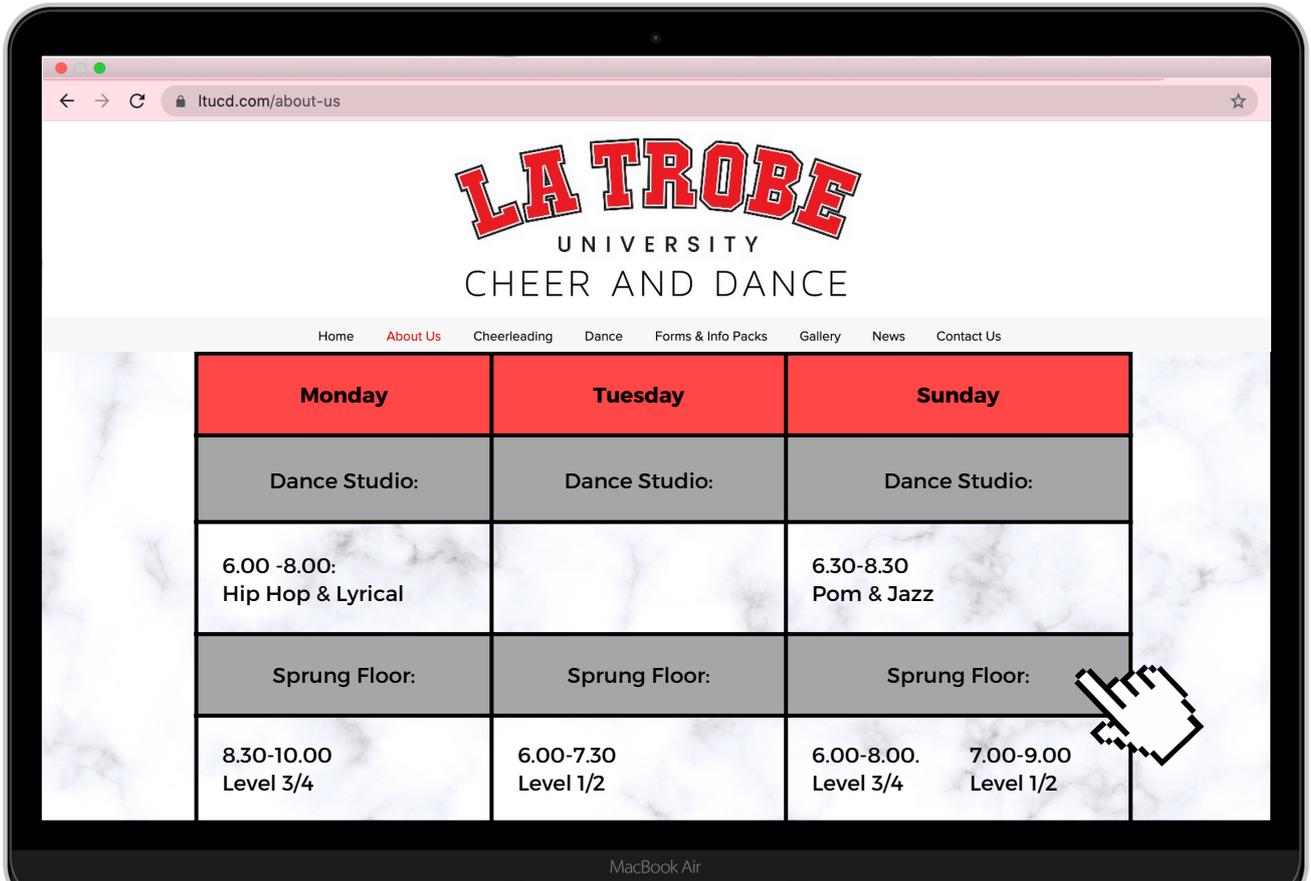
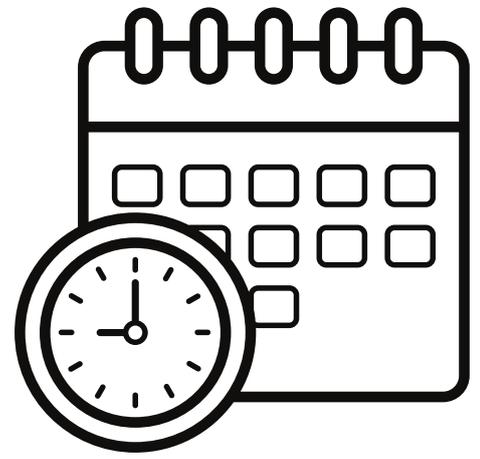
Pom and Jazz



**LAINIE INVERNO**

Varsity

# TIMETABLE

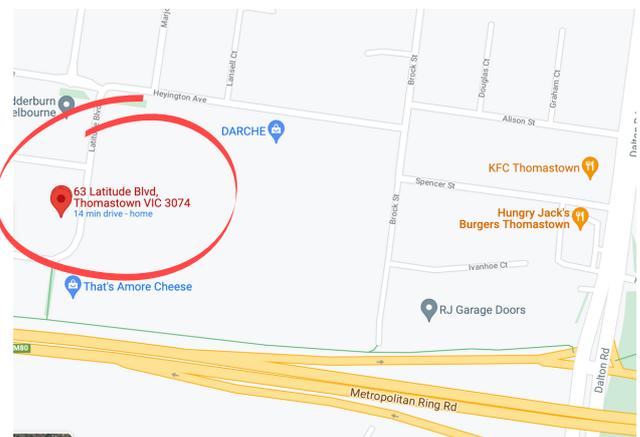


## Location

All trainings will be run at Atomic All Stars in Thomastown.

Training times may change.

Additional trainings may be required. Notice prior will be given to all athletes.



# MEMBERSHIP & FEE'S

LTUCD is a non-for-profit organisation and we focus on keeping our costs as low as possible for our athletes. Athletes will be invoiced for all trainings related to training, uniforms and competitions. Failure to pay fees by the due date will result in suspension of membership.

*\*Please note that the fees listed below are estimations and may change depending on class sizes.*



<b>COMPULSORY FEES (All Athletes)</b>	
Membership & AASCF Insurance	\$100/year
Compulsory Club Merchandise	\$120
Team Bonding Day	\$30
<b>COMPETITION ENTRY (All Athletes)</b>	
AASCF Winterfest Competition	\$40 initial entry, \$20 for additional item*
AASCF States Competition	\$55 initial entry, \$30 for additional item*
AASCF Spring Carnival	\$40 initial entry, \$25 for additional item*
AASCF National Competition	\$85 initial entry, \$35 for additional item*
<b>CHEERLEADING FEES</b>	
Varsity Squad	
Level 1/2 Squads (4 hours per week)	\$550 (approximately)/semester
Level 3/4 Squads (4 hours per week)	\$550 (approximately)/semester
Additional Tumble class * Dependant on interest	\$180 (approximately)/semester
Choreography Day (4 hours per team)	\$60 (approximately)/team
Cheerleading Uniform	\$150
Cheerleading Shoes	\$80 - \$140
<b>DANCE FEES</b>	
Pom (1 hours per week)	\$180 (approximately)/semester
Jazz (1 hour per week)	\$180 (approximately)/semester
Lyrical (1.5 hour per week)	\$225 (approximately)/semester
Hip-Hop (1.5 hours per week)	\$225 (approximately)/semester
Choreography Day (4 hours per team)	\$60 (approximately)/team
Pom Uniform	\$175
Dance Costumes	TBC

DISCOUNTS: \$25 off each extra dance style- for athletes competing on multiple teams there will also be a discount for additional choreography sessions \$60 for the first team and \$40 for additional.

\$200 off second cheer team- for athletes competing on multiple teams there will also be a discount for additional choreography sessions \$60 for the first team and \$40 for additional.

*\*These discounts may vary depending on team numbers and costs*





# Semester 1: Key Dates

Note: Dates and Times may change/  
events may be added/ removed.

TBC- Choreography days  
TBC- Event over winter break

Sunday 27th of Feb

6.00-8.00  
Come and Try  
&  
Team Placements

Tuesday 2nd of March

6.00-8.00  
Come and Try  
&  
Team Placements

Friday 11th of March

Time (TBC)  
Team Bonding Event

18th- 22nd of April

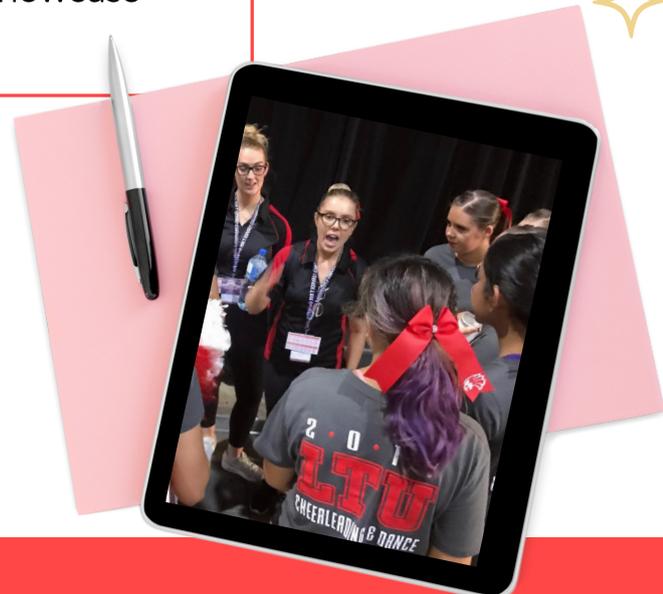
6.00-8.00  
Mid Semester Break

Sunday 19th June

Atomic Showcase

24th- 26th of June

AASCF Winterfest





# Semester 2: Key Dates

Note: Dates and Times may change/  
events may be added/ removed.

TBC- Choreography days  
TBC- Event over winter break

16-18th of September

AASCF States

24th - 30th of September

University Nationals  
(Perth)

*\*Only 1 Cheer and 1 Dance attend*

21st- 23rd of October

AACSF Spring Cup

Sunday 20th of November

Atomic Showcase

24th-27th of November

AASCF Nationals  
(Gold Coast)

*\*All teams attend*

TBC

Awards Night



# EXPECTATIONS



The following applies to all LTUCD athletes:

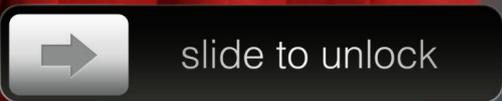
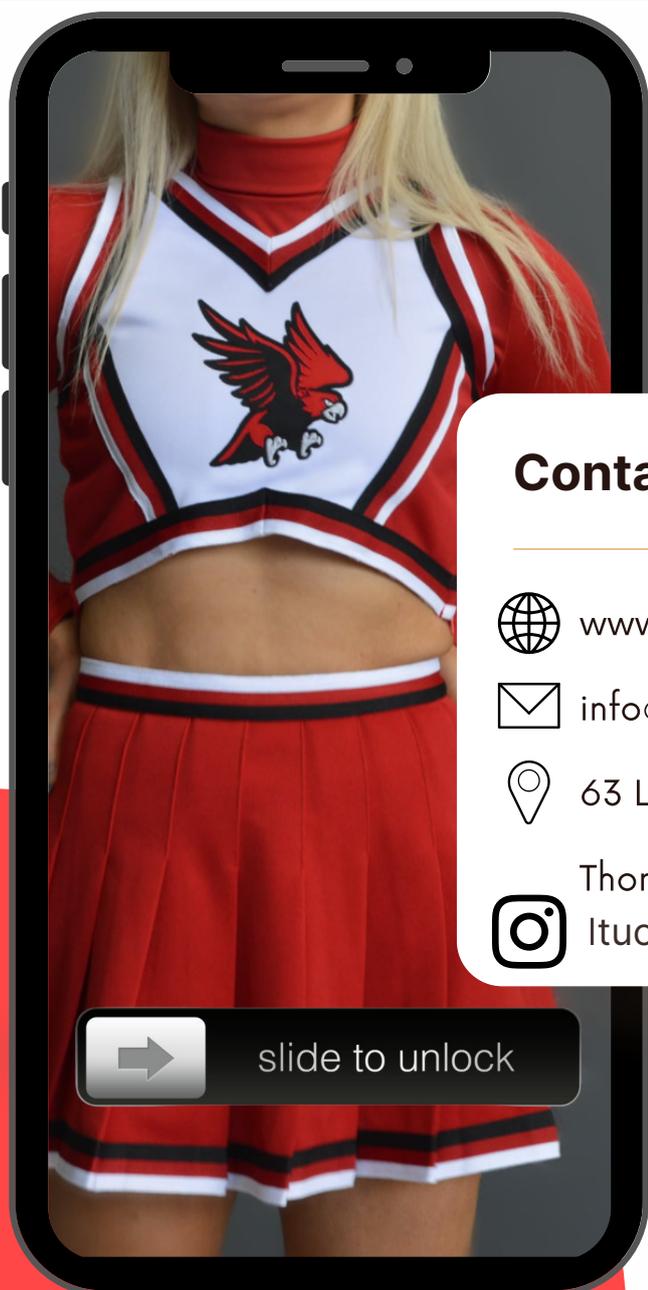
- Athletes must be committed to a full year of classes (Term fees are non-refundable)
- Enrolment fees MUST be paid prior to semester 1 commencement
- Athletes must be up to date with all fees or consequences will apply immediately (\$15 late fee for each instalment and athlete will be removed from training sessions until debt is paid).
- Payment plans are available, but you must speak to the Treasurer or President directly to set up this plan immediately.
- All athletes are to follow university and public health directions (At the time this document is published, this includes being fully vaccinated against COVID19. Coaches and Staff will keep athletes up to date.)
- Athletes must attend all training sessions and competitions (university exams, assignments, study or tests the following day are not appropriate reasons to miss training).
- Coaches must be notified if an athlete will be late or absent prior to training
- Please advise coaches if you are unwell or have any injuries prior to training
- Athletes must wear appropriate training attire
- LTUCD Membership does NOT cover ambulance fees
- Athletes with injuries are required to supply a medical certificate with permission to train before taking part in classes
- NO smoking policy within Atomic facilities
- Atomic IS AN ACTION SPORTS FACILITY WHERE INJURIES CAN HAPPEN.
- Follow the rules and instructions
- Train within your skill level
- Watch out for other athletes
- No food or drink near the floor, dance floor or tumble track
- No using equipment without coach supervision
- No training under the influence of drugs or alcohol
- Use of photos, logos or images with relation to LTUCD or its programs is prohibited without express permission. Personal/individual photos must be approved by all personnel involved.
- Confidential LTUCD information must not be disclosed to any third party
- You are solely responsible for any legal liability arising from or relating to your use of social media
- You must not post any material that can be considered offensive, obscene, defamatory, threatening, harassing, bullying, discriminatory, hateful, racist, sexist, infringes copyright or is otherwise unlawful.
- Adhere to the Terms of Use of the relevant social media platform as well as copyright, privacy, defamation, contempt of court, discrimination, harassment, and other applicable laws.



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UNIVERSITY

CHEER AND DANCE



## Contact us

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