



**2026**  
**EliteCHEER**  
**Handbook**



## **ELITECHEER**

EliteCHEER represents the highest level of competitive cheerleading, where dedication, determination, skill, and teamwork come together. Athletes train at an advanced level with pathways toward New Zealand representation, and the ultimate goal of World Championships and future Olympic opportunities.

This pathway requires a strong commitment to all trainings, competitions, events, and potential National and International travel outlined by the Gym Owner. If you're driven to push your limits and perform on the world stage, EliteCHEER is the perfect fit.

## **COMMITMENT**

Cheerleading requires a high level of commitment. Being part of a team means showing up consistently and understanding that every athlete and every position is essential. Regular attendance at all scheduled trainings, extra trainings, bootcamps and competitions is an expectation, not an option, as absences directly affect the entire team and can have consequences.

While commitment is a priority, we also care about our athletes' well-being. Health does come first and athletes should not attend training if they have a contagious illness. We also try to avoid training on public holidays and during school breaks where possible. However, if we schedule training in these times, it is for the success of the team.

If your child is unable to attend a session, you must notify the coach via TeamReach or text as early as possible. Together, we aim to create an environment that balances strong commitment with athlete welfare.

## **TRAINING EXPECTATIONS**

Novice and Elite athletes are required to complete the set number of training hours stated below with Midnight. If you feel that the required training hours for cheerleading are too much, Cheersport may be a more suitable alternative.

## **CROSSOVER ATHLETES**

Crossover athletes are required to commit to all scheduled training hours for both teams they are selected for. The only exception is tumble class crossover athletes are only required to attend one tumble class per week, not one for each team.

If at any time the total training load becomes too demanding, the coach or Director may reduce the athlete's hours to the lower level team.

Crossover opportunities are offered to allow athletes to gain experience and develop skills at a higher level, while still prioritising athlete wellbeing and long-term success.

## WEEKLY TRAINING HOURS

Novice Cheer: Milkyway, Marshmallows	1 x 2 hr team training 1 x 1 hr tumble class
Elite Level 1: Solar	1 x 2 hr team training 1 x 1 hr team training 1 x 1 hr tumble class
Elite Level 2: Shadow	1 x 2 hr team training 1 x 1 ½ hr team training 1 x 1 hr tumble class
Elite Level 3: Blackout	2 x 2 hr team training 1 x 1 hr tumble class
Elite Level 4: Odyssey	2 x 2 hr team training 1 x 1 hr tumble class
Parent Cheer: Moonshine	1 x 1 hr team training (Fortnightly)

## FINANCIAL OBLIGATIONS

CLASS & TEAM TYPE	COST	DETAILS
Novice CHEER (Milkyway & Marshmallow)	\$350 per term team tuition \$165 per term compulsory Tumble \$370 Choreography Camp (Approx.) \$220 Elite Gear Pack	Includes: Term fee, Choreography, new music and Cheerbrandz NZ competition entry
Elite CHEER (Solar)	\$530 per term team tuition \$165 per term compulsory Tumble \$370 Choreography Camp (Approx.) \$220 Elite Gear Pack	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry
EliteCHEER (Shadow)	\$535 per term team tuition \$165 per term compulsory Tumble \$370 Choreography Camp (Approx.) \$220 Elite Gear Pack	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry
Elite CHEER (Blackout& Odyssey)	\$540 per term team tuition \$165 per term compulsory Tumble \$370 Choreography Camp (Approx.) \$220 Training Gear Pack	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry
Parent Team (Moonshine)	\$100 per term team tuition	Includes: Term fee, Choreography and music
Tumble	\$165 per term	Includes: Term fee
Flyer Flex	\$100 per term	Includes: Term fee (This is mandatory if you are a flyer)

Pricing as of December 2025, subject to change.

## OTHER FINANCIAL OBLIGATIONS

\$395 - Elite Competition Uniform

\$35 - Elite Competition Uniform Socks

\$45 - Competition Bow

\$220 - Training Gear Pack

\$370 - Novice & Elite Choreography Camp

\$50pp – Music (Approx.)

\$230 Crossover fee

\$150-\$200 - Travel pack for Hawaii

Travel to and from competitions outside of Auckland

Gym Events or Fundraisers

Team outings or bonding days

Pricing as of December 2025, subject to change.

## TRAINING GEAR

All Elite athletes are required to purchase the new season Elite Gear Pack. You will then be invoiced and gear will be distributed to paid athletes. Please make sure it is paid by 18 December 2025.

- GIRLS Pack Includes: Crop Top | Skort |Baseball Tee | Scrunchie
- BOYS Pack Includes: Baseball tee, Singlet, Shorts



## COMPETITION SCHEDULE

Comps	# of Days	Comp Dates	Novice (Marshmallow)	Novice (Milky's)	Elite (Lvl 1-4)	Parent Team
D+C Games	2	15-17 May	N/A			N/A
Eutopia Auckland	1	28 June				N/A
Super States Auckland	1	16 August				TBC
Spring Carnival Auckland	1	13 September				
NZ Super Nationals Auckland	2	31 October (Novice Only) & 1 November				

Dates as of December 2025, subject to change.

### ABSENCES PRIOR TO COMPETITION

To ensure all teams are fully prepared for competition, any athlete absences within 2 weeks prior to a New Zealand competition or 3 weeks prior to an International competition may result in the athlete being removed from their stunt position or from the routine entirely.

These decisions are made at the discretion of the Coach and/or Director and may include position changes or removal from the competition floor.

Please note that if this occurs, competition fees are non-refundable.



## COMPETITION UNIFORM

All athletes are required to purchase and wear a competition uniform in our Elite program.

- Competition uniforms are not the same as the training gear.
- Your competition uniform is a sparkly dress and socks that you will wear till the end of 2028.
- Your Elite uniforms are ordered via [www.diamond-fit.com](http://www.diamond-fit.com)

## COMPETITION BOW

A Competition bow is required for the 2026 season

- Your competition bow is handmade in New Zealand and you will be wearing it till the end of 2028.
- All Teams bow are placed directly with [www.betterwithabow.co.nz](http://www.betterwithabow.co.nz)

## CHEER SHOES

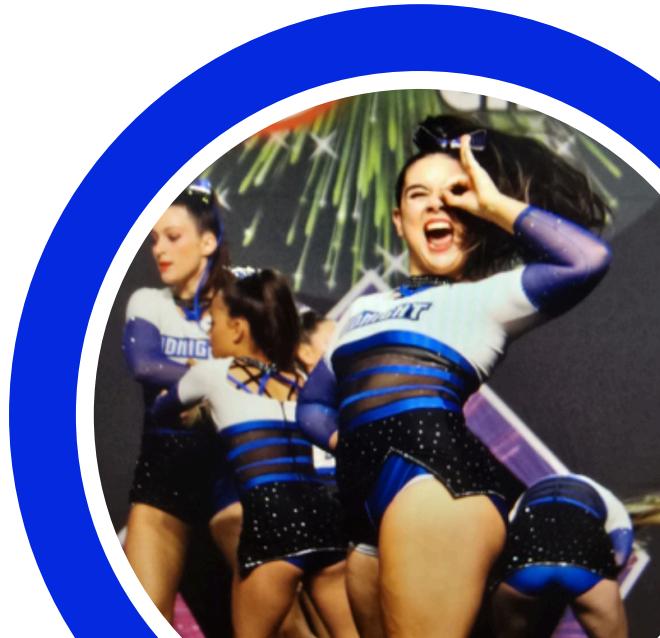
All Midnight Elite athletes are required to wear Trixstar Altair shoes. These shoes are chosen for their quality, performance and support for our elite teams.

Please note, we will be reviewing and considering a change of shoe colour for the 2027 season.

- Black Shoes with white sole for 2026, supplied from a New Zealand Distributor
- There is a shoe sizing kit at the Midnight Gym. Please ask our Lead Coach
- Discount Code: MIDNIGHT
- All Shoes can be purchased directly online from <https://www.apexperformancenz.com/product-page/trixstar-altair-black-white>
- Comes with a 3-month warranty

## HAIR & MAKE-UP REQUIREMENTS

- Hair and Make-up will be set for all teams by the first competition and will remain the same for the entire season.
- All Elite Athletes are required to wear a full face of makeup.
- Make-up includes: Foundation, powder, bronzer, liquid eyeliner with a flick, mascara/false lashes, brown smokey eye, and bright red lipstick.
- We strongly encourage false lashes and fake tan for Auckland competitions, as Cheerleading is a performance Sport (similar to dance) and this ensures athletes are visually balanced and uniform on the competition floor.
- For out of Auckland and International Competitions, false eyelashes and fake tan are mandatory. Refusal to meet these requirements may compromise your athlete's position on the team.



## INVOICES

- Invoices are sent out 2 weeks prior to the first class of each term.
- If your fees are not up to date by week 3, you can be asked to sit out of class until the balance is settled.
- If your training falls on a public holiday or your Coach cancels the class, Midnight are under no obligation to make up those hours or provide a refund
- If a Civil Defence warning or alert has been issued during one of the trainings, Midnight are under no obligation to make-up missed hours or provide a refund due to an 'act of god'

## PAYMENT OPTIONS

- Bank Transfer: Internet Banking  
Midnight Athletics  
03-1730-0054507-000  
Include Cheerleaders First and Last Name, Invoice Number (e.g., Jo Smith, FM-1234)
- Eftpos: There is an eftpos machine located in the Midnight Gym (We take all CC apart from American Express).
- Credit Card online: Is available upon request as we can offer stripe payments with your account. Please contact the team to set this up.
- No Cheques: We do not accept cheque payments.

## MA CHOREOGRAPHY CAMP

- Novice: Saturday 14th March - Sunday 15th March
- Level 1-Level 4: Friday 13th March - Sunday 15th March
- Friday after school arrival for L1-L4 (2 night stay)
- Saturday morning arrival for Milkyway (1 night stay)

**Where:** Peter Snell Youth Village, 1212 Whangaparaoa Road, Gulf Harbour

**Cost:** \$370 per Athlete (Approx.)

**About:** Camp is where the Elite teams learn their full routines.

Our coaches and guest choreographers work together to create custom routines that highlight each team's unique strengths while meeting the Cheer scoresheet requirements for a strong and promising season.

Building successful teams isn't just about skills, it's about teamwork. During camp, athletes will create routines, take part in team-bonding activities, enjoy camp activities, and have plenty of fun on the waterslide.

**Attendance:** Is compulsory to ensure your team gets the very best start to their season.

**IMPORTANT:** A \$200 choreography fee is applicable to all athletes not attending camp

## MARSHMALLOWS CHOREOGRAPHY CAMP

Saturday 21st March - Sunday 22nd March

**Where:** Midnight Gym, 24 Honan Place, Avondale

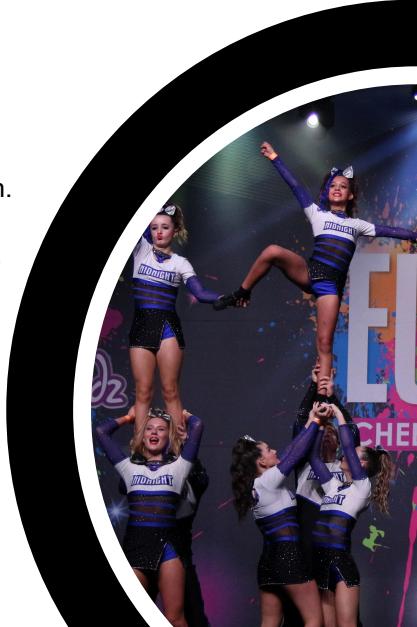
**Cost:** \$245 per Athlete (Approx.)

**About:** 2 days of a day camp where they will learn their full routine.

During camp, athletes will create their routine and take part in team-bonding activities.

**Attendance:** Is compulsory to ensure your team gets the very best start to their season.

**IMPORTANT:** A \$200 choreography fee is applicable to all athletes not attending camp



## IMPORTANT DATES

JANUARY	30th Novice & Elite Term Starts
FEBRUARY	2nd Term 1 starts for Cheersport, Flyer Flex, Tumble & School Teams 6th Waitangi Day, Gym closed
MARCH	13th-15th Midnight Cheer Camp Solar, Shadow, Blackout, Odyssey 14th-15th Milkyway Midnight Camp 28th-29th Marshmallow Camp at Midnight Gym
APRIL	2nd Term 1 ends for all 3rd-19th School Holidays 16th-19th Hawaii Bootcamp (Times TBC) 20th Term 2 starts for Novice & Elite 27th Anzac Day, (Gym closed) 28th Term 2 starts for CheerSport, Flyer Flex, Tumble & School Teams
MAY	9th Hawaii Showcase (Times TBC) 13th-17th Global Games Hawaii Competition 25th All Hawaii athletes have to be back by this date
JUNE	1st King's Birthday, (Gym closed) 21st Cheersport & Marshmallows Showcase 28th Eutopia Cheer & Dance Competition 29th Term 2 ends for CheerSport, Flyer Flex & Tumble
JULY	4th Term 2 ends for Elite 5th-19th School Holidays 20th Term 3 Starts for Elite 27th Term 3 starts for CheerSport, Flyer Flex, Tumble & School Teams
AUGUST	16th Super States Competition
SEPTEMBER	13th NZ Spring Carnival 27th Term 3 ends for all teams 28th Sept-11th Oct School Holidays
OCTOBER	5th Term 4 starts for all teams 26th Labour Day observed, Gym closed 31st-1 Nov NZ Super Nationals
NOVEMBER	15th 2027 tryouts (TBC)
DECEMBER	4th Kumeu Santa Parade 5th Te Atatu Santa Parade 5th Cheersport Prize Giving 6th Term 4 ends for all teams 6th Elite Prize Giving

We ask that if you are planning any holidays that impact competitions (such as School Camp or AIMS etc), please advise the Coach & Director via TeamReach as soon as possible so we can plan.

# ATHLETE CODE ON CONDUCT

Being part of our Midnight Athletics family means you are now an ambassador for cheerleading in New Zealand.

This means you will be held to the highest standard of behaviour when attending any events including Midnight practices, competitions, travelling, social events and Competition performances.

## 1. BE A GOOD SPORT

Win and lose graciously, respect others and the rules.

## 2. SAFETY IS IMPORTANT

Do not teach or spot any form of cheerleading/gymnastics or use the gym equipment without a Coach.

## 3. COMMITMENT

Be present at all training, performances and competitions.

## 4. UNIFORM

Wear the right gear, hair tied up in a high pony, no jewellery, keep nails short, cheer shoes on.

## 5. BE A TIDY KIWI

Place personal items in the cubby holes in the athlete area and not on the gym floor or reception. Place all rubbish in designated rubbish bins and recycling in the recycling bins. Wash and put away your dishes if you use the kitchen.

## 6. BE READY TO WORK HARD

Arrive 10 minutes in advance of your class time, change into appropriate practice attire with jewellery removed.

## 7. BE A GREAT ATHLETE

Use appropriate language towards coaches, athletes and parents. Trust the process, and trust the coaches' decisions. Every choice made is with the team's best interest in mind, guiding us toward success both on and off the mat.

## 8. ZERO BULLYING POLICY

Midnight Athletics has a zero-tolerance approach to bullying. Any form of bullying including verbal, physical, emotional, or online behaviour will not be accepted.

If bullying is identified, the following 3 strike process will apply:

**Strike 1:** The issue will be addressed with the entire team to reinforce expectations and support resolution.

**Strike 2:** If the behaviour continues or remains unresolved, the parent/guardian will be contacted, and the athlete will receive a formal warning.

**Strike 3:** The parent/guardian and athlete will be required to attend a face-to-face meeting with the Coach and Director to discuss the athlete's place on the team and within the gym. This meeting may result in the athlete being asked to leave the program.

Our priority is to maintain a safe, respectful, and supportive environment for all athletes.



## 9. SOCIAL MEDIA

- A)** Do not post content that may damage the reputation or interests of Midnight, Event Producers or an affiliated person, whether intentionally or unintentionally, or otherwise bring any one of them into disrepute.
- B)** Keep all comments respectful and informative. You are a cheerleading ambassador, whether you realise or not
- C)** Do not violate a person's privacy. Do not post anyone else's personal information or their image without obtaining their prior consent.
- D)** Do not use any trade marks, logos, slogans, patents, designs, copyright materials or ideas in any content of Midnight without Owners permission.
- E)** Do not start any page, group, chats or forum of any kind for athletes or parents of Midnight without written permission from the Owner. In the event such a page is approved, the Owner must be an administrator otherwise it can be asked to be removed.
- F)** Please do not attribute any content or comments you may post to Midnight or any affiliated person nor represent any content or comments as being endorsed by the same.
- G)** Only post accurate and truthful content. You must correct any errors or remove any offending/inaccurate posts immediately if requested to do so by Midnight and/or Cheerbrandz or its employees.

## 10. THE NO NO LIST FOR ATHLETES AND/OR SPECTATORS

Midnight may tell you to leave the program or suspend you without a refund or warning for the following reasons:

- A)** Possessing, using, or being a party to any illegal drug, controlled substance, or drug paraphernalia
- B)** Committing any act which would be considered an offense under any governing law; In the gym, at competition or on Tour.
- C)** Attitude problems, athlete/s or parent/s, personality conflicts and disrespectful behaviour towards coaches, team management, staff, other cheerleaders, other parents or anyone involved with the Midnight program including but not limited to derogatory remarks, spiteful comments, unsportsmanlike behaviour, coercing team members to quit or join another program.
- D)** Harassment either verbally, written, texted, emailed, blogged/vlogged or posted on the internet or communicated in any other means.

## SPECTATOR/SUPPORTER CODE OF CONDUCT

1. Be kind and supportive to all athletes, parents and coaches, we do what is best for the athlete and the team
2. Please stay in the designated viewing area at all times. No parents are allowed on the floor.
3. Please respect the gym environment. We have a closed training policy. You may come in to pick up 10mins before the finishing time.
4. Please do not consume alcohol or be under the influence of alcohol, drugs, or other illicit substances in or around any Midnight Athletics venue.
5. Please ensure you park in the designated areas. Do not park in any "Midnight Coaches Only" Parks, otherwise you may be asked to move immediately.
6. If you use the kitchen, wash and put away your dishes straight after use.
7. Failure to comply with the above, it may result in you and your athlete being removed from the program.



# TERMS AND CONDITIONS

## START DATE

The start date of this agreement is the first Midnight elite practice of the season, as outlined in the official calendar, or the first elite practice attended if joining mid-season.

## CONTRACT TERM

This is a 1 year fixed-term membership. Athletes are required to commit to a full competitive season, defined as the calendar year covering all four terms.

## CONTRACT PERIOD

The contract period commences on the start date and expires 1 year from the date of the first elite practice.

## CANCELLATION

If a Member chooses to cancel their membership before the end of the fixed-term contract, they remain liable for all fees owing until the end of the agreed contract period.

## CANCELLATION WAIVER

Midnight may, at its discretion, waive the cancellation condition in unforeseen circumstances, provided the Member gives 3 months' written notice.

All fees must continue to be paid until the later of: the effective cancellation date, or the completion of the three-month notice period. If appropriate notice is not provided, Midnight reserves the right to charge one full term or 3 months' fees (whichever is greater) in lieu of notice. Unforeseen circumstances may include, but are not limited to: serious injury or illness; relocation to another city or country; serious academic issues; other circumstances causing undue hardship. This waiver may be withdrawn, and the contract required to be paid in full, if the athlete participates with another cheerleading organisation within 1 year of the waiver being granted.

## MEDICAL CLEARANCE & INJURY POLICY

If an athlete sustains a serious injury, Midnight reserves the right to request a medical clearance certificate confirming the athlete is safe to return to training. Alternatively, a signed clearance letter from the parent/guardian may be required.

For any concussion, a mandatory 2 week stand-down from all classes and training applies.

## PARTIES TO THE AGREEMENT

The parties to this membership agreement are: Midnight Athletics Ltd ("Midnight"), the service provider; and The Member, being the cheerleader if over 18 years of age, or the parent(s)/legal guardian(s) if the cheerleader is under 18.

## TRAVEL FEES ON CANCELLATION OR DISMISSAL

If an athlete leaves the team or the contract is cancelled, any travel fees paid will be refunded less any non-refundable deposits or cancellation fees, plus a 10% administration fee.

Any funds held in a fundraising account will not be refunded and will instead be distributed among the remaining travelling team members.

## MEMBERSHIP HOLD OR SUSPENSION

Midnight may approve the holding or suspension of a membership for reasons outside the Member's control, such as serious injury or illness, or other approved circumstances, where advance notice has been provided.

## TEAM CHANGES

Midnight reserves the right to add, rearrange, or remove athletes from teams for practices, performances, competitions, or program requirements. While Midnight will make every effort to keep changes to a minimum and provide as much notice as possible, team changes may occur to ensure the best interests, safety and performance of the team.

**By signing below, you acknowledge that you have read, understood and agree to the terms and conditions outlined in this handbook.**

**Athletes Name**

**Signature**

**Date**

---

**Parent/Guardian Name**

**Signature**

**Date**

---

*This page must be printed, signed and returned by the end of the 3rd week of Term 1. If we have not received by this time, the athlete will be required to sit out of training until it has been returned.*

**BRING ON THE 2026 SEASON!!!**

