



2026 CheerSPORT Handbook



WHAT IS CHEERSPORT

CheerSPORT is a fun, team focused cheerleading program designed to help athletes build confidence, learn new skills and make great memories in a positive and supportive environment. With over 200 athletes in our gym, we're excited for what the 2026 season has ahead and look forward to welcoming families into our CheerSPORT community.

ABOUT CHEERSPORT (GRADES 1–6)

CheerSPORT for Grades 1–6 focuses on learning the fundamentals of cheerleading, including stunts, tumbling, jumps and dance. Athletes progress at their own pace while enjoying training with friends. Classes are short and designed to support busy schedules, with a commitment to only Auckland-based competitions. This allows families to balance cheer and other commitments.

TUMBLE CLASS

The Tumble Class focuses specifically on cheerleading tumbling skills and is a great add-on for athletes looking to build confidence and progress, especially those aspiring to move into our Elite program one day. As CheerSPORT classes focus more on routines and stunts, this class provides dedicated tumbling time. Sessions include line drills for tumbling fundamentals, station work with one-on-one coaching and finish with strength, conditioning and stretching.

FLYER FLEX

Flyer Flex is designed for athletes who currently fly in their CheerSPORT team or are interested in becoming a flyer in the future. This class focuses on improving flexibility, strength and control, using a cheer-yoga style format that targets smaller muscle groups through stretching and conditioning. All Elite Program flyers are required to attend this class, making it an excellent add-on for athletes aiming to progress.

Please note: Attending this class does not guarantee that your athlete will be placed as a flyer in their team class.

COMMITMENT

If your child is unable to attend practice on short notice, please inform their coach(es) via TeamReach, either in the team chat or by private message. This is important as our lesson plans are custom made to ensure athletes receive the best possible experience during each one to one and a half hour session.

CHEERSPORT TRAINING HOURS

CheerSPORT Grade 1	1 x 1 hr team training
CheerSPORT Grade 2-6	1 x 1.5 hr team training
Tumble Class (Optional Add on)	1 x 1 hr tumble class
Flyer Flex (Optional Add on)	1 x 1 hr Flyer Flex class
Parent Cheer: Moonshine	1 x 1 hr team training (Fortnightly)

CHEERSPORT PRICING

CLASS TYPE	COST	INCLUDES
CheerSPORT Grade 1	\$185 Per Term	Term fee, Choreography, music & any extra training
CheerSPORT Grade 2-6	\$255 Per Term	Term fee, Choreography, music & any extra training
Tumble Class (Optional Add on)	\$165 Per Term	Term Fee
Flyer Flex (Optional Add on)	\$100 Per Term	Term Fee, Stretching Videos
Parent Cheer (Moonshine)	\$100 Per Term	Term fee, Choreography, music, any extra training & Comp Fee

Pricing as of December 2025, subject to change.

OTHER CHEERSPORT FINANCIAL OBLIGATIONS

\$80 - Competition Fee (Per Competition)

\$195 - CheerSPORT Competition Uniform (Compulsory to compete)

\$40 - Midnight Training Tee (Compulsory for all athletes for 2026)

\$20-\$50 Approx. - Any black shorts to train in.
(We will have black Midnight shorts to purchase by Term 2)

\$10 Training Scrunchie

Competition Make-up

Spankies for under the uniform

Black Shoes - plain black with white soles

Gym Events or Fundraisers

Team outings or bonding days

Pricing as of December 2025, subject to change.

TRAINING GEAR

All CheerSPORT athletes are required to purchase the Midnight Classic Gym Tee going forward. If your athlete already has this tee, there is no need to purchase another. Having all athletes in training gear creates a more uniform look and helps set the tone for training. We also find that arriving in training gear helps athletes feel prepared, focused, and ready for their session.

- GIRLS: Midnight Tee | Black Shorts | Scrunchie, tied in a **hair** pony
- BOYS: Midnight Tee | Black Shorts



CHEERPSORT COMPETITION SCHEDULE

Comps	# of Days	Comp Dates	Novice (Milky's)	Parent Team
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		

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 Competition may result in the athlete being removed from their stunt position and their spots in the routine may change.

If you do not attend the last training before comp, removal from the competition floor could occur. This is decided by your Coach(es) and the Director.

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 CheerSPORT program.

- Competition uniforms are not the same as the training gear.
- Your competition uniform is new this season and you will wear till the end of 2028.
- If you have the 2023-2025 uniform, you may use it for one more year as a transitional year. But who doesn't want a new uniform.
- Your CheerSPORT uniforms are ordered via www.diamond-fit.com
- When purchasing a new uniform, a bow is included.

CHEER SHOES

It is recommended but not mandatory to purchase cheerleading shoes from Trixstar. You can also purchase any black sport shoe, preferably with a white sole.

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 Coach(es)
- 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 CheerSPORT athletes are recommended to wear makeup.
- Make-up includes: Foundation, powder, bronzer, liquid eyeliner with a flick, mascara/false lashes, brown smokey eye, and bright red lipstick. Athletes may fake tan also if they like.
- For our mini teams, we require an eyeliner flick, mascara and red lippy. You can add the above if you choose.

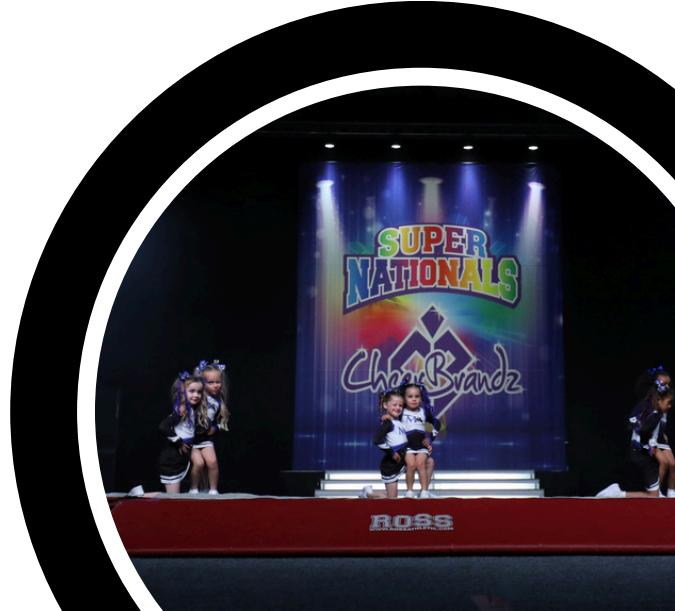


INVOICES

- Invoices are sent out 1-2 weeks prior to the first class of each term.
- If your fees are not up to date by week 3, the Coach(es) will sit your athlete 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).
- We do accept cash, however we don't hold cash on site.
- No Cheques: We do not accept cheque payments



CHEERSPORT IMPORTANT DATES

FEBRUARY	2nd Term 1 starts for Cheersport, Flyer Flex, Tumble & School Teams 6th Waitangi Day, Gym closed
MARCH	14th Gym Closed due to Elite Cheer Camp
APRIL	2nd Term 1 ends for all 3rd-19th School Holidays 28th Term 2 starts for CheerSport, Flyer Flex, Tumble & School Teams
MAY	9th Hawaii Showcase (Times TBC) 14th, 16th, 21st & 23rd Cover Coaches will be on your teams as Coaches will be in Hawaii
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	6th - 19th School Holidays 20th Term 3 Starts for Cheersport & School Teams 27th Term 3 starts for 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 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

Dates as of December 2025, subject to change.

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 CheerSPORT practice of the season, as outlined in the official calendar, or the first practice attended if joining mid-season.

CONTRACT TERM

This is a Term by Term contract. Athletes are required to commit to a full term.

CANCELLATION

If a Member chooses to cancel their membership before the end of the term or close to a competition, we do recommend them to see out the competitions as it disrupts the other athletes on the team.

CANCELLATION WAIVER

Midnight may, at its discretion, waive the cancellation condition in unforeseen circumstances, provided the Member. All term fees must be all paid up, otherwise refusal to pay, it will be forwarded to a debt collection Agency.

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.

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.

2026 Team

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!!!