



**2025 Season
Elite
Competition
Handbook**

What an incredible 2024 season it has been for our Midnight family! From our Elite teams showcasing their hard work at the South Island Show-Offs in Nelson to proudly representing Midnight at the AU Majors in Brisbane, we've truly made our mark. We've expanded our CheerSPORT program with the addition of a Grade 3 team and celebrated the launch of our first-ever Parent team!

With over 200 athletes now part of our community, we are brimming with excitement for what 2025 has in store. Each athlete has demonstrated remarkable resilience, perseverance, and passion, and our teams truly supported one another throughout the season. As we gear up for the 2025 season, we are confident that our blend of experience, consistency, quality, and care will not only cultivate amazing athletes but also shape incredible young people. We warmly welcome everyone joining us for this upcoming competition season and encourage you to dive into our handbook for all the essential details.

EliteCHEER

EliteCHEER represents the pinnacle of competitive cheerleading, where dedication, skill, and teamwork come together to create extraordinary performances. The passions to becoming a New Zealand Representative cheerleader, you'll have the opportunity to train alongside the best, with the dream of competing at the World Championships or even at the Olympic level in future. This journey requires a strong commitment to attending all scheduled practices, extra trainings, competitions, and events, as well as the readiness to engage in national and overseas travel. If you're passionate about pushing your limits and showcasing your talent on an international stage, EliteCHEER is the perfect path for you!

Commitment

Cheerleading offers a unique opportunity to instil the value of commitment in our athletes. Being part of a team means contributing to something much bigger than yourself, where every team member and every position plays a vital role. While we encourage our athletes to attend all scheduled training sessions, performances, and competitions, we also prioritize their well-being and happiness. We understand that health comes first, so we won't require attendance during contagious illnesses or on most public holidays and school breaks (where this is possible). If your child is unable to attend practice on short notice, we kindly ask that you inform their coach(es) via text message or phone call. Together, we can foster a supportive environment that balances commitment with the needs of our athletes.

Weekly Training Commitments:	
Novice Cheer	1 x 2 hr team training 1 x 1 hr tumble class
EliteCHEER (Level 1)	1 x 2 hr team training 1 x 1 hr team training 1 x 1 hr tumble class
EliteCHEER (Level 2)	1 x 2 hr team training 1 x 1 ½ hr team training 1 x 1 hr tumble class
EliteCHEER (Level 3)	2 x 2 hr team training 1 x 1 hr tumble class
EliteCHEER (Level 4)	2 x 2 hr team training 1 x 1 hr tumble class
Parent Cheer (non-tumble)	1 x 1 hr team training (every second week)

Novice and Elite athletes are required to take the set number of hours stated above with Midnight. If you feel that the number of hours required for cheerleading is too much, please consider joining Cheersport as an alternative.

Tryouts

Tryouts are an exciting time of year when both new and returning EliteCHEER team members are placed on their teams for the upcoming season. Our experienced coaching team are committed to creating the best teams possible at Midnight, ensuring that every athlete finds their perfect fit. Each team is thoughtfully constructed based on various attributes, including skill set, potential, attendance, and attitude.

Participation in tryouts is only required only for those wishing to be placed on a Novice or Elite team for the 2025 season.

We ask that only athletes trying out for CheerSPORT 3+, Novice and Elite position complete the registration form to confirm their place for the upcoming season.

What are the 2025 season tryout dates?

Saturday 23 November | West Auckland Midnight Gym

- 12.30pm – 1.30pm | Novice & Level 1 athletes
- 2.00pm – 3.00pm | Level 2 and above athletes

***Note:** tryouts timing is based on your current level i.e. if you are Level 1 now and want to level up to Level 2, you still attend the Level 1 athletes timeslot. If you are new to Elite, please tryout from 12.00pm - 12.30pm with our Grade 3+ CheerSPORT athletes.*

Does everyone make a team?

Every child will be placed on a team in our cheer programme!

How is my child's team placement determined?

Tryouts can be a difficult time for athletes as they result in change. No athlete will be passed over due to favouritism or personal reasons. An athlete's position on a certain team will be determined by their tumble and stunting ability with reference to the IASF level system. Attendance and coachability of the athlete will also be considered.

Progression

After years of experience, we have learnt that it is not in the best interests of our athletes to fast track their cheerleading careers. We hope all our athletes will stay in the sport for many years, perhaps as long as some of our Team NZ Cheerleaders whose average age is 18 years! We have learnt the more time spent at each level makes our cheerleaders stronger physically and mentally. There are always new skills to be learnt at each level particularly as rule changes continue to raise the skill difficulty allowed. The complexity of choreography required to be competitive at each level is also constantly rising.

Financial Obligations

Now the uncomfortable conversation – money. Each year we do our best to keep our prices from changing but with rising costs including labour, inflation and event producers, we may need to change our fees.

We think we offer amazing value not just athletically but even more so in the life lessons we teach our athletes and some might say that is ... priceless.

Team & Class Type	Cost	Details
Novice Cheer	\$340 per term team tuition \$160 per term compulsory tumble class \$350 Choreography Camp (Approx.) \$200 Training Gear Pack (Approx.)	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry fees
EliteCHEER (Level 1 - 2)	\$520 per term team tuition \$160 per term compulsory tumble class \$350 Choreography Camp \$200 Training Gear Pack (Approx.)	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry fees
EliteCHEER (Level 3)	\$530 per term team tuition \$160 per term compulsory tumble class \$550 All Star Summer Camp (Approx. TBC) \$200 Training Gear Pack (Approx.)	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry fees
EliteCHEER (Level 4)	\$530 per term team tuition \$160 per term compulsory tumble class \$550 All Star Summer Camp (Approx. TBC) \$200 Training Gear Pack (Approx.)	Includes: Term fee, Choreography, music and Cheerbrandz NZ competition entry fees
Parent Team	\$100 per term team tuition	Includes: Term fee, Choreography and music
Tumble	\$160 per term	Includes: Term fee
Flyer Flex	\$100 per term	Includes: Term fee (This is mandatory if you are a flyer)

Pricing as of 9 November 2024, subject to change.

Other Financial Obligations

Pricing as of 9 November 2024, subject to change

EliteCHEER
\$375 - Elite Competition Uniform
\$45 - Competition hair accessory
\$200 - Training Gear Pack (Approx.)
\$350 - Novice & ELite 1 & 2 Choreography Camp
\$80-\$110 - Non CheerBrandz Competitions
\$30pp – Music
\$220 Crossover fee
\$110-\$150 - Travel pack for international travel teams (TBC)
Travel to and from competitions outside of Auckland
Team outings or bonding days

Training Gear

- All elite athletes are required to purchase the new season elite gear pack.
- You will then be invoiced automatically by head office for your gear pack. Please make sure to pay on time to receive your gear pack during Term 1
 - o **GIRLS** gear Pack Includes: Crop Top | Shorts | Singlet | Crewneck
 - o **BOYS** gear Pack Includes: 2 Singlets | Shorts | Crewneck
 - o **OPTIONAL ITEMS:** T-Shirt and/or Trackpants – if you do not have them from the 2024 Season

Competition Uniform

- All athletes are required to purchase and wear a competition uniform if you don't already have the correct one.
- Competition uniforms are not the same as the training gear pack.
- Your competition uniform is a beautiful sparkly dress in your gym's colours.
- All competition uniforms are ordered via www.diamond-fit.com

Competition Bow/Cuff

Competition bow or cuffs are required for the 2025 season

- **EliteCHEER – Cuffs/Bow**

All orders are placed directly with Better with a Bow through their website:

www.betterwithabow.co.nz

***Note:** we will be keeping the same elite bow for 2025 Season as 2024*

Cheer Shoes

It is recommended that all cheerleaders have cheer specific shoes. Midnight recommends Trixstar Altair which are available online at www.apexperformancenz.com. A selection of shoe sizes will be available to try on at tryouts (Saturday 23 November 2024) or are available at the West Auckland Gym.

We have worked with the supplier to get the best shoes into NZ and are excited that we have even been given a discount code along with a 3 month warrant which we are able to share with all our athletes: **MIDNIGHT**

- **EliteCHEER – Black Shoes with white sole for 2025.**

If you're your current black shoes still fit, we are going through a transition year so we will accept them. However, moving forward by 2026 we need all our athletes to purchase Trixstars.



Picture: Preferred cheer shoe - Black shoe with white sole.

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 will be asked to sit out of class until the balance is settled.
- Unused portions of your invoice are non-refundable e.g., choreography and competitions.
- If your training falls on a public holiday, 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 West Auckland Gym (Henderson location)
- **Credit Card:** Is available upon request as we can offer stripe payments with your account. Please contact the team to set this up.
- **No Cash or Cheques:** We do not accept cash or cheque payments.

All Star Summer Camp 2025

Who: Midnight Odyssey (Level 4)

When: Tuesday 21 – Thursday 23 January 2025

Where: YMCA Camp Adair, Hunua

Cost: \$500 per Athlete (Approx.)

About: All Stars cheer camp help create custom routines which show off each team's skills and ability. Athletes participate in fun team bonding activities and finish their experience with skits and a traditional campfire.

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.

ALL STAR SUMMER CAMP PARTICIPATION AGREEMENT

If The Member is attending the All Star Summer Camp representing Midnight, they agree to the following Camp YMCA Adair Participation Agreement

- Camp Adair operates in accordance with the broader YMCA rules and guidelines.
- YMCA Camp Adair adheres to the core values of the YMCA - Caring, Respect, Honesty and Responsibility.



- Further, YMCA Camp Adair operates according to its Safety Management system.
 - i) **RISK ACKNOWLEDGMENT:** I understand there are risks involved in the activities my child/I will be undertaking. I also understand that an unpredictable or uncontrollable event may occur that could possibly cause me serious harm or death. I'm aware of the importance of my child/my voluntary participation and the consequences should they/I ignore the YMCA Instructor's directions. I acknowledge that the organisation is responsible for all risk management for every person on site and will take all reasonable and practicable steps to keep my child/I safe while they/I are involved in these activities. However, I accept full responsibility for my child/my own actions or inaction.
 - ii) **ADVENTURE ACTIVITIES:** I understand that I / my child will be participating in all or some of the following Adventure Activities: High Ropes, Abseiling, Zip Line, Climbing wall, Kayaking, Archery, Target shooting, Confidence course, River Traverse. Hiking. I have been fully informed on each activity and accept the risks.
 - iii) **GEAR MANAGEMENT** During the period of the programme you may be issued with and be using various forms of equipment. Whilst under your care or use, you will be totally responsible for its condition. This means that should you break or damage any equipment, by any means other than an accident or by normal wear and tear, you will be required to pay for it. We are sure that during the normal running of the programme and with a sensible attitude no problems of this nature will arise.
 - iv) **YMCA APPEARANCE RELEASE:** I give permission for photos to be taken for the purpose of promoting Camp Adair at the discretion of the YMCA.
 - v) **DECLARATION:** I have read, and understood, and agree to the above. I also agree to follow all rules and other guidelines set out to me, and agree to the YMCA core values of Caring, Respect, Honesty, Responsibility, and agree to listen to all staff and supervisors at all times. I acknowledge that if I cannot follow these, and I am not prepared to remedy the problem I will be expected to leave the programme.

MA Choreography Camp 2025

Who: Milkyway (Novice), Solar (Level 1), Shadow (Level 2) & Blackout (Level 3)

When: Friday 21 – Sunday 23 March 2025

- Friday after school arrival for Solar, Shadow & Blackout (2 night stay)
- Saturday morning arrival for Milkyway (1 night stay)

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

Cost: \$350 per Athlete (Approx.)

About: Camp is where elite team members learn their full routine, dance & develop skills. Our coaches and guest choreographers help create these custom routines which show off each team's unique skills and ability. Building strong teams is not all about skills, it is about team work. During camp, we will create fun team bonding activities to encourage the Midnight community spirit!

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.

Competition Schedule

Comps	# of Days	Comp Dates	Novice	Elite (1-4)	Parent Cheer
Eutopia, Auckland	1	Sunday 29 June	★	★	N/A
Battle in the Bay (Tauranga)	1	Saturday 2 August	★	★	TBC
NZ Majors, Auckland	2	Friday 15 August (Novice Only) & Saturday 16 August	★	★	N/A
Spring Carnival, Auckland	1	Sunday 14 September	★	★	★
NZ Super Nationals, Auckland	2	Saturday 1 November (Novice Only) & Sunday 2 November	★	★	★

Competitions

All elite athletes are required to attend all competitions selected for their team on the competition schedule above.

NOTE: performances and events may be scheduled in your location in addition to the above listed competitions.

Absences prior to competitions To ensure your team is set up for success, absences **3 weeks prior** to any competition, your athlete may be taken out of their stunting position or taken out of the routine completely. This decision is made by the Coach and Gym Owner. There will also be no refund for your competition fee.

Important Dates

Month	Important Dates
January	16: Training ahead of All Star Camp - Odyssey (7pm-9pm) 21-23: All Star Summer Camp (Odyssey) 27: Public Holiday (Auckland Anniversary) – Gym Closed
February	3: Term 1 starts for Novice & EliteCHEER 6: Public Holiday (Waitangi Day) – Gym Closed 10: Term 1 starts for CheerSPORT and Tumble
March	21-23: Level 1, Level 2 & Level 3 Choreography Camp (Friday after school) 22-23: Novice Choreography Camp
April	13: Term 1 ends for all 18: Public Holiday (Good Friday) – Gym Closed 21: Public Holiday (Easter Monday) – Gym Closed 25: Public Holiday (ANZAC) – Gym Closed 25-28: IASF Cheerleading Worlds (FYI only) 28: Term 2 starts for all
May	25: MA Family Fun Team Bonding Event at the Movies to watch 'Lilo & Stitch'
June	2: Public Holiday (King's Birthday) – Gym Closed 20: Public Holiday (Matariki) – Gym Closed 21/22: Gym Showcase (TBC) 29: Term 2 ends for all 29: NZ Eutopia Cheer & Dance Competition, Auckland
July	14: Term 3 starts for all 20: MA's 5 th Birthday bash
August	2: Battle in the Bay Competition, Tauranga (Novice & Elite 1-4 only) 15-16: NZ Majors Competition, Auckland (Novice on 15 th only)
September	14: NZ Spring Carnival Competition, Auckland 21: Term 3 ends for all 20/21: MA Family Fun Team Bonding Event (TBC)

Month	Important Dates
October	6: Term 4 starts for all 24-26: Australian Majors, Gold Coast (Elite <u>travel team</u> only-TBC) 27: Public Holiday (Labour Day) – Gym Closed Potential Bootcamp for Elite teams ahead of Nationals (TBC)
November	1-2: NZ Super Nationals, Auckland (Novice on 1 st only) 22/23: 2026 Season tryouts (TBC)
December	5: Christmas Parade, Kumeu (TBC) Term 4 ends for CheerSPORT and tumble 6: Christmas Parade, Te Atatu (TBC) 6/7: MA Prize Givings 12: Term 4 ends for Novice & Elite

A few things to note:

- We aim to keep these dates set, but things sometimes change.
- If we do make changes, we will advise you.
- For EliteCHEER teams there **will be** extra trainings that will be set throughout the year based on whether teams are comp ready
- For EliteCHEER make-up and hair styles will be shared prior to the first comp as each team may have slightly different requirements.
- For EliteCHEER fake eyelashes and fake tan are highly recommended for all Auckland comps but are only compulsory for Out of Auckland Competitions.
- We ask that if you are planning any holidays that will impact competitions, include schools' events (such as Camp or AIMS etc), please advise the coach as soon as possible so we can plan

ATHLETE CODE OF 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 trainings, performances and competitions.

4. UNIFORM

Wear the right gear, MA Gym Tee, hair tied up with Midnight Scrunchie, no jewellery, keep nails short, black cheer shoes on.

5. KEEP THE GYM BEAUTIFUL

Place personal items in the cubby holes and not on the gym floor. Place all rubbish in designated rubbish bins.

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. 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.

9. THE NO NO LIST

Midnight may tell you to leave the program or suspend you without and 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 or posted on the web or communicated in any other means.

CODE OF CONDUCT

SPECTATOR/SUPPORTER

1. Be kind and supportive to all athletes, parents and coaches, we do what is best for the athlete and team
2. Please stay in the designated viewing area at all times. No parents are allowed on the floor
3. Please do not drink or be under the influence of alcohol, drugs or other illicit substances in or around any Midnight Athletics venue.
4. Please respect the gym environment. We have a closed training policy. this is due to the safety of the athletes and the amount of space in our gym.
5. Please ensure you park in the designated areas depending on your training location:
 - **Central:** Tristar car park
 - **West:** On the side of the road (not in the Coach parking spaces). Failure to comply will result in being asked to move your vehicle.

TERMS AND CONDITIONS

NOVICE/ELITECHEER/CHEERTUMBLE

If your child is in a **NOVICE, EliteCHEER and CheerTUMBLE** programme these are the terms and conditions that apply to you are below:

PAYMENT

The Member agrees to pay the costs as detailed in our Midnight invoices, as per the guidelines set out above.

NON-PAYMENT

In the event of any amounts not being paid by week 3, Midnight has the right to refuse to teach, train and or provide services to the cheerleader until such time as all outstanding amounts are paid. Midnight is under no obligation to provide any abatement of fees for any time the cheerleader is not in attendance.

DEBT COLLECTION ACTION

The Member authorises Midnight to contact any debt collection agency in the event any account with Midnight is not paid. Should this occur the full outstanding balance for the remainder of the term including any current arrears shall be immediately due in full. In addition, Midnight shall add \$50 to the outstanding debt as its fee for dealing with the default.

The Member also agrees to pay all collection costs incurred. The Member also authorizes



Midnight and or the debt collection agency to use any and all search powers available within the law to find up to date contact details for the Member to pursue the debt.

PARENTS

The member needs to be supportive of all Coaching decisions. We are happy to talk about your athlete only if you have reason to think we have been unfair, but cannot talk about other athletes. In the event of an injury, parents are expected to respect the decisions and authority of the staff member in charge at Midnight, or any other individual responsible for the care of the athlete at the time, during accidents or emergencies.

APPEARANCE RELEASE

The Member agrees to grant Midnight, its sponsors and all media the right to photo or video the cheerleader and further utilise their face, name, likeness, voice and appearance as part of their program in all advertising.

CONTRACT PERIOD

One-year Fixed Term Membership. If you wish to cancel before the end of the season, you will be liable for all money still to be paid until the end of the agreed contract.

PARTIES: The parties to the membership agreement are: Midnight Athletics Ltd (“Midnight”) the service provider. Cheerleader (“the Member”) means the cheerleader If they are over the age of 18 or if under 18 years of age means the parents or legal guardians of the cheerleader.

MEMBERSHIP ON HOLD

Midnight may approve the holding or suspending of memberships for reasons outside the Members control for example serious injury or illness or for other reasons where advance notice has been given and approved by the owner.

CANCELLATION

If the Member wishes to cancel their membership before the end of the one-year fixed contract period, they are liable for all money still to be paid until the end of the agreed contract.

CANCELLATION WAIVER

Midnight may waive the cancellation condition in unforeseen circumstances at its discretion where the Member gives three months’ notice in writing.

All fees shall continue to be paid up to the later of the date of cancellation or the 3 months’ notice Period.

In the event of notice not being given Midnight shall have the right to charge 1 term or 3 months fees (whichever is greater) in lieu of notice.

Unforeseen circumstances may include serious injury or illness, moving cities, countries or serious academic issues or anything else that would create undue hardship for the Member.

This waiver can be withdrawn and the contract required to be paid in full if the athlete cheers with another cheerleading company within 1 year of this waiver being granted.

TRAVEL FEES ON CANCELLATION OR DISMISSAL

In the event of the cheerleader leaving the team or cancelling the contract, any travel fees will be refunded less any deposit or cancellation fee plus a 10% administration fee. Any fundraising money held in the fundraising account will not be refunded but will remain in the account and will be distributed between the remaining traveling team members.

MIDNIGHT RULES, POLICIES AND GUIDELINES

The Member and cheerleader agree to adhere to the rules, policies and guidelines of Midnight Athletics as set out in the MA Handbook and any other rules, policies and guidelines that may be set from time to time. If a Member or cheerleader breaks any of the rules they may be suspended or dismissed from the team or gym. There will be no refunds in the event of dismissal or suspension from the team.

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

<hr/>		
Athletes Name	Signature	Date
 <hr/>		
Parent/Guardian Name	Signature	Date

We encourage our families to choose the competition cheer option which best suits their time and financial needs together with what you hope to get out of your competitive experience long term.

Bring on the 2025 Season!!!!