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AUSTRALIAN
ALL
STAR
CHEERLEADING
FEDERATION

TEACH ALL-STAR
CHEERLEADING
AT YOUR
DANCE STUDIO,
SCHOOL OR GYM



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AASCF can assist you
www.aascf.com.au



Teach Cheerleading at your Dance Studio, School or Gym

All-Star, competitive Cheerleading is what most people recognise as "Bring it On / ESPN cheerleading". It is a fast paced, dynamic sport that encompasses stunt, tumbling, tosses and dance. It is as physically demanding as any other mainstream sport and is one of the fastest growing team based athletic sports in the USA.

[Australian All Star Cheerleading Federation, \(AASCF\)](http://www.aascf.com.au) is an organisation for All Star cheerleading coaches & athletes around the country dedicated to the promotion and advancement of Cheerleading as a respected athletic discipline and sport. Our aim is to encourage mutual co-operation and communication between squads & to provide a central resource of cheerleading information and assistance.

We are affiliated & an Australian representative of the **United States All Star Federation (USASF) & International All Star Federation (IASF)**, the international governing authority in standardized safety, divisional structures, and coach/athlete education of All Star Cheerleading and as such are proud to be a part of introducing the USASF coach and athlete credentialing program that is being rolled out in a world-wide effort to educate coaches and athletes about safety and proper instructional techniques.

AASCF can assist you in implementing a cheer program at your Dance studio, School or Gym by –

IASF INTERNATIONALLY RECOGNISED CHEER COACH CERTIFICATE COURSES

AASCF provides your teachers with comprehensive training in all aspects of modern competitive cheerleading encompassing stunts, tosses, tumbling, dance and pom motion. The **AASCF** presentation of *internationally recognised* IASF **Coaching Credentials** involves expert training through classroom instruction, interactive time with other coaches, hands-on training and hands-on exams coupled with written exams. The IASF/USASF Coach Credentialing series has proven to be a great educational asset to the cheer and dance community around the world. The testing covers 3 "core" areas: tumbling stunts and basket tosses.

Obtaining your IASF Coaches Credentials will allow you to gain vital understanding of the cheer community, the rules and procedures, progressions, safety issues, various training methods, and skill-specific techniques. It will also connect coaches in a vital support system with other coaches.

Each core area has 6 levels which stand alone, so you can credential to different levels in each of the 3 core areas. Each of the core areas (of levels) consist of a written exam and a hands on exam in which coaches must demonstrate ability to teach (not perform) specific skills in the curriculum.

In other words, the written exams are intended for you to study, learn, and internalise the components of proper progressions, training techniques and safety. The hands on components are a great way to learn the "tricks of the trade" in the most effective teaching techniques for all types of learners. Knowing these things empowers coaches to a whole new level of freedom and comfort in their coaching abilities and makes for safer, stronger cheer community.

On the credentialing day, you will receive various methods of classroom instruction and interactive training on how to "coach" the skills for each level. Written exams and hands-on exams for each level/core area allow coaches to demonstrate the ability to properly teach specific skills in a safe and effective manner. Written exams are open-book and hands-on exams require that you can demonstrate the ability to successfully teach the skills. You do NOT have to perform them. (Note that you do not have to credential to the same level in all areas. For example, it is possible to credential to level 1 in stunts and to level 2 in tumbling.)

Contact us for a detailed **IASF/USASF Coach Credentialing Information Pack** to be sent out giving more detail.



STATE & NATIONAL COMPETITIONS

A chance for your athletes to “Bring it On”!!! – AASCFA’s friendly competition’s will give your cheerleaders an opportunity to compete against other athletes of similar skill levels. Our division structure will follow the General and Level safety guidelines of the International All-Star Federation (IASF), the International Governing Authority in standardized safety, divisional structures, and coach/athlete education. IASF/USASF guidelines are the standard used for the vast majority of American All-Star competitions and competitions around the world.

EVERY team will get a medal at AASCFA Championships! Grand Champions win team banners to take home! It is all about celebrating the journey as much as we celebrate the destination!

AASCFA DAY CLINICS & CAMPS

These clinics & camps will offer squads and individuals the opportunity to work with a great team of our professional staff and learn all aspects of cheerleading: motions, jumps, cheers, chants, dance, stunts, and pyramids. Suitable for cheerleaders of all skill levels— from those who have never tried it to those who have years of experience— the AASCFA Clinics & Camps are a fun, exciting way to build new skills, new friendships, and new style! AASCFA Clinics & Camps will be scheduled several times a year on market demand and will vary in length (from one to four days)

AASCFA PRIVATE CLINICS

AASCFA Private Clinics will give you more control of the content and more one-on-one instruction than larger Day Clinics. Taught by one or two of our highly trained instructors, you’ll get personalized coaching while you learn the latest AASCFA / USASF/ IASF material. You name the date and time, we’ll work with you.

AASCFA CUSTOMISED STUNT & CHOREOGRAPHY CLINICS

These clinics are not your ordinary cheer clinics. They are taught by either a highly specialized American & AASCFA coach who has gone through extensive technical training. Along with your complete customisation of a private clinic, you can have a brand new customized cheer &/or pom routine. You’ll also get personalized follow-up service from your instructor two weeks after the camp to make sure you are progressing & to answer any questions you may have.

AASCFA STUDENT LEVELS PROGRAM

To support coaches, AASCFA is proud to have Australia’s first ever **Cheerleading Student Levels** syllabus available to offer to your students. This user-friendly sequential training system has been developed in Australia and incorporates the safest cheer principles & works for all shapes, sizes, ages and abilities. Your cheerleader’s work their way through the levels program at their own pace, earning certificates, medallions or trophies and patches, progressing on their strengths and developing their weaknesses and is designed to build your students’ skills. For example, if a child is slow at progressing in some areas, they can keep moving forward through the levels program on their strong points whilst perfecting their weaker areas in their own comfort zone.

This very comprehensive cheerleading program specializes in 10 elements from dance to tumbling to cheer stunt & fundraising to name only a few.

EXAMINATIONS

At the end of every term (or special dates assigned by your school) there is a skills assessment day. On this day cheerleaders will perform their established skills in front of Official AASCFA Examiners. **Assessments can only be done on Official Skill Assessment days.** Cheerleaders will receive an official Completion stamp for each particular skill achieved. Once every skill has been stamped and signed they receive an official AASCFA certificate, medallion or trophy for higher levels and patches, confirming they have passed that Level.

AASCFA STUDENT CHEERLEADING LEVELS PROGRAM COACHES MANUAL

- Providing a structure for coaching cheerleading skills in a safe and proven successful progression
- Producing cheerleader assessments and awards
- Promoting a thorough knowledge base for cheerleading coaches
- Internationally Recognized IASF Athlete Levels Qualifications
- Provide proven documentation that you have used reasonable care to ensure the safe coaching of your cheerleaders
- Encouraging a network of qualified coaches

The AASCFA Student Cheerleading Levels Program was first established by Rosemary Sims in 1995 for her students at the Dancers Edge dance studio. In 2000 the syllabus was revised incorporating the safety elements guided by the AACCA (American Association of Cheerleading Coaches & Advisers). As students undertaking the program grew to over 400 at one location at Cheerleading Victoria & interest in the program spread around the country, the program



has been revised once again in 2006, this time for the AASCFAASC, with the added influence and integration of the USASF (United States All Star Federation) athlete levels.

The AASCFAASC Student Cheerleading Levels Program Coaches Manual covers in great detail, step by step, everything you need to know in becoming a complete cheerleading coach from pre-schoolers to Elite Competitive All Star Cheerleaders: Coaching Requirements, Legal Issues, Safety Guidelines, Emergency Plan, Putting it into Practice, Choreography, Competitive Cheerleading, Recreational/Game Cheerleading, AASCFAASC Cheerleaders Levels Program Coaching Elements, Pom Motions, Cheers and Chants, Stunt, Tumbling, Dance & DanceTechnique & Team Leadership. It also has an extensive glossary of cheerleading terms covering over 300 cheerleading words used around the world.

The AASCFAASC program also assists you in running a better cheerleading program, teaching young athletes, and gaining self-improvement. You will have opportunities for education and training, certifications, learn methods of team building, technical and tactical information. You have access to your peers, news, events and a catalogue of resources.

Coaching young cheerleaders can be an immensely rewarding experience, knowing you are helping to build the future of cheerleading and creating something so worthwhile at the same time.

AASCFAASC STUDENT LEVELS CHEERLEADING PROGRAM SYLLABUS SUMMARY

AASCFAASC Levels Program is designed to give everyone a go in all of the Cheerleading Skills from Dance to Poms to Tumbling to Stunt to Performance. It is also the complete preparation for cheerleaders aspiring to be All Star Cheerleaders.

1. AASCFAASC Mini Stars - 4-6 year olds (certificate & patches)
2. AASCFAASC level 1 - (certificate & patches)
3. AASCFAASC level 2 - (certificate & patches)
4. AASCFAASC level 3 - (certificate & patches)
5. AASCFAASC level 4 - Bronze Medal (+ certificate & patches)
6. AASCFAASC level 5 - Silver Medal (+certificate & patches) & introduction of USASF/IASF athletes program level 1
7. AASCFAASC level 6 - Gold Medal (+ certificate & patches) & introduction of USASF/IASF athletes program level 2
8. AASCFAASC ALL Star - Trophy (+ certificate & patches) & introduction of USASF/IASF athletes program level 3

ABILITIES FOR STUDENTS TO BEGIN THE AASCFAASC PROGRAM

To begin the AASCFAASC Levels program there are no pre-requisites apart from the annual AASCFAASC gym/studio/school annual membership of \$20 and the individual student membership fee of \$10.00, receiving your annual membership card, your Personal Athletes Insurance, AASCFAASC badge and all club member privileges including a discounts on most cheer apparel & poms etc.

This is a user-friendly program for every-one with special needs taken into consideration. With careful monitoring and medical confirmation you can progress right through the Levels Program being exempt from your particular problem areas. The cheerleaders work their way through the levels program at their own pace, progressing on their strengths and developing their weaknesses, thus able to achieve desired goals without pressure. Alternately if you already have skills, this may enable you to start the program at a higher level. The Program works for **all** shapes, sizes, ages and abilities.



AGE REQUIREMENT

Children of pre-school age up to adult.

Not everyone will start from the start; depending on your already acquired skills and age will determine the level you will start at. (Your coaches will assess the right level for you.)

You can be any age around the suggested age & standard to start the program and be part of the AASC.

*Cheerleaders who are extremely advanced in their tumbling, dance and/or stunting skills are able to start at much higher levels and/or begin at the USASF/IASF athlete's level program.

AASC STUDENT LEVELS PROGRAM SYLLABUS (INCLUDING MANUAL, DVD & MUSIC) PRICING

AASC Mini Star, Level 1, 2, 3 & 4 – \$100.00

AASC Level 5, 6 & All Star – \$100.00

Or both manuals for - \$180.00

USASF/IASF Athlete Credentialing as per USASF website – www.usasf.net .

Our objective is to give everyone a go!

There can be such a stereotype in dance & sporting activities-

Cheerleading is for everyone!

For this fast moving generation of children & teenagers, we want to incorporate the satisfaction of achieving desired goals whilst having fun, the chance to continually learn new skills and increase fitness & confidence, without any added pressure to their already busy lives.

AASC look forward to assisting you with implementing this proven, successful program which will add another dimension to your existing dance/gym/school program.

For further enquiries, or to join the AASC, please contact

Program Director Rosemary Sims on 03-9756 0014 or email – rosemary@aascf.com.au

