

**OUTLAWS** *All Stars*



*Live the Name Love the Life...*

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Queensland Cheerleading Information Booklet 2022

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Note; Minor changes to all details may be made in early 2022

WELCOME TO THE

OUTLAWS ALL STARS

Family!

*Outlaws-All Stars* is Australia's largest Premier Cheerleading & Dance community. We strive to change lives, spread passion & share knowledge from the Eastern suburbs of Melbourne, down to the Mornington Peninsula and now all the way to the sunny side of Brisbane.



A 'hideout' for the hundreds of cheerleaders and dancers that call us home.

We pride ourselves on our family environment where each student is given the coaching, and support to be the best athlete they can be. We welcome all into our hideout, where each and every athlete enjoys the rewards of hard work, progressive learning, success and relationships that last a lifetime.

With a commitment to inspire our students, and enrich their lives. Outlaws All Stars continues to strive to do the impossible.

## What is cheerleading?

Cheerleading is one of the fastest growing sports in the world, and one of the very few competitive Coed sports. It is a fun and unique way to stay fit, and build life long friendships. Here at Outlaws All Stars, our experienced coaches support our athletes as they learn about teamwork, resilience, patience, positive attitude and sportsmanship.

Teams are made up of 8-38 athletes, forming either All Girl or Coed groups. They are formed based on age divisions and athlete skill level (novice - 7). Our program caters for students aged 3+, at any ability level, from very beginner to world class athletes!

Our staff work with their teams to create 2 minute and 30 second routines, incorporating a combination of stunt, tumble, pyramid, jump and dance elements. Teams train 1-3 times per week, working to perfect routines for performances and competitions. Competition teams perform and compete at several competitions throughout the year, locally and interstate!

## WHAT IS...

# OUTLAWS ALL STARS

## About?

### Fun

Our coaches believe that fun is a big part of why we do what we do - if you're not enjoying it, why do it? We work to get the best balance of fun and discipline, so our students enjoy their time whilst also learning a lot! Everyone also accomplishes more in a positive, uplifting environment.

### Family

The Outlaws All Stars family is unlike any other. Our students are valued members of a community, offered endless support and love from both students and staff in and out of the gym. Our family environment is built on the values that create life long friendships no matter what level or age.



### Cheerleading & Dancing as a Sport

We are a training facility. We train athletes. Our coaches are hired to teach, motivate, inspire, discipline, and condition our athletes - both mentally and physically. We focus on many different aspects to bring out the best in our students. Discipline, Teamwork, fun, safety, health and a family like environment are all things we work to instil in our students every day!

### Health

We are a health-focused club & love seeing students getting the best out of their lives and their training. Nutrition is a big part of this and is something we teach them about through their every day training.



### Our Best

We are all about making sure our students put in their best effort. Everyone learns at a different pace, but no matter what your role is, if you're going to do something, do it to the BEST of your ability. Success is an attitude, not an outcome, and if you have a great attitude you will go very far. Especially in a team sport! When you hold yourself to a high standard, people around you will start to rise to your level.

### Perfection Before Progression

This is the standard of our program. Incorporating proper technique and execution at every level, regardless of age or ability, allows athletes to progress further quickly and safely. We are very structured in the way we teach classes, and SPECIFIC in what students need to be able to demonstrate before they progress to a new skill. Enjoyment and safety are number 1 for us! As a club with a lot of students in our care it is our responsibility to progress athletes through our program by teaching proper technique and form.

## CHEER TEAMS

# OUTLAWS ALL STARS

## Competition Teams

### CHEER SPORT

Cheersport teams are perfect for athletes new to Cheerleading.  
Please refer to page 11 & 12 for our training timetable

Mini Sunshine - Kedron  
Youth Sunshine - Kedron  
Senior Sunshine - Kedron  
Open Sunshine - Kedron  
Mini Stars - Bundamba  
Junior Stars - Bundamba

\*More Information regarding Cheer Sport on Pg 6



### CHEER NOVICE/LEVEL 1

Aces - Bundamba  
Young Guns - Kedron  
Mini Mafia - Kedron  
Diamantes - Bundamba  
Strykers - Kedron  
Night Hawks - Kedron  
Pink Assassins - Bundamba

### CHEER - LEVEL 2

Renegades - Kedron  
Spirits - Kedron  
Bomb Squad (NT) - Kedron  
Sassy Soldiers - Bundamba

### CHEER - LEVEL 3

Freedom - Kedron  
Lady Legends(NT) - Bundamba

### CHEER - LEVEL 4

Bombshells - Kedron  
Black Out (NT) - Kedron  
Commanders - Bundamba

### CHEER - LEVEL 5,6 & 7

A-Team - Kedron  
Midnight Mafia (NT) - Kedron  
Diamonds - Kedron

Listed above are proposed teams and based on 2021 teams.  
Final team divisions will be determined after tryouts, eg. Open 4.2 may become open 4 or  
teams may switch between AG and coed divisions.

## DANCE TEAMS

# OUTLAWS ALL STARS

## Competition Teams - Levels Breakdown

### WHATS COMING IN 2022

With the team names to be announced shortly, these are the divisions/levels we will be offering for 2022. All teams will be doing competitions as per our Tier schedule, however in terms of level/ability

\* Competitive dance will be for Beginning to Intermediate

\* All Star is for Intermediate to Advanced

\* IASF is for advanced and those also working towards competing at the World Championships in Orlando, Florida in the comping year.



### COMPETITIVE DANCE

Mini Hip Hop - Bundamba

Mini Pom - Bundamba

Open Jazz - Bundamba

### ALL STAR COMPETITIVE DANCE

T Crew - Senior Hip Hop - Bundamba

Open AG HH - Bundamba

### IASF COMPETITIVE DANCE

Open IASF Pom - Bundamba

Open IASF Jazz - Bundamba

Open IASF Lyrical - Bundamba

Open IASF Coed HH - Bundamba

# NON COMPETITIVE PROGRAMS

## OUTLAWS ALL STARS

### RECREATIONAL CHEERLEADING

Outlaws offers recreational classes for those who would like to cheer in a more social environment with a focus on fun, building body control awareness and getting their bodies active and moving! This is a great option for those new to cheer or wanting a cost effective way to get started with cheerleading. Classes are 45-60 minutes per week, and athletes are grouped by age. Each term will have a set of skills that athletes will work towards.

### TUMBLE

Tumbling is a major element of cheerleading, incorporating a range of gymnastic style rolls, flips and skills. Our Tumble Classes are designed to teach these skills in a safe and progressive environment.

At Outlaws All Stars, we offer an elite tumble program, suited to athletes of all ages and abilities.

Our highly qualified coaches work with our students on skill development, as well as building strength, technique and confidence.

We offer casual classes for anyone interested in learning to tumble or enhancing their skills!

We form our classes based on age divisions, and skill level (novice-level 7).

These classes are offered classes at both our Kedron and Bundamba locations.

Please refer to our timetable to find a suitable tumble class for you!

### FLYERS

Here at Outlaws we offer an elite training program for our flyers, with a focus on overall flexibility, strength and body control. Our highly knowledgeable and experienced coaches work closely with our flyers to perfect their technique and execution whilst improving flexibility, strength and stability. This program is highly beneficial to flyers as it holds a unique focus on the specific skill set of the athletes in this position. Flyers classes are run multiple times a week at our Kedron and Bundamba locations & all flyers are strongly encouraged to participate in the program to continue their development.



## CHEER SPORT

# OUTLAWS ALL STARS



We believe that everyone should be given the opportunity to experience the benefits of this great sport, however we are aware that not all families can fully commit to our training schedule on top of other extracurricular sports, school activities and work commitments.

In the Cheersport tier stream, athletes are still able to experience the excitement of competing, with a reduced training and competition schedule. This is the ideal starting place for those new to cheer, who would like a chance to compete in some competitions throughout the year to get a taste of what the sport is all about.

The Outlaws Cheersport teams are for athletes to build fundamental skills, but also allow them the chance to develop more advanced cheer skills.

## CHEER SPORT

Cheersport teams are perfect for athletes new to Cheerleading. Please refer to page 11 & 12 for our training timetable

- Mini Sunshine - Kedron
- Youth Sunshine - Kedron
- Senior Sunshine - Kedron
- Open Sunshine - Kedron
- Mini Stars - Bundamba
- Junior Stars - Bundamba



## OUTLAWS ALL STARS

Welcome to our Tiers page, where we have categorised our teams into Tier groups depending on their commitment levels

Recreational	Tier 1 Cheersport	Tier 2 Novice	Tier 3 Non Tumble	Tier 4 Competitive Level 1-3	Tier 5 Competitive Level 4-6
<b>Kedron</b> Levels program  <b>Bundamba</b> Levels program	<b>Kedron</b> Tiny Sunshine Mini Sunshine Youth Sunshine Senior Sunshine Open Sunshine GI Janes  <b>Bundamba</b> Mini Stars Junior Stars	<b>Kedron</b> Young Guns Mini Mafia  <b>Bundamba</b> Aces Diamantes	<b>Kedron</b> Bomb Squad Black Out Midnight Mafia  <b>Bundamba</b> Lady Legends	<b>Kedron</b> Strykers Night Hawks Renegades Spirits Freedom  <b>Bundamba</b> Pink Assassins Sassy Soldiers	<b>Kedron</b> Bombshells A-Team Diamonds  <b>Bundamba</b> Commanders

### COMPETITIONS

Nil	1st Shootout Eutopia Majors Super Nationals	1st Shootout Winterfest Eutopia States Nationals	1st Shootout Winterfest Battle States Majors Nationals	1st Shootout Winterfest Battle States Majors Nationals	1st Shootout Winterfest Battle States Majors Nationals
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### COMMITMENTS - STRICT ATTENDANCE

All school holidays off	Training on all public holidays  <b>Holidays</b> 3 weeks in Jan 2 weeks in July 1 week in Sept 2 weeks in Dec	Training on all public holidays  <b>Holidays</b> 3 weeks in Jan 2 weeks in July 1 week in Sept 2 weeks in Dec	Training on all public holidays  <b>Holidays</b> 3 weeks in Jan 2 weeks in July 1 week in Sept 2 weeks in Dec	Training on all public holidays  <b>Holidays</b> 3 weeks in Jan 2 weeks in July 1 week in Sept 2 weeks in Dec	Training on all public holidays  <b>Holidays</b> 2 weeks in Jan 1 week in July 1 week in Sept 2 weeks in Dec
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### APPAREL & UNIFORM

	Club Tee Competition Bow (Cheer Only) Competition Uniform	Club Tee Level Tee Competition Uniform  Please refer to prices on page 11	Club Tee Level Tee Competition Uniform Club Kit Level 4-6  Uniforms to be level appropriate Please refer to prices on page 11	Club Tee Level Tee Competition Uniform  Please refer to prices on page 11	Club Tee Level Tee Competition Uniform Club Kit  Please refer to prices on page 11
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Please see competition schedule breakdown on page 10



## OUTLAWS ALL STARS

Welcome to our Tiers page, where we have categorised our teams into Tier groups depending on their commitment levels

RECREATIONAL	Tier 1 Tech Classes	Tier 2 Tech Classes	Tier 3 Tech Classes
Casual Classes Tech Classes	Mini HipHop Mini Pom Open Jazz/Pom	Senior Hip Hop Open AG Hip Hop	Open IASF Lyrical Open IASF Pom/Jazz Open IASF Coed Hip Hop

### COMPETITIONS

Nil	1st Shootout Winterfest Eutopia States Showcase Nationals	1st Shootout Winterfest Eutopia Battle States Showcase Nationals	1st Shootout Winterfest Eutopia Battle States Showcase Nationals
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### COMMITMENTS - STRICT ATTENDANCE

<b>Train public holidays</b>  <b>Holidays</b> 2 weeks in July 1 week in Sept 3 weeks in Jan	<b>Strict Attendance</b> <b>Train public holidays</b>  <b>Holidays</b> 2 weeks in July 1 week in Sept 3 weeks in Jan	<b>Strict Attendance</b> <b>Train public holidays</b>  <b>Holidays</b> 2 weeks in July 1 week in Sept 3 weeks in Jan	<b>Strict Attendance</b> <b>Train public holidays</b>  <b>Holidays</b> 2 weeks in July 1 week in Sept 3 weeks in Jan
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### APPAREL & UNIFORM

Nil	Club Tee \$35.00	Club Tee \$35.00  Costumes (Prices will vary)	Club Tee \$35.00  Costumes (Prices will vary)  Club Kit (Same kit as cheer)
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## OUTLAWS ALL STARS

CHEER TIERS					DANCE TIERS		
1.	2.	3.	4.	5.	1.	2.	3.
✓	✓	✓	✓	✓	✓	✓	✓
	✓	✓	✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓	
✓	✓				✓	✓	✓
	✓	✓	✓	✓	✓	✓	✓
✓		✓	✓	✓			
✓							
	✓	✓	✓	✓	✓	✓	✓
		✓	✓	✓	✓	✓	✓

\*Tier 1 = Cheer Sport\*

### First Shoot Out

**Date:** Saturday 11th June, 2022

**Location:** 75 Araluen St, Kedron QLD 4031 (Kedron Outlaws facility)

**Tiers Performing:** Cheer Tier 1,2,3,4 & 5 Dance Tier 1,2 & 3

**Overview:** Welcome to the first performance of the season! Here our students get to debut their routines to their fellow #LTNLT family. This is a great opportunity for students to get all their pre comp jitters out & for coaches to watch their routines.

### Winterfest

**Date:** Friday 17th June to Sunday 19th June, 2022

**Location:** Gold Coast Sports and Leisure Centre, Carrarra

**Tiers Competing:** Cheer Tier 2,3,4 & 5 Dance Tier 1,2&3

**Overview:** First competition of the season! The competition schedule is spread over 2 days, however teams will only compete once. Please ensure you keep both days free.

### Battle

**Date:** Friday 29th July to Sunday 31st July, 2022

**Location:** Gold Coast Sports and Leisure Centre, Carrarra

**Tiers Competing:** Cheer Tier 3,4 & 5 Dance Tier 2&3

**Overview:** Our first double performance competition! At this competition, teams will perform their routine on both Saturday & Sunday! Scores from both performances are combined for an awards session on the Sunday. Please ensure you keep both days free.

### Eutopia

**Date:** Friday 12th August to Sunday 14th August, 2022

**Location:** Brisbane Nissan Arena - 590 Mains Rd, Nathan QLD 4111

**Tiers Competing:** Cheer Tier 1 & 2 Dance Tier 1,2&3

**Overview:** The competition schedule is spread over 2 days, however teams will only compete once. Please ensure you keep both days free.

### States

**Date:** Friday 2nd September to Sunday 4th September, 2022

**Location:** Gold Coast Sports and Leisure Centre, Carrarra

**Tiers Competing:** Cheer Tier 2,3,4 & 5 Dance Tier 1,2&3

**Overview:** The competition schedule is spread over 2 days, however teams will only compete once. Please ensure you keep both days free.

### Majors

**Date:** Friday 21st October to Sunday 23rd October, 2022

**Location:** Brisbane Nissan Arena - 590 Mains Rd, Nathan QLD 4111

**Tiers Competing:** Tier 1, 3, 4 & 5

**Overview:** At this competition, teams will perform their routine on both Saturday & Sunday! Scores from both performances are combined for an awards session on the Sunday, cheersport only competes once. Please ensure you keep both days free.

### Super Nationals

**Date:** Saturday 12th November to Sunday 13th November, 2022

**Location:** Brisbane Nissan Arena - 590 Mains Rd, Nathan QLD 4111

**Tiers Performing:** Tier 1

**Overview:**

### Showcase

**Date:** TBC

**Location:** TBC

**Tiers Performing:** Cheer Tier 1,2,3,4 & 5, Dance Tier 1,2&3

**Overview:**

### Nationals

**Date:** Thursday 24th November to Sunday 27th November, 2022

**Location:** Gold Coast Convention and Exhibition Centre

**Tiers Performing:** Cheer Tier 3,4 & 5 Dance Tier 1,2&3

**Overview:** Welcome to the final competition of the season! Here, teams will go head to head against the rest of the country in competition of a National Title! The competition schedule is spread over 4 days, however teams will only compete once. Please ensure you keep all days free. Annually, the location rotates between Gold Coast & Melbourne.

# ANNUAL INVESTMENT QLD CHEER

## Registration

Recreational and Tier 1 - \$45

Tier 2 - 6 - \$90 (Early Bird Special \$75 before 17th December)

This is an annual fee that includes administration costs for the season (& a registration pack of accessories for our athletes in Tier 2 - 6)

Tier	Class Tuition Fees	Competition Packs
<b>Casual Classes</b>	pay via reception \$17.50 per hour	Nil
<b>Recreational/Levels</b>	\$35 fortnightly or \$140 per term	Nil
<b>Tier 1 Cheersport</b>	\$51 fortnightly 1.5 hours total per week Class packages are for 44 weeks and paid through fortnightly direct debits	Total <b>\$255</b> Total annual Competition Fees based off page 10 schedule. Individual Competition fees due 8 week prior to each competition, non refundable 1 month prior to competition
<b>Tier 2 Novice</b>	\$93 fortnightly 3 hours total per week Class packages are for 44 weeks and paid through fortnightly direct debits	Total <b>\$470</b> * \$140 Music/Choreography fee due 31 March and is non refundable after this date. * \$295 Total annual Competition Fees based off page 10 schedule. Individual Competition fees due 8 week prior to each competition, non refundable 1 month prior to competition
<b>Tier 3 Non Tumble</b>	\$105 fortnightly 3.25 hours total per week Class packages are for 44 weeks and paid through fortnightly direct debits	Total <b>\$650</b> * \$170 Music/Choreography fee due 31 March and is non refundable after this date * \$445 Total annual Competition Fees based off page 10 schedule. Individual Competition fees due 8 week prior to each competition, non refundable 1 month prior to competition * \$35 Nationals tee will be due the same time as nationals comp fee
<b>Tier 4 Competitive Level 1 - 3</b>	\$126 fortnightly 4.25 hours total per week Class packages are for 44 weeks and paid through fortnightly direct debits	Total <b>\$650</b> * \$170 Music/Choreography fee due 31 March and is non refundable after this date * \$445 Total annual Competition Fees based off page 10 schedule. Individual Competition fees due 8 week prior to each competition, non refundable 1 month prior to competition * \$35 Nationals tee will be due the same time as nationals comp fee
<b>Tier 5 Competitive Levels 4 - 6</b>	\$126 fortnightly 4.25 hours total per week Class packages are for 46 weeks and paid through fortnightly direct debits	Total <b>\$680</b> * \$200 Music/Choreography fee due 31 March and is non refundable after this date * \$445 Total annual Competition Fees based off page 10 schedule. Individual Competition fees due 8 week prior to each competition, non refundable 1 month prior to competition * \$35 Nationals tee will be due the same time as nationals comp fee
<b>Double Cheer Team</b>	Please note your higher tier team will be the main competition charge with your crossover team being the lower tier	Tier 5/6-5/6 \$420 Tier 4 \$390 Tier 3 \$390 Tier 2 \$295 Tier 1 \$145

\*Competition pack includes Music & Choreography fee, Competition Entry Fees and Nationals Shirt (Tier 2 Novice not doing Nationals)

### Apparel

Club Tee \$35 (Tier 1 - 5)

Level Tee \$35 (Tier 2 - 5)

Cheersport Competition Uniform Approx \$150

Competition Uniform (Tier 2 - 4) Approx \$375

Competition Uniform (Tier 5) Approx \$395

Competition Bow, Small \$20, Large \$22

Club Training Kit (Tier 5-6) \$150

### Additional Notes

Extra competitions are billed outside of prices listed on this page. Classes are a package, class costs are non refundable or credited if an athlete is away due to illness, holidays or other commitments. (Unless over 2 weeks, however remainder of that month is billable).

If absent due to an injury that does not allow any participation for longer than 2 weeks a doctors certificate must be provided and a credit will be applied pending approval.

A 10% class discount for families with 3+ athletes in squad classes (excludes casual classes).

All approved credits given during the year are applied to fees only, making direct debit payments less at the end of the year.

Parents and athletes are responsible for communication of any cancellation of any squad or casual classes, we require 4 weeks written notice via an email to [qld@outlawsallstars.com.au](mailto:qld@outlawsallstars.com.au), AND a 'membership cancellation' request via My Cheer Tribe, fees are payable during these 4 weeks

Payment Terms & Agreement, Overdue Fee Schedule and Refunds and Credits policies apply.

Signature of these agreements are required upon annual registration and a copy is available upon request.

# ANNUAL INVESTMENT QLD DANCE

## Registration

Recreational and Tier 1 - \$45

Tier 2 - 6 - \$90 (Early Bird Special \$75 before 17th December)

This is an annual fee that includes administration costs for the season (& a registration pack of accessories for our athletes in Tier 2 - 6)

DANCE HOURS	FEE PER WEEK
0.75-1hr/wk	\$17.50
1.25-1.5hrs/wk	\$25.50
1.75-2hrs/wk	\$33.00
2.25-2.5hrs/wk	\$40.00
2.75-3hrs/wk	\$46.50
3.25-3.5hrs/wk	\$52.50
3.75-4hrs/wk	\$58.00
4.25-4.5hrs/wk	\$63.00
4.75-5hrs/wk	\$67.50
5.25-6hrs/wk	\$75.00
6.25-6.75hrs/wk	\$78.00
7+ hrs/wk (Unltd Cheer OR Dance)	\$80.50

Class packages are for 44 weeks and paid over 24 fortnights of direct debit

## COMPETITION PACKS

Music/Choreography fee due 31 March

Competition fees due 8 week prior to each competition, non refundable 1 month prior to competition

\$35 Nationals tee will be due the same time as nationals comp fee

**Tier 1 - \$330**

**Tier 2 - \$475**

**Tier 3 - \$475**

Competition packs are for 1 style of dance only, Any extra styles will incur an extra competition charge

**\*Competition pack includes Music & Choreography fee, Competition Entry Fees and Nationals Shirt**

## Apparel

Club Tee \$35 (Tier 1 - 5)

Club Training Kit (Tier 1-5) \$150

Dance Costume - TBA

## Additional Notes

Extra competitions are billed outside of prices listed on this page.

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If absent due to an injury that does not allow any participation for longer than 2 weeks a doctors certificate must be provided and a credit will be applied pending approval.

A 10% class discount for families with 3+ athletes in squad classes (excludes casual classes).

All approved credits given during the year are applied to fees only, making direct debit payments less at the end of the year.

Parents and athletes are responsible for communication of any cancellation of any square or casual classes, via an email to [qld@outlawsallstars.com.au](mailto:qld@outlawsallstars.com.au), AND a 'membership cancellation' request via My Cheer Tribe.

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## OUTLAWS ALL STARS

TERM 1	JANUARY 15	● Term 1 Cheer Begins Tiers 1 - 5
	JANUARY 26	● Australia Day - All classes running
	JANUARY 26	● Term 1 Dance Begins
	MARCH 20-26	● Uniform Sizing week TBC
	APRIL 1	● Last Day Term 1
	APRIL 2-9	● Compulsory Choreography Weeks Tier 1-5
	APRIL 15-18	● Easter public holidays
TERM 2	APRIL 16	● Term 2 Begins Tier 1-5 & Dance Tier 1-3
	APRIL 25	● ANZAC Public Holiday
	MAY 2	● Labour Day Public Holiday
	JUNE 11	● 1st Shootout Tier 1-5 & Dance Tier 1-3
	JUNE 17-19	● AASCF Winterfest Cheer Tier 1-5 & Dance Tier 1-3
	JUNE 24	● Last Day Term 2
TERM 3	JULY 2	● Term 3 begins Tier 5
	JULY 9	● Term 3 Begins Tier 1-4 & Dance Tier 1-3
	JULY 23-29	● Battle Spirit Week
	JULY 29-31	● AASCF Battle Cheer Tier 3-5 & Dance Tier 1-3
	AUGUST 12-13	● Cheerbrandz Eutopia Cheer Tier 1-2, Dance Tier 1-3
	SEPTEMBER 2-4	● AASCF States Cheer Tier 2-5, Dance Tier 1-3
	SEPTEMBER 16	● Last Day Term 3 All Tiers
TERM 4	SEPTEMBER 24	● Term 4 Begins Tiers 1-5
	OCTOBER 21-23	● Cheerbrandz Majors Cheer Tier 3-5
	NOVEMBER 12-13	● Cheerbrandz Super Nationals Cheer Tier 1
	NOVEMBER 12-13	● QLD Showcase Cheer 1-5 & Dance Tier 1-3
	NOVEMBER 19-24	● Nationals Spirit Week Cheer Tier 2-5 & Dance Tier 1-3
	NOVEMBER 24-27	● AASCF Nationals Cheer Tier 2-5 & Dance Tier 1-3
	NOVEMBER 28 - DEC 2	● Nishmas
	DECEMBER 3-9	● Team Placements Week
	DECEMBER 12-16	● New 2023 Teams trainings/regos week

# KEDRON TIMETABLE - CHEER

## OUTLAWS ALL STARS

	3.45	4.00	4.30	4.45	5.00	5.15	5.30	5.45	6.00	6.15	6.30	6.45	7.00	7.15	7.30	7.45	8.00	8.15	8.30	8.45	9.00	9.15	9.30	9.45
<b>MON</b>			SPIRITS			DIAMONDS			MIDNIGHT MAFIA			FLOOR 1												
		A-TEAM			BLACK OUT			BOMB SQUAD			FLOOR 2													
				FLYERS			SUPERNOVA UQ1			FLOOR 3														
			TWIST		LEVEL 5		TWIST		TUMBLE															
<b>TUE</b>		RENEGADES			BOMBSHELLS			UQ ODYSSEY 3/4			FLOOR 1													
		STRYKERS			ACU 1/2			FLOOR 2																
		YOUNG GUNS		FLYERS		OPEN SUNSHINE		FLOOR 3																
		INTRO 1	INTRO 1	LEVEL 2		TUMBLE																		
<b>WED</b>		A-TEAM			FREEDOM			MIDNIGHT MAFIA			FLOOR 1													
		NIGHTHAWKS			DIAMONDS			BOMB SQUAD			FLOOR 2													
		TINY SUNSHINE	MINI SUNSHINE		YOUTH SUNSHINE			QUT 2			FLOOR 3													
			LEVEL 3		ELITE 1		TWIST		TUMBLE															
<b>THU</b>		SENIOR SUNSHINE			BOMBSHELLS			UQ INFINITY 1/2			FLOOR 1													
		SPIRITS			BLACK OUT			QUT 1			FLOOR 2													
			OPEN 1/2		FLYERS		FLOOR 3																	
		SENIOR 4 T		LEVEL 2		TUMBLE																		
<b>FRI</b>		RENEGADES			FREEDOM			FLOOR 1																
		STRYKERS			NIGHTHAWKS			QUT 3/4			FLOOR 2													
		FLYERS		FLYERS		ELITE 1		FLOOR 3																
								FLOOR 4																
<b>SAT</b>	8.30	8.45	9.00	9.15	9.30	9.45	10.00	10.15	10.30	10.45	11.00	11.15	11.30	12.00	12.30	12.15	12.30	12.45	1.00	1.15				
			MINI MAFIA			INTRO 1			FLOOR 1															
																								FLOOR 2

**KEY:** = Tumble Class

# OUTLAWS ALL STARS

	3.30	3.45	4.00	4.15	4.30	4.45	5.00	5.15	5.30	5.45	6.00	6.15	6.30	6.45	7.00	7.15	7.30	7.45	8.00	8.15	8.30	8.45	9.00	9.15	9.30	
<b>MON</b>						SASSY SOLIDERS					JUNIOR 2/3				LEVEL 5					COMMANDERS						FLOOR 1
						MINI STARS					FLYERS															FLOOR 2
																										FLOOR 3
<b>TUE</b>							SENIOR 1 T														LADY LEGENDS					FLOOR 1
																										FLOOR 2
																										FLOOR 3
<b>WED</b>																										FLOOR 1
																										FLOOR 2
																										FLOOR 3
<b>THU</b>																										FLOOR 1
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<b>FRI</b>																										FLOOR 1
																										FLOOR 2
																										FLOOR 3
<b>SAT</b>																										FLOOR 1
																										FLOOR 2

**KEY:** = Tumble Class

# OUTLAWS ALL STARS

	3.30	3.45	4.00	4.15	4.30	4.45	5.00	5.15	5.30	5.45	6.00	6.15	6.30	6.45	7.00	7.15	7.30	7.45	8.00	8.15	8.30	8.45	9.00	9.15	9.30	10.00				
<b>MON</b>																											FLOOR 1	FLOOR 2	FLOOR 3	
<b>TUE</b>																												FLOOR 1	FLOOR 2	FLOOR 3
<b>WED</b>																												FLOOR 1	FLOOR 2	FLOOR 3
<b>THU</b>																												FLOOR 1	FLOOR 2	FLOOR 3
<b>FRI</b>																												FLOOR 1	FLOOR 2	FLOOR 3
<b>SAT</b>																												FLOOR 1	FLOOR 2	

OPEN ELITE LYRICAL

OPEN ELITE POM

SENIOR/OPEN DANCE TECH

MINI POM

MINI HIP HOP

OPEN NOV JAZZ/POM

YOUTH/JUNIOR DANCE TECH

SENIOR HIP HOP

OPEN AG HIP HOP

OPEN COED HIP HOP

SHH

**KEY:** = Tumble Class



## OUTLAWS ALL STARS

Below is our compulsory Team Choreography Session. This is when we create team routines.  
It is highly important that you are at your session below so you can be choreographed in.

	9.00am - 1.00pm	1.30pm - 5.30pm	6.00pm - 10.00pm
<b>Saturday April 2</b>	YOUNG GUNS	NIGHT HAWKS	
	STRYKERS		
<b>Monday April 4</b>	STRYKERS	RENEGADES	DIAMONDS
	FREEDOM	SENIOR SUNSHINE (1:30-4:30)	BLACK OUT (6:30-9:45)
<b>Tuesday April 5</b>	SPIRITS	A-TEAM	MIDNIGHT MAFIA (6:30-9:45)
	MINI MAFIA (9:00 - 12:00)	NIGHT HAWKS	BOMB SQUAD (6:30-9:45)
<b>Wednesday April 6</b>	BOMBSHELLS	RENEGADES	BLACK OUT (6:30-9:45)
	SPIRITS	YOUTH SUNSHINE (1-4)	DIAMONDS
<b>Thursday April 7</b>	MINI SUNSHINE (9-12)	BOMBSHELLS	OPEN SUNSHINE (6:00-9:00)
	YOUNG GUNS		MIDNIGHT MAFIA (6:30-9:45)
<b>Friday April 8</b>		A-TEAM	BOMB SQUAD (6:30-9:45)
	FREEDOM		
<b>Saturday April 9</b>	MINI MAFIA (9:00 - 12:00)		

## OUTLAWS ALL STARS

Below is our compulsory Team Choreography Session. This is when we create team routines. It is highly important that you are at your session below so you can be choreographed in.

	9.00am - 1.00pm	1.30pm - 5.30pm	6.00pm - 10.00pm
<b>Saturday April 2</b>	PINK ASSASINS	ACES (1:30-4:30)	COMMANDERS
<b>Sunday April 3</b>	DIAMANTES (9-12)	MINI STARS (12:30-3:30)	LADY LEGENDS
<b>Monday April 4</b>	PINK ASSASINS	ACES (1:30-4:30)	
<b>Tuesday April 5</b>		SASSY SOLDIERS	COMMANDERS
<b>Wednesday April 6</b>	DIAMANTES (9-12)	JUNIOR STARS (12.30-3.30)	
<b>Thursday April 7</b>		SASSY SOLDIERS	LADY LEGENDS
<b>Friday April 8</b>			

**OUTLAWS** *All Stars*



*Live the Name Love the Life...*

®

**PROGRAM GUIDE AND  
CODE OF CONDUCT  
2022**

## INTRODUCTION

Welcome to the Outlaws All Stars program guide & code of conduct booklet for 2022!

We understand that Cheer and Dance is a pretty involved sport & there's so many different parts to it, that it's easy to get confused or lost in all of it. If you're new to the club or new to cheerleading altogether, this booklet will help us to all be on the same page for the year. If you have read this booklet & still have questions, please see one of our friendly receptionists or email [QLD@outlawsallstars.com.au](mailto:QLD@outlawsallstars.com.au) for further help.

### The Outlaws Way

We're passionate about providing an environment that enriches all of our students & families' lives by expanding their abilities, life skills, and self value by giving them the most innovative, highest standard of coaching we possibly can in a fun, positive and health focused family environment. We align all decisions that we make with this.

### *Communication Systems*

At Outlaws All Stars we endeavour to provide our families with effective & efficient communications to ensure a seamless and successful season! Below are some of our communication systems & the roles they play within our program.

#### Website: [www.outlawsallstars.com.au](http://www.outlawsallstars.com.au)

Our Website is a key tool to assist families in staying up to date information for the following:

Information Centre (Access to current information booklets, program guide, policies and procedures plus current timetables for all classes)

Booking Page; Book all your privates & tumbling clinics here!

Club News Page; our past year achievements & current things as we go.

Programs Page: the most current information regarding our programs and timetabling

Pro Shop Page: This page will take you directly to our proshop website.

Community Businesses page: This page contains family businesses within the LTNLTL community, that we know, trust & support.

Wellness Hub page: This page is a collection of various Information sources to help our student take their health & wellbeing to the next level.

#### My Cheer Tribe

In 2022, we will be using MCT as our main communication & registration app. This year, both android & apple versions will be available for use. If you have any questions on how to use the app, please come in and visit one of our friendly receptionists so they can help! This app provides you with up to date class & calendar information, team & location updates, injury reports, team music, club files & is how you submit an absence request throughout the season.

#### Text Message System

We use this if we ever have any urgent information we need to send out, ie. Change of class schedule & cancellations etc. The primary Contact number listed in the enrollment form is the number used in the sms system, if you need to update this please go into your My Cheer Tribe "My Profile" to do so.

#### Newsletters & Facebook

Our Monthly Newsletters are emailed & posted in our Information Hub within the first week of every month! Please make sure you read them, they are filled with valuable information & updates for both cheer & dance! Some of the Newsletters may be long, but they're necessary to give you all the information.

## UNIFORMS & APPAREL

### *What to wear to Class?*

#### Cheerleading/Tumble/Class Attire

Please wear appropriate athletic wear to every lesson.

- ★ Shorts (Leggings are fine in winter, but if you are a flyer please avoid these as it can make it difficult to grip in stunts).
- ★ Secure tops - no singlet tops without sports bras for girls – Remember, if it's too floppy, body parts can get caught in shirts.
- ★ Proper coverage sports bras, and shorts with a decent inseam (min 2 inches). The type of sport we're in, things that start off semi revealing can become inappropriate once you take into account the tumbling/stunting.
- ★ Cheerleading shoes; these can be purchased online at Cheer Supply or from AASCF.

#### Level Shirts & Club Shirts - Cheerleading

These are the two compulsory apparel items for the year from choreography dates onwards. These aren't included in the block fees because many students already have them from previous years.

- ★ During Term 2 & 4 please attend your first training lesson of the week in your Club Tee – black (week starting on Saturday).
- ★ During Term 3 please attend your first training lesson of the week in your Level Tee - coloured (week starting on Saturday).

#### Club Kits – Tier 5&6

The Club Kits are compulsory for tier 5&6 athletes, and will be worn during a designated training day and specific competition days. Reception will size you in Term 1 to have in mid Term 2, payment for these are to be made upon ordering.

#### Proshop

We have an online Proshop with up to date stock lists of current items, including tees, singlets, jumpers, accessories which can be worn to trainings! Our standard club items are regularly re-ordered, plus we release limited edition seasonal items, rotating through Winter & Summer. You can check out our Proshop via [outlawsallstarsproshop.com](http://outlawsallstarsproshop.com)

#### Cheerleading Competition Uniform

##### **Level 1-4.2**

Our level 1-4.2 uniform is a full length top and skirt (pants for boys), yellow club bow and white low cut socks with **white cheerleading shoes**. Uniforms top and bottom sizing kits are available for you to try on in the last 2 weeks of Term 1. Parents and O18 athletes are responsible for sizing themselves, then placing their order at [outlawsallstarsproshop.com](http://outlawsallstarsproshop.com) before the due date cut off. Please note; it is your responsibility to ensure the correct size is ordered, as these are custom made to each specific person's size request, so there is no opportunity for refunds. We only order the exact sizes that have been ordered from the Pro shop, so even swapping sizes in most cases is absolutely not possible.

\* If you are in a Mini team, we require you to have our small club bow.  
All youth, junior, senior & open teams wear the large yellow club bow.

##### **Level 4 & 5**

Our level 4 & 5 uniform is a cropped long-sleeved top and skirt for girls, full length top and pants for boys, yellow club bow and white low-cut socks with **white cheerleading shoes**. Uniforms top and bottom sizing kits are available for you to try on in the last 2 weeks of Term 1. Parents and O18 athletes are responsible for sizing themselves, then placing their order at [outlawsallstarsproshop.com](http://outlawsallstarsproshop.com) before the due date cut off. Please note; it is your responsibility to ensure the correct size is ordered, as these are custom made to each specific person's size request, so there is no opportunity for refunds. We only order the exact sizes that have been ordered from the Pro shop, so even swapping sizes in most cases is absolutely not possible.

##### **Level 6**

Our level 6 teams have a specialised uniform with their team name on it. The uniform is a cropped long-sleeved top and skirt for girls, full length top and pants for boys, a specialised bow or scrunchie for girls and white low cut socks with **white cheerleading shoes**. Uniforms top and bottom sizing kits are available for you to try on in the last 2 weeks of Term 1. Parents and O18 athletes are responsible for sizing themselves, then placing their order at [outlawsallstarsproshop.com](http://outlawsallstarsproshop.com) before the due date cut off. Please note; it is your responsibility to ensure the correct size is ordered, as these are custom made to each specific person's size request, so there is no opportunity for refunds. We only order the exact sizes that have been ordered from the Pro shop, so even swapping sizes in most cases is absolutely not possible.

# COMPETITIONS

## Competition Information

### Competitions & Performance Schedule & Etiquette

At competition time, there is lots of information coming your way, so it is up to you to make sure you are reading & staying connected! Not every team does each competition, and this changes every year, so we ask you to always check in your season Information Booklet for the most up to date competition schedules.

If you cannot commit to the competitions your team is doing, please discuss with your coach ASAP & remind them regularly. Any potential additional comps will be discussed with relevant teams/parents.

When we get closer to the comps, running orders are posted as they're released by the competition companies, along with meet times/places and what shirts to wear etc.

### Etiquette

At comps especially, be respectful - As a larger club it is sometimes difficult for coaches to manage all the students & supporters. Be kind, cheer on all other teams, especially at awards time, and if you see another Outlaws student perhaps not acting in a respectful manner, just give them a little whisper & remind them, we all want to look out for each other.

It is an AASCF rule to not have any cropped clothing items worn around competition ground except when warming up and competing, please make sure to cover up between performances with the set Outlaws apparel items.

Athletes will be required to meet their team for competitions at least 1 hour prior to warmup – exact meet times will be posted in the weeks leading up to comps. Athletes must be fully comp ready (all jewellery removed, uniform and makeup on, hair ready and bow in with cheer shoes on) at their meet time. At competitions we also ask that students & parents refrain from filming other clubs routines, and avoid being on their phones during awards.

### Competition Hair, Make Up & Appearances

Below is our set competition Hair & Make Up. We may alter this for some Tier 3 teams, but we will contact you directly if we do so. Hair for levels 1-4.2 is a High Pony Tail with Comp bow, ponytail is to be teased to add volume & all Fringes/ whispys are to be pinned back. Levels 4-7 are to have a bouncy curled pony with an outside braid. Perfect ponys (or anything of this nature) is also encouraged for all hair, just nothing over teased please.

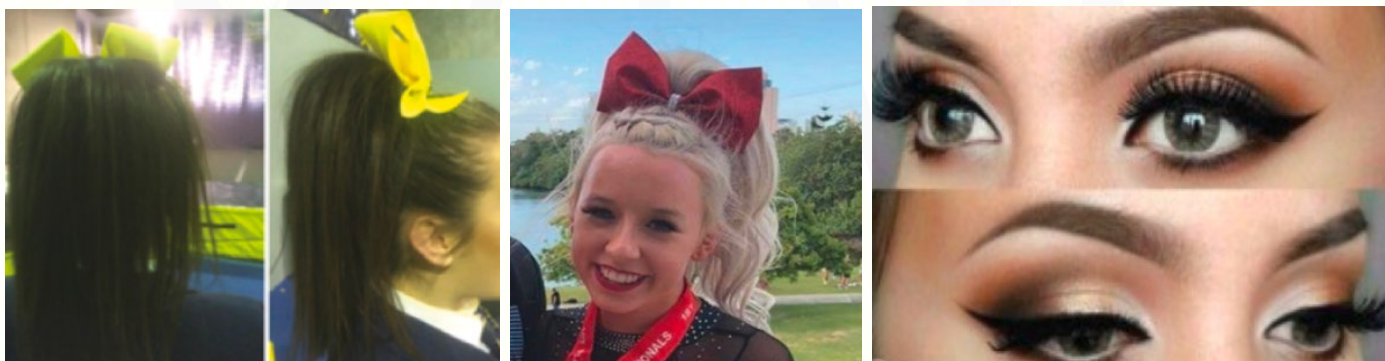
Make up is brown smokey eyes (i.e. brown, gold and bronze)

Full look includes eye liner, foundation, light blush/bronzer, mascara & Red lip stain to complete the look. False Eyelashes are also encouraged & are compulsory for any teams above level 4.

Bras: Female athletes wishing to wear a bra under their uniform require strapless or clear strapped bras – even if straps are nude, they take away from the overall uniformity of the team. If you have untidy straps, your coach will ask you to remove them.

Level 1-4.2 Hair Tutorial: <https://youtu.be/iywz8pzJ4ig>

\*Tie Bow in before teasing hair. Do NOT only pin the bow in like the tutorial attached\*



## ATTENDANCE

Please be aware that information below is our general attendance policy. During the Covid-19 Pandemic, the below information is revised.

Please do not attend trainings if;

- You show any symptoms without medical clearance
- You have been in contact with anyone who may have the virus
- You are currently isolating

We understand that life happens, and events/special circumstances may arise, please see below reasons for an approved/ unapproved absence for our students. Please note all requests must be submitted & approved by your coach, at least 3 weeks before the event (or earlier if possible). If any of these events fall within a 3 week period before a competition, please speak with your coach to see what can be done, otherwise athlete/s may become an understudy at that upcoming competition (at the coach's discretion), depending on how much effect any absences have on the team.

### Approved reasons:

- Weddings
- Compulsory school/work events  
(Camps, Formals, Exams, Deb ect)
- Contagious Illness (please see more info below)
- Family Emergencies (please see more info below)
- Religious reasons
- Public Holidays (excluding Tiers 5&6)

### Unapproved reasons:

- Birthday Celebrations
- Social Events/parties
- "Don't feel like it"
- Withholding child from training as a form of punishment
- Minor Injuries/recovery (please see more below)
- Appointments
- Holidays

### Illnesses/ Injuries

If you are extremely ill or contagious and unable to even sit out and watch you must contact reception and fill in an absence request on My Cheer Tribe. In these circumstances, a doctors certificate is required. If you are unwell or have an injury you will still be expected to attend your class so that you can still be with the team, be aware of anything that was taught, and know any choreography changes etc. This shows your coaches/team mates that you are committed to the team, and although you may not be able to participate physically, it still shows that you are a team player.

### Why are we so strict on attendance?

We aim to teach students accountability - attendance is crucial to the function of any team. If stunt groups are incomplete, it can limit what many other people on the team can do in a training, so we are extremely diligent in ensuring all team members are attending every practice. Athletes will be made accountable for any missed training sessions (for whatever reason) and are required to make that up with set strength training to ensure they don't lose any important strength and conditioning required to be able to do skills successfully. Attendance is vital for students' safety & progress within the sport, and absences jeopardise the safety and progress of all team members, especially if strength isn't maintained.

### Consequences for absences

Cheer is a team focused sport; attendance and commitment are crucial to every team's success - we expect 100% attendance. Students can miss 2 classes per term max, otherwise they may become an understudy at upcoming competitions (at the coach's discretion), depending on how much effect any absences have, or may have on the team. No students are to miss any trainings 3 weeks prior to competing. For unusual circumstances -please advise reception and we will see what we can do. In the event of an emergency please call the gym as soon as you are aware, and BEFORE your class. Please note social media is not an acceptable way to communicate absences; it must be done through My Cheer Tribe.

### What do I do if I'm away?

1. If it is a last minute absence on the day of training, please call reception ASAP, or email [QLD@outlawsallstars.com.au](mailto:QLD@outlawsallstars.com.au) with students full name, date of absence & reason for absence. You will also need to fill out a submission for an absence request on My Cheer Tribe just for record keeping purposes. If it is more than 24 hours before the class, please just fill out an absence request on My Cheer Tribe.
2. Make sure you catch up - As we get into running full outs and semi full outs, fitness is VITAL for routine success and injury prevention. Regardless of anyone's reason for being away, they will most likely be required to complete a set of conditioning to help catch up on some of the fitness and body conditioning they missed. This is not a punishment; it is gearing our kids up to be fit enough to put some amazing routines on the floor! The success of an athlete or a team can be determined by how well he or she is conditioned. Generally, the conditioning exercises involve moving your body in such a way that it increases physical fitness and athletic skill. This decreases the risk of any sports injury. Coaches will assign level appropriate exercises.

## FAQ & IMPORTANT INFO

### STUNT GROUPS

We are not allowing students to do these at our major comps anymore- athletes began to prioritise these ahead of their teams, impacting some teams' comp preparation & it affects a lot of the teams' last trainings. Stunt Groups are permitted to compete at other comps where their team is not competing, which unfortunately includes Nationals for most athletes. This is to avoid any clashes between stunt group performance times and final trainings for teams before Nationals – in fairness to your teammates, the team must take priority. Students are responsible for their music & ensuring they are correctly entered. You must have a coach work with you on a weekly basis to ensure it is safe, legal and supervised. There is also an extra entry cost for these. There may be approval on a case by case situation

### PARKING & DRIVING

No stopping in the middle of the driveway, or across the entry to the driveway or parking in staff carpark spots.

Please don't make us have to ask you to move, this is purely for the safety of your kids. If you have to, park down the street & walk, or stop past the driveway. No stopping in front of other properties driveways - other business owners are getting very upset & people have been getting fines which we support, because it is not okay for other people to not be able to get into their driveways & businesses due to our cars.

### HOW WE CHOOSE TEAMS

All teams are based first on skill and mental readiness. By doing this, we increase self-confidence within their skills, safety, enjoyment and of course makes them more successful at competitions. A lot of mental blocks happen from kids being pushed to excel too quickly - sometimes the body can be ready but the mind may not be. Team placements are held in December every year where we assess both tumbling and stunting ability to determine which team each athlete is best suited for. We are a lot more disciplined than some may be used to, but for us it's about more than cheerleading. We aim to teach students how to deal with difficult situations and success or failure, to persist when things seem difficult, how to achieve long-term goals and to enjoy the process of perfection before progression as safety and technique come first. It's sometimes hard to contain a child's excitement for wanting to learn harder skills, but it's important for us to see the bigger picture in terms of their longevity in the sport & for their bodies. We trust our coaches' judgement; however, if you are unhappy with your team placement our coaches will be happy to discuss their assessment and progression with you to help you understand the decision.

### HEALTH FIRST

We're putting our bodies under extreme kinds of training, so we have to not only do the normal maintenance, but be kind to it in light of all the extra work we're doing. You can heal the stress your bodies are put through in rigorous exercise with good food, sleep, meditation & more. It's important to look after all aspects of your health. We really encourage our students to do meditation/ visualisation! There are so many positive benefits - Boosts Immunity, elevates mood, decreases stress, increases productivity, alleviates chronic pain & so much more. We need our students to be eating a healthy, nourishing, balanced diet & getting adequate rest to help them achieve their goals within this sport!

We have recently added a new "Wellness Hub" to our website under the "About" tab. This page has a wonderful wide variety of information that we encourage our athletes to read/listen & watch.



## FAQ & IMPORTANT INFO

### HOW TO BE A GOOD ATHLETE/PARENT... ATTITUDE IS EVERYTHING!

As a program, we're here first and foremost for the enjoyment and development of the students & we base our methods on principle. As a parent, we need you to keep an open communication between all – Help us help your athlete! We encourage parents to jump onto the “Proactive coaching” Facebook page, they have invaluable tips & advice for parents within sport. Don't forget - When you allow athletes to feel successful – without working hard in preparation or getting through struggles, you aren't building confidence – you are teaching them that everything comes easy (false confidence) . True confidence comes from intense, purposeful preparation and fighting through failure – being a coachable athlete!

### HEAT POLICY

Here is a quick summary of our current Heat Policy at Outlaws All Stars, please note all class adjustments will be at the discretion of the Gym Owner.

In non-airconditioned facilities when the ambient temperature published by the Bureau of Meteorology is forecast to reach 36 or above, we will postpone classes to a cooler part of the day, or cancel training, or change the class plan to do safe activities that contribute to a positive team session such as bonding.

We understand if you are not comfortable with your child attending in these conditions which means you can choose not to bring them, however, please keep in mind that we will take extreme care of all athletes during this time

If you would like to view our full hot weather guidelines, please visit our website [www.outlawsallstars.com.au](http://www.outlawsallstars.com.au) and click on our information centre.

### SOCIAL MEDIA POLICY

Outlaws All Stars acknowledges our parents and athletes right to contribute content to social platforms including but not limited to; Facebook, Instagram, Tik Tok, YouTube, Twitter. However, as inappropriate use of these platforms can cause lasting damage to all parties, the following rules apply to all parents and students within Outlaws All Stars;

1. Parents and students must not share content or participate in any behaviour that does not align with our values, whilst wearing Outlaws All Stars apparel or representing Outlaws All Stars in anyway. Any kind of content posted that is contrary to the goals, ideals and vision for Outlaws All Stars will be taken very seriously.
2. Parents & students are not permitted to create private groups/chats outside of My Cheer Tribe in relation to team groups.
3. Parents & students are to refrain from direct messaging staff via social media, all enquires, questions & conversations must be done via My Cheer Tribe or [QLD@outlawsallstars.com.au](mailto:QLD@outlawsallstars.com.au)

Parents & students must comply with all requirements of this policy. Our ethics are something we highly value and anyone portraying anything to the contrary will face disciplinary action.

## CODE OF CONDUCT

Below is the Code of Conduct for Outlaws All Stars.

It is a requirement that all athletes part of our program adhere to it at all times.

### Athlete Guidelines:

- \* Parents & students must not share content or participate in any behaviour that does not align with our values, whilst wearing Outlaws All Stars apparel or representing Outlaws All Stars in anyway. Any kind of content posted that is contrary to the goals, ideals and vision for Outlaws All Stars will be addressed and taken seriously.
- \* Parents & students are not permitted to create private groups/chats outside of My Cheer Tribe in relation to Outlaws All Stars teams/groups to ensure that all groups/team environments on social media are positively focused.
- \* If parents & students need to contact staff in relation to anything related to Outlaws All Stars, it is now required to be done through My Cheer Tribe or [QLD@outlawsallstars.com.au](mailto:QLD@outlawsallstars.com.au), and not social media  
Parents & students must comply with all requirements of this policy. We value the safety and wellbeing of our athletes, athletes' families, and staff, and wish to ensure all experiences on social media are positive and aligned with our values. Anyone found to be in conflict with our policy will be addressed, and appropriate measures will be taken to protect the reputation of all athletes, families and staff at the club.
- \* No gum, food or soft drinks are to be consumed in any part of the gym area. Only sealed water bottles are allowed in the gym. There is a designated kitchen area for meals, and for water bottles to be refilled
- \* All bags are to be placed on the shelving/area. No responsibility will be taken for lost/misplaced items, so please do not bring valuables to classes.
- \* Personal hygiene is of great importance at all times of the year. Please arrive clean and wearing deodorant at all times. Bring a sweat towel/sweat bands if needed to clean up sweat; as you are in constant contact with your fellow teammates, cleanliness is a must.
- \* No athletes are to be playing around in the gym area without a supervising coach/staff member - there is a lot of expensive equipment in the gym and can be damaged, but also dangerous if not used properly. You are however welcome to come in early to stretch, warm up and stunt (at coaches' discretion).
- \* Students MUST respect all members of Outlaws All Stars including ALL staff, coaches, guest coaches/teachers, fellow students, other parents and guests.
- \* No misleading comments are to be made about other students, staff or families AT ALL. Outlaws All Stars is a happy and safe environment for all.
- \* Students are here to have fun, and learn a sport. We do not tolerate bullying at any level.
- \* Students must adhere to all policies and procedures by Outlaws All Stars. Copies of these are given to families annually, and can be found in our Information centre on our website.
- \* Never post negative comments on any forms of social media, websites or chat rooms regarding the club, team mates, staff, or families from the club. If there are any situations that require resolving, that should be done privately amongst those involved. Any negative post may result in a reviewing of your position at the club.
- \* Athletes must work as a team and respect all the coaches'/teachers decisions. It is the coach/teacher's responsibility to assign your students position on their team (eg: base, back, flyer, tumbler) Each role is just as important as the next.
- \* It is the student's responsibility to maintain their skills throughout a competition season. If these skills are not maintained to a routine performance level, the student's position in a team may be reviewed to ensure the student is in the best team for their development, and to ensure the team can have a successful competitive season.
- \* All conversations in the foyer/gym/carpark area must be respectful and positive to all athletes, coaches, staff and families. DO NOT indulge in or create foyer gossip, as this will not be tolerated. If you do have a problem, please direct it to staff at an appropriate time or send us an email. Gossip can create huge issues and a very negative environment.
- \* It is the responsibility of both the athlete and the parent to keep up to date with any news or information regarding your students' teams - Please check the MCT Community page, your students MCT team pages and your emails regularly.
- \* For all students, any smoking/ drinking/ other behaviour done in any Outlaws Apparel will most likely result in instantly removing you from the club. Health is something we highly value on and anyone portraying anything to the contrary will be dealt with seriously.
- \* You must arrive at all training sessions, competitions and all scheduled events on time. Being late puts a huge strain on all teammates, and you will miss vital warm up time - Punctuality is a must.
- \* I understand that I am to notify all appropriate parties of any health problems that may affect my fitness or ability to learn so that coaches/teachers can be as helpful, and as prepared as possible to teach all students to the best of their ability. Eg. Asthma, previous broken bones, heart problems, Autism etc. If students have an action plan, it is the responsibility of the parent/guardian to provide us a copy.)
- \* Over 18 Students are responsible for their own finances & must comply with all details outlined within the Outlaws All Stars Fees & Refund Policy, as well as the Payment Terms & Agreement given to families upon registration, which must be signed before starting class.
- \* Check the lost and found regularly. Our lost and found grows ever so quickly and is donated at the end of each term. Please ensure your athletes are not bringing valuables to practice. Lost items are not our responsibility.  
The Outlaws All Stars logo is trademarked and cannot be used without the Outlaws All Stars owner's approval.

## CODE OF CONDUCT

Below is the Code of Conduct for Outlaws All Stars. It is a requirement that all parents part of our program adhere to it at all times.

### Parent Guidelines:

- \* No siblings that are not current students/athletes are to be playing around in the gym area. If they are permitted, it must be with a supervising coach.
- \* Parents MUST respect all members of Outlaws All Stars including ALL staff, coaches, guest coaches, fellow students, other parents and guests
- \* No misleading comments are to be made about other students, staff or families AT ALL. Outlaws All Stars is a happy and safe environment for all. Students are here to have fun, and learn a sport. We do not tolerate bullying at any level.
- \* Parents must adhere to all policies and procedures of Outlaws All Stars.  
Copies of these are given to families annually and can be found in our Information centre on our website.
- \* It is not acceptable to post negative comments on any forms of social media, websites or chat rooms regarding the club, team mates, staff, or families from the club. If there are any situations that require resolving, that should be done privately amongst those involved. Any negative post may result in a reviewing of your position at the club.
- \* All conversations in the foyer/gym/carpark area must be respectful and positive to all athletes, coaches, staff and families. DO NOT indulge in or create foyer gossip, as this will not be tolerated. If you do have a problem, please direct it to staff at an appropriate time or send us an email. Gossip can create huge issues and a very negative environment.
- \* It is the responsibility of both the athlete and the parent to keep up to date with any news or information regarding your students' teams - Please check the MCT Community page, your students MCT team pages and your emails regularly.
- \* I understand that withholding children from training sessions or competitions as a form of punishment is NOT tolerated. This severely affects not only the student involved but the entire team, and if this occurs may lead the athlete's position on the team to be reviewed. Please let us work with you in creating solutions & processes with students' behaviour to encourage positive steps forward without negatively affecting a large number of other students.
- \* For all parents, any smoking/ drinking/ other behaviour done in any Outlaws Apparel will most likely result in instantly removing you from the club. Health is something we highly value on and anyone portraying anything to the contrary will be dealt with seriously.
- \* I understand that I am to notify all appropriate parties of any health problems that may affect my fitness or ability to learn so that coaches/teachers can be as helpful, and as prepared as possible to teach all students to the best of their ability. Eg. Asthma, previous broken bones, heart problems, Autism etc. If students have an action plan, it is the responsibility of the parent/guardian to provide us a copy.)
- \* Parents are responsible for U18 Students finances & must comply with all details outlined within the Outlaws All Stars Fees & Refund Policy, as well as the Payment Terms & Agreement given to families upon registration, which must be signed before starting class.
- \* Check the lost and found regularly. Our lost and found grows ever so quickly and is donated at the end of each term. Please ensure your students are not bringing valuables to practice. Lost items are not our responsibility.
- \* It is the parent's responsibility to help students U18 understand and comply with the "Athlete Guidelines" above.
- \* The Outlaws All Stars logo is trademarked and cannot be used without the Outlaws All Stars owner's approval.



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