

CRAVE ATHLETICS



COMPETITIVE INFO

# 2024 COMPETITIVE TEAMS



## SPARKLE

Mini Novice  
2 Hours/Week



## DREAM

Youth Novice  
2.5 Hours/Week



## BUTTERCUP

Youth Level 1  
3 Hours/Week



## LIGHTNING

Junior Level 1  
4 Hours/Week



## H2O

Junior Level 2  
2 Hours/Week



## RANGERS

IASF U16 Level 2  
4 Hours/Week



## EMBER

Senior Level 3  
2 Hours/Week



## KIWI COED

IOSC5  
4 Hours/Week



# 2024 GYM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45						8:30
4:00	TT 4:00PM - 4:45PM			TT 4:00PM - 4:45PM	C45 4:00PM - 4:45PM	8:45
4:15						9:00
4:30						9:15
4:45						9:30
5:00	CS MINI G1 5:00PM - 6:00PM					9:45
5:15						10:00
5:30						10:15
5:45						10:30
6:00	CS JNR G2 6:00PM - 7:00PM					10:45
6:15						11:00
6:30						11:15
6:45						11:30
7:00						11:45
7:15						12:00
7:30						12:15
7:45						12:30
8:00						12:45
8:15						1:00
8:30						
8:45						
9:00						

# IMPORTANT DATES

## TERM 1

## TERM 2

## TERM 3

## TERM 4

### FIRST DAY

7 February

29 April

22 July

14 October

### FINAL DAY

14 April

7 July

29 September

15 December

## JANUARY

- ✓ 15 - FlexiWeek Begins

## FEBRUARY

- ✗ 6 - Waitangi
- ✓ 7 - Term 1 Begins
- ♥ 9 - Family Picnic

## MARCH

- ☉ 16 / 17 - Skeleton Routines
- ✗ 29 / 30 / 31 / 1 - Easter

## APRIL

- ☉ 7 - Colour Wars
- ✓ 14 - Term 1 Ends
- ✗ 25 - ANZAC Day
- ✓ 29 - Term 2 Begins

## MAY

- ☉ 18 / 19 - Choreography #1
- ☉ 25 / 26 - Choreography #2

## JUNE

- ✗ 3 - King's Birthday
- ☉ 23 - Routine Reveal
- ✓ 28 - Matariki
- ☉ 29 - CheerFest

## JULY

- ☉ 6 - Eutopia
- ✓ 7 - Term 2 Ends
- ✓ 22 - Term 3 Begins

## AUGUST

- ☉ 11 - Extra Trainings
- ☉ 16 / 17 - NZ Majors

## SEPTEMBER

- ☉ 8 - Extra Training
- ☉ 15 - Spring Carnival
- ☉ 21 / 22 - CheerFactor
- ✓ 29 - Term 3 Ends

## OCTOBER

- ✓ 14 - Term 4 Begins
- ☉ 20 - Extra Training
- ☉ 26/27 - CNZ Nationals
- ☉ 28 - Labour Day

## NOVEMBER

- ☉ 2 / 3 - NZ Super Nationals
- ♥ 9 - The Scoop
- ♥ 17 - The Crave Awards

## DECEMBER

- ♥ 14 - Beach Day
- ✓ 15 - Term 4 Ends

GYM CLOSED



REQUIRED BY SOME



ENCOURAGED



YEARLY CHECKPOINT





# COMPETITIONS



## COLOURWARS

Auckland, NZ - 7 April  
ALL Level 1 +

## ROUTINE REVEAL

Auckland, NZ - 23 June  
ALL

## CHEER FEST

Auckland, NZ - 29 June  
ALL Novice +  
(No Crossover)

## EUTOPIA

Auckland, NZ - 6 July  
CheerSPORT  
& Crossover

## NZ MAJORS

Auckland, NZ - 16 & 17 August  
CheerSPORT, Novice & Level 1+  
(No Crossover)

## SPRING CARNIVAL

Auckland, NZ - 15 September  
CheerSPORT, Novice,  
& Crossover

## CHEER FACTOR

Hamilton, NZ - 21 & 22 September  
Specialties & ALL Level 1 +  
(No Crossover)

## CNZ NATIONALS

Hamilton, NZ - 26 & 27 October  
Crossover Teams Only

## SUPERNATIONALS

Auckland, NZ - 2 & 3 November  
ALL Teams (No Crossover)



# COMPETITIVE TEAM COSTS

## TEAM TUITION

# of Hours Per Week vs Cost Per Term

1 HOUR	\$195
1.5 HOURS	\$255
2 HOURS	\$295
2.5 HOURS	\$355
3 HOURS	\$395
3.5 HOURS	\$455
4 HOURS	\$495

Choreography, Coaching Fees, Admin Fees, Crave Events, Utilities

## COMPETITION FEES

Program vs Cost Per Term

CHEERSPORT	\$60
NOVICE	\$90
LEVELS 1+	\$110
CROSSOVER (In Addition To Level 1+ Fee)	\$75

Event Producer Fee, Coaching Fees, Admin Fees

## MUSIC FEES

Program vs Cost Per Term

CHEERSPORT	\$15
NOVICE	\$20
LEVELS 1+	\$25
CROSSOVER (In Addition To Level 1+ Fee)	\$25

Song Rights, Custom Voiceovers, Music Production Fee



PRICES AS OF 1 JANUARY 2024

# OTHER CRAVE COSTS

## SKILL CLASSES

Skill Class Type vs Cost Per Term

TUMBLING	60 MIN / WEEK	\$160
FLEX	45 MIN / WEEK	\$125
JUMPS	45 MIN / WEEK	\$125
FLYT	45 MIN / WEEK	\$125

All Skill Classes Are Optional

## STUNT GROUPS

Fee Type vs Cost Per Term

TUITION FEE	60 MIN / WEEK	\$95
MUSIC FEE		\$15
COMPETITION FEE		\$25

Optional Development Opportunity for Terms 1 - 3

## UNIFORMS

Program vs Total Cost

CHEERSPORT	\$95
NOVICE	\$175
LEVEL 1+	\$350

Own Your Uniform At A One Off Cost

# THE CRAVE WAY

As a member of the Crave family, you are a Role Model for Crave and CHEER in New Zealand. Your behaviour at all Crave events, whether in practices, competitions, community events, or social gatherings, is a direct reflection of our values and reputation. We trust in your commitment to upholding the highest standards of behaviour, setting a positive example, and contributing to our team's exceptional standing within the community. Your dedication is truly valued, and we are proud to have you as a part of our family.

Please familiarize yourself with The Crave Way and ensure your commitment to following our Code of Conduct at all times.

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## Athletes

As an athlete at Crave Athletics, I play a vital role in embracing the core values of 'The Crave Way.' My commitment to upholding these standards contributes significantly to the positive experiences of our athletes and the overall reputation of Crave Athletics in the community.

I acknowledge that as a condition of my membership and participation at Crave Athletics, I am obliged to abide by all the rules outlined in the above 'Code of Conduct' and all 'Member Policies' established by Crave Athletics. I confirm that I have thoroughly read and understand these documents and agree to follow them to the best of my ability. I am aware that failure to comply with the Code of Conduct or Member Policies may affect my continued participation on teams and in classes.

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## Supporters

As a supporter at Crave Athletics, I play a vital role in enabling my athlete to embrace the core values of 'The Crave Way.' My commitment to upholding these standards contributes significantly to the positive experiences of our athletes and the overall reputation of Crave Athletics in the community.

I acknowledge that as a condition of my own and my athlete's membership and participation at Crave Athletics, it is my responsibility to ensure we abide by all the rules outlined in the above 'Code of Conduct' and all 'Member Policies' established by Crave Athletics. I confirm that I have thoroughly read and understood these documents and agree to support my athlete in following them to the best of their ability. I am aware that failure to comply with the Code of Conduct or Member Policies may affect their continued participation on teams and in classes. I understand that Crave Athletics does not require to have my signature as acceptance to these documents and that my acceptance is deemed through my/my child's participation.

I, the undersigned, have read this entire document. I understand and agree to its terms and agree to be bound by its terms.

If the participant is under the age of 18:

I hereby certify that I am a parent or legal guardian of the minor and that I consent to my child participating in the activities. I have read and understood every provision of this release and waiver and freely agree that my child and I are both bound by the terms of the document and every reference herein to "I" "me" "my" "you" "your" "athlete" shall include (where the context requires) a reference to "my child".



# ATHLETE CODE OF CONDUCT

## **“We Over Me”**

I understand the paramount importance of prioritizing Crave and my team’s objectives over my personal interests. I will attend all trainings and events as I understand it is crucial to prioritize the needs of my team.

## **“Being Kind is Free”**

At all times, I pledge to support and uplift all athletes and coaches, both from Crave and other gyms. I respect the decisions made by judges and event staff, maintaining grace in both victory and defeat. I am committed to adhering to the rules and reminding others to do the same. On Social Media, I ensure that any content I post does not reflect poorly on Crave Athletics or its members.

## **“Safety is Key”**

I am committed to safety, performing skills solely within the gym and encouraging others to do the same. I will not teach or assist others in learning or performing cheerleading and tumbling skills. I will refrain from attempting or encouraging others to attempt skills not yet taught by our coaches in the gym.

## **“Looking The Part Is Half The Battle”**

I understand the importance of wearing the appropriate training gear during sessions and wearing our uniform with pride at all events. I prioritize my appearance at trainings and events by maintaining tidy, tied-up hair (for longer hair) or a neat appearance (for shorter hair). I ensure my fingernails are kept short and will not wear jewelry to prevent harm. I will wear my cheer shoes at all trainings and events.

## **“A Clean Gym = A Clean Routine”**

I take responsibility for the gym, maintaining cleanliness and tidiness. I ensure to pick up any rubbish, whether mine or others', and handle all equipment and areas with respect. I organize my belongings in designated areas and cubbies. I respect other people’s belongings.

## **“Nothing Worth Having Comes Easy”**

I am committed working hard at all trainings and events. I will arrive at least 15 minutes before all training, events, or meeting times to ensure I am ready to begin on time. I understand that being prepared, focused, and working diligently at all sessions is crucial.

## **“Teamwork Makes The Dream Work”**

I pledge to be an outstanding teammate by maintaining positivity, kindness, respect, and attentiveness towards all team members and coaches. I understand that using appropriate language and engaging in suitable discussions is a must at all times. I will actively participate in all activities, follow instructions, and include everyone before, during, and after training sessions.

# SUPPORTER CODE OF CONDUCT

## **“We Over Me”**

I recognize the significance of prioritizing Crave and my athlete's team objectives over personal interests. I will actively support my athlete's attendance at all trainings and events as I understand the importance of prioritizing the needs of their team.

## **“Being Kind is Free”**

I pledge to foster a supportive environment, uplifting all athletes and coaches, whether from Crave or other gyms. I will uphold respect for decisions made by judges and event staff, encouraging grace in both victory and defeat. I am committed to reinforcing the adherence to rules and conduct, both offline and on Social Media, ensuring that any content posted reflects positively on Crave Athletics and its members.

## **“Safety is Key”**

I am devoted to promoting safety by encouraging my athlete to perform skills exclusively within the gym. I will not facilitate or encourage learning or performing cheerleading and tumbling skills outside of the Crave Gym. I understand the importance of encouraging my athlete to refrain from attempting skills not yet taught by Crave coaches in the gym.

## **“Looking The Part Is Half The Battle”**

I recognize the significance of my athlete wearing appropriate training gear during sessions and proudly donning our uniform at all events. I will help my athlete care for their uniform. I will ensure my athlete maintains a neat appearance, tying up longer hair or keeping a tidy look for shorter hair. I will ensure my athlete keeps their fingernails short and ensure they remove jewellery for safety reasons. I understand the necessity for my athlete to wear cheer shoes at all trainings and events.

## **“A Clean Gym = A Clean Routine”**

I will support my athlete in taking responsibility for the gym, emphasizing the importance of cleanliness and tidiness. Encouraging them to respect the space, pick up any rubbish, and handle equipment and areas with care. I will guide my athlete to organize their belongings in designated areas and cubbies, respecting other people's belongings.

## **“Nothing Worth Having Comes Easy”**

I am committed to supporting my athlete's hard work during all trainings and events. I will ensure they arrive at least 15 minutes before all sessions to ensure they are ready to start on time. Understanding the necessity of being prepared, focused, and working diligently at all times.

## **“Teamwork Makes The Dream Work”**

I will support my athlete in being an outstanding teammate, fostering positivity, kindness, respect, and attentiveness towards all team members and coaches. I understand the importance of using appropriate language and engaging in suitable discussions. Encouraging active participation, following instructions, and ensuring inclusion for everyone before, during, and after training sessions. I will ensure I am treating all other athletes, supporters and coaches with respect and kindness. I will remain understanding and respectful of all Crave staff decisions.

## **“It Takes A Village”**

To ensure all athletes, coaches, staff, teams and other supporters are able to have an enjoyable and successful experience, I understand that it is important I remain in designated spectator areas at all times. I agree to remain off of all class equipment including but not limited to the Cheer Floors and Tumbling Equipment unless given permission by a member of the Crave Athletics Staff. I will remain conscious of myself and my belongings while in Crave Athletics, ensuring I am not restricting anyone's access (physical or viewing). I will ensure I do not cause interruptions or distractions to my own or other athletes at all times. I will avoid communicating with coaches and athletes actively participating in any class, activity or training as I understand this may result in a safety hazard or the inability for these people to perform their task.

# MEMBER POLICIES

## GENERAL

### Membership Period

As a member of Crave Athletics' Competitive Program, you are required to remain involved and committed to your team and all required classes for One Full Calendar Year or Competitive Season. By committing to your competitive team, you are required to remain actively participating and attending all training sessions including regularly scheduled weekly trainings, extra trainings, mandatory events, competitions and choreography sessions. When joining a team, you are agreeing to remain on this team until the end of the competitive season as stated in the current Competitive Handbook.

After the Competitive Season is over, you may choose to renew or terminate your membership in Crave's Competitive Program. If you wish to renew your membership, we ask you to please complete our registration form for the new Competitive Season. To no longer be a member of Crave Athletics, we ask you to please inform us of your decision to not return for the new season. This will allow us to properly plan and build teams for the new season.

### Competitive Registration

By registering for Crave Athletics Competitive Program, you are agreeing to be placed on whatever level, division, or team that we have carefully selected for you. You also trust and understand that we have selected this team in the best interest of your present and future competitive journey. Please do not register for the new Competitive Season if you are looking for or wanting to be placed on a certain level, division or team.

### Injury - Notification & Participation

Due to the nature of our sport, it is important that full participation is a priority at all training sessions. When one athlete misses training or is not able to fully participate, the team's success and efficiency at training is limited. Therefore, we require a 'Doctor's note' (this could be a G.P, Physio, Chiropractor or Osteopath) explaining any injury specifics, projected recovery time and official recovery plan before excusing an athlete from participation in any activity or training. For injuries with extended recovery time, we require weekly updates on progress along with the athlete's attendance at all training sessions and events. This will ensure we can work with their chosen recovery provider to assist in a quick recovery. This will also help us understand all restrictions/participation possibilities.

### Media Release

I give my consent for Crave Athletics to use all photographs and video recordings taken of me by them together with my story (the materials), without compensation being paid to me and without my specific approval, for display or publication by Crave including but not limited to on Twitter, Instagram and Facebook, and Crave's website. I release Crave Athletics from all claims and demands arising out of or in connection with the use of the materials, including, but not limited to, all claims for invasion of privacy, defamation and any other personal and/or property rights.

### Creating Branded Merchandise

Members are strictly prohibited from independently utilizing the company's logo and designated icons for the creation of any branded merchandise. Any use of the logo/icons on merchandise must be explicitly approved and executed by the authorized department within the organization. The logo and icons may only be applied as per the provided brand guidelines, and all merchandise featuring these elements should be designed, produced, and distributed exclusively by the organization or its officially appointed representatives. The organization reserves the right to decline any unauthorized use of the logo/icons on merchandise. Furthermore, the responsibility for ensuring compliance with brand standards, quality, and legal requirements in the production and distribution of such merchandise lies solely with the organization or its authorized representatives.

# MEMBER POLICIES

## ATTENDANCE

CHEER is a Team Sport, meaning absences at any time are extremely challenging.

When one athlete is absent, their teammates don't get the opportunity to train certain sections of the routine.

All athletes are required to be at all team trainings, events and competitions.

This may include extra training sessions, choreography, make-up lessons, performances and community events.

It is imperative that athletes attend every training to build their; strength; flexibility; stamina; and routine consistency.

Please familiarise yourself with our Attendance Colour Chart as this is how all absences/attendance will be recorded

				
<b>PRESENT +FULL PARTICIPATION</b>	<b>LIMITED PARTICIPATION</b>	<b>NO PARTICIPATION</b>	<b>LIMITED / NO PARTICIPATION</b>	<b>LIMITED / NO PARTICIPATION</b>
	Sickness or Injury	Sickness or Injury	Vacations/Concerts	No Communication
	Graded School Function <i>(1x Missed Training)</i>	Graded School Function <i>(2+ Missed Trainings)</i>	Personal Appointments	Within 3x Weeks Of An Event
	Emergency / Berevement		Optional School Events	
	Late / Early Departure <i>(Up To 15 Minutes)</i>		Late / Early Departure <i>(Up To 30 Minutes)</i>	

### Attendance Policy - CheerSPORT

We ask all CheerSPORT families to remember the importance of attendance at all times especially prior to an event or competition. This is for both the success of the team and, the confidence/preparedness of your athlete. In major circumstances where an athlete has consistently been unable to fully participate or attend team training sessions, their involvement in the routine may change at the coaches discretion.

### Attendance Policy - Novice

Multiple absences 3 weeks prior to competition will be treated as a "Black" absence and may result in the athlete forfeiting their participation at the upcoming event (at the discretion of the coach). Additionally, any 3x 'Red' Absences a term may result in changes to positions and/or involvement in the routine or removal from the team.

### Absences & Attendance Policy - Elite Level 1+

Any absence 3 weeks prior to the competition will be treated as a "Black" absence and may result in the athlete forfeiting their participation at the upcoming event (at the discretion of the coach). Additionally, any 2x 'Red' Absences a term may result in changes to positions and/or involvement in the routine or removal from the team.

Please note that coaches will, at their discretion, be able to remove, restrict, limit or alter an athlete's participation in a training, event, performance or competition based on the record of the athlete's attendance in line with the Attendance Colour Chart.

We do understand that naturally there may be instances where an absence is unavoidable.

Please email [cheer@craveathletics.co.nz](mailto:cheer@craveathletics.co.nz) for any last-minute, unplanned absences as early as possible.

In the case of a suspected/planned absence, we ask you to please fill out our Absence Request Form.

# MEMBER POLICIES

## INJURY

### Notification & Participation

Due to the nature of our sport, it is important that full participation is a priority at all training sessions. When one athlete misses training or is not able to fully participate, the team's success and efficiency at training is limited. Therefore, we require a 'Doctor's note' (this could be a G.P, Physio, Chiropractor or Osteopath) explaining any injury specifics, projected recovery time and official recovery plan before excusing an athlete from participation in any activity or training. For injuries with extended recovery time, we require weekly updates on progress along with the athlete's attendance at all training sessions and events. This will ensure we can work with their chosen recovery provider to assist in a quick recovery. This will also help us understand all restrictions/participation possibilities.

### Liability Release

I agree to participate in activities offered by CRAVE ATHLETICS (including its directors, agents, officers, volunteers, employees and assigns) ("CA") including but not limited to cheerleading, tumbling, physical activities, events and/or instructional classes ("the activities") subject to the following terms and conditions:

It is important that all athletes and their parents/guardians understand that the sport of cheerleading is physically demanding. Therefore, all athletes must be physically fit and healthy to participate. Crave Athletics follows Safe Sport Guidance from Sport New Zealand along with Cheerleading Safety Guidelines from IASF and the NZCA, however, we assume no responsibility for any accident or injury that may occur. Therefore, Crave Athletics, our coaches and staff are harmless against, and can not be liable for, any and all injuries that might arise from participation in this program.

### Assumption of Risk

Due to the nature of the activities and the risk of serious injury inherent in the activities, Crave Athletics has encouraged me to obtain a physical examination from a medical professional before participating in any of the activities. I have advised Crave in writing of any physical impairment that I suffer, and I will keep them advised in writing of any physical impairment that I may suffer in the future. I agree that my participation in the activities is entirely at my own risk and I assume all risk of severe injury, illness, or death. If I am injured while participating in the activities, I give my consent to Crave Athletics to administer first aid where required (to the extent they are able to do so) and to procure medical attention if in Crave's sole discretion, it is deemed necessary and I will be liable for any associated costs in doing so. I acknowledge that while Crave Athletics will take all practicable steps to reduce the risks, and ensure the safety of equipment and facilities used, it is not possible for Crave to eliminate all risk.

### General

To the extent that statute or case law does not prohibit releases for negligence, I understand that this release is also for negligence. If any portion of this release and waiver shall be deemed by a Court of competent jurisdiction to be invalid, then I agree that the remainder of this release and waiver shall remain in full force and effect and the offending provision or provisions severed here from. I have had the opportunity to carefully read this release and waiver and I fully understand that it is a release of any and all liability. I expressly agree to release, hold harmless, discharge and indemnify Crave Athletics from any and all claims and/or causes of action and agree to voluntarily give up or waive any right that I may otherwise have to bring legal action against Crave Athletics for any personal or property loss or damage.



# MEMBER POLICIES

## FINANCIAL

### CheerSPORT

All CheerSPORT members (athletes and their parent/guardian) are obligated to pay all fees and invoices associated with their membership at Crave Athletics. This may include but is not limited to: team tuition term fees, competition fees, music fees, uniform purchase and additional class tuition.

### Novice & Elite Level 1+

As per your requirement under our 'Membership Period Policy', you are required to remain participating and committed to your team through one full calendar year. During this time, you are obligated to pay all fees and invoices associated with your membership at Crave Athletics. This may include but is not limited to: team tuition term fees, competition fees, music fees, uniform purchase, additional class tuition, travel fees (transport, accommodation and other projected costs) and additional required merchandise for travelling events. If for any reason you are unable to complete your one-year commitment, you are required to pay all fees through to the end of your membership period as set out in our 'Membership Period Policy'.

### Non Payment

In the event of any amounts not being paid, Crave Athletics has the right to refuse to teach, train and or provide services to the athlete until such time as all outstanding amounts are paid. We (Crave) are not obligated to provide any abatement of fees for any time the athlete is not in attendance.

Crave Athletics is not liable for any financial compensation due to any absences, changes to a routine or removal from a team. This may include compensation for missed training sessions, limited or restricted participation at training or competition, removal from any team training session or removal from an event.

## SOCIAL MEDIA & CONTENT USAGE

As social media continues to gain popularity, it is important we conduct ourselves in a respectable manner on all social media platforms. Therefore, it is required by all members of Crave Athletics to ensure the content (photos, videos, imagery, text) we post reflects positively on Crave Athletics and other members. It is important we all follow these rules around social media:

Do not post content that may damage the reputation or interests of Crave Athletics or an affiliated person, whether intentionally or unintentionally, or otherwise bring any one of them into disrepute.

Be polite and avoid hostile communications or credibility attacks. Keep all comments respectful and informative.

If you offer your personal view on a matter, your comments or opinion must not cause damage to Crave Athletics or any affiliated person(s).

Do not post content or images that harass, are inappropriate, adverse, offensive, discriminatory, intimidating or are otherwise demeaning, defamatory or disparaging about any person or organization. For the avoidance of doubt this includes videos, comments or images regarding falls, "fails", accidents, physical injury and negative posts regarding competition results or outcomes.

Only post accurate and truthful content. You must correct any errors or remove any offending/ inaccurate posts immediately if requested to do so by Crave Athletic or our staff.

Do not violate a person's privacy. Do not post anyone else's personal information or their image without obtaining their prior consent.

Do not start any page, group or forum of any kind for athletes or parents of Crave Athletics without written permission from our owners. In the event such a page is approved, a coach or gym owner must be an admin of this group.

Be mindful whether participation in certain network groups with racist, criminal, extremist or hate group connotations may offend or cause harm to the reputation or interests of Crave Athletics.