

*Lady*  
**FERNS**



**ICU YOUTH MEDIAN**

*All-Girl*

# Lady FERNS

ICU YOUTH MEDIAN  
All-Girl



Further extending the opportunity to represent New Zealand in the sport of CHEER, and provide eligible athletes with a National Team experience.

Before completing an Athlete Commitment Form we ask your guardian to read this pack fully to be aware of the dedication, commitment, and obligations expected of athletes on Lady Ferns. - Thank you!

## Family Meeting Information

Athletes & Family are required to attend this information meeting prior to our first training.

**19 August 2023**  
**@ Crave Athletics**  
**3:30 PM - 4:00 PM**

## Athlete Commitment Form



## Youth Athlete Eligibility

Athletes Must Have A Birth Year of Either:  
**2009/2010/2011/2012.**

Athletes must only attend if they are able to commit to their current Crave team, **in addition** to this program.

Athletes must only join if they are able to commit to the mandatory attendance required, and transport to/from training sessions.

## Lady Ferns Training Schedule

All training sessions will be on Saturday evenings from 4:00 - 6:00 PM at Crave Athletics.

**19 August 2023**    **Basic Counts + Formations**  
**26 August 2023**    **Skills + Pyramid Creation**  
**2 September 2023**    **Routine Video Submission**

Athletes are required to attend all above training dates.

**Athlete Training Attire:**  
**Plain Black Shirt, Plain Black Shorts, & High Pony Tail.**

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## *ICU Median Skill List*

The ICU Scoring System prioritizes stunting skills, and is different to the scoring system we use during New Zealand's competitive season, however tumbling will still be covered.

*Athletes are required to have multiple years of experience in stunting.*

*Athletes will be taught the following skills at our trainings:*

**Basket Tosses**  
**Single Leg Stunts**  
**Twisting Transitions**  
**Release Transitions**  
**Twisting Dismounts**

*Athletes are required to have proficient ability in motion execution and timing.*

*Athletes are recommended, but not required, to have the following tumbling skills on a Non Spring Floor/Hard Floor:*

**Toe Touch Back Handspring**  
**Standing 2x Back Handspring**  
**Round Off Back Handspring or**  
**Round Off Back Handspring Tuck**

### *Financial Commitment*

There will be no additional cost required to be a part of Lady Ferns.