



MILE END • SEAFORD

# 2024 ★ Bronze INFORMATION PACK





# Welcome to *Force Elite Academy!*

Thank you for your interest in Force Elite Academy, whether you are looking for Cheerleading, Dance, or Tumbling, competitively, semi competitively, or recreationally we have a program or a class to suit you! At Force Elite we are proud to offer a variety of programs to ALL ages from toddlers all the way up to adults across 2 different locations serving both metropolitan Adelaide and Southern suburbs.

We hope you enjoy browsing through our 2024 information pack. Here you will find all there is to know about what FEA has to offer. We guarantee there will be something here to suit your needs.



## OUR VALUES

At FEA our values are **Family, Passion & Growth** and everything we do revolves around these values.



*Family*

Everyone who walks through the doors of an FEA facility is Family, and we put it above all else.



*Passion*

Everyone in an FEA facility is passionate about what they are doing, from the instructors to the students.



*Growth*

Every athlete and coach we work with we want to help grow and develop into the best possible versions of themselves they can be.

So by choosing FEA to be the provider of yours or your child's Cheer, Dance or Tumbling journey you are prepared to be an active member of our FAMILY, you're ready to gain a new PASSION & ready work hard and see GROWTH throughout your journey. Ready?? Lets do this!



## Why you should *Cheer & Dance* with FEA

FEA is the one stop shop for anything you or your child wishes to achieve in Cheer, Dance or Tumbling. Our two locations across Adelaide offer fun, light-hearted class options in all the way to highly competitive top level teams that travel to the USA to compete. No matter what your starting point is, if you want to progress your skills, you have all the opportunity to grow right here in the club!



### World Class Facilities

Our facilities are worlds standard, including, multiple cheerleading sprung floors, dedicated tumbling floor area, trampolines, semi-sprung dance flooring, parent viewing area and more.



### Qualified and Experienced Coaching Staff

Our coaching staff is dedicated to perfection & progression in all things Cheer, Tumbling & Dance.



### Family-based culture of inclusiveness & respect

This culture shines bright when you see the excitement from the class when an athlete gets a new skill or when teams watch each other at competitions.



### Huge variety of classes, teams and program options

We have something for all experience levels, ages & interests. Ranging from recreational programs to semi-competitive and full competitive teams.

“

My two daughters have been at force elite academy for 3 years and in that time they have grown in both their skill level and in themselves.

The gym provides an environment that fosters growth and passion.

The coaches are always helping the athletes to achieve their goals for themselves as well as providing opportunities to the athletes to extend beyond their own goals!

FEA has provided my girls a **safe, supportive and encouraging environment** that my girls adore and are thriving in!



“

Being a part of the Force Elite Academy group has been an absolute joy. From the moment we joined, we were welcomed with open arms and genuine smiles.

The **inclusivity and friendliness within the group are unmatched, creating a positive and supportive environment.**

It's more than just a team; it's a family where everyone's unique talents are celebrated, and every member is valued. We couldn't be happier to be a part of such a fantastic, welcoming community. Thank you for making us feel right at home, and having my children's safety and well-being at the top of your priorities



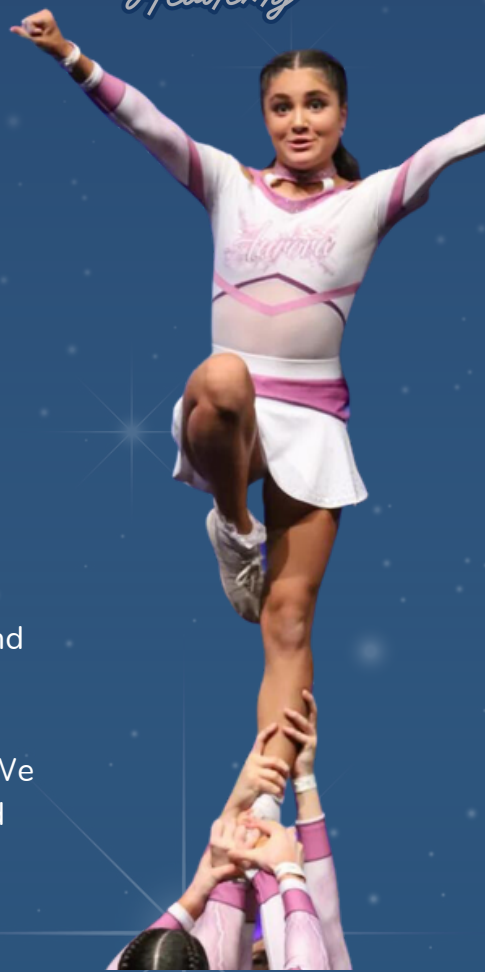
## OUR PROGRAMS

# All Star Cheer

If you are new to the sport of All Star Cheer, welcome, and thank you for choosing FEA to guide you through your Cheer journey.

All Star Cheer is all-inclusive for all ages, body types, skill levels and experience levels. Everyone is welcome in All Star Cheer; everyone is valuable in this sport and has a role to play in their team. Routines comprise of elements of stunting, gymnastics (tumbling), pyramids, and dance choreography.

At FEA we have an All Star option for any age, any experience level. We have 3 different programs you can join depending on your budget and commitment level.



## ★ Bronze Cheer Program

If you are new to cheerleading this is our entry level program opening doors to All Star Cheerleading for more families! The Bronze Program is an approachable, affordable and manageable entry into Cheerleading for kids ages 3 through to 14 years of age.

Our Bronze Program teams train once per week. With only a 2-term commitment this is a fantastic way to experience cheer for the first time. You can choose to sign up for either the first semester, second semester or both!

Towards the end of each semester the teams will perform the routine they have worked hard on in front of an audience. The semester 1 teams will perform at FEA Blue Debut Showcase, during semester 2 the teams will refine their routine and perform at Aussie Gold Nationals to experience a real live competition.



## OUR PROGRAMS

# All Star Dance



All Star Dance is the sporting version of traditional dance styles. All star dance consists of teams of 5 or more dancers in jazz, hip hop, lyrical/contemporary and pom.

Our dance program at FEA focuses on being all inclusive for dancers of all ages, experience, and fitness levels. We use costuming that is affordable but looks amazing on the floor and love to create routines with unique themes that challenge dancers to not only learn their technical elements but also their stage presence and performance as well. All key aspects of a good dancer.

## Bronze Dance Program

### Beginner Program

Bronze is our developmental program, opening the door to All Star Dance. With only a 2-term commitment, bronze Program teams train once per week. After semester 1 the team will perform at FEA Blue Debut Showcase, and at the end of semester 2 the team will perform at a real dance competition in a category designed especially for beginners with encouraging scorecards.

The Bronze Program is an approachable, affordable and manageable entry into competitive dance for kids ages 3 through to 14 years of age. This is a fantastic way to experience All Star Dance as a sport for your child.





# ★ 2024 *Bronze* TEAMS ★

## *Mile End*

### ★ Bronze Cheer

Tiny Stars  
Lightning  
Energy  
Eclipse

### ★ Bronze Dance

Stardust – Tiny Pom

## *Seaford*

### ★ Bronze Cheer

Sandstorm  
Cosmic





# 2024 *Bronze* COMPETITION CALENDAR



## FEA BLUE DEBUT

June 9

TBA South Australia

Cheer and Dance:  
Semester 1 Teams



## AUSSIE GOLD NATIONALS

November 2 - 3

Adelaide

Entertainment Centre

Cheer & Dance:  
Semester 2 Teams

## 2024 TERM DATES

### TERM 1

5th Feb - 13th April

### TERM 2

5th May - 13th July

### TERM 3

22nd July - 28th Sept

### TERM 4

14th Oct - 30th Nov



# Bronze PROGRAMS FINAL COSTING



## CHEER

PROGRAM	MONTHLY INSTALLMENT	COMPETITION ENTRY BUNDLE	MUSIC	IN-HOUSE CHOREOGRAPHY	YEARLY REGISTRATION	UNIFORM	SCRUNCHIES	TRAINING SET	SHOE COLOUR
BRONZE TINY	\$ 70	\$ 110	N/A	N/A	\$ 100	N/A	Included	Optional	White
BRONZE	\$ 95	\$ 110	N/A	N/A	\$100	N/A	Included	Optional	White

## DANCE

DANCE PROGRAM AND DISCIPLINE	MONTHLY INSTALLMENT (WITH CHEER)	MONTHLY INSTALLMENT (DANCE ONLY)	COMPETITION ENTRY BUNDLE
1 DISCIPLINE	\$ 30 / Month	\$ 90 / Month	\$ 110.00
2 DISCIPLINE	\$ 40 / Month	\$ 100 / Month	\$ 110.00

### Some Important Considerations:

Competition bundle includes single routine entry fee for ONE routine per athlete, admin fee for competitions, coaches fee for each competition and GST.

Athletes competing in multiple routines for cheer or dance or a combination of cheerleading and dance teams, will need to pay an additional routine fee per competition on top of the comp bundle pack.

If an athlete is enrolled into different levels or different genres, the higher program will be the base program for the athlete and the additional genres will be priced at the add-on cost for that level.

- Semester 1 has 5 debits - February to June
- Semester 2 has 4 debits - August to November

## ADDITIONAL CLASSES

# ★ *Flyers* Classes

It is no secret that being a cheerleader flyer is one of the most unnatural activities the human body can do. Humans were simply not designed to be thrown around in the air. It takes time and patience to develop the confidence, conditioning and technique to become a superstar flyer.

At FEA, we have years of experience creating the best flyers in the state. Our Flyers Classes are a must for all flyers Novice to Elite Level. Those chosen as flyers on any Level 1-6 team must attend 1 flyers class per week.

Enroll into this program when you complete your enrollment process

**Cost:** \$7 / Additional class (Single flyer or flex class per week included in All-Star Tuition); **Class length:** 30 mins



# *Tumbling* Programs

One thing Force Elite Academy is well known for is our tumbling program. We have many students who attend our program just to do tumbling and love our progression system, coaches and ability to become the best tumblers they can be. These are the tumbling options we will offer at FEA in 2024.

**YEARLY REGISTRATION: \$20 (covers student for unlimited classes)**

### **Tiny Tumble** (for ages 4-6)

This tumbling class uses drills, circuits, games, and challenges to make tumbling technique, shapes and repetitions fun! This engaging and encouraging class is the best starting place to build your child's passion for Tumbling and kick start their journey of progression. Tiny Tumble is a completely recreational program

**Cost:** \$10 per session    **Session Length:** 45 mins  
Billed Per Term

### **Beginner Tumble** (for ages 7-16)

Recreational Tumbling classes are non-competitive classes for self-taught tumblers, gymnasts, dancers or those looking to start tumbling brand new! Tumbling classes will be available at both FEA locations and are designed for all beginners.

**Cost:** \$15 per class    **Session Length:** 60 mins  
billed per term



## ADDITIONAL CLASSES

### ★ Flexibility Classes

Dedicated class for maintaining flexibility throughout the body. Great for injury prevention & beneficial to all athletes, not just flyers. We highly recommend this class as a standard add-on to any athlete's weekly schedule.

**Cost:** \$7 / Additional class (Single flyer or flex class per week included in All-Star Tuition); **Class length:** 30 mins

### ★ Dance Technique Classes

Our Dance Technique classes are offered to all Competitive Dancers Novice and above All Star Dance is all about technical skills and your execution is key. Dance Technique classes are offered in Beginner, Elite & Premier levels and help develop dance jumps, leaps, turns and skill combinations that are common in all Dance Styles.

#### Beginner Technique

\$7 / class (complimentary for Gold and Silver Dancers);  
**Class Length:** 30 mins

#### Elite-Premier Technique

\$15 / class (complimentary for Gold and Silver Dancers);  
**Class Length:** 60 mins

# BRONZE PROGRAMS TIMETABLE



*Mile End*

	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
<b>MONDAY</b>	01				LIGHTNING	BEGINNER TUMBLE						
	02					FLEX	FLEX					
<b>TUESDAY</b>	01						ECLIPSE					
	02				FLEX		FLYER 1/2	FLEX				
<b>WEDNESDAY</b>	01				TINY STARS							
	02				BEGINNER TUMBLE							
	03				FLYER 1	FLEX						
<b>THURSDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM
01			TINY TUMBLE		FLEX	CHEERSTARS						
<b>SATURDAY</b>	01			ENERGY	TINY TUMBLE		BEGINNER TUMBLE					
	02			STARDUST TINY POM	FLEX			FLEX	FLYER L1/2			

# BRONZE PROGRAMS TIMETABLE



## Seaford

Day	01	02	03	04	05	06	07	08	09	10	11	12		
<b>MONDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM		
		BEGINNER TUMBLE		SANDSTORM				FLEX						
<b>WEDNESDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM		
		TINY TUMBLE					FLYER	FLEX						
<b>FRIDAY</b>	4:00PM	4:30PM	5:00PM	5:30PM	6:00PM	6:30PM	7:00PM	7:30PM	8:00PM	8:30PM	9:00PM	9:30PM		
		TINY TUMBLE		TINY CHEER		BEGINNER TUMBLE								
<b>SATURDAY</b>	8:30AM	9:00AM	9:30AM	10:00AM	10:30AM	11:00AM	11:30AM	12:00NN	12:30PM	1:00PM	1:30PM	2:00PM	2:30PM	3:00PM
		TINY TUMBLE												
		COSMIC				FLEX	FLYER							

# 2024 Enrollment PROCESS

We've made enrollment much easier for you!

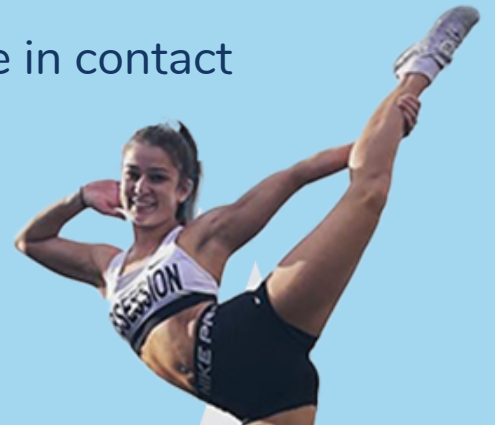
Simply fill out [this form](#), and someone will be in contact with you to confirm your spot.

Please make sure you complete the form with a Parent/Guardian who is over 18.

You will select your classes, supply important contact details, and pay your Registration Fee securely here as well.

That's it!

We also ask that parents come along to the first team meetings to go through important team specific information and meet their coaches (Cheer/Dance teams only).



Join the  
*Force Fam*  
today!



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## FIND US



### FEA MILE END

Unit 5 26-42 London Rd.  
Mile End South, SA, 5031



### FEA SEAFORD

7/36 Farrow CCT  
Seaford, SA, 5169

## CONTACT US



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