



ALL STAR CHEERLEADING HANDBOOK

A COMPREHENSIVE GUIDE TO
COMPETITIVE CHEER, UNIFORMS,
EXPECTATIONS, COMPETITIONS, AND
MORE!

2026



2026 TEAMS

Our Comp Cheer teams are for our cheer students wanting to take their cheer to the next level, be part of a team and enjoy the experience of competitions. Comp Cheer classes are by audition only but are open to students of all levels and ages. To be eligible, Comp Cheer classes have specific eligibility requirements in regards to what classes students must do and skills required.

| TEAM | CHEER | TUMBLE | DAYS |
|------------|-----------|---------|-------------|
| DIVAS | 2 CLASSES | 1 CLASS | TUES, THURS |
| DUCHESSSES | 2 CLASSES | 1 CLASS | TUES, THURS |
| DYNASTY | 1 CLASS | 1 CLASS | TUES, THURS |





TEAM COMMITMENT

Cheerleading is a team sport and as such it is very important that all team members are committed equally. Athletes are placed in small groups inside their team known as their stunt group; this is the group they do the lifts in. When one stunt group member is away from practice the whole stunt group can not practice that lesson and if someone is away from a competition the entire routine must be changed and scoring is affected.

We understand that things happen in life, however we expect athletes to not miss training sessions lightly and only when very unwell. If you are planning a holiday that falls on one of the competitions please let us know at the beginning of the year so that the coach can make appropriate adjustments if/where required,

COMPETITIONS

Each year our Teams compete in a number of competitions, these are held normally in the Illawarra and Sydney Region. We do not travel interstate. Competition dates are outlined later in the handbook.

COMPETITIONS

3 COMPETITIONS

COMP CHEER KEY DATES

TERM 1

COMP CHEER CONNECT EVENT
FRIDAY 20TH MARCH 5PM

PREPARATION TERM
Routines choreographed and
prepared for stage

TERM 2

MID-YEAR CONCERT
FRI 26TH & SAT 27TH JUNE
SHOALHAVEN INDOOR
SPORTS CENTRE

TERM 3

DCE STATES
24TH/25TH/26TH JULY
BLACKTOWN LEISURE CENTRE

DCE NATIONALS
25TH/26TH/27TH SEPTEMBER
BLACKTOWN LEISURE CENTRE

TERM 4

CHEER BANDZ NATIONALS
7TH, 8TH, 9TH NOV
SYDNEY OLYMPIC PARK

END-OF-YEAR CONCERTS
FRI 11TH & SAT 12TH DEC
SHOALHAVEN ENT CENTRE





FEES

Classes are priced as per our Dance Sensations fee schedule and are eligible for discounts as per our package pricing. Classes are charged per 45min increment. For example; 1.5hrs training = 2 classes in the package pricing. Additional Competition related fees are outlined below:

SPECIALTY ADD ON CLASSES - TRICKS AND TUMBLE

The Tricks & Tumble class is classified as a Specialty Add-On. These are **higher level classes** that we provide to our competition students and are taught by our highest qualified staff and guest teachers. *These classes are charged separately* as outlined on our 2026 Competition Teams price list. They are \$12/class, if your dancer is a part of our Troupe Teams, this class is included in the Specialty Add on Classes of \$4 for \$40, or any additional Specialty Add-On Classes above the 4 classes is charged at \$10.

COMP CHEER LEVY

Every athlete needs to pay a competition fee for each comp. DS pays these fees and these are covered in a Comp Cheer Levy. The Comp Cheer Levy for 2026 will be \$300. The Comp Cheer Levy is payable in two instalments in the last week of Term 1 and Term 2. Instalment 1 will be \$150 with the balance being charged in Instalment 2. If you are on Direct Debit these will be added to your debit that week automatically.

This year, the Comp Cheer Levy includes a DS Cheer Team T-shirt to wear to competitions, as well as any additional costs involved with expert choreography for the routines if required, coach travel costs etc.



UNIFORM

As representatives of Dance Sensations competitive teams we expect that our DS Comp Team students uphold the full DS uniform values in every lesson. We value uniform as it gives our athletes a sense of belonging, removes brand comparison and provides comfortable and appropriate class attire!

Athletes are required to wear DS Uniform or all black attire to classes including appropriate cheer shoes.

On competition days, students must wear their provided Team Tshirt and/or optional Comp Team Tracksuit (if purchased), over the top of their competition uniform to represent the studio.

SHOES

Must be cheer specific shoes | Brand of your choice - some samples below

INFINITY CHEER SHOES

[PURCHASE HERE](#)
FROM CHEER DIRECT



TEMU CHEER SHOES

[PURCHASE HERE](#)

COMP TEAM TSHIRT UNIFORM FOR COMP DAYS



COMP TEAM TRACKSUIT OPTIONAL UNIFORM FOR COMP DAYS





COMPETITION UNIFORM

For those athletes that do not have a uniform or require a new uniform, all sizing for these uniforms will be done in class at the Studio by our Cheer Coaches for ease of ordering.

New Competition Uniforms are \$350 per athlete and payment can be made via the DS Online Store. To assist families with making this purchase at a time that suits you, payment can be made anytime from now up until Friday 15th May 2026.

Please note: Any Cheer Uniforms that remain unpaid by Friday 15th May 2026, will be automatically added to your dance account in Week 5 and included in your Direct Debit on Thursday 21st May 2026.

Uniforms will be distributed at a later date upon arrival, prior to the first competition. Uniforms include socks and a bow.





A MESSAGE TO OUR CHEER STUDENTS



At cheer competitions, it's easy to get caught up in the excitement of winning, but the true value lies in **the experience itself**.

It's about *pushing yourself, learning from every performance and growing as both an athlete and a person.*

The *moments backstage, the connections with teammates and the joy of challenging your athleticism with cheer* are what really make the journey SPECIAL!

Every step, every routine, and every cheer from the crowd adds to your growth.

Winning is just a bonus: What truly matters is the *passion, the effort,* and the *memories* you create along the way.

And always remember, your role in our team **MATTERS!**

Your presence has the power to *inspire, lift up,* and *make a positive difference* in your DS Cheer team. Always remember, that *you bring something unique to the mat!*

Know that your strengths, your gifts, your talent, and your hard work are **always noticed by those who are watching.**

Embrace who you are, and let your light shine!

