

2026

MILLENNIUM ALLSTAR

Information Handbook



18 Rowland Street, Slacks Creek



www.millenniumallstars.com.au

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About Millennium

Our vision is to continue building a gym where everyone belongs — a place where athletes feel valued, supported, and inspired, and where parents and athletes alike uplift one another without judgment. We aim to unite and strengthen the cheer community through positivity, teamwork, and shared passion.

As our program continues to expand, we are proud to offer more opportunities than ever before. We have developed a unique training model focused on individual athlete development, well-being, and engagement. This approach lays the foundation for growth both on and off the mat, helping athletes build confidence, resilience, and life skills that extend far beyond cheer.

Our specialised coaching team work closely with athletes every day, supported by a network of health professionals including physiotherapists, exercise physiologists, dietitians, and mindset coaches. This collaboration enhances performance, aids recovery, and builds confidence. Our coaches are dedicated, present, and invested in every athlete's journey, and we ask our athletes to bring the same commitment, positivity, and joy to every training session. Happy athletes are the strongest athletes.

At Millennium, anyone can be a cheerleader. We are proud to offer an inclusive program where every athlete is seen, valued, and supported. We maintain a zero-tolerance policy for bullying and negativity and have built a positive, uplifting culture that celebrates teamwork and growth. Everyone is on the mat for a reason, and every athlete matters.



Our Team

Joining a new team can feel daunting, but we're here to make every athlete's transition as smooth and welcoming as possible. We have an open-door policy during the first two weeks to help you feel settled and confident. Regular updates are shared in our Millennium Facebook group, and we encourage you to reach out at any time with questions or concerns.

Our team includes world-class coaches, industry leaders, champion athletes, and health professionals, all dedicated to athlete development and success. We prioritise ongoing education, collaborate with leading experts, and participate in specialised training courses to ensure our coaches continue to grow, adapt, and provide supportive, progressive coaching methods.

We encourage every athlete to step outside their comfort zone and explore new skills in a safe and supportive environment. Our shared goal is to promote progression, confidence, and long-term success for every athlete in our program. We are also proud to share our facility with Major Dance Studio, independently owned and operated by Shae King. This partnership allows Millennium athletes to experience the highest standards of both cheer and dance under one roof, fostering creativity, versatility, and collaboration within our community.

Staff Directory

Owners

Belinda and Paul West

Allstar Director

Corey Wood

Head Team Coach

Caitlyn West

Jazz & Pom Coach

Jordyn Cooley

Flex & Strength Coach

Georgia West

Important Dates

2026 TERM DATES

Term 1 Monday 19th January - Thursday 2nd April 2026

Term 2 Monday 20th April - Friday 26th June 2026

Term 3 Monday 6th July - Friday 18th September 2026

Term 4 Monday 6th October - Friday 11th December 2026

2026 IMPORTANT DATES

Show Case Friday 18th September 2026 (Tentative)
Millennium Allstars

Photo Week Week Beginning 14th-20th September 2026
(TBC) Millennium Allstars

2026 Gala 5th December 2026
(Tentative)
Venue TBA

Team Tryouts 12th and 13th December 2026
Millennium Allstars

Classes and training **operate as normal** on all public holidays, with the exception of:

- 26th January 2026
- Easter Public Holidays
- ANZAC Day
- Christmas
- New Years Public Holidays

Choreography week will be held:

13th April - 19th April 2026

Our Open Teams, train consistently through all school holiday periods during the year; all other teams will train for additional days during the school holiday term as indicated in our Term Dates.

Competition Dates

2026 COMPETITIONS

1

Millennium Showdown
10th July 2026
Millennium Allstars

2

AASCF Battle
31st July-2nd August 2026
Gold Coast Sports & Leisure Centre

3*

CheerBrandz Super States
15th-16th August 2026
Nissan Arena

4*

Aussie Gold Pan Pacific Cup
21st-23rd August 2026
Gold Coast Sports & Leisure Centre

5*

CheerBrandz Majors
18th-20th September 2026
Gold Coast Convention Centre

6**

CheerCon States
23rd-25th October 2026
Nissan Arena

7

CheerBrandz Super Nationals
6th-7th November 2026
Nissan Arena

8

AASCF Nationals
26th-30th November 2026
Gold Coast Convention Centre

* Dance and Tiny Novice will compete in 4 competitions as indicated
** Additional competition for select teams (inc Tiny Novice)

Training is compulsory for the 2 weeks before competitions and for the 4 weeks before Nationals (exceptional circumstances will be permitted at the discretion of the coaches)
Please consider this when accepting a team placement and booking holidays, etc.
Athletes unable to travel for Nationals will be choreographed in the routine accordingly to minimise disruption to the team.

Tuition Fees

Registration Fees

Early bird Registration before 31st December 2025	\$100
Registration Fee - including a complementary club tee	\$125

Tuition Fees

All tuition fees cover multiple coaches per team, a dedicated tumble and stunt coach and a tumble class for all Level 1+ tumble teams. Tuition is based on 44 weeks of training and also includes any additional training sessions. We offer generous discounts for any families wishing to pay yearly or term fees upfront.

Athletes competing with Major Dance for Hip Hop will receive a \$20/ft discount applied to their fees

Tiny Novice - 1.5 hours per week	\$35 per week
Non-Tumble + Novice- 3 hours per week	\$55 per week
Level 1-6 - 4 hours per week	\$75 per week
Unlimited classes (Cheer, Tumble, Flex, Jazz + Pom). *\$20/ft discount for dancers competing with Major	\$110 per week
Jazz + Pom - 1 hour per genre per week	\$25 per week

Stunt Groups + Duos

Group Stunt Training	\$25 per group weekly
Additional costs include competition entries, music and choreography. Costs are kept as minimal as possible.	TBC

Competitions

Fees + Uniforms

Competition Packs

Our competition pack includes Competition Entry Fees, Music and Choreography. This fee applies to all athletes regardless of when they join and will be pro rated if joining late in the year

Tinies and Dance (No Cheer) - (4 competitions only)	\$500*
Novice, Mini & Level 1	\$625*
Level 2 - Level 7NT	\$725*
Additional Team Competition Packs- Including Cheer and some Dance Cross Overs	\$325*

This is subject to change based on the competition entry fees for 2026. Athletes competing with Millennium and Major will only be charged cross competitor entry fees where both programs compete

Competition Uniform

Tinies Top & Skirt	\$200
Mini - Level 5 Top & Skirt	\$325
Level 6/7 Top & Skirt	\$375
Tiny Novice - Level 7 Top & Pants	\$325
Cheer Scrunchies (Tinies)	\$25
Cheer Bow	\$35
Stunt Group Uniform	\$175
Dance Costumes	TBC

Tumble, Flexibility + Private Lessons

Our tumble classes can be booked on a casual, term or yearly basis. A tumble class is included in the tuition fees for athletes on competitive teams. We also offer tumble and stunt privates for athletes at any level and are booked on a term basis.

Class	Description	Length	Price
Beginner Tumbling	Learn the foundations of tumble. Suitable for Tinies and beginner mini aged athletes.	1 hour	\$15
Level Tumbling	Our tumble classes are coordinated and run by our lead tumble coaches. They are structured so athletes can develop and finesse their skills in a safe and supported manner.	1 Hour	\$20*
Flex Classes	From 2026 , these classes will be compulsory for all flyers (except tinies). There will be multiple class times to choose from.	30 Minutes	\$10.00*
Tumble Private Lessons	We have several tumble coaches available for private lessons. All lessons are booked for a term and are open to ANY ATHLETE regardless of program. Private lessons are ideal for athletes wanting to progress and finesse their tumble in conjunction with their weekly tumble class. Athletes are permitted to share private lessons at the discretion of the coach.	30 Minutes	From \$25
		1 Hour	From \$40
Stunt Private Lessons	Stunt privates are available for flyers, partner stunts and group stunts.	30 Minutes	From \$50
		1 hour	From \$80

Level Requirements

Any athlete interested in joining a team or moving up a level must be able to demonstrate multiple skills for that level with high execution. For higher levels, elite tumble passes are desirable. Athletes must also demonstrate level-appropriate stunting skills.

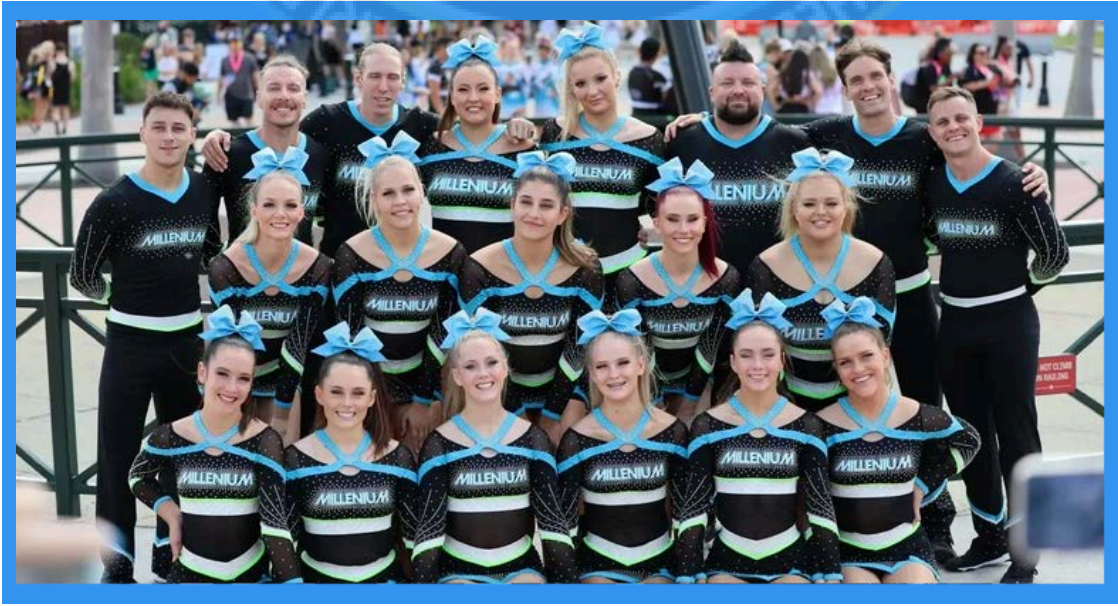
Level Skills

Level	Standing Tumble	Running Tumble
NOVICE	<ul style="list-style-type: none"> • Standing Bridge • Cartwheel • Bridge Kickover • Forward/Backward Roll 	
LEVEL 1	<ul style="list-style-type: none"> • Back Walkover • Connected Back Walkovers • Front Walkover • Round off • Cartwheel-Walkover Series 	
LEVEL 2 LEVEL APPROPRIATE STUNTING	<ul style="list-style-type: none"> • Standing Back handspring (BHS) • Back Walkover-BHS • Cartwheel BHS • BHS Step Out 	<ul style="list-style-type: none"> • Round Off BHS series • FHS-Round Off-BHS
LEVEL 3 LEVEL APPROPRIATE STUNTING	<ul style="list-style-type: none"> • Jump - Multiple BHS • BHS Series 	<ul style="list-style-type: none"> • Round Off- BHS-Tuck • Punch Front • Side Aerial • Front Handspring-Front Tuck
LEVEL 4 LEVEL 4 STUNTING	<ul style="list-style-type: none"> • Standing Tuck • 1 or 2 BHS-Back Tuck • BHS-Whip-BHS series-Tuck 	<ul style="list-style-type: none"> • Round Off-BHS- Layout • Punch Front Step Out-Round Off-BHS-Layout • Round Off-BHS-Whip-Layout • Front Aerial

LEVEL 5 LEVEL 5 STUNTING	<ul style="list-style-type: none"> • Toe Touch- Back Tuck • 1 or 2 BHS - Layout • Whip Tuck • Whip Layout 	<ul style="list-style-type: none"> • Round Off-BHS-Full • Arabian/Whip-Full • Round Off-BHS-Whip-Full • Punch Front Step Out-Round Off-BHS- Full
LEVEL 6 LEVEL 5 STUNTING MINIMUM	<ul style="list-style-type: none"> • Standing Full • 1 or 2 BHS- Full • Whip - Full • Whip - Double 	<ul style="list-style-type: none"> • Round Off-BHS- Double • Arabian-Double • Punch Front Step Out-Round Off- Double
LEVEL 7 LEVEL 5/6 STUNTING	<ul style="list-style-type: none"> • Level 6 Tumble 	<ul style="list-style-type: none"> • Level 6 Tumble

Age Requirements

Tiny 4-7 years 2022-2019	Mini 5-9 years 2021-2017	Youth 6-12 years 2020-2014
Junior 8-15 years 2018-2011	Senior 11-18 years 2015-2008	Open 14 years + 2012 or earlier
Lvl 7 16 years + 2009 or earlier	IASF-Open 17 years + 2009 or earlier	



2026 Teams

After an outstanding 2025 season marked by incredible athlete development and both personal and professional growth, we are thrilled to announce the expansion of our program.

We have officially moved into a larger facility and are expanding our Allstar and Development programs. In 2026, Millennium will introduce new cheer teams, additional development teams, partner stunts, stunt groups, and more. With a strong team of world-class coaches and internationally renowned choreographers joining us, the upcoming season promises to take our athletes and our program to even greater heights.

We can't wait to see what's in store for Millennium Allstars- the next chapter starts now.





- | | | |
|----------------|-----------------|-----------------|
| ● TINIES | ● JUNIOR FOUR | ● SENIOR TWO* |
| ● MINI NOVICE | ● SENIOR FOUR | ● JUNIOR THREE* |
| ● YOUTH ONE | ● OPEN FOUR NT | ● YOUTH POM |
| ● SENIOR ONE | ● SENIOR FIVE | ● YOUTH JAZZ |
| ● JUNIOR TWO | ● OPEN FIVE | ● JUNIOR POM |
| ● OPEN TWO NT | ● OPEN SIX NT | ● JUNIOR JAZZ |
| ● SENIOR THREE | ● IASF OPEN 7NT | |

* Development Teams- Our development program is an additional pathway for athletes to extend their skills. Development teams train throughout the year to develop and refine the necessary skills to build a strong routine in preparation for competitions in Terms 3 and 4.



**These are potential classes to be offered in 2026



Get in touch

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Socials

-  millenniumallstarcheer
-  Millennium Allstar Cheerleading

