

What we learned today!

Please ask your cheerleader about what they learned and if possible, have them practice and demonstrate for you.
(Except for stunts! No stunts at home.)

I welcome any questions, comments, or concerns you may have!
Coach Kristina Cortes – 804.931.0185 – KristinaCortes222@gmail.com

Welcome, Warm up/Stretch	Intro/Names – Who has cheered before 30 seconds, NO pain, BOTH sides/ways
Rules and Expectations	Come dressed and ready (go potty before practice) What to do when you get here? What is a Cheerleader? <ul style="list-style-type: none">• SMILE• Be kind and respectful• Work hard - Don't Be Lazy During Practice!• Loud, Proud, and Positive• HAVE FUN Shout Back <ul style="list-style-type: none">• Hands on Hips - Smiles on Lips• Feet Apart - Ready to Start Consequences <ul style="list-style-type: none">• Run• Sit out 5 minutes
Formation	Spacing - Simple formation for practicing
Motions	Snappy, Sharp, Lock Arms Cinnamon Rolls (big and little) High V, Touchdown, Clasp, Straight Up, Hands on Hips
Jumps	Tuck jump
Break for water	
Group activity	Simon Says (new motions and jumps)
Tumbling/Stunts	Cartwheel Different Positions - Flyer, Base, Spotter Importance of safety and paying attention Thigh Pyramids
Cool down/Stretch Hand stamp	Same as above