

# 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](mailto:KristinaCortes222@gmail.com)

Warm up/Stretch	Ready Check GO POTTY Tennis shoes No jewelry Coach K Names - Favorite color Stretch Jumping Jacks	
Motions	<b>Review</b>	<b>New</b>
	<ul style="list-style-type: none"> <li>• High V</li> <li>• Low V</li> <li>• Clasp</li> <li>• Touchdown</li> <li>• Tuck jump</li> <li>• Straight up</li> <li>• Hands on Hips</li> </ul>	<ul style="list-style-type: none"> <li>• Dagers</li> <li>• T</li> <li>• Broken T</li> <li>• Low touchdown</li> </ul>
Group activity/Cheer	<b>Words</b>	<b>Motions</b>
	<b>Hey You</b>	Dagers, Point forward
	<b>*pause*</b>	Clasp, Clasp
	<b>You know the story</b>	Dagers, Point forward
	<b>*pause*</b>	Clasp, Clasp
	<b>So tell the whole, wide, world</b>	Left hand behind head, right arm is straight: Whole: flick wrist down with arm straight and pointed out in front of you Wide: flick wrist down with arm straight and pointed slightly to the right (about 45 degrees) World: flick wrist down with arm straight out to your right
	<b>This is BEAR TERRITORY</b>	Left fist on hip, Right fist pumps 3 times at 'bear', 'terri', and 'tory'
Tumbling/Stunts	Different Positions - Flyer, Base, Spotter Importance of safety and paying attention Thigh Pyramids	