



**CHEERLEADING**

[www.cy-fairsports.org](http://www.cy-fairsports.org)

# Coaches Guide



Dear Cheerleading Coaches,

Welcome to yet another new and exciting year of Cheerleading with Cy-Fair Sports Association. I speak on behalf of CFSA Cheerleading, when I say we are honored to have each one of you with us. If you are new to cheering with CFSA, we are so excited that you have chosen to be a part of the CFSA cheer program! If you are returning to CFSA cheer, thank you for your continued enthusiasm and support. You are the foundation and building blocks of CFSA tradition!

After the squad and parents, the coach is the most influential person that will help shape the participant's love and future passion for cheerleading. The coach ensures that the squad has fun, learns cheer fundamentals, becomes a strong teammate, and builds passion full of pride and spirit. The coach also plays a major role in guiding parents during their cheerleader's journey in CFSA and building a strong cheer family.

The Executive Board and Cheer Committee would like to congratulate you and thank you for your willingness to be a coach. You have taken on a significant challenge! Don't worry, we will help you every step of the way. We have developed this guide to ensure you understand and know the association's rules and guidelines, as well as provide tools that will help you to have a successful season.

As you begin this new season, please use this guide to assist you in setting up your squad and preparing to begin practices. You will find ideas on coaching, how to lead your parents, how to build a successful cheer squad, and information that will help you through Cheer Off. This guide will give you a place to start. You have the support of the entire CFSA Cheer Committee, so please reach out to us with any questions or needs you may have.

The CFSA committee has been formed specifically to organize and carry out cheerleading business and to help each coach be an effective leader. Please feel free to contact your Division Commissioner with any questions or problems that arise. You should also direct parent questions, that you cannot answer to your Division Commissioner. Any unresolved issues or problems should be directed to the Cheerleading Commissioner in an email. Committee members and their contact information can be found on the CFSA website <http://cy-fairsports.org/Sports/Cheerleading>.

Welcome to the CFSA Cheer coaching family. Your experience promises to be enriching, challenging, and rewarding.

Finally, I would like to thank our wonderful new committee that has grown with spirit this year. As a committee, we have worked hard to increase our customer service and satisfaction along with increasing cheerleader and parent participation! And we can't wait to share it with you!

Thank you,



**Megan Nowak**  
CFSA Cheer Commissioner

[www.cy-fairsports.org](http://www.cy-fairsports.org) | [cheerleading@cy-fairsports.org](mailto:cheerleading@cy-fairsports.org)



## **WHERE TO BEGIN?**

This guide is filled with the Rules, Regulations, & Guidelines that govern CFSA Cheerleading. By reading this guide and all that is presented, you are ensuring that you and your squad are in full compliance with CFSA Cheerleading policies. Several sections from the official CFSA Cheerleading Rules, Regulations, & Guidelines have been pulled out to highlight their importance and to provide more background and information. After reading this guide, attending the first coaches meeting and receiving your squad roster, you will begin to prepare for the first parent meeting.

### ***Parent Meeting***

Before your first cheer practice of the season, **each coach must hold a parent meeting**. Prepare and share the meeting's agenda with parents prior to or at the very beginning of the meeting.

### ***What to include during Parent Meeting?***

Remind them that you are a **volunteer**, as is all members of the Cheer Committee. If you do not have an assistant coach or team mom, solicit assistance. The assistant coach role is just as important as the head coach and will help the head coach in all coaching duties along with leading the squad in the absence of the head coach. Team Moms provides a very crucial role of communication, organization of special events/activities, coordinates the snack schedule, etc. and anything else the head coach can use help with so that she/he can concentrate on coaching the squad. Stress the importance of working together as a team; everyone, coaches, team mom and most important the parents. Be sure to communicate important information from this guide, the rules & regulations, along with your personal expectations of the parents and their cheerleader(s), and events/activities to expect throughout the season. Below are other important items you will want to touch base on at the first parent meeting.

### **Squad Rules & Discipline**

As the head coach, determine rules that the squad should follow. Discuss the squad rules and methods for discipline. Remind the parents that you are the head coach in charge and will not tolerate rude behavior from the cheerleaders directed at the coaches, team mom or their fellow squad members. It is very important to be consistent with discipline among all squad members. Document any discipline and all behavioral problems that arise. Inform parents that repeated problems will result in the cheerleader(s) sitting out and the possibility of being removed from the squad. Stress to them the need to be kind to one another and work together as a TEAM; this applies to the parents as well. Remember you can always consult the division Commissioner for help with any persistent issues that arise.

### **Events/Activities**

Each squad is limited to four (4) events/activities per week **BEFORE** the school year begins. Once the Cypress Fairbanks ISD school year begins, events/activities are limited to three (3) per week. An event/activity is as a "gathering of the squad where more than half of the entire squad is in attendance." Examples of an event/activity: cheer practice, football game, squad only fundraiser. Any CFSA Cheer organization fundraiser or spirit night will not count as one of the squad's weekly events/activities. The "cheer week" begins on Sunday and ends on Saturday. The week leading up to Cheer Off, each squad is allowed four (4) events/activities (meaning 1 extra practice is permitted). One homecoming event and pep rally per season is allowed in addition to your regular events. *A makeup practice for weather may be scheduled for the following week if approved by the commissioner but may not exceed 4 events per week.*

### **Practice**

It will be up to the head coach, assistant(s), and squad to find an appropriate location to hold cheerleading practice. Regular practice is important for each cheerleader and squad, not only for the unity of the squad but for the learning of fundamentals, proper spacing, and performance content. Practices may not be held any earlier than 5:00 p.m. and no later than 9:00 p.m., Monday through Friday. Practice should be limited to no more than 2 hours and should not be held in heavy rain or lightening. All games will be played on Saturday's at Schiel Road, thus making practicing Saturday mornings, not good for the squad.

Over the years, Sunday practices have been discouraged, so not to disrupt family time; however, **cheer off** is held on the first or second Sunday of November. You may have Sunday choreography practices as well. **If considering Sunday practice for non-cheer off choreography events, a vote of ALL PARENTS MUST BE TAKEN and the vote to practice on Sunday, MUST BE UNANIMOUS.**

Prepare a schedule for each practice to utilize the time you have with your squad. Cheerleaders should wear comfortable clothing, such as a t-shirt, stretch shorts/leggings, socks, and tennis shoes. Restrictive clothing can be harmful and thus should be discouraged. It is encouraged that all cheerleaders wear cheer shoes for practice; however, you or parents may want to preserve those for games. Practice shoes should have a flat sole (especially for flyers, so their shoes do not hurt their bases when climbing). Jewelry other than stud earrings should NOT be allowed to be worn at practice or games. Gum should not be chewed during practice or games as well.

## Attendance

Emphasize to the parents the importance of good attendance. Share with parents the CFSA Cheer Attendance Guidelines. This document is to assist coaches with attendance issues and provide some structures and consistency to be followed with your squad, as well as give you support if a severe attendance issue arises. It is very important to take roll each practice/game and document attendance issues. **See last page of this section for the CFSA Cheer Attendance Guidelines.**

## Uniforms

The official CFSA cheerleading uniforms consist of CFSA supplied pom-poms, two-piece uniform (sleeveless shell and matching skirt), color coordinated stretch briefs, and bow. CFSA cheerleading requires an all-white cheer shoe (at parent's expense). Uniforms should be neat, clean, and pressed for all games and Cheer Off. Uniform accessories must match among the entire squad. Extra items that are not provided by CFSA are socks, cheer shoes, turtlenecks, leggings, jackets. These extra uniform items should be voted on by a majority. It is mandatory that the entire squad is uniformed, all dressed alike when performing at games and Cheer Off. The same brand is not required, but all the same color and style of these uniform accessories is mandatory.

Uniforms for all late registrants and/or a cheerleader who missed uniform fitting, will not be ordered until the end of July and may not be delivered in time for the first game. At which point, the squad can decide to wear clinic shirts and shorts, until all squad members have their official uniform. Anyone out of uniform and not matching the rest of the squad should not be allowed to perform at the game(s).

**Note: The glitter material on uniforms is more fragile than standard metallic twill. Therefore, uniforms should be washed inside out, in cold water, on a gentle or hand wash cycle and hung to dry. Uniform should not be dried in a dryer for any reason or taken to a dry cleaner.**

## Extra Costs

Items such as cheer buckets, bags, specialty bows, chairs, water bottles, stickers/decals, bling on uniforms, Cheer Off routine choreography and instruction, etc. are all considered extra costs. Additional items for purchase must be voted on by the entire squad and will be purchased or not purchased based on the majority vote, but coaches will provide recommendations and/or choices for parents.

Getting additional sponsorships or item donations can really help with additional costs. These extra cost items can be donated by a bakery, donut shop, BBQ place, Home Depot, a local insurance company, etc. A sponsor could "buy" the squad cold weather clothing or extra bows, pink out items for October, if the sponsor pays for the same item for the entire squad.

## Sponsorships

There is a mandatory \$300.00 sponsorship due to the CFSA office on or before CFSA Picture Day. If the mandatory sponsorship is not turned in by CFSA Picture Day and/or the squad does not participate in the CFSA hosted pictures, the squad will be required to turn in **\$300.00 in sponsorship money**, and will not be allowed to perform in playoffs, Super Bowl or Cheer Off.

Once the mandatory sponsorship has been obtained and turned into the CFSA office, any additional sponsorship funds given in the name of the Cheer Squad can be used to help alleviate the costs of cheerleading activities and extra cost items. All voluntary sponsorship funds should also be turned into the CFSA office and towards the end of the season, the squad can request reimbursement for additional items purchased for the squad. The only items that these voluntary funds can be used to reimburse parents, are items that are used by the entire squad, such as specialty bows, cheer buckets, bags, water bottles, bling, or stickers/decals, etc.

When obtaining sponsorship funds, the following procedures should be followed:

- Sponsors should make check payable to CFSA (not the Squad Leader)
- Sponsor should indicate on check the following information: Cheer, squad mascot, division level (example: Cheer, Sophomore Vikings). This information will help ensure that the appropriate funds are credited to the correct Cheer Squad and not to the corresponding football team.
- Team Mom or Coach takes sponsorship check(s) to the CFSA office so that a sponsor form/receipt for the squad and sponsor can be issued by the CFSA office.
- Checks should be turned into the CFSA office as soon as they are received.
- In order to receive reimbursement from the squad's voluntary sponsorship(s) which were obtained and submitted, all itemized receipts must be kept and turned into the CFSA Office **no later than November 1<sup>st</sup>**. There will be NO EXCEPTIONS to this procedure and deadline. Each head coach is required to maintain a log of all original receipts and expenses along with itemizing expenses per squad member, as well as the squad as a whole. In order to receive any reimbursement, the log and original receipts must be presented to the CFSA office.
- Squads will only receive 80% of a voluntary sponsorship. The CFSA organization will retain the other 20%. Therefore, all reimbursable funds will be in the amount of the sponsorship check minus 20%, if proper receipts and logs are turned into the CFSA office by the appropriate deadline. If a sponsor needs the CFSA's tax ID #, they are required to

email/contact the office at [office@cy-fairsports.org](mailto:office@cy-fairsports.org) to obtain that number. It will not be given out to head coaches or team moms.

**Note:** Checks can be mailed to the CFSA office, but you run the risk of not receiving proper credit. It is best if the coach or someone on the squad receives the check(s) and then the team mom or coach submits the check(s) to the CFSA office.

### **Fundraisers**

CFSA is a nonprofit organization which aims to help students in and around the Cypress area, better develop their athletic skills and sportsmanship. It is required that each sport raise funds to support this organization which is the largest youth sports association in the Houston area.

All cheerleaders and their families are highly encouraged to participate in all fundraisers sponsored by CFSA Cheer. Cheer fundraisers may change from year to year. All Cheer participants and squads are asked and encouraged to participate in CFSA Cheer Spirit Nights and Pink Out accessory packages as well as attend and participate on CFSA Picture Day. All Coaches are encouraged to support the CFSA hosted Pictures because this is a major fundraiser for the organization, as the CFSA photographer is a vendor contracted with CFSA both relying on parent picture sells to maximize their earnings, which helps to maximize the incentive funds given back to CFSA by the picture vendor. As stated above in the **Sponsorship** section, those squads who choose not to use the CFSA picture vendor for cheerleader/squad pictures will be required to collect an additional \$50 in sponsorship funds.

### **Sound Systems**

Portable sound systems may be used by cheer squads during football games. However, coaches must play music at a level that does not interfere or inhibit the football game or parents on the sidelines watching the game. Football players should not be able to hear the music from the field and the music should not be bothersome to fans. Under no circumstances can extension cords be used to supply electricity to the sound systems. Music played during football games should be age level appropriate and not offensive to parents. Music should be played during appropriate times during the game as well. Noisemakers are prohibited to be used at football games by the parents or siblings on the sidelines. Cheer squads may use noisemakers while in their sideline formations.

Sound systems are a cost of the squad and cannot be covered or reimbursed by sponsorship funds, because the item is not shared, and possession resides with one individual.

### **Half-Time Routines**

Half-time routines should be prepared and choreographed before the first game. The half-time routine is the choice of the Coaches. Routines may consist of a group cheer, chant or dance using pom-poms and/or props. Routines should be no longer than 3 minutes in length, including the time it takes the squad to enter and exit the field. The cheer squad not performing should sit on the sidelines and watch in support of the performing squad. The visiting squad will perform their half-time routine first each game. Tasteful music is required, no profanity or sexual innuendos please. If you need assistance in creating a half-time routine, a great resource can be your local high school cheerleaders; they often need volunteer hours. Another option available is to contract Cheer Factory (or any other Cheer business) to choreograph routines. This option of course will be an additional cost for the squad and must be agreed upon by a majority vote among the parents.

In years past, squads choreograph/learn half-time routines before the football season begins and the routine is created based on Cheer Off criteria. Half-time is an excellent opportunity for extra Cheer Off practice throughout the season in a performance environment. Please perform only one routine each half-time. However, performing Cheer Off routines during half-time is not mandatory.

### **Stunts**

There are specific approved stunts that each cheer division may perform. There will be certain stunts that will be required to be performed per cheer division for squads participating in Cheer Off. Proper demonstration of the required stunt will be awarded points. Please refer to the **Cheer Off Rules and Regulations** for complete information on approved stunts.

### **Games**

There will be eight (8) football games at which each squad will be expected to attend and perform. During each game, each cheer squad must stay between the 15- and 30-yard lines (not to go beyond the 15 yard marker), on the spectator's side of the field, which should be at the same end of the field as their respective football team (so the cheerleaders will be across the field from their football team). The "Home Team" is typically on the end of the field closest to the score board. The squad must give the chain gang ample room to work the sidelines. Coaches should help guide the cheerleaders where to stand and how to appropriately watch for and move out of the way of the chain gang and referees.

Only registered CFSA cheerleaders and coaches (1 head coach and up to 2 assistant coaches) are allowed on the sidelines. Siblings and parents are NOT allowed on the sidelines at any time. Coaches should stay seated on the sidelines, except

during their half-time routine at which time they may escort their squad on the field and position their sound system so that the cheerleaders can best hear the music. If a player is injured, no matter what team he/she is on, all cheerleaders should stop cheering and kneel in recognition of the injured player; clapping once and/or saying a cheer for the player when he/she rises and returns to the game or sideline, is most appropriate.

### **Banners**

Run-through banners are only allowed if already broken with Velcro middle at CFSA football games.

### **Snacks**

A snack schedule should be created to allow each cheerleader the opportunity to bring snacks to the game for the squad at least once during the season. Snacks should be provided following the completion of the football game or during half-time after both cheer squads have performed their half-time routines. Each cheerleader should receive at least one snack per game, unless otherwise agreed upon by the parents. It is recommended that non-colored drinks, snow cones, sugary drinks or gum should not be given out. All drinks consumed by cheerleader while in uniform should be clear in nature. It is recommended that all cheer coaches bring trash bags with them to each game so that you can collect your squad's snacks and disposable water bottles.

### **Game and Field Information**

Starting in the 2018 season, all football games will be played at Schiel Road Sports Complex on Saturdays. The following is information sent directly from the CFSA Board:

#### **Cy-Fair Sports Association Complex Rules & Regulations**

Violation of CFSA Sports Complex policies and rules are grounds for sanctions against offending teams, it's managers, coaches, player's parents or fans. Teams found violating these policies face potential disqualification from the current event and possible suspensions from future CFSA or CFSA sanctioned events or practices.

- **NO TRESPASSING. AUTHORIZED USERS ONLY.** You must have a reservation or be participating in a CFSA league activity to use CFSA facilities.
- **NO ALCOHOL** allowed at any time on any CFSA property
- **NO TOBACCO PRODUCTS** allowed at anytime
- **NO PETS** allowed other than service animals
- **NO ELECTRONIC CIGARETTES** allowed at anytime
- **NO FIREARMS** allowed at any time, not even with CHL Permits
- **ABUSIVE OR VULGAR** language prohibited
- **NO ARTIFICIAL NOISE MAKERS** allowed at any games at anytime
- **NO OUTSIDE FOOD OR DRINKS** allowed at any time. Teams may bring one cooler for water.
- **NO GLASS** allowed anywhere in facility
- No throwing or bouncing of any balls against any fencing or buildings in the facility
- **Coaches make sure your team picks up all trash after each game or practice. Failure to do so may result in a cleaning fee as assessed by the CFSA Board**
- Parking is at your own risk. Please follow all parking rules and instructions. Parallel parking is not allowed anywhere in the complex at any time. Please do not park in no parking zones. Violators are subject to towing at their own expense.

Please share the above policy with your parents. It is recommended that all cheer coaches bring trash bags with them to each game so that you can collect your squad's snacks and disposable water bottles. If you take the trash bag with you we do not anticipate a problem with the above CFSA Complex Rules & Regulations.

### **Playoffs/Super Bowl**

Cheerleading squads cheer and support their respective football team throughout the entire season. If the football team make the playoffs and ultimately to Super Bowl, the cheerleading squad is expected to be there cheering for their team. Therefore, the length of the cheerleading season is directly dependent upon their respective football team's performance during the regular season. Make sure to tell your parents, that they need to keep this in mind when making weekend plans as the season progresses into weeks 8-10. Some head coaches automatically add the playoff game schedule and Super Bowl game on the squad's schedule at the beginning of the season, so everyone is aware of the possibility of post season play.

### **Cheer Off**

Cheer Off is a cheerleading competition for CFSA Cheer Squads only. This is a Sunday event that will occur on the first or second Sunday of November. Events for this event are allowed to happen on Sundays. This is a fun way for all squads to come together in the spirit of competition and good sportsmanship to show off what all they have learned and accomplished throughout the season.

The purpose of the ***Cheer Off Rules and Regulations*** section is to clearly define expectations and appropriate approved stunts for each division and outlining judging criteria. All stunts listed in this section will be demonstrated during CFSA's Cheer Clinics located at Cheer Factory in August. All coaches must attend their respective CFSA Cheer Clinic. Cheer Factory instructors will demonstrate and "certify" that coaches and squads have received proper stunting instruction how to safely execute stunts with proper techniques. Cheer off is a Mandatory event for all teams.

## **CFSA CHEERLEADING ATTENDANCE GUIDELINES**

Although CFSA Cheerleading is an introductory level organization which seeks to teach the fundamentals of cheerleading as a sport, with emphasis on participation, sportsmanship & physical fitness, it is not an individual activity. Cheerleading is a unique sport in which each athlete's safety & knowledge is dependent upon teamwork, trust & responsibility of every member on the squad. A CFSA cheerleading squad is a group of girls about the same age working together towards common goals: supporting the football team to which they are assigned, developing their cheerleading skills, learning teamwork & participating in an organization wide cheer competition.

Squads cannot have effective practices or perform successfully with absent participants. Due to the nature of the sport, a practice missed by one cheerleader has a significant impact on the squad; particularly on that cheerleader's stunt group, who are unable to stunt without every member present. In addition, when the coach must reteach material to those who have been absent, the whole squad's practice time suffers.

As a result, attendance at all practices & games is a must, especially if practice is held at Cheer Factory or other contracted cheer facility for choreography or gym use. Absences should be avoided as much as possible. Squads may begin practicing as of August 1<sup>st</sup>. Thus, making August a critical month where skill sets are established, preparation for game sideline material is taught & choreography for Cheer Off routine(s) are being developed & learned. Please keep this in mind when scheduling family vacations and/or weekend trips.

### **Excused Absences**

Certain circumstances are unavoidable & understandable; however, communication is key. It is most important that coaches are notified of a cheerleader's absence as soon as possible so the coach can adjust & better plan for practices & games based on which cheerleaders will be in attendance. The following are considered to be excused absences, as long as the head coach has been notified prior to the activity (practice, game or event).

- Illness or injury
- Death in the family
- Religious instruction class
- Other extenuating situations (to be discussed on an "as required" basis)

\* Excessive Absences may result in reduced participation.

### **The following attendance guidelines will apply consistently to all cheerleaders on the squad.**

1. All absences are unexcused unless communicated with the Head Coach **PRIOR** to the practice, game or event being missed. (Each squad is allowed 3 activities a week during the regular season & 4 activities a week before school starts as well as the week before Cheer off.)
2. Being on-time is just as important as being at practice or game. Arriving more than 15 minutes late to a practice or game will be counted as a tardy. Four tardies will equal one absence.
3. A cheerleader with one or more excused or unexcused absences during a week (Sunday – Saturday) will sit in full uniform, on the sideline with the coach(es) for one quarter of the next scheduled football game.
4. A cheerleader with more than 6 absences during August & September may lead to a change in position within the competition routine(s) as not to adversely affect the rest of the squad & integrity of the routine(s). Changes that might occur are:
  - a. Removal from stunt or stunt position in routine
  - b. Position in formations
  - c. Being removed from a competition routine
5. More than 6 excused or unexcused absences may make the cheerleader ineligible for competition based on the coach's evaluation of the cheerleader's ability to perform.
6. Practice days, times & locations will be based on coach and/or location availability & could change throughout the season. Coaches will do their best to accommodate the majority of the squad.
7. If a coach feels a cheerleader's absences are affecting the squad negatively & any of the previous guidelines apply, the coach must notify the division commissioner & supply proper documentation, such as absence dates, times & reasons. If excessive absences are determined, it will be up to the division commissioner & coach to make a determination in regards to the cheerleader's ability to perform at Cheer Off.

# Cheerleading



COACHES

RESOURCES

## **RUNNING PRACTICE**

The first few practices should be spent getting to know the cheerleaders and their capabilities while the cheerleaders get to know each other. Observe the cheerleaders so that the overall level of expertise can be determined for the group as well as each individual cheerleader. Practices may be no longer than 2 hours in length. Make sure to have cheerleaders take frequent breaks and drink lots of water during practice, especially during hot months.

Prepare for practice ahead of time with an outline of activities. Sticking closely to a scheduled routine, will ensure practices run more smoothly and are more productive. The following format may be useful for the first few practices:

- When cheerleaders arrive, have them place any snacks and/or water bottles in a designated area
- Start practice on-time. (Don't wait for late comers, as this will encourage cheerleaders to be on time.)
- Have cheerleaders spread out and begin stretching exercises (you should lead the stretches or at the very least model the stretches you want the cheerleaders to do.)
- Stretch for 5-10 minutes
- Practice the basics, such as:
  - Getting set in formation (Start with placing the taller cheerleaders in the back rows and the shorter ones towards the front. It's a good idea to rotate lines at half-time, so everyone has a chance to be on the front row.)
  - Standing with hands on hips, behind the back or by their sides (set and ready for a chant/cheer to be called)
  - Starting a chant/cheer: "Ready O.K.", "Cheerleaders ready. . . Ready" (whatever technique you plan to use for starting a chant/cheer)
  - Correct clapping motions, correct arm placement/extensions, leg extensions, and head movements
    - Reviewing basic cheerleader techniques, movements, jumps, etc. will help each cheerleader develop a good understanding of these concepts and fundamentals which will help in the building of routines.
  - Practice the cheerleader "jog" or a "prance" (to be used during chants).
  - Make decisions on how certain chants/cheers will be performed, ended, how many times will chant be said, etc.
  - Provide a 5 - 10-minute break
  - Practice cheerleading jumps; working on technique and height
  - If tumbling is customary for your squad the following is a sample activity to have cheerleaders complete:
    - Have cheerleaders do five left-handed cartwheels followed by five right-handed cartwheels.
    - Have cheerleaders do five round-offs in each direction.
    - If any cheerleaders can perform handsprings or flips, they should be encouraged to practice, but under no circumstances should they ever attempt to teach these to other cheerleaders. (It would also be a good idea to spot the tumbling move the first few times you see it in order to determine the confidence and ability of the cheerleader and the skill. Remember, we are volunteers, so please use GOOD judgment where tumbling is concerned.)
    - If you do practice tumbling, please practice SAFETY (Make sure the space and ground are level and in good condition).
  - Provide a 5 - 10-minute break
  - Practice pyramids and/or group "poses" for ending special cheers.
  - Practice cheers. Make a list of the cheers that are to be covered each practice. This will assist the coaches and cheerleaders in remembering both the current and existing cheers. Repetition really helps with memorization. It's a good idea to provide a list of chants/cheers with the words and motions, to each cheerleader.
  - Save the last 5 - 10 minutes of the practice for announcements, passing out documents, etc., doing a fun team building activity, or determining the next practice schedule/outline.

## **SAMPLE PRACTICE SCHEDULE**

Time	Activity
Arrival of girls	Place drinks in designated area
5-10 minutes	Stretch using appropriate music (for fun)
5 minutes	Review proper arm motions, leg motions, clapping motions, etc.
5 minutes	Practice jumps
5 minutes	Practice tumbling
5 minutes	Break time
20 minutes	Review chants/cheers
5 minutes	Break time
40-50 minutes	Practice half-time (Cheer Off) routines ( <i>take breaks several times</i> )
5-10 minutes	A short fun activity to help with team building
5 minutes	Announcements & dismissal

# SAMPLE FORMATIONS

Windows



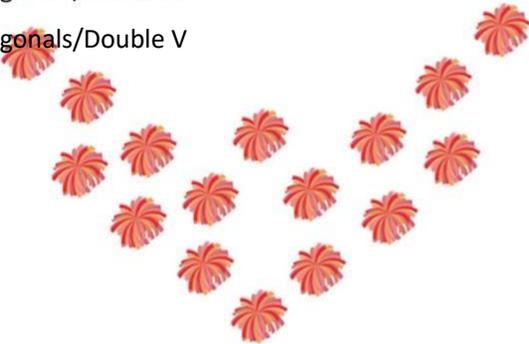
3owling Pin

Bowling Pin



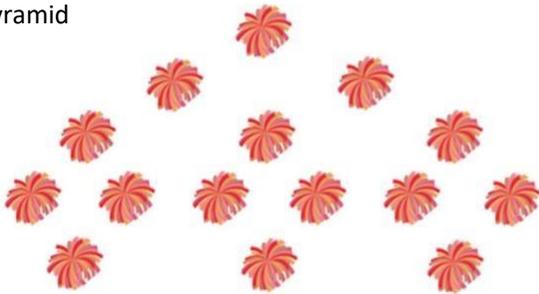
Diagonals/Double V

Diagonals/Double V



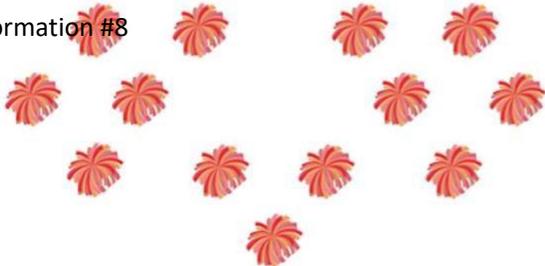
Pyramid

Pyramid



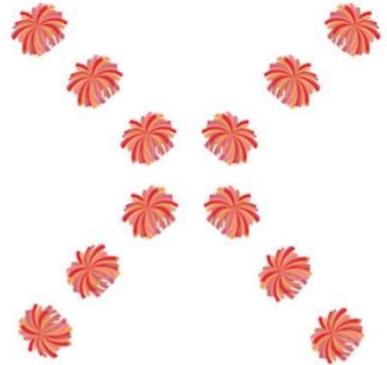
Formation #8

Formation #8



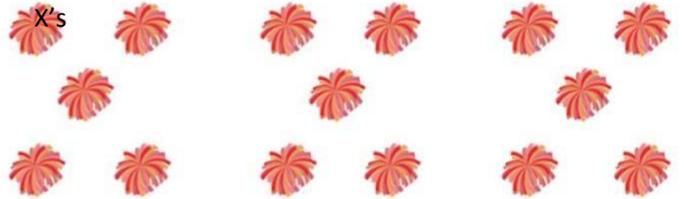
Cross/X

Cross/X



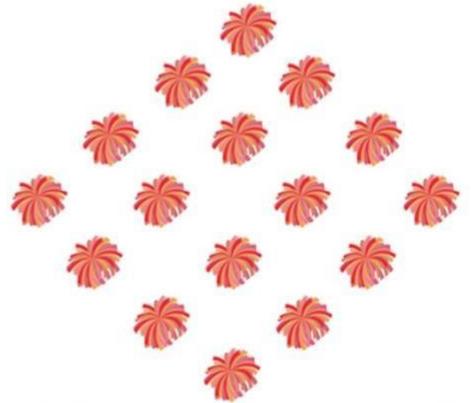
X's

X's



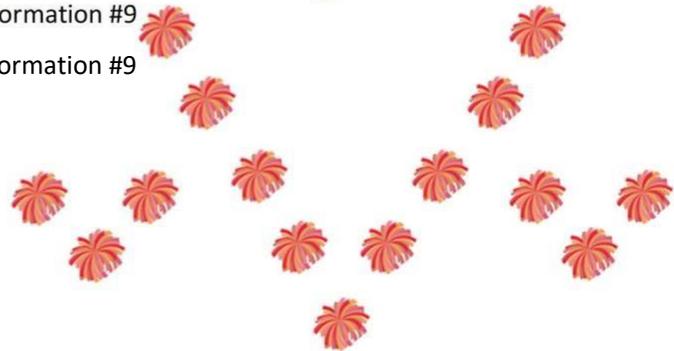
Diamond

Diamond

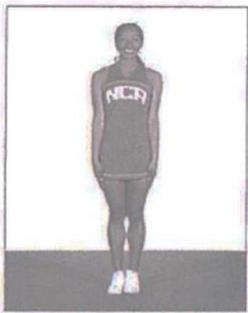


Formation #9

Formation #9



# BASIC CHEER MOTIONS



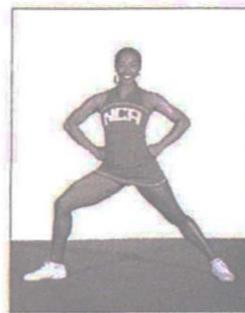
## BEGINNING STANCE

Feet together, hands by the side in blades



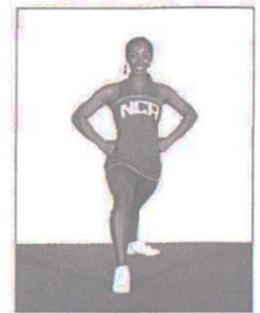
## CHEER STANCE

Feet more than shoulder width apart, hands by the sides in blades



## SIDE LUNGE

Lead leg bent with the knee over the ankle, leg straight, feet perpendicular to each other



## FRONT LUNGE

Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



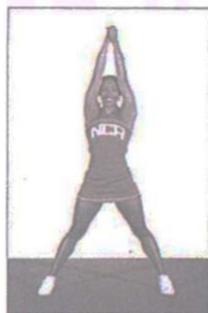
## CLAP

Hands in blades, at the chin, elbows in, should make noise



## CLASP

Hands clasped, at the chin, elbows in, should make noise



## HIGH CLASP

Arms straight over the head in a clasp and slightly in front of the face



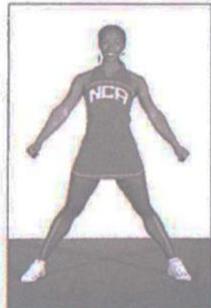
## LOW CLASP

Arms extended straight down, in a clasp and slightly in front of the body



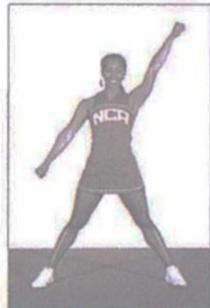
## HIGH V

Arms extended up forming a "V" slightly in front of the face, relax the shoulders



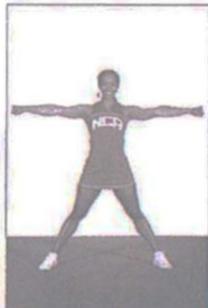
## LOW V

Arms extended down forming a "V" slightly in front of the body



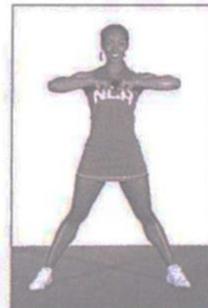
## DIAGONAL

One arm extended in a high "V" and the other arm extended in a low "V" (right Diagonal shown)



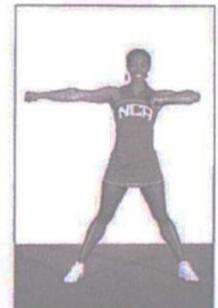
## T MOTION

Both arms extended straight out to the side and parallel to the ground, relax the shoulders



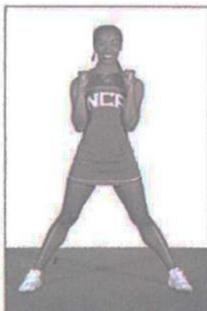
## HALF T

Both arms parallel to the ground and bent at the elbows



## BOW AND ARROW

One arm extended to side with other arm bent at elbow in a half "T" motion



## TABLETOP

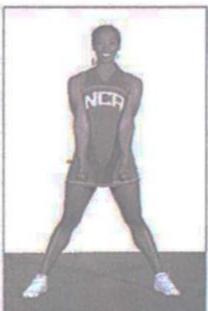
Arms bent at elbow, fists in front of shoulders



## TOUCHDOWN

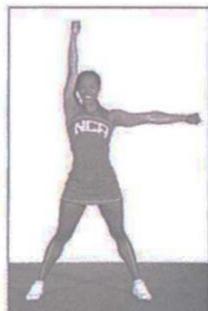
Arms extended straight and parallel to each other, fists facing in

*Knocking inside*



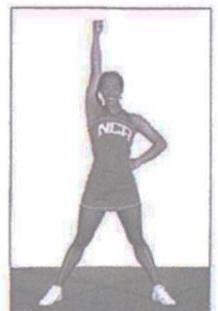
## LOW TOUCHDOWN

Arms extended straight down and parallel to each other, fists facing in



## L MOTION

One arm in a "T" motion and one in a punch (left L shown)



## PUNCH

One arm extended straight up, one arm on the hip in a fist

## BASIC JUMPS

**A • APPROACH**

Whip or Clasp

**L • LIFT**

Use the arms to create lift through the chest

**E • EXECUTION**

Hit the positions listed below

**L • LANDING**

Land on the balls of the feet, absorb with the legs, head and chest up

**S • STAMINA**

Connected in a consecutive series



**TUCK JUMP**

Bring knees to chest, keep knees together, arms hit a high V



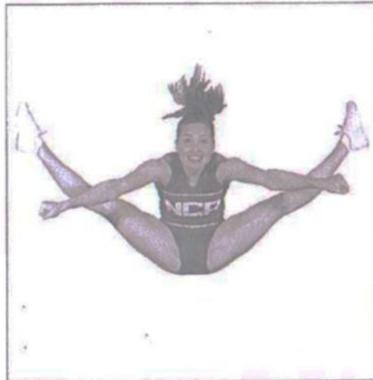
**SPREAD EAGLE**

Keep knees forward, keep a straight body without piking, arms hit a high V



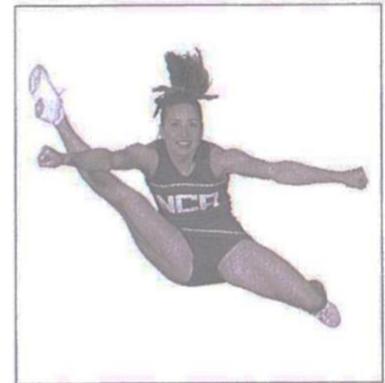
**HERKIE**

Bent knee faces down, keep knee on straight leg facing upwards, bent leg, straight arm, straight leg, bent arm



**TOE TOUCH**

Keep head and chest up, pull legs behind the arms, reach for the arch of the foot, not the toes, hands in fist



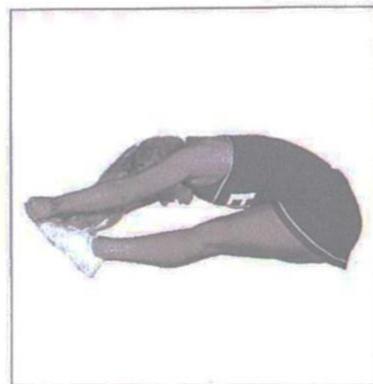
**SIDE HURDLER**

Bent knee is flat and faces forward, keep knee on straight leg facing upwards, arms in a T motion in fists



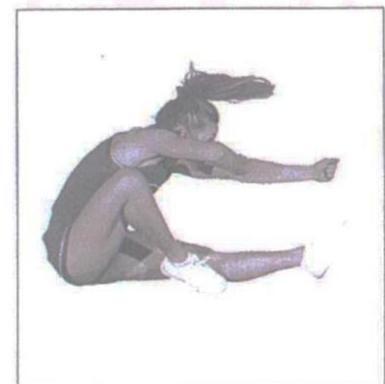
**FRONT HURDLER**

Bring straight leg up to chest and between the arms, back knee points towards the ground, land with feet together at the same time



**PIKE**

Keep head up, bring legs to arms, arms parallel to the ground, hands in candle sticks

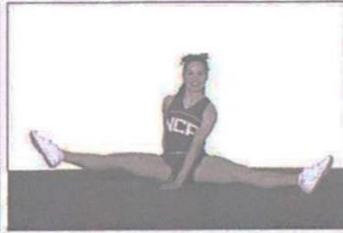
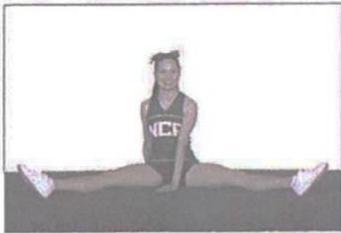


**DOUBLE NINE**

Arms and legs in same "9" position, bring legs to arms, keep head up, hands in candle sticks

# JUMPS EXERCISES

*(to help improve technique & height)*



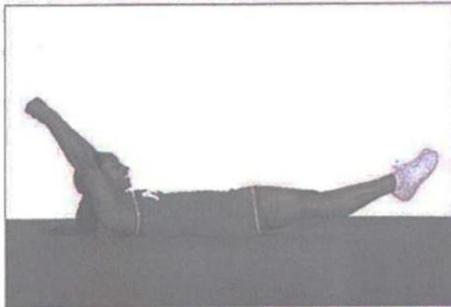
### **LEG LIFT – 1 LEG**

Sitting up straight with a hand on each side of the leg.  
Lift and repeat 10 - 20 times.



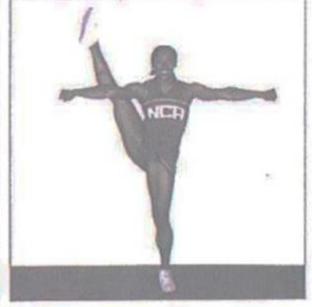
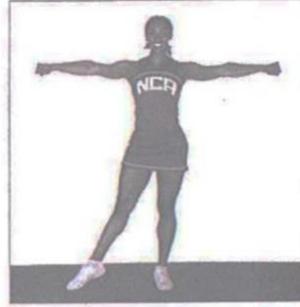
### **LEG LIFT – 2 LEGS**

Sitting up straight with both hands in front.  
Lift both legs and repeat 10 - 20 times.



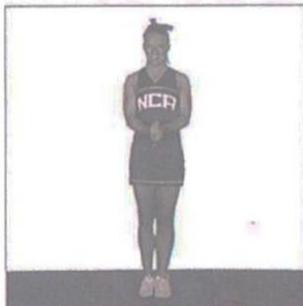
### **TOE TOUCH V-UPS**

Keep the shoulders and feet off the floor.  
Sit up and perform a toe touch in the middle. Repeat 10 - 20 times.



### **T-KICKS**

Arms slightly in front, toe pointed, snap leg to the highest point.  
Return to starting position. Repeat 10 - 20 times.



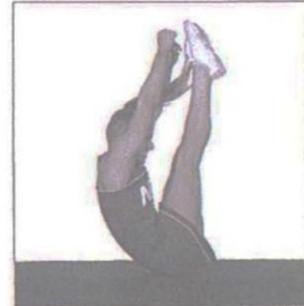
### **SPREAD EAGLE BOUNDERS**

Clasp hands at the stomach, push through the toes,  
snap legs out and back in as fast as possible.  
Repeat 10 - 20 times.



### **FOREARM LIFTS**

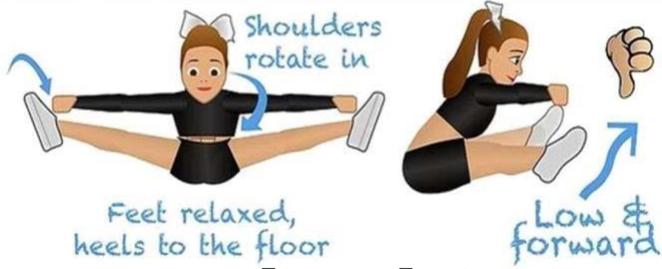
Support at the forearms with the feet apart.  
Provide resistance during the jump.  
Repeat 10 - 20 times.



### **PIKE V-UPS**

Keep the shoulders and feet off the floor.  
Sit up and perform a pike in the middle.  
Repeat 10 - 20 times.

# Toe Touch: Hips under, Heels up.



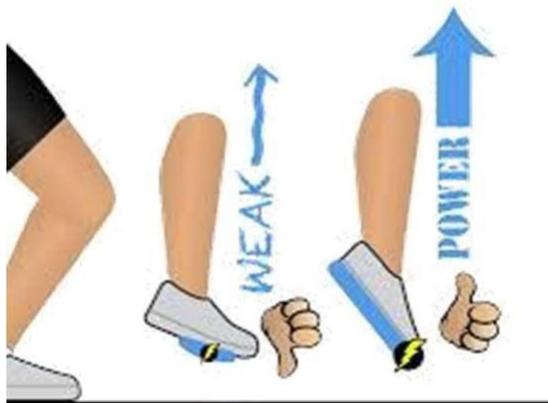
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# Leg speed, not flexibility, is key.



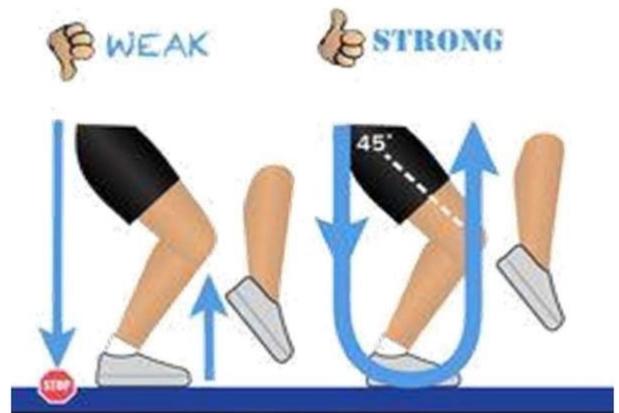
©Cheermoji.com, cheerconditioningacademy.com

# Push through toes for more power.



©Cheermoji.com, cheerconditioningacademy.com

# Fluid non-stop dip = more power & lift.



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# **STUNTS & PYRAMIDS**

## **Basics, Tips, & Do's & Don'ts of Cheerleading Stunts!**

These are visuals to help with practice after stunts have been taught by Cheer Factory and to provide you will variety and extra ideas.

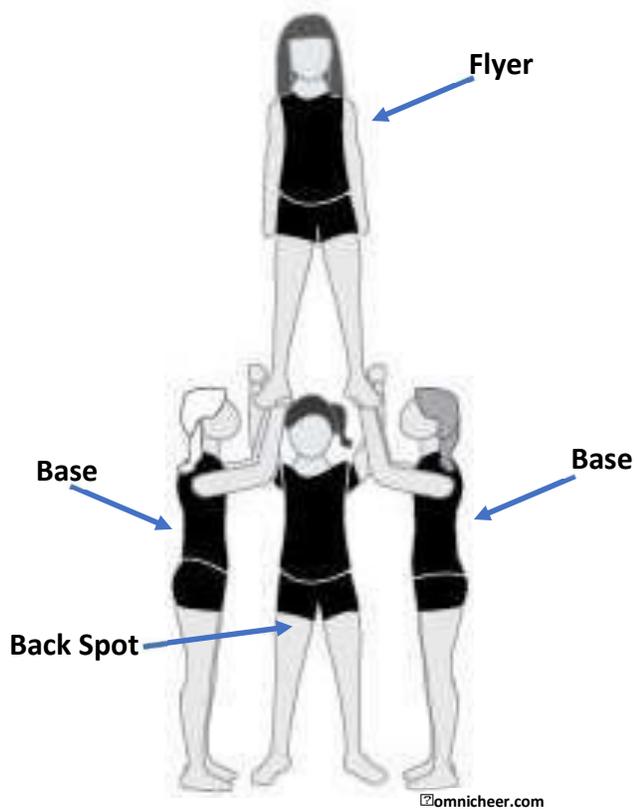
As stunting is the most serious part of cheerleading (and tons of fun), here are some tips to remember to make sure your stunting experience is awesome!

### **General Stunting Tips:**

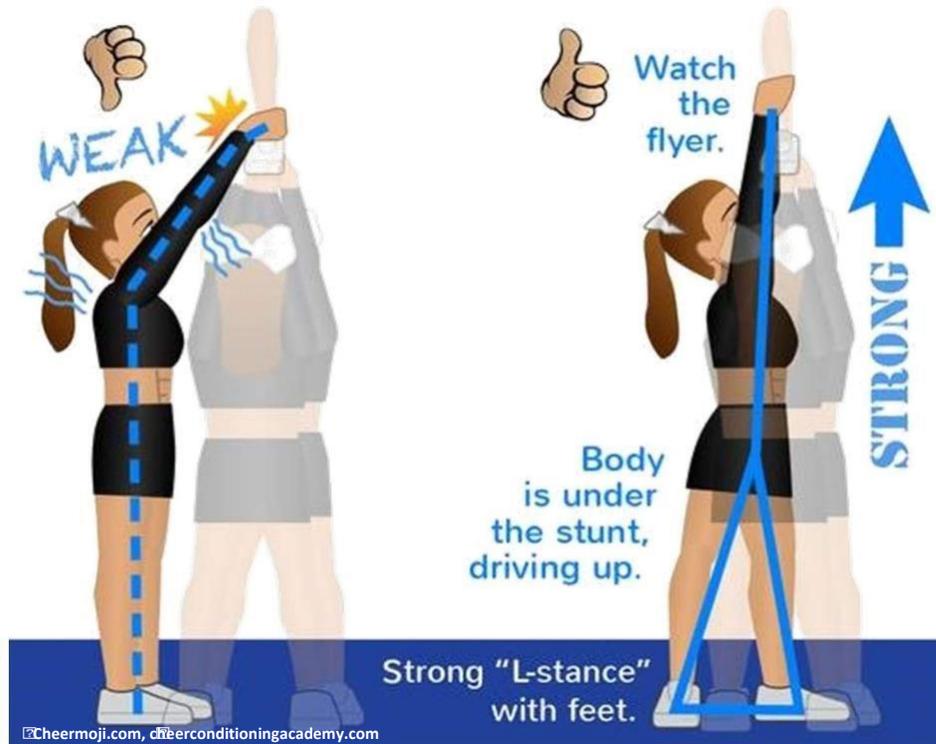
- NEVER STUNT WITHOUT A SPOTTER!
- NEVER try a stunt that you are not ready for - Perfection before Progression!!!
- Always pay attention to your group when you are stunting. Never start the stunt when someone is not ready.
- Remember, technique is EVERYTHING!!!
- When you are starting, make sure you select your stunt position based on body size. For example, if you have really tall athlete, they would be a really good spotter. If you have a really small athlete, they would should be your first flyer. At the beginning, your athletes don't know proper technique yet so for a safety reason it is important to choose your positions by body size. Once your team progresses and all ALL aware of proper technique, you can move athletes around based on skill.
- There should be no laughing or fooling around during stunt time. Generally, if someone is playing around during your stunt practice and not paying attention, they should sit out and not participate. SAFETY FIRST!!!
- No extra talking during stunt class. Talking should be kept to giving cues to your stunting partners.

### **Safety Tips:**

- Perfection before progressions!!! Make sure ALL of your stunt group members are READY to try a new stunt before you attempt it.
- Use HANDS ON SPOTTING for all stunts to help minimize falls and injuries.  
*A spotter is a trained member of the team that watches for and works to reduce hazards during stunts and tumbling. A spotter remains grounded, and keeps their eyes locked on the tumbler or flyer at all times. Should a stunt go wrong, the spotter's job is to A.) protect the stunter from injury by doing everything possible to keep them from hitting the ground or B.) do their best to minimize the impact of a tumble so the tumbler isn't hurt.*
- Look at the area where you are stunting and make sure you have plenty of room and proper safety mats. Also, if you are outside, check to see if there are any rocks, sticks, or uneven ground that may through your group off.
- Only stunt when every member of your team has the proper attire on! That means everyone must have athletic shoes and proper clothing with no jewelry, and hair pulled back out of the face. Please note, do not wear shorts with pockets as they can catch the flyer's feet on the way down and make them fall.



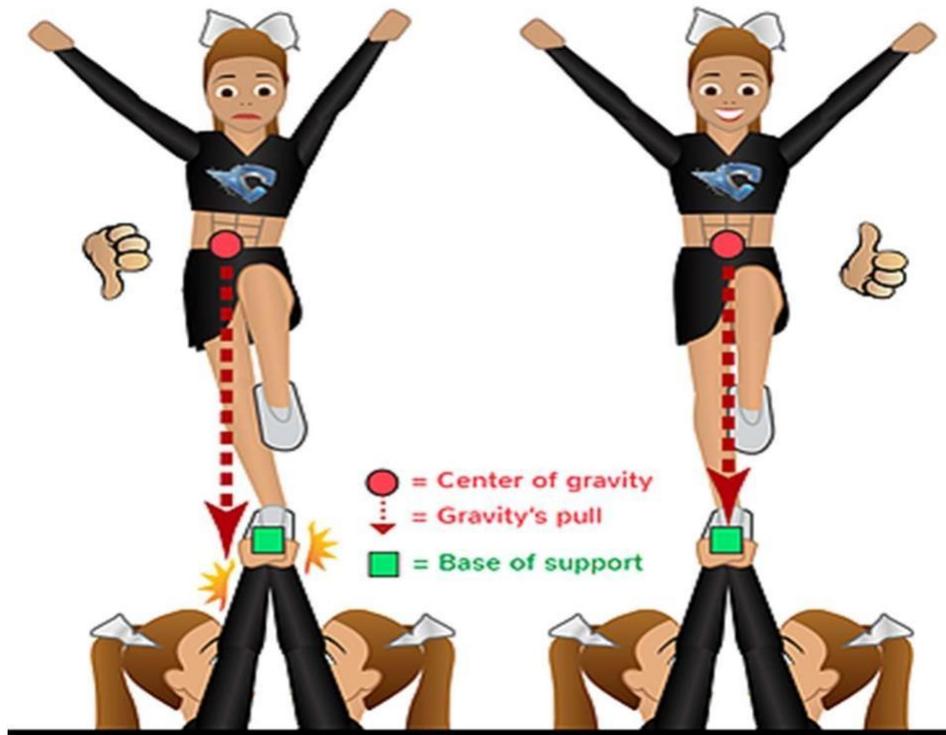
Backs, get under the stunt with your full body!



Flyers: Squeeze legs in to help bases.



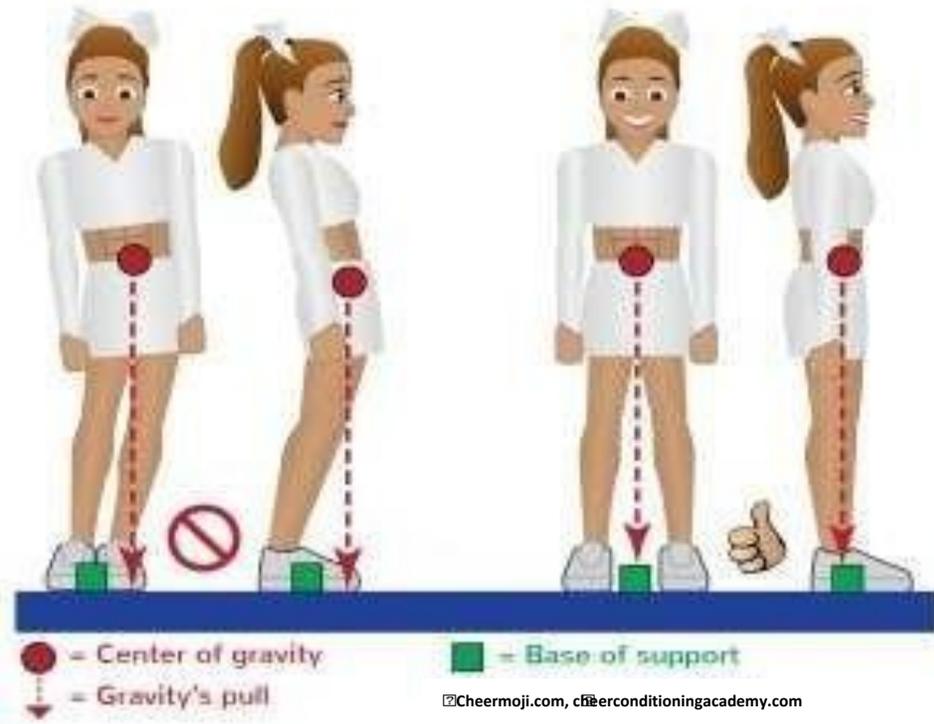
# Flyers: stunt tight and vertical.



Cheermoji.com, cfi@erconditioningacademy.com

# Flyers: Hollow Hips

Even subtle shifts move your center of gravity.



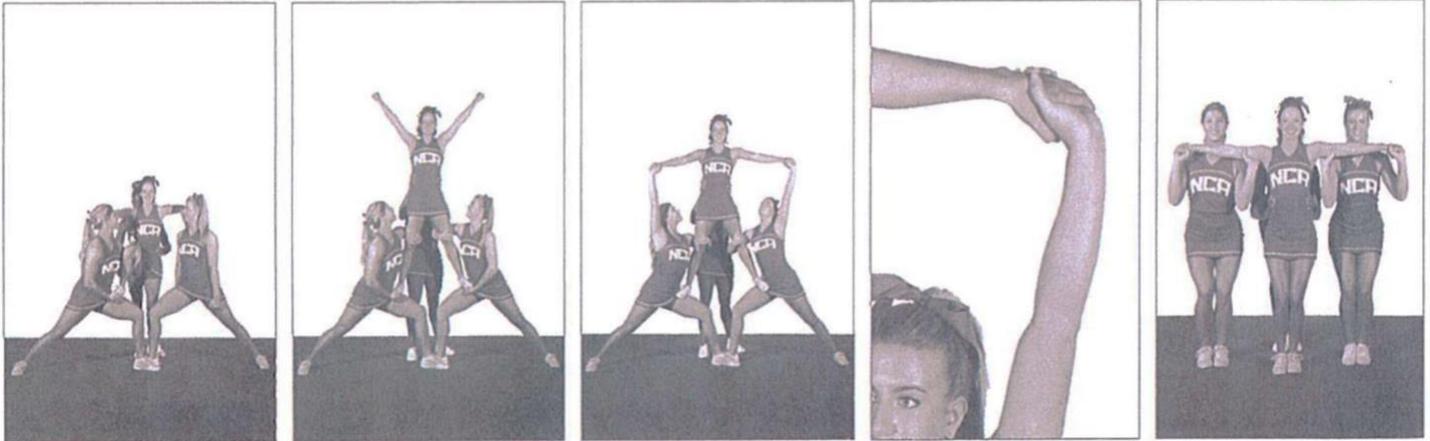
Cheermoji.com, cfi@erconditioningacademy.com

## BASIC ~ BEGINNER STUNTS

## All levels MAY perform

### **THIGH STAND**

- Top person uses the step and lock principle
- Bases need to support under the toe and wrap high on the leg of the top person
- When dismounting, bases and back spot want to control the top person's descent by catching under the arms



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### **To dismount:**

- Both Bases let go of the Flyer's knees and hold her arms ( preferably the armpits ) with their 4 fingers forward. With the outside hand, they "shake" hands with the Flyer.
- The Flyer jumps down and lands feet together.
- Everyone Cleans.

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# L Sit



**Load:** Stunt groups ready position:

1. The Base is facing forward in a lunging position holding the Flyer's waist.
2. The Flyer will have one bent leg resting in the thigh pocket of the Base; with the bottom of her shoe facing the crowd.
3. No spotters are required for this stunt.

Once in position the Base will call "Ready 1,2, down, up". On the down, the Flyer's will bend (down), and kick her leg into the L position. At the same time the Flyer will hit the half a high V arm motion. The Base will catch/ receive the Flyer's leg and hold it at waist level.

**Dismount:** To dismount, the Base will bend both knees and "pop" the Flyer off and help her land with both feet together. Both athletes will clean with feet together.

## Stunt Tips:

### Base Tips:

- The Base will have one hand around the Flyer's waist. Make sure to pull the Flyer close to you and make sure there is not a lot of space between you and the Flyer.
- Make sure to lock your straight leg and stay in a deep lunge so your Flyer has a nice place to sit.

### Flyer Tips:

- Don't forget to smile!
- The Flyer's arm position should be in a half high and the other should be wrapped around the Bases' shoulders.
- The flyer's leg should be straight, extended in front.
- Point your toe.

### Spotter Tips:

- A Spotter is not required for this stunt. [cheerleadinginfocenter.com](http://cheerleadinginfocenter.com)

# Hanging Stag



**Load:** Stunt groups ready position:

1. The Bases hold the Flyer's armpits with their thumbs in front and 4 fingers in the back. The Spotter holds the Flyer's waist.
2. The call is "1 2 Down Up". All members bend and lift the Flyer in the air.

**Dismount:** To dismount, the Bases just bring the Flyer down so she lands with feet together and then the entire stunt group cleans with feet together.



## Stunt Tips:

### Base Tips:

- Make sure to hold your Flyer with your thumb in front of her arm pit.
- Make sure to lock your arms straight over your head with your arms next to your ears.
- Get under your Flyer, lock your arms and lift with your legs.
- If one Base is taller than the other, have her bend her knees so your Flyer is even ( see photo )

### Flyer Tips:

- Don't forget to smile!
- When your Bases lift you, make sure to jump off the ground straight up - not forward.
- Keep your arms locks in a T position.
- Keep your legs in a Liberty position with your toes pointed.

### Spotter Tips:

- Hold your Flyer's waist tight!
- Make sure you lift your Flyer when she jumps into the air.
- Never let go of your Flyer until she is safely on the ground. [cheerleadinginfocenter.com](http://cheerleadinginfocenter.com)

# Hand Stand Liberty



**Load:** Stunt groups ready position:

1. The Base is turned to the side in a seated position, holding the weight bearing foot in position.
2. The Flyer can either push off the Base's shoulder or hold and push from the Spotter's wrists.
3. Spotters have hands firmly on Flyer's waist.

Once in position the Back Spotter will call "Ready 1,2 Down Up". On the down, Flyers will bend (down), and push / jump straight up. The Base will bend knees (to lift) and lock legs into position once the Flyer is settled. The Spotters will assist the Flyer when jumping into the stunt, keeping their hands at the Flyer's waist the entire time.

**Dismount:** To dismount, the Base releases the Flyer's foot and gently puts her on the ground. The Spotter also helps bring the Flyer down safely.

## Stunt Tips:

### Base Tips:

- The Base's left arm will have a grip over the leg but holding under the foot. The right arm will be grasping the heel.
- The Base's back should remain straight.
- Base's legs should be in a locked position.

### Flyer Tips:

- Don't forget to smile!
- Flyer's legs should be in a liberty position with the toe should be pointed down. Flyers may choose left or right stag position.
- Flyers arm position should be in a High V.

### Spotter Tips:

- Hold your Flyer's waist tight!
- Make sure you lift your Flyer when she jumps into the air.
- Never let go of your Flyer until she is safely on the ground.

# Thigh Stand L



**Load:** Stunt groups ready position:

1. The Primary Base is facing forward in a lunging position holding the Flyer's knee and toe. The Secondary Base will be standing feet together facing forward with hands at her sides.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Primary Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up while kicking her leg into the L position. At the same time the Flyer will hit the L arm motion. The Secondary Base will catch/ receive the Flyer's leg and hold it out to the side so that it is level forming the L.

**Dismount:** To dismount, the standing Base releases the Flyer's leg to the front and then the Flyer steps down from the Primary Base. To finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- The Primary Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- The Secondary Base will hold the Flyer's leg with palms up and fingers facing the front. The Base will stand feet together.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position should be in a right or left L depending on the weight bearing leg. The L arm motion should mirror the leg L position.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.

# Thigh Stand Hitch



**Load:** Stunt groups ready position:

1. The Primary Base is facing forward in a lunging position holding the Flyer's knee and toe. The Secondary Base will be standing feet together facing forward with hands at her sides.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Primary Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up while kicking her leg into the hitch position. At the same time the Flyer will hit the L arm motion. The Secondary Base will catch/ receive the Flyer's foot and hold it on the toe and heel.

**Dismount:** To dismount, the standing Base releases the Flyer's foot to the front and then the Flyer steps down from the Primary Base. To finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- The Primary Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- The Secondary Base will hold the Flyer's foot at the toe and heel and will stand feet together.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position can be in a right or left L or any other motion that the skill requires.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.

# Thigh Stand Liberty



**Load:** Stunt groups ready position:

1. The Base is facing forward in a lunging position holding the Flyer's knee and toe.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up on the Base and bring her other leg into the liberty position. At the same time the Flyer will hit the High V arm motion.

**Dismount:** To dismount, the Base releases the Flyer's foot and then the Flyer steps down to the front; to finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- The Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- Remember, to keep the Flyer's leg close to your body and her foot in your pocket.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position can be in a high V or any other motion that the skill requires.
- Don't forget to LOCK your standing leg. If you keep your knee bent, the Base will have a hard time keeping you steady.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.
- Never let go of your Flyer until she is safely on the ground.



# L Stand

**Load:** Stunt groups ready position:

1. The Base is facing forward in a lunging position holding the Flyer's knee and toe.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up on the Base and bring her other leg into the L position over the Base's head. At the same time the Flyer will hit the L arm motion.

The Base will hold the Flyer's foot until her leg is over her head and then release the foot and then hold the Flyer's leg in the L position.

**Dismount:** To dismount, the Base releases the Flyer's leg over her head and brings the leg in front of her. The Flyer steps down to the front; to finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- To begin, the Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- Remember, to keep the Flyer's leg close to your body and her foot in your pocket.
- When you release the Flyer's foot to grab her leg, try to hold her shin or ankle.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position can be in an L or any other motion that the skill requires.
- Don't forget to LOCK your standing leg. If you keep your knee bent, the Base will have a hard time keeping you steady.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.
- Never let go of your Flyer until she is safely on the ground.

# Thigh Stand Lean Over

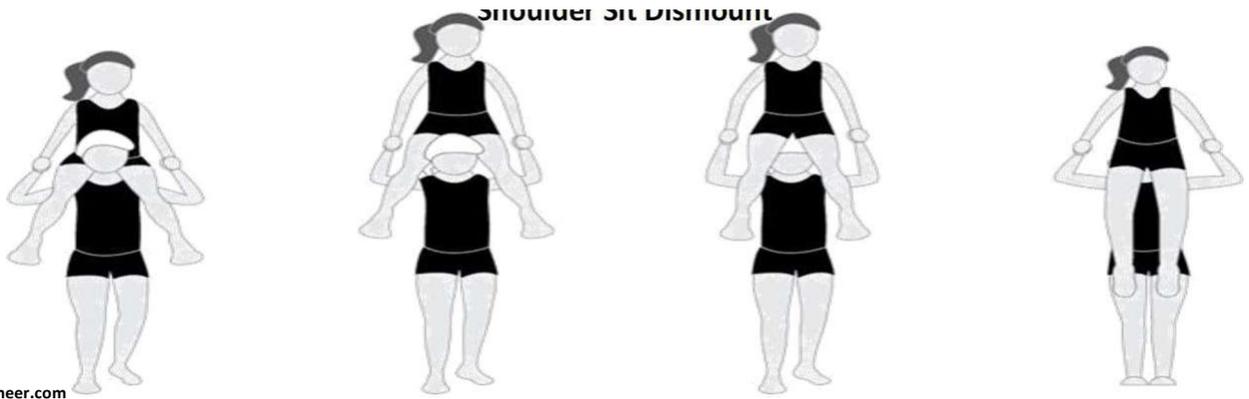
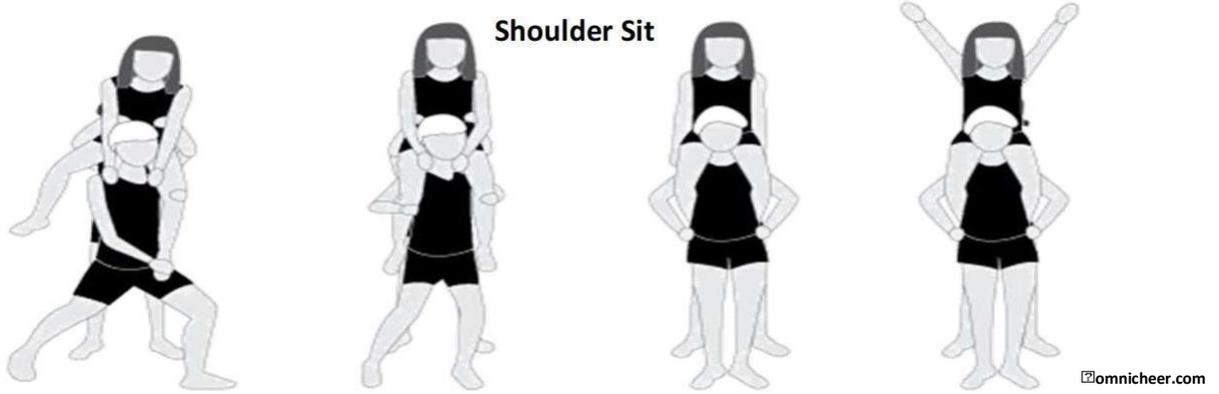


The double thigh stand lean over is a great stunt when you are building pyramids or stunt formations. This stunt is the double thigh stand with the following changes:

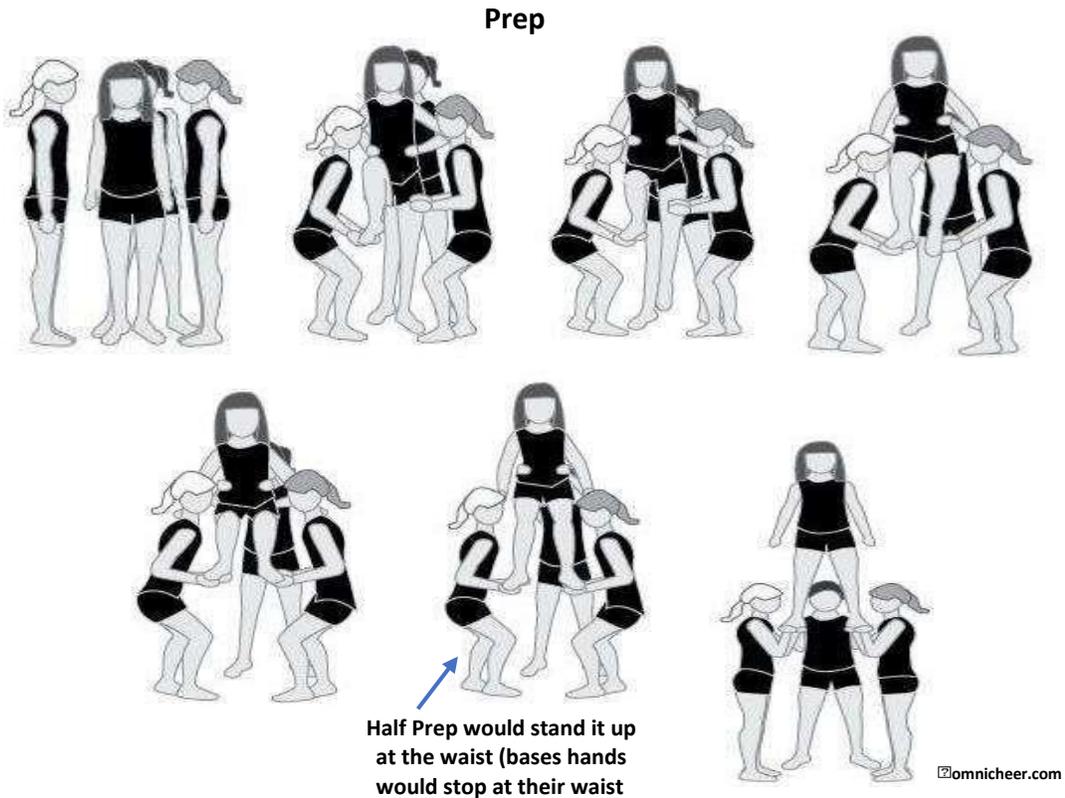
1. You have an additional Spotter in the front ( so you have 2 Spotters ).
2. When your Flyer is in the double thigh stand position, instead of hitting the high V motion, she will lean over and place her hands on the shoulders of her Front Spotter.

# INTERMEDIATE STUNTS

Sophomore, JV, & Varsity Levels MAY perform

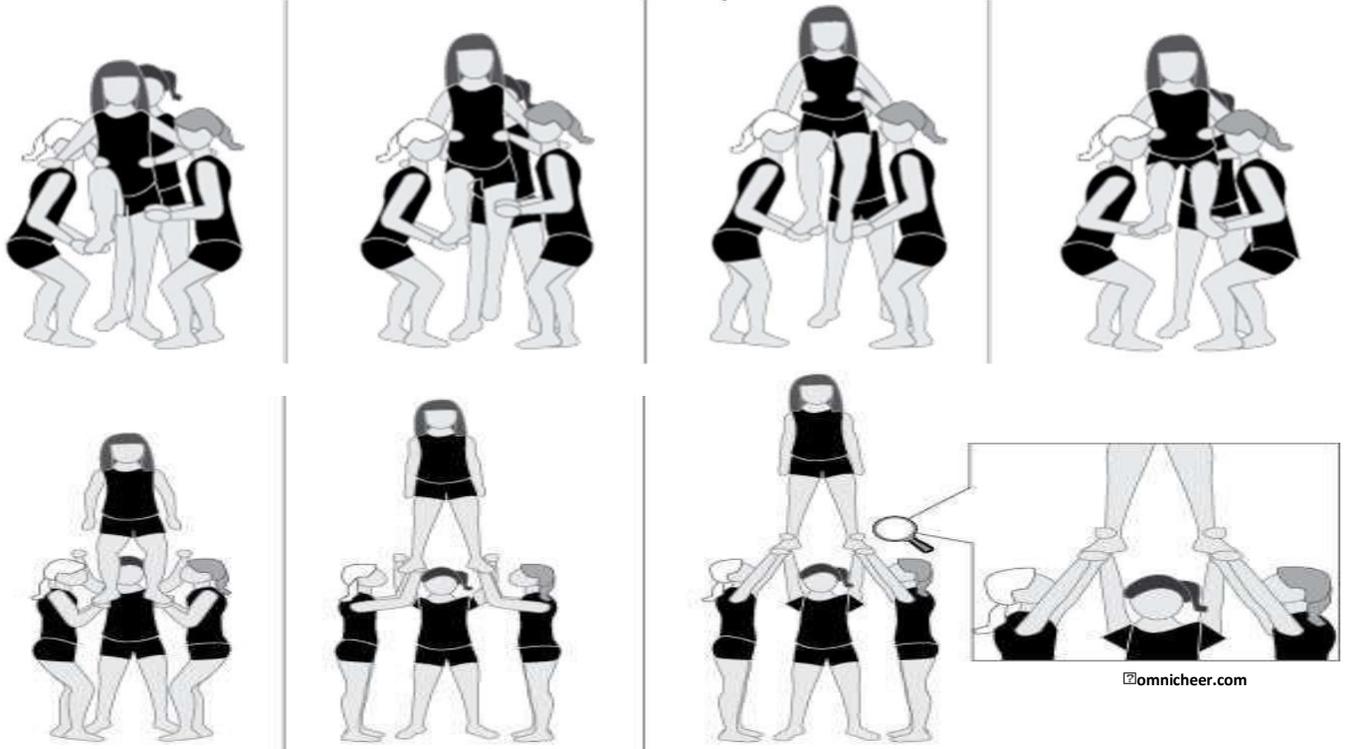


JV & Varsity Levels MAY perform



**Varsity Level ONLY MAY perform**

**Extension Prep**



**Stair Step Extension Prep**



## BASIC ~ BEGINNER PYRAMIDS



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**1 Double Thigh Stand and 2 Thigh Stand Hitches**



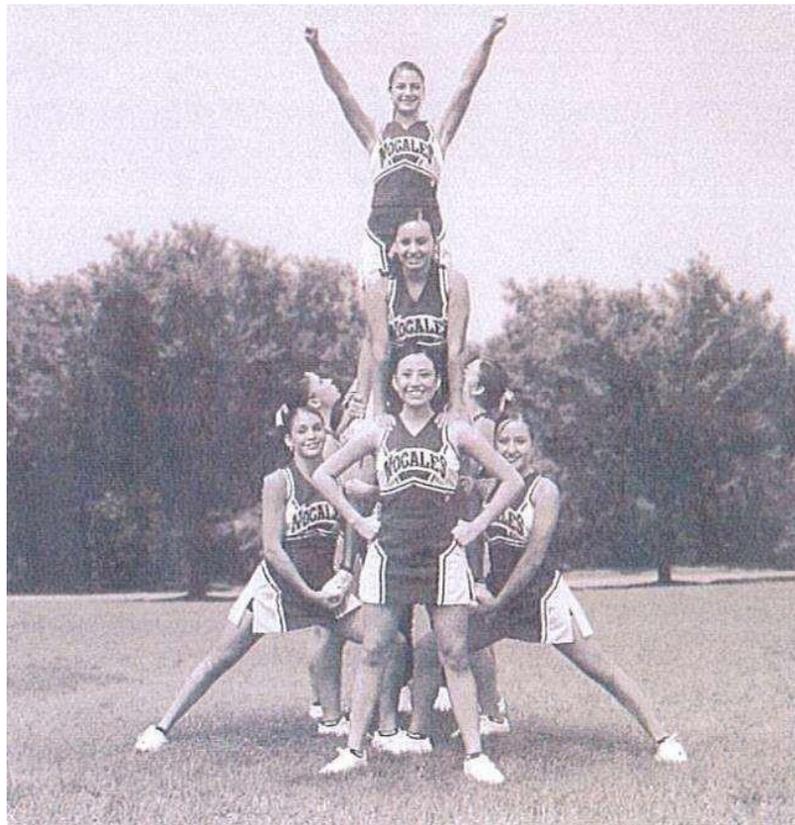
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**2 Thigh Stand Hitches, 1 Double Thigh Stand and 2 L Stands**



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## INTERMEDIATE PYRAMIDS



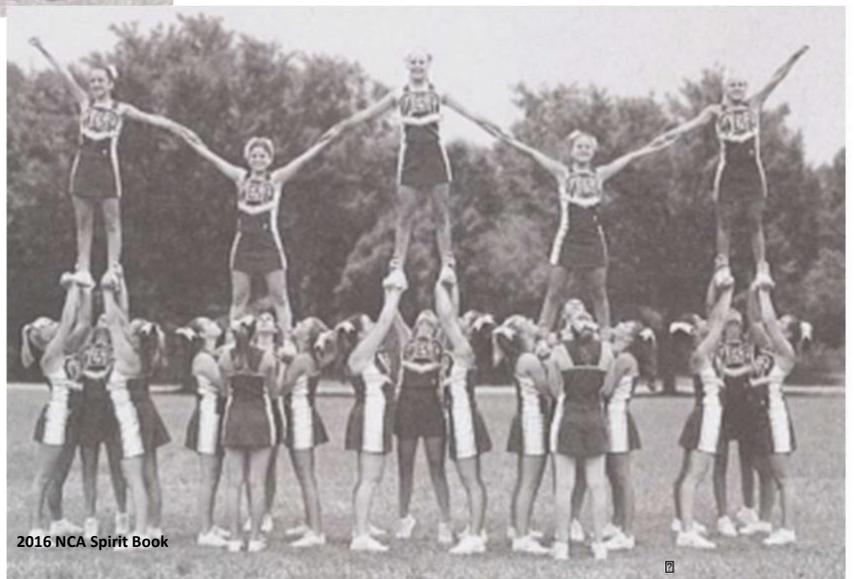
# ADVANCED PYRAMIDS



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