

# **Stunt Trouble Shooting 101**

## **The key to any stunt is SPEED!!!**

### **Key Points for Partner Stunt**

Generally speaking, stunts can be broken down into two main concerns for the base and top person.

#### **What to look for with the Base:**

1. Control the hips (usually accomplished by using the proper stance).
2. Assist the top person by resisting his/her climbing force. For example, when the top person in a shoulder stand pushes down, the base must push upward to keep his/her arms straight.

#### **What to look for with the Top:**

1. Control the hips (usually accomplished by tightening the thighs and hips and straightening the legs).
2. "Climb lightly" by taking the weight off of the climbing foot and spreading its force. Three examples of climbing lightly are 1) pushing off of the ground in a step-up drill, 2) pushing through the arms when climbing in stunts like shoulder stands, 3) lifting with the hips or shoulders in timing stunts like elevators.

### **Stunts that Struggle**

Extension Preps:

Cradles:

Suspended Forward Rolls:

Liberties:

Full Ups:

### **What to Analyze in a Stunt**

#### **Bases:**

- Providing a good platform for the top
- Using their legs
- Timing of bases

#### **Tops:**

- Keeping a good line
- Weight distribution
- Standing up with the bases/timing
- Not trying to balance themselves/keep their core tight

#### **Backspots:**

- Lifting from low on the ankle/always resisting
- Protect the head, neck, and shoulders

## Tumbling Progressions Outline – Shannon May

For more information, please contact me at [heyshannymay@gmail.com](mailto:heyshannymay@gmail.com)

- Static vs. Dynamic Stretching  
Save static stretching until last 5-10 minutes of practice.
- Importance of “Perfection before Progression”
- Line Warm Up (Focus on technique)
  - Forward T Kicks
  - Backward T Kicks
  - Side T Kicks w/ Lunge
  - Inchworms
  - Bridge Walks
  - Forward Roll Straight Jumps
  - Backward Roll to Push Up Position – Progression being Back Extension Roll
  - Teeter Totters
  - Teeter Totter Switch Kicks
  - Handstand Walks
  - Handstand Snap Down
  - Handstand Hops
  - Handstand to Bridge, Stand Up (Front limber)
  - Front Walkovers (or Front Handspring Step outs)
  - Backbend Kick over (or back bend three kicks)
  - Back Walkovers
  - Cartwheel to the Right
  - Cartwheel to the Left
  - Lunge Roundoff Rebound
  - Power Hurdle Roundoff Rebound
  - Two Step Hurdle Roundoff Rebound (Add BHS, Tuck, etc)
  - Running Tumbling
    - Front Walkover Cartwheel Backwalkover
    - Roundoff Handspring Series
    - Front Handspring Roundoff Handspring
  - Standing Tucks
  - Roundoff Handspring Tuck
  - Roundoff Tuck
  - Roundoff Handspring Layout
  - Roundoff Handspring Full
- Spotting Techniques for the High School Coach

# TEAMBUILDING

## BY TOM JENSEN

### I. MOTIVATING YOUNG ATHLETES

- A. Recent survey of cheerleaders ranked “to have fun” as the number one reason they wanted to participate in cheer.
- B. Fun is pivotal. If it’s not fun, they won’t participate.
- C. Skill development and fitness is a crucial aspect of fun.

### II. SO, WHAT CAN YOU DO?

#### A. Emphasize Teamwork!

- 1. Start early, explain that teamwork is a combination of cooperation, solidarity, collaboration, and working together.
- 2. “Coming together is a beginning  
Staying together is progress  
Working together is success”  
- Henry Ford

#### B. Create An Environment

- 1. “We supersedes Me”. Understand the big picture.
- 2. Develop the same sense of responsibility in every cheerleader regardless of their position. Consider them as “one team”, not JV, Varsity, competition, alternates, etc.
- 3. This is not easy because you must manage egos and it goes against human nature.

#### C. Maintaining Motivation

- 1. This should be one of your top priorities. Your passion as a coach is crucial in maintaining motivation in your cheerleaders.
- 2. Teach them to conduct themselves responsibly by showing respect, courtesy, encouragement, good sportsmanship, and a positive attitude. You are their role model. If you want them to display these values, you need to demonstrate these same values towards them.
- 3. Use the “Golden Moments” at the beginning and end of practice to get your message across in small bites.
  - a. Talk about what they’ve done right.
  - b. Post a daily motivational quote and discuss what it means to the team. (Or, assign a quote each week – quote book.)
  - c. Focus on doing little things well. “Little things make big things happen”.

### III. IDEAS TO MAINTAIN MOTIVATION

A. Use **teambuilding** games weekly in the spring or summer when the team is in the forming stage.

1. Ball of yarn/string
2. Kudos
3. Tied
4. What I've Learned
5. Star Power

B. Use **team bonding** and **unity** exercises.

1. Daily - end of practice break
2. Team banquets
3. Pre-game or pre-competition dinners
4. Gratitude or appreciation circles
5. Pre-competition notes

C. **Positive Visualization**

1. Positive Visualization is a success technique where cheerleaders visualize performing a routine or cheer in their mind's eye.
2. The idea is to clear your mind, close your eyes, take a deep breath, and actually see in your mind and feel in your body the successful outcome you desire. The more you focus on making the visualization "real", the more effective it will be.
3. Positive Visualization is one of the most effective things your cheerleaders can do to create exactly what they want.
4. Like everything else, it takes practice. Positive Visualization can be used in all areas of their lives.

**Teambuilding** is a proactive method of managing conflict, leadership, attitudes, success, and problems.

### RESOURCES

#### Books

*Quick Team-Building Activities for Busy Managers,* by Brian Cole Miller

*Developing a Successful Cheerleading Program,* by Pam Headridge and Nancy Garr

*Wooden on Leadership,* by John Wooden and Steve Jamison

*1001 Motivational Quotes For Success* by Thomas J. Vilord

*UCA Advisor Coach Manual,* by UCA

#### Websites

[www.brightquotes.com](http://www.brightquotes.com)





[www.varsity.com](http://www.varsity.com)

# Organizing Youth Cheer

How To Set Up A Successful Season

Amy Rivera  
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# Recruiting Your Staff

- Place a news release in the local paper announcing that your organization is seeking volunteer coaches for the upcoming season.
- Contact your local high school cheer squads and coaches. You'll need coaches as well as demonstrators.
- Tap into your local colleges and universities cheer squads and coaches.
- Get in touch with your local gymnastics/tumbling facilities.
- Social media: Put the word out there!     , your organization's web page and send an email blast to all members.
- Ask every single parent to volunteer when they sign their participant up.
- Signs – place them in high traffic areas in your community.
- Flyers – distribute to local schools, shopping malls and around the community.
- Offer volunteer hours - high school and college students usually want and need!
  - **CONGRESSIONAL AWARD:** <http://www.congressionalaward.org/youth.php>

# Interview Questions

Start with an innocuous question such as, "*Please take 2-3 minutes and tell me a little bit about yourself.*" This will help put the candidate at ease and prove very revealing. You may uncover some very valuable information.

- *What should the top priorities of a (insert your team name) cheerleader be?*
- *What are some team building activities that you would have your team do?*
- *What is your program philosophy?*
- *What is your practice philosophy?*
- *How do you communicate with your athletes?*
- *How do you handle parents?*
- *How do you motivate your athletes?*
- *How do you run your strength and conditioning program?*
- *Will you have student trainers and managers?*
- *How can you have a productive coaching staff environment?*
- *For what are you looking in assistant coaches?*
- *What is your overall practice structure?*
- *What skills do your cheerleaders need to develop?*
- *What age group are you most comfortable working with?*
- *Do you have a child participating on the team? If so, how would you prevent favoritism on the team?*

# Coaching Your Coaches

- Have meetings with your coaching staff a few times before the season starts.
- Provide a rule book and thoroughly explain all rules to your coaches.
- Make sure you provide additional training if available; online, conferences, etc.
- Develop an attitude of positive support for your program and always try to stay in touch with what's going on.
- Always emphasize **SAFETY FIRST**. Provide safety equipment (mats, first aid kits).
- Be accessible to meet with the coaches and parents as needed.
- Visit each team's practice at least once a week in a positive manner.
- Schedule a monthly coaches meeting and send out weekly email updates.
- When your cheer season comes to a close, have a final meeting with all head cheer coaches to go over their seasons. Get their input as to what worked and what didn't and make changes for the next season. Let them know you value their input.



# Planning Practices: Blueprint for Success

Tom Jensen (tjensen4302@sbcglobal.net)

- Have a written plan. Coaching is teaching, and the effort and ability to plan good, instructional practice sessions is vital to the improvement of your team.
- Prioritize and teach what's important.
- A good practice plan, just like a lesson plan, will usually be composed of several parts: warm-up, instructional drills, and conditioning.
- Share a copy of the plan with assistant coaches. This will make practices more efficient.
- Planning a good practice takes time and effort. The end result is a much more organized, efficient, and productive level of instruction and preparation.
- Use the following guidelines to develop practice plans:
  - a. Use the first 5-10 minutes of practice to reinforce important points or for teambuilding (inspirational quote).
  - b. Restrict practice sessions to approximately two hours.
  - c. Teach new skills in the first half of practice while your team is still fresh.
  - d. Do not continue any drill "until we get it right". Everyone learns at different rates.
  - e. Use only drills that reinforce the skills you want taught. Vary the drills to keep things fresh.
  - f. Incorporate "game-like" conditions in order to make conditioning drills more fun and relevant.
  - g. Schedule water breaks.
  - h. Instruct your team at the beginning of the season that they should stop and listen (take a knee) whenever asked. This allows you to clearly deliver instructions or corrections to a drill.
  - i. Use assistant coaches and other team members in drills in order to allow them to get as many repetitions as possible. Standing and waiting for one's turn is not an efficient approach to master skills.
  - j. Consider shortening the length of practices as the season progresses.

# What's New in Conditioning?

## Success with Less

By Tom Jensen

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### I. INTRODUCTION

- A. Cheerleading requires these four physical components:
  1. Cardiovascular Endurance
  2. Strength Training
  3. Flexibility
  4. Skills and Drills

### II. CARDIOVASCULAR ENDURANCE

- A. Do Cardio at least 3-4 times per week (~20 Min)
- B. Don't overdo it
- C. Gradually increase duration over time
- D. Rest in between
- E. Examples: Running, Sprints, Aerobics, Jumping Jacks, Jumping Rope, Stairs, Toe Touches

### III. STRENGTH TRAINING

- A. Do Strength training 2 times per week if possible.
- B. Two Day Split: One day work lower body muscle groups, next day work upper body muscle groups.
- C. Examples: Free Weights, Kettle Bells, Plyometrics, Circuit Training

### IV. FLEXIBILITY

- A. Vital for performing certain advanced or elite stunts
- B. Steps to increasing flexibility:
  1. Stretch everyday (Summer)
  2. Stretch during warm-ups
  3. Relax while stretching
  4. Stretch flyers in stunt groups (hold body position for Eight 8-counts and nudge)

### V. SKILLS AND DRILLS

- A. Motion Sequence with weights
- B. Smile during drills
- C. Jump Technique
- D. Body Positions – hold on the ground or stunt stepper

### VI. CHEER SPECIFIC CONDITIONING

- A. Try these for something different:
  1. Placement (Motions) – hold for 30 seconds
  2. Stunt Stamina – contest to see which stunt group can hold a particular stunt the longest
  3. Sharpness in Stunts – “Simon Says” in the air

- 4.1-2-3 Hit Drills
- 5.Zumba
- 6.P-90X
- 7.Insanity

**VII. SAMPLE CONDITIONING SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
Jumping Jacks	Jumping Jacks	Jumping Jacks	Jumping Jacks	Jumping Jacks
Legs	Arms	Cardio	Legs	Arms
Wrists	Ankles	Sprints	Wrists	Ankles
Abs		Abs		Abs

Legs	Wrists
Multi jumps x 15	Wall push ups
Hopping side to side x 51	Wrist curls
Hopping front to back x 51	Stretch and roll wrists
Lunges x 25	
Jump rope x 5 min.	
Hold double lunge with "T" x 2 min	

Abs	Cardio - Running
Vacuumizing x 10	Step ups 10 min (or stairs if possible)
Crunches x 51	Sprints – up and backs 5-10 min.
Bicycles x 51	
Leg lifts x 20	<b>Jumping jacks 100-250</b>
Freeze and hold crunches	

Arms	Ankles
Push ups x 25	Inward roll x 15
Overhead press x 15	Outward roll x 15
Bench press x 15	Gas pedal – push/pull x 15
Bicep curl x 15	
Tricep x 15	
Basket toss swing x 15	
Dips x 10	

**VIII. RESOURCES**

A. Books

1. The Ultimate Guide to Cheerleading by Leslie Wilson
2. UCA Advisor/Coach Manual by UCA

B. Websites

1. [www.beachbody.com/P90X](http://www.beachbody.com/P90X)
2. [www.beachbody.com/Insanity-Workouts](http://www.beachbody.com/Insanity-Workouts)
3. [www.zumba.com](http://www.zumba.com)

# Communication Is Key

How To Maintain A Successful Season

Amy Rivera  
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# Communicating With Parents

- Be organized. Have a pre-season meeting explaining all expectations. Give out calendars and team rules including a code of conduct.
- Have coaches send weekly emails updating the parents with practice dates and times, upcoming events and fundraisers, etc.
- Communicate openly with everyone.
- Always keep everything professional setting aside any differences or conflicts.
- Discussions should only occur with the persons involved.
- “Listen” to understand – don’t just hear them, really listen.
- Remember, how you say something is almost as important as what you’re saying.

# Communicating With Coaches

- Have meetings with your coaching staff a few times before the season starts.
- Provide a rule book and thoroughly explain all rules to your coaches.
- Make sure you provide additional training if available; online, conferences, etc.
- Develop an attitude of positive support for your program and always try to stay in touch with what's going on.
- Be accessible to meet with the coaches as needed.
- Visit each team's practice at least once a week in a positive manner.
- Schedule a monthly coaches meeting and send out weekly email updates.
- When your cheer season comes to a close, have a final meeting with all head cheer coaches to go over their seasons. Get their input as to what worked and what didn't and make changes for the next season. Let them know you value their input.

# Communicating With Cheerleaders

- Keep it fun! Remember, these girls are here to cheer and it's our job to make sure they have a positive and memorable experience.
- Try your best to get to know them all. Create a positive environment by showing enthusiasm and warmth. They will appreciate it and feel more open to coming to you with any issues.
- Develop and protect the self-esteem of each cheerleader.
- If something happens during practice, wait until after to address it one on one with the cheerleader. They will appreciate the privacy and respect.
- Make all practices and games a positive experience giving praise and positive constructive criticism gaining their respect.
- Body language speaks volumes; be aware of your actions and reactions.

# **Fundraising**

**It seems like teams are always trying to raise money and now with even more budget cuts it is becoming increasingly harder to raise money for our teams. Here are a few ideas to bring in some revenue to your program.**

## **The Usual Ideas:**

- 1. Car Washes- find a local business or church to let you use their facility. Sell presale tickets, make signs.**
- 2. Bake Sales- Have all the team members donate baked goods sell at school, events, etc.**
- 3. 50/50 raffles- Sell tickets and split the proceeds at an event with the winning number—check your local laws— in some cases 50/50 drawings are illegal**
- 4. Spirit Wear Sales- Sell some of your spirit wear, shirts, hats, poms etc at events**
- 5. Opportunity Drawings – Try and get a high ticket item donated to raffle off – TVs, Ipads, Iphones, game tickets, baskets etc always bring in \$\$**
- 6. Business Sponsorships- Ask local businesses to sponsor your team- recognize in programs, on shirts, on banners etc**

## **Out of the Box ideas:**

- 1. Host an event- school dance, talent show etc.**
- 2. Work a booth at your local fair, swap meet etc—many large venues offer non-profits spaces to fundraise**
- 3. Make a calendar- sell off months to local businesses and take photos of your team at the business**
- 4. Email donation campaigns- many web based businesses can help you do this – they do all the work- you just implement your email addresses**
- 5. Work a concession stand- Snack bars are great money makers- have parents donate the items and your group keeps the profits- try getting in on some major events**
- 6. Parking- work parking lots at events- either your own or someone else—this is easy money**
- 7. Parents night out- reserve your gym and host a babysitting night for local kids- plans arts and crafts, a movie and snacks**
- 8. Restaurant nights- many local restaurants will give a % back to your team—make sure you advertise and pass out those flyers**
- 9. Swing a thon- cheerleaders or members of community must “swing” until they raise a certain \$ amount—they call friends while swinging**



**10. Stunt a thon, jump a thon tumble a thon—run it just like a jog a thon - donation based on how many they do.**

**11. Date Auction-** auction off dates with the cheerleaders- have the date consist of a “group” date at a local restaurant or movie theater—check with your administration to see if allowed)

**12. BINGO or poker night—big Money makers!! (check with your administration to see if allowed on campus- if not maybe a parents home)**

**13. Garage Sale-** have your families donate items to a garage sale, hold at a families house (or possibly on campus) and have the team work- you can also incorporate a bake sale during

**14. Food Trucks-** The new rage! Host a gourmet food truck night in your school parking lot- charge each vendor a straight fee or take a %-- promote it to all your staff, students and families

**15. Recycle—**turn in your empty water bottles – small amounts add up!

**16. Face Painting—**face paint at community events—always include a tip jar!

**When trying to raise money, marketing is your biggest ally! Make sure you spread the word about your event through posters, emails, word of mouth, flyers, social media and local press.**

## Polishing Routines! (Cheer/Dance)

### Breaking the Routine into Sections:

- Opening
- Elite Stunts
- Standing Tumbling
- Running Tumbling
- Squad Stunts
- Pyramid
- Dance
- Jumps

### Cleaning Motions:

- Break down by 8-counts
- 1-2-HIT
- Connect two 8-counts at a time (use voice inflection/sharp counts)
- Perform routine to slow counts focusing on when the HIT the motions they're sharp and correct placement
- Add music/words

### Cleaning Stunts:

- Focus on technique before performing stunt
- Breakdown each part of the skill (1-2 counts)
- Perform skill at lower level before to work on technique and hitting sharp as a squad
- Work full skill to counts all together
- Add music/words

### Cleaning Tumbling:

- Focus on the steps/hurdle
- Breakdown the swing/hurdle to get timing together
- Gradually add tumbling in

### Piecing the Routine Together:

- Cleaning up each section to counts
- Cleaning up Transitions
- Combine sections together, gradually add more sections
- Put routine to music/words





# MAKING YOUR SQUAD A VIABLE ASSET TO YOUR COMMUNITY

**PUBLIC RELATIONS FOR YOUR TEAM**



# Press Relations

**MAKE SURE YOU DISCUSS WITH YOUR ENTIRE TEAM ABOUT HOW TO COMMUNICATE WITH THE PRESS**

- \* Always stay positive
- \* Have knowledge about your event
- \* Be well Spoken
- \* Practice mock interviews
- \* Stress how media will spin stories to sell papers





# Be-friend the Press



- \* Find the names of your local newspaper reporters for the sports, education and community event sections
- \* Greet both the reporter and the photographers at the events
- \* Email them story ideas, team events, charity works and scholarships



# Community Event Ideas

- \* Charity runs: cheer on the runners
- \* Charity Drives: help at food or toys drives or create your own
- \* Community Events: local parades, chili cook-offs, festivals, volunteer to help run booths, sell refreshments and/or perform
- \* Volunteer at the local elementary schools, help tutor, reading events or their school fairs.







# Charity Works

- ✱ Susan G. Komen
- ✱ MDA
- ✱ Relay for Life
- ✱ Livestrong
- ✱ ALS
- ✱ National Kidney Foundation





# Benefits to Community Service

- \* Helping people or organizations in need
- \* Taking the focus off of “them”
- \* Getting your school name out in the public eye- publicity for your team
- \* Monetary benefits
- \* Team Work and bonding
- \* Inspiring the community
- \* Developing character for the future
- \* Building up the college resume





COMMUNITY

TEAMWORK

BONDING