

## General Safety Rules of Cheerleading

1. **No Jewelry** is allowed to be worn at practices, games, and competitions
2. **No cell phones** will be allowed to be used at practice or on breaks unless there is an emergency.
3. **No gum or food** is allowed at practice, games, competitions, however when a break is taken I will allow a quick snack especially if practice is after school.
4. **No Soda, Ice Coffee etc**, are allowed. Only water and Gatorade will be acceptable during practices, games, and competitions.
5. **No talking during stunts** as you need full concentration not distraction. If a stunt should fall during practice, the whole stunt group will be doing push-ups (10) without the coach reminding you to do them. This is away to understand the importance of stunt responsibility while building strength.
6. **Finger Nails must be kept shorts** as they could easily cut teammate. Clear polish only is to be worn. (Some competitions do not allow will discuss further)
7. **Make-up** should be worn **modestly**. (will discuss further)
8. **Attendance is key to successful practices, games, and competitions.** If you miss a practice, it is your responsibility to contact the coach or cheer friend to find out what you need to catch up on. Contact coach if you are unable to attend practice by either cell phone or e-mail. Reasonable notice is required.
9. **Three Unexcused absences will be caused for AUTOMATIC DISMISAL** from the team. (Not calling coach, too many other commitments which keep you away from practice)
10. **Hair must be tied back and off the shoulders** all times. (bangs included)

11. **No cut off jeans and halters** are allowed during practice. Please wear comfortable clothing that stretches such as workout shorts and T-shirts. Sports Bra must have T-shirt over.
12. A well-supported sneaker is allowed to be **worn at practices**. We will discuss further the attire to be worn at practices.
13. **IF** a situation arises during a practice, please see coach immediately. No one is to feel like they do not belong.
14. **Leave your problems at the door** or in the jug and bring your hard working cheer person to practice, games, and competitions.
15. **Friends are not allowed to attend practices**. Sorry, only teammates allowed in practice so if you have a sleep over they will not be allowed to stay and you will be sent home.
16. **Uniforms must be kept cleans** (Sneakers, bodysuits, socks)
17. **NO CAPTAINS** — You all will have the opportunity to be the leader. (It is a possibility I might rethink only if we all can reasonably discuss and work together.)
18. **All ideas are welcomed**. Speak to the coach.
19. **The coach has feelings** too and **great hearing**
20. If you **cannot commit** then **quit**.

## **Warm-ups to be done at all practices**

Arm stretches both (Hold: for about 20 seconds)

Shoulder Rolls (10 forward 10 backwards about 40 total)

Lunges across the room (10 reps about 40 total)

Push-ups (25)

Sit-ups (25)

Cheerleading Jumping Jacks' (10 reps) followed by regular Jumping Jacks (10 Reps) done at least 3 times

Laps to be run in either gym or café chanting a cheer to help breathing techniques (4 laps)

## **WATER BREAK**

Review Motions - Techniques - Sharpness

Review Jumps - Techniques - Timing- Arms

## **Break up into Training Groups**

Cheers

(Know the difference between defense & offense)

Half-Time Routine

To be made up by the team

## **STUNTS**

I know you all want to do stunts as much as I would love to throw them in I strongly believe we all need to work on the basics first. In order for you to progress into stunts, you must first learn to focus on skill level, conditioning, and proper technique.

Once we all have learned about 75 cheers  
(25 Any 25 Defense 25 Offense)

We must know them well we will then move forward to work on stunting with every practice. Therefore, as you can see I have a goal set in place and I have set one for the whole team.

**Are you ready MUSTANGS?**

## **Stunting Responsibilities \* Who does what and Why? 1 - The Why?**

### **1 – The Flyer**

The flyer in a stunt is the person that is lifted or thrown in the air.

It is probably the most sought-after position in Cheerleading in that it offers the thrill and exhilaration of gracefully flying through the air and becoming the center of attention.

Nevertheless, being a good flyer is not just about being light and flexible. There are several crucial requirements that are needed to fill this job.

The first is CONFIDENCE. Teach your flyers that attitude is everything, and they will need a confident attitude to believe in themselves and fully commit to the stunt.

The second is NO FEAR OF HEIGHTS. Flyers should respect heights, and understand the safety implications but if she passes out at the thought of being at the top of a pyramid, she's probably not right for the job.

The third element is TRUST. A flyer must trust her teammates and her teammates must trust her. Flyers can only fully commit when they are 100% confident that someone will be there to catch them every time.

Fourth, flyers must have Great BALANCE. It's much harder to hold someone up when they are wiggling around. Teach your flyers to stay as stiff as possible and let your bases help balance you.

Flyers must have excellent TIMING. Everyone in a stunt should know what to do and when to do it. The flyer should know when the proper level has been reached to stick, hit, or pull the stunt.

A good flyer will also STAY TIGHT. Coach her to keep her hips and thighs tight during the stunt.

Lastly, and most importantly, HAVE FUN! The best competition flyers keep eye contact with the crowd and always smile.

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## 2- The Base

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The bases lift or throw the flyer and as the name implies, they are the base or foundation of a Cheerleading stunt or mount.

Bases will usually be taller and stronger, but it's important that all the cheerleaders on your squad develop the skills for this position.

Many of the skills required for Flying are similar for Basing as well as Spotting (i.e. Trust, Confidence, Timing, and Having Fun)

... However, there are a few unique areas that the best Bases are good at.

For example, a good Base must know how to **USE HER ARMS \*AND\* LEGS.**

Lift with your leg that is where the majority of your strength should come from. It should progress from your legs to your shoulders and then your arms.

To prevent injury, a Base must also **KEEP THEIR BACK STRAIGHT.** Leaning forward or backward will put undue stress on an athlete's spine and supporting muscles, and will cause injury in the long term.

Bases must learn proper **PLACEMENT** as well.

Teach them to stand no further than the flyer's shoulder width apart from each other.

It's also very important that Bases practice good Cheer Safety. They should be prepared and alert at all times, and know how to catch the flyer.

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### **3 - The Spotter**

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Spotters help steady or balance the stunt, but their most important job is to help to catch the flyer, if she falls, to prevent injury.

The key skill to look for in a spotter is being ATTENTIVE. They should not be easily distracted or lose their concentration.

A spotter's eyes should be on the flyer at all times.

The spotter must be FAST THINKING and FEARLESS.

The person in this position must be able to react quickly and save the stunt if necessary (even if they risk putting their bodies in harm's way by doing it)

If the flyer should happen to fall, the spotter should KNOW HOW TO CATCH her properly, focusing on the head and neck first.

By catching the head and neck, the spotter can prevent the most serious of injuries.

If you are able to fill your squad with athletes who can fill these three positions well, you will soon be able to put together dazzling stunts that will leave judges and fans speechless!

Also, remember that a versatile Cheerleader should be able to fill any job they are needed in and will be an asset to the squad.

That's it for now!