



CHEERLEADING INSTRUCTION



WARM UP

1. Standing straddle - reach left, right, then middle
2. Sitting straddle - reach left, right, then middle
3. Sit with legs out front, touch toes
4. Seated butterfly, bend forward

CONDITIONING

1. Squats x10
2. Push ups x10 (knees on the floor)
3. Sit ups x10 with hands across your chest
4. Lunges x10 on each leg

JUMPS

All jumps start with: clap, arms up, arms down, then jump with arms at 'T'

1. Straight jump - jump straight up, knees straight
2. Tuck jump - tuck your knees underneath you
3. Straddle jump - legs apart
4. Pike jump - legs up straight in front of you
5. Double toe touch - straddle jump on 2 counts

CHEERS

"Let's go Kinetic Kids! Let's go!"

High V, Clap; Low V, Clap;
Punch Punch (right arm); Clap Clap

"Score that point!"

Low V; Clap; Right arm straight up
and left arm at hip; Clap

"Big G! Little O! Let's go!"

Slap legs, Clap; Grab your wrist to make an "O"
and swoop around; Low V

BASICS

1. High V - hands up to the side in a fist
2. Low V - hands down to the side in a fist
3. T - hands out to the side
4. Your fist should look like a cinnamon roll, thumbs forward
5. Clean position - hands tightly at your side
6. Clap - make a 'C' on both hands, clap together

STUNTS

Back spot stands behind the flyer and helps support their weight. Make C's with your hands and hold the flyer's hips. When it's time for the stunt, squat (big dip) and then up

The Base makes C's with your hands - one goes on the front of the toe and the other on the back of the heel. Keep your elbows tight by your side. When it's time for the stunt, big dip and then up

The Flyer is the person that goes in the air. Put your hands on the base's shoulders, step in then stand up tall with your shoulders lifted

Practice your balance standing on one foot with arms in High V. Make it harder by standing on a canned good!

DANCE

- ★ High V
- ★ Low V
- ★ Cross
- ★ T
- ★ Circle to the Back
- ★ Clap Clap Clap
- ★ Shake Shake Shake

**GO
TEAM!**

Your turn! Show us this dance with your favorite music!

Thank you Coach Saren, Coach Ashley, and Coach Amber!!