

CONWAY PUBLIC SCHOOL'S CHEER PROGRAM

Our program exists to build strong and confident young adults through cheerleading. We aim to set high standards of excellence and teach valuable life lessons that will help our cheerleaders continue to grow in their next phase of life. We promote team spirit, sportsmanship, and healthy working relationships with our community and school teams.

COACHING PHILOSOPHY:

- Emphasize and model core values of excellence, positivity, and respect
- Teach, model, and help develop life skills such as balance, conflict management, team work, self motivation, and self confidence
- Foster and model a positive and challenging learning environment to help athletes achieve their potential
- Provide continuous motivation and feedback to each athlete to ensure their success
- Instruct athletes in setting personal and team goals and provide opportunities for them to master their goals and succeed
- Maintain organization and clear, reasonable expectations
- Emphasize, encourage, and monitor athletes' academic performance in order to maintain that as a priority

SKILLS IN:	8TH GRADE	9TH GRADE	VARSITY
TUMBLING	<p><u>MININIMAL:</u> Cartwheels Roundoffs Back and front walkovers</p> <p><u>PREFERRED:</u> Back handsprings or tucks</p>	<p><u>MININIMAL:</u> Roundoffs Back and front walkovers</p> <p><u>PREFERRED:</u> Actively working on perfecting of back handsprings (standing and running) Actively working on tucks</p>	<p><u>MININIMAL:</u> Standing bhs Running bhs series of at least 2</p> <p><u>PREFERRED:</u> Tucks, fulls plus</p>
STUNTS	<p>Working on proper technique and safety of stunting basics for all stunt positions</p> <p>Working on dismounts such as bump down and cradle.</p>	<p>Continued building upon stunting basics and the progression to basic extended stunts, such as extensions and libs and half ups with an emphasis on safety and proper technique.</p>	<p>Expanding to more elite stunts such as toss to extension, two man stunts, full up to the top, body positions at extended level, pyramids, etc.</p>

	Stunts primarily at prep level	Perfecting dismounts such as cradle, full down, pop off from prep Stunts at prep and extended level depending on safety and skill of team	Perfecting the controlled pop off from extension Stunts primarily at extended level.
MOTIONS	Learning basic motion technique and placement	Strengthening motion placement and sharpness	Must have sharp motions
JUMPS	Learning basic jumps and working on flexibility in toe touches, hurdlers, and pike	Progressing in flexibility in jumps. Adding two jumps in a row while working on maintaining height and technique.	Perfecting multiple jumps in a row - 2 to 3 while maintaining height, technique, and sticking the landing.