

CHS Varsity Dance - Sonya Stephens

As a coach, I want to be able to provide each athlete with an opportunity to develop their skills in both life and athletic areas to become the best individual person and athlete they can become. I believe in challenging and encouraging each student athlete to push themselves beyond even what they believe is possible. I believe in developing socially and morally responsible student athletes and teaching them the importance of team concept and valuing each other. I believe in being fair and consistent to all student athletes regardless of athletic ability or any other relative factors. I want athletes to know that I care about them as individuals first – athlete second. I also want the student athlete to understand that they are cared for not because of athletic ability, but because of the individual person. I value relationships that can be built between coach and athlete that are more than just Dance season related. It is important that all athletes feel that they are loved, appreciated, and valued as individuals from the beginning of their Dance experience throughout their future endeavors.

Wampus Cat Dance 8th-12th

Level	Leaps	Turns	Tricks	Jumps
8th grade - Required skills introduced	Front Leap Second Leap Calypso	Single working on Double Working on Second turns	Headstand Headspring	Hurdler Toe Touch
9th grade - Required skills should be improved upon and working toward perfected skill	Front Leap Second Leap Calypso Disc	Double working on Triple Perfecting Second turns Working on team Seconds turns	Headstand into a stall Headspring Kip-up Aerial	Perfecting Hurdler and Toe Touch Connected Jumps Tilt Jump Firebird
High School 10th - 12th Perfected - skills are expected by start of Varsity Advanced Skills - optional but preferred	Perfected Front Leap Second Leap Calypso Disc Advanced Skill - Connected Leaps Switch Leap Switch Tilt	Perfected Triple Team Seconds 8 Seconds into a Triple Advanced Skill - -Box turns -Sail -Quad	Perfected Headstand into a stall Headspring Kip-up Advanced Skill - Aerial	Perfected Hurdler and Toe Tilt Jump Firebird Touch Strong Connected Jumps