

Cheer Prep 1: Beginner (5-7 yrs)**Cheer Prep 2: Beginner (8-13 yrs)****Cheer Prep 3: Intermediate (8-13 yrs)****Cheer Prep 4: Advanced (all ages)****Stunting**

Safety
Step-Up Drill
Shoulder Sit
Thigh Stand to Step-Off
Thigh Stand to Jump-Off
Hang Drill
Hang and Go
Prep
Bump Down
Double Base Extension
Single Base Prep Assisted Skills
Cradle
Single Leg Prep Skills
Pyramid / Basics

Jumps

Jump Stretches / Techniques
Straight Jump Approach w/ 8 Count
Tuck Jump
Spread Eagle
Toe-Touch
Front / Side Hurdlers
Pike
Synchronization in Team Jumps
Basic Jump Flexibility

Motions / Dance

Basic Motion Positions / Technique
Motion Placement / Sharpness
Learn IESA Score 4-5 8-Count Dance
Exercises for Basic Motion Technique

Choreography

Basic Choreo in Competitive Setting
Incorporate All Skills into 1 Routine
Learn IESA Score 4-5 Motion Tech
Stunt, Jump, & Transition to 8 Counts

Game Day

Learn IESA Score 4-5 Sidelines
Cheers w/ Jump, Stunt, &/or Tumble
Beginner Poms / Signs Class
Beginner Spiriting

Stunting

Safety
Drill / Level 1 Review
1/4 Up to Prep / Extension
1/2 Up to Prep / Extension
Pop-Off / Rewinds
Full Up to Prep
Single Base Extended Assisted Skills
Quick Toss to Prep / Extension
Full-Twist Cradle
Liberty
Advanced Body Position Prep
Pyramid Review / Basics
Pyramid w/ Release Transitions

Jumps

Jump Stretches
Technique Review of Jump Positions
Double-Jump Approach w/ 8-Count
Toe-Toe Combo
Hurdlers Combo
Hurdler / Pike Combo
Synchronization in Team Jumps

Motions / Dance

Review Basic Motion Technique
Review Proper Motion Placement
Sharpness & Team Sync
IESA score 5-6 / IHSA Level 3 Dance
Motion Visual Effects - Average Pace

Choreography

Basic Choreo in Competitive Setting
IESA score 5-6 / IHSA Level 3 Motion Tech
Stunt, Jump, & Transition to 8-Counts
Incorporate All Skills into 1 Routine

Game Day

IESA score 5-6 / IHSA Level 3 Sidelines
Cheers w/ Jump, Stunt, &/or Tumble
Intermediate Poms / Signs Class
Intermediate Spiriting
Learn to Perform in Front of Crowd

Stunting

Safety
Level 1 & 2 Review
Adv. Body Positions from Liberty
Full Twist Cradle fr. Liberty / Adv. Body Pos.
1/4 & 1/2 Up to Single Leg
Quick Toss to Single Leg
Switch Up to Single Leg / Adv. Body Pos.
Switch Up to 1/4 Turn
Low to High Tick-Tocks
Low to Low Full Arouns
Pyramid Review
Pyramid w/ Inversions

Jumps

Jump Stretches
Technique Review of Jump Positions
Double-Jump Approach w/ 8-Count
Jump to Stand. Tumb. Appr. w/ 8-Count
Synch. in Team Double Jump & Jump/Tumble

Motions / Dance

Review Basic Motion Technique
Review Placement, Sharpness, & Team Sync
Perfect Visual Effects - Fast Pace
IESA score 6-7 / IHSA Level 4 Dance

Choreography

Basic Choreo in Competitive Setting
IESA score 6-7 / IHSA Level 4 Motion Tech
Stunt, Jump, & Transition to 8-Counts
Incorporate All Skills into 1 Routine
Learn IESA / IHSA Competitive Rubric

Game Day

IESA score 6-7 / IHSA Level 4 Sidelines
Cheers w/ Jump, Stunt, &/or Tumble
Advanced Poms / Signs Class
Advanced Spiriting
Improve Performing in Front of Crowd

Stunting

Safety
Level 2 & 3 Review
Full Up to Extension
Ruby Slipper Full Up to Single Leg / Adv. Body Pos.
Low to High Full Arouns to Ext. / Single Leg / Adv. Body Pos.
Switch Up 1/2 Up to Adv. Body Pos.
Single Base Assisted Single Leg Skills
1 1/2 Up to Extension
Full Twist Cradle w/ 1/4 Rotation
High to High Tick-Tock
High to High Full Around
Double Up to Extension
Basket Toss / Basics
Pyramid Review
Advanced Pyramid

Jumps

Jump Stretches
Technique Review of Jump Positions
Double-Jump Approach w/ 8-Count
Jump to Stand. Tumb. Appr. w/ 8-Count
Synch. in Team Double Jump & Jump/Tumble

Motions / Dance

Review Basic Motion Technique
Review Placement, Sharpness, & Team Sync
Perfect Visual Effects - Fast Pace
IESA score 6-7 / IHSA Level 4 Dance

Choreography

Basic Choreo in Competitive Setting
IESA score 6-7 / IHSA Level 4 Motion Tech
Stunt, Jump, & Transition to 8-Counts
Incorporate All Skills into 1 Routine
Learn IESA / IHSA Competitive Rubric

Game Day

IESA score 6-7 / IHSA Level 4 Sidelines
Cheers w/ Jump, Stunt, AND Tumble
Advanced Poms / Signs Class Review
Advanced Spiriting Review
Improve Performing in Front of Crowd