

Practice Expectations:

What to expect at your first cheerleading practice

This guide will:

- ❖ Prepare you and your child for practice.
- ❖ Pick up tips on making this a rewarding experience.

Cheerleading is a fun, dynamic sport that lets boys and girls feed their inner performer, daredevil or Olympic champion in a team setting. Here are 8 key things to know when your child starts their cheer journey!

BEFORE YOU ARRIVE

Bring your child to class dressed and ready to participate. Dress in a form-fitting t shirt and shorts, long hair tied up in a high ponytail or bun for girls. Bring a water bottle with your athlete's name.

WHEN YOU ARRIVE

Classes will be held in several areas in the building. As we are sharing a space with many others, we will start stretching in a classroom and continue practicing in the gym with our carpet foam and tumble mats. Please only use designated doors to enter practice.

WHEN CLASS BEGINS

Athletes are asked to take the floor promptly when called and to leave all belongings including water bottles in the designated cubby area. Parents and siblings are asked to remain in their cars or seated in the balcony area. We have very limited space.

CLASS STRUCTURE

All classes start with a team warm-up and stretch before covering fundamental skills in each of the core areas:

- ❖ Stunting
- ❖ Tumbling
- ❖ Jumps
- ❖ Dance

Your child's team will work towards incorporating the skills they acquire in each core area in a routine for competitions and/or performances. The types of skills taught can vary based on the age and experience of the children in the class. For example, older students can understand complex instruction better than 4–5-year-olds. Your coach will tailor the instruction to the age group and class type.

WHERE ARE THE FLIPS?

Watching cheerleaders flying, twisting, spinning, and flipping across the floor, all the while under complete control, is jaw dropping. At the beginner entry level however, you can expect skills such as rolls, handstands, bridges, cartwheels, as well as jumps, to be covered. If your child desperately wants to

learn how to “flip,” please let them know that the skills they are learning now are the foundation to build up to that skill. Before you can land a back tuck, you need to learn a backwards roll.

Before you go for an aerial, you must master the cartwheel. Each skill is a building block towards a more advanced skill. To prevent injury, children should not try advanced skills on their own until their coach lets them know they are ready. Please do not be concerned if your child does not have any tumbling skills immediately, the development of strength and coordination is required first. Above all else, at the beginning of your journey, the goal of the coach is to foster a love for the sport in your child.

FUN

Cheerleading is fun from the beginning, filled with new friends and new experiences. While there may be challenging moments as your child progresses and the skills become more difficult, it’s hard to top that feeling when you learn — then master — something new! Warning: the fun usually does not end at the gym! Your bed may be adopted as the perfect crash mat and walls filled with feet marks from handstands. Cartwheels in the store and around the house are a sure sign your child has fallen for cheer!

AFTER CLASS

The first class is always free so you and your athlete can determine if this is something you want to do. Keep in mind this is all-star cheer which is different from sidelines cheer. We will not be learning cheers and chants. We will be learning routines for competitive cheerleading. After your free class and you determine that you loved it and want to return, you will be asked to enroll online (if you have not already done so). Once you have completed enrollment you are able to start attending regular classes. Practice dates and times will be updated on the website once classes are established. Please see Ms. Tate for details.

PAYMENTS

Upon enrollment payment will be due. Tuition is due on the 15th of every month. If your athlete does not start at the beginning of the month, tuition will be adjusted. If at any time you have questions regarding payments or invoices, please email blackdiamondstlt@gmail.com.

FUNDRAISING

Opportunities to raise money for your athletes’ uniforms and competition fees will become available. Tuition is not included in fundraising opportunities.