

The AmeriCheer Curriculum

Where there is more in 24!

At AmeriCheer, we know today's Spirit Programs have many duties and diverse needs which require a variety of roles. However, the core responsibilities of today's cheerleaders will always remain the same; providing school spirit, being outstanding ambassadors for your school and leading your crowd as one cohesive unit to support your teams on game day, and at community and sporting events. Our job, at AmeriCheer Summer Camps will be to shape, mold, and best prepare you to impress your administration, student body, community and fans as you LEAD with style!

Our Curriculum Highlights Include:

- **Time-Out Traditions – *New this Year!***

We will work with every attending organization to either refine your current, or create a brand new, time-out tradition to showcase at every game. Make sure you bring any props needed that you will want to incorporate including but not limited to signs, poms, meg flags, other props, etc. From touchdown celebrations, running your flags after a touchdown, crowd competition yells, two bits cheer, band yells, push-ups, etc, get ready to show us your very best and proudest moment of school spirit!! And that's not all, you will have a written evaluation time on what you show us complete with special awards on the final day of camp.
- **Game Day Crowd Leading**

From commanding the attention of your fans when taking the sideline or floor to incorporating visual techniques to enhance your crowd leading abilities, you will experience firsthand how to effectively lead your crowd perfectly for any game situation. We'll include such initiatives as:

 - **Creating a spirit tool kit and what that exactly entails**
 - **Use of effective prop incorporation for maximum visuals**
 - **Crowd engagement band cheers/dances/cadences that are easy and super fun**
 - **Choosing appropriate crowd leading skills and material for maximum crowd response**
 - **Overall crowd leading pointers for better crowd engagement**
 - **Much, much more!**
- **Game Day Ready Cheers and Sidelines**

All time-out cheers and sidelines will keep the emphasis on crowd leading and crowd involvement that is appropriate, exciting and effective for any game situation.

- **Performance Cheers**

In need of a Hello Cheer or halftime Performance Cheer that spotlights your team skills? We have you covered. Expect to receive our very best that will have you ready, set and confident to embark upon your season.

- **Dances**

AmeriCheer dances are the best when it comes to innovation and fun. You will experience various dances that will be age appropriate, creative, and full of energy as well as fitting for all ability levels. Get ready to be a part of this camp favorite!

- **One-on-One Private Coaching**

To ensure your team's personal best, AmeriCheer will offer Private Coaching every day to all attending teams on various material they learn each day at camp. Every day you will receive interactive, personal one-on-one from our staff's best that will focus on your needs, confidence and improvement.

- **Daily Evaluations**

Your personal best.... the core value of AmeriCheer! What better way to build confidence and track your success than to participate in our daily evaluations that will reward you for maximum progress. All evaluations will be conducted in a low-pressure nurturing environment perfect for gaining new ideas but most of all, Building confidence and having fun!

- **Motion Technique**

A fundamental must have for all team members. You'll learn to better your team's strength of motions by incorporating correct placement and overall techniques complete with drills. This will be perfect to incorporate into every practice to keep those motions tight and sharp!

- **Jumps Development**

Learn the various jumps pertaining to today's cheerleading and taught in progressions emphasizing form and technique for better fundamental development. Additionally, you will learn correct pointers on jump approaches, landings and perfect arm placement when executing jumps.

- **Partner Stunts, Pyramids and Tosses**

Whether you are a beginner or veteran team, AmeriCheer will provide only our best when it comes to meeting every team's needs and wants when learning new stunts, refining current stunts, learning visual pyramids, and developing basket toss skills of all types and skill levels. You'll also learn Game Day appropriate building skills, routine and performance skills with a profound interest on appropriate form, technique, roles of each position and the safety of everyone involved.

- ***Elective Classes**

It's all about options and this year will be no different. We'll provide various classes on such options as jump combinations, power jumps, jump conditioning and flexibility, Game Day competition routine development, Additional cheers and sidelines, fight song routine, hello cheer and so much more!

**All Elective class options will vary based upon the number of camp participants at each camp location.*

- **Team Goal Setting**

The AmeriCheer staff will work with your team(s) every day by providing activities that promote working together as a cohesive unit, set appropriate and attainable goals for the upcoming year, and to provide feedback on how to achieve them. What better way to leave camp than with everyone on the same page regarding your team(s) goals and ways to best achieve them!

- **Captain and Leadership Training**

Captains and/or designated team leaders will be provided the opportunity to better develop their skills when it comes to being a stronger leader, great role model, displaying character, being an effective communicator and so much more. Additionally, we'll provide a Team Resource Book perfect for referencing situations and activities on "how-to" throughout the year including planning worksheets, pep rally ideas, building traditions, game management ideas, spirit Ideas, game etiquette, what's in and what's not and much more!