

Safety First

Because safety always matters, The AmeriCheer Program will include comprehensive training covering all aspects of the latest safety techniques, spotting guidelines, and stunt and building progressions that will be adaptable to your team's needs and ability level. Also, you will receive daily conditioning techniques, proper stretching methods, strength building guidelines and conditioning program initiatives developed specifically for today's cheerleaders.

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- **Step-by-Step Progressions** – All building skills will be taught with only the latest in step-by-step progressions and all with an emphasis on thorough safety and skill building techniques. Your team will learn each skill slowly and properly before moving on to the next to insure maximization for your team's safety.
- **Key Fundamentals** - AmeriCheer will present your team with the fundamental building blocks needed to reach everyone's potential. New skills will provide better enjoyment and overall confidence when all team members know the current and correct fundamentals and latest techniques.
- **Essential Spotting Guidelines** – AmeriCheer will offer only the latest when it comes to spotting all building skills no matter if you working on current skills or developing new ones.
- **On-Site Medical Personnel** – AmeriCheer Resident Camps feature 24-hour-a-day adult supervision including camp administrative managers and athletic personnel that will assure you a safe and successful time at camp.