

# The AmeriCheer Curriculum

*Everyone Learns. Everyone Leads. Everyone Succeeds.*

Today's Spirit Programs do more than cheer, they lead.

At AmeriCheer, we design our summer camp curriculum to build confident athletes, powerful leaders, and unified teams who command the crowd and represent their schools with pride. Every session is intentional. Every drill has purpose. Every experience prepares your program for a season of success, in the eyes of your administration, student body, community, and fans.

## Game Day Excellence

### Crowd crazies: Time-Out Traditions

*Create it. Refine it. Own it.*

We'll help your team develop or elevate a signature time-out tradition that energizes your student section and unifies your crowd. Through demonstration, guided instruction, and evaluation, your team will leave camp confident in leading a tradition that's recognizable, organized, and effective.

**Bring your props:** signs, poms, megaphones, flags, rally towels, we'll help you maximize them.

### Game Day 101: Crowd Leadership & Management

*The foundation of today's Spirit Leaders.*

Learn how to command attention, control momentum, and lead effectively in any game situation.

Focus areas include:

- Building an effective Spirit Tool Kit
- Smart prop selection and incorporation
- Crowd engagement alongside the band
- Skill and material selection
- Visual leadership techniques
- Showmanship and sideline presence

### Crowd Involvement Cheers & Sidelines

Every cheer and sideline taught emphasizes engagement, clarity, and crowd participation, appropriate, exciting, and adaptable to any sport.

### Dances

Where innovation meets energy. Choose from age-appropriate, creative, and high-energy dance options set to great music. Fun, visual, and always a camp favorite.



# Skill Development

## Motion Technique

Strong motions are the foundation of visual excellence. Athletes will learn proper placement, strength, and execution through drills that can be implemented into every practice.

## Jump Development & Incorporation

*Stand out with technique.*

Jumps are taught in progressions with emphasis on:

- Form and body control
- Proper approach and landings
- Arm placement
- Connecting jumps for maximum visual impact

## Stunts, Transitions, Pyramids & Tosses

*Built for every level. Prioritized for safety.*

Whether beginner or advanced, your team will learn and refine:

- Game Day building skills
- Routine and performance stunts
- Visual pyramids
- Basket toss technique

Strong emphasis is placed on proper roles, technique, safety standards, and progression.

*Note: Alternative classes are offered for programs that do not build.*

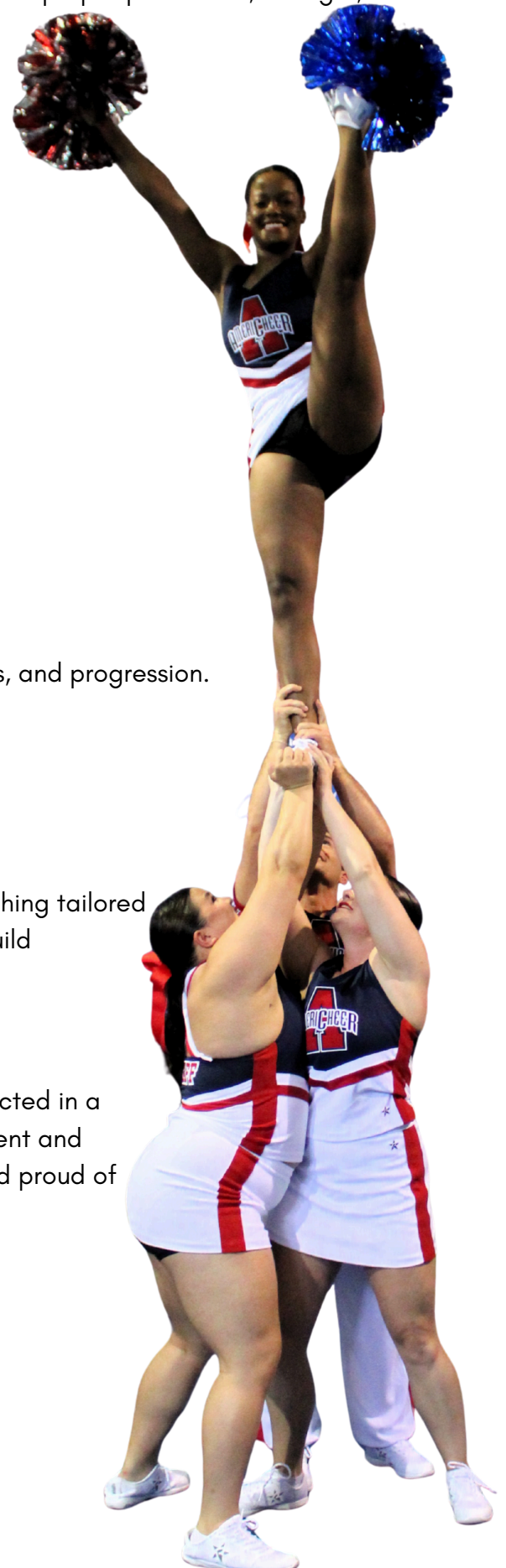
# Personalized Coaching & Growth

## One-on-One Private Coaching

Intentional. Focused. Impactful. Every team receives daily private coaching tailored to their specific needs. Our staff works directly with your athletes to build confidence, improve technique, and maximize growth.

## Daily Evaluations

Progress you can see. Confidence you can feel. Evaluations are conducted in a low-pressure, encouraging environment designed to reward improvement and reinforce learning. Athletes leave feeling accomplished, motivated, and proud of their growth.



## Elective Classes

More options. More customization. Electives vary by camp and may include:

- Jump combinations
- Power jumps
- Flexibility & conditioning
- Game Day competition routine development
- Fight song routines
- Hello cheer creation
- Additional material

Options are tailored to coach needs and participant numbers.

## Leadership & Culture

### Team Unity & Goal Setting

Where team culture is built. Through guided activities and intentional discussion, teams will:

- Strengthen communication
- Set measurable season goals
- Align expectations
- Leave camp unified and focused

### Athlete Leadership Academy.

*Developing today's athletes into tomorrow's leaders.*

Captains and team leaders participate in a specialized leadership session focused on:

- Effective communication
- Character development
- Conflict resolution
- Sportsmanship
- Time management
- Community involvement
- College recruitment insight

Each participant receives a Leadership Resource Guide filled with worksheets, planning tools, and season-long reference materials.

### Big Brother / Big Sister Program

Connection that lasts beyond camp. Athletes are paired with staff mentors who provide daily interaction, support, and encouragement, creating meaningful connections and a positive, welcoming environment.



# Strength & Conditioning

## Warm-Up, Conditioning & Injury Prevention

*Train smart. Perform stronger.*

Daily sessions include:

- Cardiovascular conditioning
- Strength development
- Flexibility training
- Injury prevention focus

All set to high-energy, motivating music to keep athletes engaged and energized.

## The AmeriCheer Difference

- ✓ Game Day Focused
- ✓ Leadership Driven
- ✓ Skill Progressive
- ✓ Confidence Building
- ✓ Safety Centered
- ✓ Team Culture Focused

AmeriCheer isn't just about learning material.

It's about building programs that lead with confidence all season long.

