

## **Coaches Clinic**

No favorites

Not the same flyer everytime

Half time should be a dance, a cheer and a stunt

Squad should learn an additional cheer with stunt to do at the end of each quarter.

Give every girl a chance to start a cheer

No captain helps to promote unity and a feeling that we are all equal

Don't let them stand around at games ALWAYS cheering. You can do the same cheer multiple times

Applaud enthusiasm teach them facials and voice tone.

Stress tight motions and make them do it over and over to build muscle memory. Not just stunting

No cell phone at practice or games focus on the girls

They have to stop talking and listen...If they don't make them sit out. (biggest challenge)

No talking while stunting.

Zero tolerance for exclusion tell them they have to be friends...we all cheer for each other's accomplishments no matter how big or small. No mean girls

Make people who pick up quickly help those who are slower learners.

### **Proper stunting...**

- 1. be safe don't push them to do things they can't**
- 2. ideas for beginning stunts?**