



FITGIRL CHEER & TUMBLE | NOVEMBER 7 - DECEMBER 12
EVERY SATURDAY FROM 11-12:30



Week 1: Introductions

This practice will be spent teaching the girls the things we will work on each time we meet. Eventually, I would like to have the girls take turns leading warm up and stretching.

1. Spend time getting to know each other.
2. Teach girls warm up routine that they will do each practice.
3. Teach girls how to stretch.
4. Learn/Review basic cheer motions
5. Strength and conditioning
6. Fitgirl Mantra

Week 2: Jumps/Kicks

Review motions. Begin to touch base on jump and kick technique.

1. Review names.
2. Talk about what it means to be part of Fitgirl program.
3. Warm up and Stretch
4. Kicks
5. Begin to learn jump approaches.
6. Begin to learn jumps (Tuck, Star, Toe Touch)
7. Strength and conditioning
8. Fitgirl Mantra
1. Fitgirl Mantra

Week 3: More Jumps/Flexibility/Fitgirl Cheer

I would like to work on over all Flexibility. Set up stations and drills and learn other more advanced jumps. Learn Fitgirl cheer.

1. Warm up/ Stretch
2. Partner Stretching
3. Flexibility stations

4. Learn different jump approach
5. Jumps (Pike, L/R Hurkee, L/R Hurdler. L/R front hurdler)
6. Fitgirl Cheer
7. Fitgirl Mantra

Week 4: Dance

Fitgirl Cheer review. Begin to learn performance dance.

1. Warm up/ Stretch
2. Begin to learn Dance
3. Fitgirl Mantra

Week 5: Dance/Fitgirl Cheer

Dance continued. Practice for performance

1. Warm up/ Stretch
2. More Dance
3. Fitgirl Mantra

Week 6: Performance