

REGULAR TEAM PRACTICES WILL BEGIN
MONDAY, AUGUST 3, 2009!

DESERT DEVILS

Cheerleading

EFFECTIVE JUNE AND JULY 2009

TEAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30 – 4:00	Flexibility	Flexibility	Flexibility	Flexibility	
4:00 – 5:00	Int. Tumble	Beg. Tumble	Adv. Tumble	Beg. Tumble	
5:00 – 6:00	Beg. Tumble	Int. Tumble	Beg. Tumble	Int. Tumble	
6:00 – 7:00	Beg. Stunt	Adv. Stunt	Beg. Stunt	Adv. Stunt	
7:00 – 8:00	Adv. Tumble	Adv. Tumble	Int. Tumble	Adv. Tumble	

EACH CHEERLEADER WILL BE ENROLLED BY JACY IN A
MINIMUM OF 3 OF THE ABOVE CLASSES.

TUMBLING

All cheerleaders will work on running tumbling, standing tumbling and jumps.

Beginning Tumble – Cheerleaders will work on all skills to progress standing backhandsprings and round-off backhandsprings.

Intermediate Tumble – Cheerleaders must have a round-off backhandspring (without a spot) **NO EXCEPTIONS**

Advanced Tumble – Cheerleaders must have a standing backhandspring series and round-off backhandspring series to tuck (without a spot). **NO EXCEPTIONS**

STUNTING

Athletes will work together to develop technique, timing, strength and flexibility. Cheerleaders will work to develop specific positions for each girl, (flyer, back spot, and base).

Beginning Stunt – Cheerleaders will work on skills to progress extensions and cradles.

Advanced Stunt - Cheerleaders must be able to fly, base or back spot a liberty extension.

FLEXIBILITY

This class will help increase muscle elasticity to allow our cheerleaders to have a stronger performance.

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