

MG CHEERLEADING

At-Home Guide to Gain Results!

*"We are what we repeatedly do.
Excellence, therefore, is not an act but a habit."*



We believe that this team has the potential to be THE BEST.

Every member of this team needs to work **HARD** towards our desired goals. Our jumps can only get **higher** and our tumbling can only get more **advanced**! Get motivated. Be the best, on this squad, on this team, in this state, in this country! Have confidence in the potential of your abilities. You are your worst enemy when it comes to fear- throw your handsprings often!

Remember: cheerleaders **MUST** have strength. We are only as strong as our weakest cheerleader.

All of you have must desire the dedication to improve your personal abilities, therefore making our team THE BEST.

We have all our faith in you.

Coach Nicky, Coach Hailey, Coach Kristy, Coach Mallory and Coach Steve

The Crimson Cheerleader's Guide to:
STRETCHING

Center Splits

Sit in the proper center split position. Put your arms in the toe touch position. Slowly lean forward until you feel a pull in your inner thighs. Hold your upper body there for 20 seconds.

Lying `V' Stretch

Start by lying down with your back flat on the ground and your legs straight together in the air at a 90 degree angle. Turn your legs out so that your knees are facing the side walls. Slowly bring your legs down towards the floor, keeping your legs straight and turned out. When you reach the point where you cannot bring them down any further, leave them there for 20 seconds.

With your feet pointed, use your arms to reach in and grab your legs. Each arm should grab the leg on the same side. Try to get a hold of the leg between the ankle and the knee. Exhale and use your arms to gently but steadily force your legs down further and wider (keeping the legs straight). Hold this position and keep applying steady pressure with your arms for 20 additional seconds.

Pointed Toes Stretch

Ask a friend or family member to help. Sit on the ground with your legs in the pike position. Have your assistant gently press your foot toward the ground. Their fingers should remain on the bottom of your foot and the palm of their hand should lightly apply pressure an inch above your toes. Hold for 20 seconds. Repeat with assistant. Try again without the added pressure to bring your feet to the same pointed position.

Side Split Ballet Stretch

Find a counter, table, or couch with a height that is slightly above your waist height. Position your body about arms length away from the counter. Stand in a lunge facing the counter and stabilize yourself on your ground leg. Lift your lunge leg onto the edge of the counter. Bend the upper half of your body over your extended leg, reaching towards your foot. Keep your knees locked. Hold the stretch feeling the lengthening of your muscles. Repeat on your opposite leg.

Six o'clock up the wall

Stand directly against a smooth wall. Lean your body forward towards your legs so your hands are stabilizing your body on the ground directly in front of your feet. Take one leg and slide it into the splits against the wall. Use your arms and bottom leg to create a pushing motion to slide closer to the wall. Your inner thighs should be touching the wall. Hold here for 20 seconds continuing to push your entire body closer to the wall. Keep your leg muscles and knees tight. Repeat. To increase difficulty, put your bottom ground foot 6 inches from the wall and extend your leg up the wall. This is past the split position. Repeat on other leg.

V-Pulls

Lay flat on your back on the ground in an open space. Keep your arms at your side for balance. Engage your abs tight into a crunch. With your toes pointed squeeze your legs together. Pull your legs apart into a center split position in the air. Bring your legs back to the starting position slowly. Repeat 15 times. Rest and continue for 15 more. Breathe out as you pull your legs up.

The Crimson Cheerleader's Guide to:
BACK-HANDSPRINGS

Back Bend Flexibility

Do at least one backbend a day. Hold it for 60 seconds to improve back flexibility. To increase difficulty, push your weight over your shoulders and try to straighten your legs in the backbend. This is a great stretch to wake your body up on early school mornings!

Hand Stand Strength

Go into a hand stand against a wall. Push up tall in the handstand squeezing every muscle in your body for as long as you can. Repeat 3 times. To increase difficulty, do a vertical push-up. Remember a back handspring is a handstand.

Hand Stand Pop down Drill

This can be done against a wall or without a wall. Kick into a handstand, hold it for a few seconds and then snap both feet down at the same time. Keep your legs tight together and your core and glutes squeezed tight.

Push-Ups

Work on GOOD push-ups. The arm strength gained from push-ups makes the world of difference in locking your arms for back hand springs.

Plank

Go into the push-up position but on your elbows. This will strengthen your core to help you snap down from a handspring. Hold for 30 seconds. Repeat again.