“And you shall love the Lord your God with all your heart, and with all your soul (life), and with all your mind (thought, understanding), and with all your strength.”

Mark 12:30 (AMP)

Instructional Credits

The following presentation is a compilation of youtube videos from several cheerleading sources other than the FCA Cheerleading Head Coach. Each url is embedded for navigation and citing credit. Because of the nature of this year’s FCA camp, it is recommended that each athlete have accurate, visual instruction to ensure proper technique. Videos included are also a way for each athlete to independently pursue the sport of cheerleading with confidence and precision.

-Sherry Richardson

What you will need ...

- Proper cheer shoes or sneakers
- Shorts that allow you to move freely
- Breathable T-shirt
- WATER during every break

* When practicing, be sure that you are not on concrete flooring. The best surface would be outside on a level grass surface.
WELCOME TO CHEER !!!

MONDAYS: MOTIONS/CHEERS

TUESDAYS: FITNESS/ STRETCHING

WEDNESDAYS: JUMPS

THURSDAYS: FITNESS/ STRETCHING

FRIDAYS: DANCE

General Warm-up

- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Go through each exercise and repeat 3X (3 sets)

20 Day Workout Schedule

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WEEK 1

MONDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
Basic Cheer Motions
- Cheer Motion Tutorial Video
- Basic Motion Drill Tutorial Video

Chant #1

TUESDAY
Conditioning Drills

Stretch

Chant #1

WEDNESDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
Cheer Jump Basics

THURSDAY
Conditioning Drills

Stretch

Chant #1

FRIDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
UCA Tryout Dance New
UCA Tryout Dance Tutorial
WEEK 2

MONDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)
Stretch
Basic Cheer Motions
- Cheer Motion Tutorial Video
- Basic Motion Drill Tutorial Video
Chant #2

TUESDAY
Conditioning Drills
Stretch
Chant #2

WEDNESDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)
Stretch
Toe Touch How-To

THURSDAY
Conditioning Drills
Stretch
Chant #2

FRIDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)
Stretch
UCA Tryout Dance New
UCA Tryout Dance Tutorial
WEEK 3

MONDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
Basic Cheer Motions
- Cheer Motion Tutorial Video
- Basic Motion Drill Tutorial Video

Chant #3

TUESDAY
Fitness Drills
Stretch
Chant #3

WEDNESDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
Herkie How To

THURSDAY
Fitness Drills
Stretch
Chant #3

FRIDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
UCA Tryout Dance New
UCA Tryout Dance Tutorial
# WEEK 4

## MONDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
- Basic Cheer Motions
  - Cheer Motion Tutorial Video
  - Basic Motion Drill Tutorial Video

Camp Cheer

## TUESDAY
Fitness Drills
Stretch
Camp Cheer

## WEDNESDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
- Intermediate Jumps

## THURSDAY
Fitness Drills
Stretch
Camp Cheer

## FRIDAY
General Warm Up
- Jumping jacks (10 reps)
- Jogging in place (10 seconds)
- Jump rope (invisible if you don’t have one) (10 seconds/20 jumps)

Stretch
- UCA Tryout Dance New
- UCA Tryout Dance Tutorial