

CHEERLEADING COACHES CAMP 2012

Cheerleading
zveza
Slovenije



**Jonathan
Smiley**



Lupe Davis

When?

18th and 19th February 2012

Where?

**Log pri Brezovici
Slovenia**

**Practice methods
Tumbling and jumps
Innovative elements**

**Motivation
Safety
Choreography**

Cheerleading evening for all participants!

Date:

18th February 2012 from 10.00 AM to 19.00 PM

19th February 2012 from 10.00 AM to 17.00 PM

The duration of the camp and topics are only informative, the hours and topics can change, depending on wishes or duration of classes. Exact schedule will be send to participants via e-mail by 15th February 2012.

Location:

[OŠ Log Dragomer, Šolska cesta 1, 1358 Log pri Brezovici, Slovenia](#)

Instructors:



Jonathan Smiley

“Currently I am the Head Coach for the Czech National Team and working with several teams all over Czech! I have recently helped instruct camps for ELITE in several different countries all over Europe! I specialize in all skills training, choreography for competition routines, and tumbling. I have judged cheerleading competitions Internationally for about 5 years now and currently in the United States for about 8 years. I have also the title AACCA (The American Association of Cheerleading Coaches and Administrators) Certified Coach-Cheerleading Skills Coach. In my cheerleading career I have work with a lot of teams:

Kennesaw State University; Western Christian High School, Upland, CA. ; Tri City Christian High School Vista, CA. ; ENERGIE ALL STARS Chino, CA.; Azusa Pacific University Azusa, CA. I am also a president and owner of Power House Cheerleading (X-treme Athletics).”



Lupe Davis

Lupe has been in the cheer world for 17 years. He was a former cheerleader at the University of Hawaii and Arizona State University. He was also a former UCA staff member that worked for the company for 11 years. Working for UCA, he was a head instructor, worked college camps, did the MDA performance and also got work in the country of Chile as an instructor. He has worked and choreographed many all star, high school and college teams like Desert Storm Elite, Woodard Junior High, Cactus Shadows High School, Arizona State University, North Idaho College, Xavier College Prep, Mountain Ridge High School and many more teams. He is a former part owner/ founder and head coach of Arizona Myths All Stars where he choreographed and produced their music. He has also judged numerous competitions for different companies.

Topics:

- Practice methods in cheer
- Safety in stunts, pyramids and tumbling
- Tumbling and jump technique
- Innovative coed and allgirl stunt and pyramid sequences
- Innovative basket tosses
- Choreography
- Motivation
- In shape for cheerleading
- Typical situations in a coaches life

Participation fee:

40€ per person – for members of SCA (Slovenian Cheer Association)

50€ per person – for everybody else

[You can sign up before 8th February 2012 via online application.](#)

On-account invoices shall be sent to you based on your application and should be paid in full by bank transfer before 10th February 2012. Cancellations after 10th February 2012 are NOT possible, but you may choose to send a substitute instead. Only individuals who are signed up and have paid the admission fee can participate at the camp.

CAMP WILL BE HELD IN ENGLISH LANGUAGE!

Any questions can be sent to e-mail: slo.cheer@gmail.com .

There are numerous options for accommodation, but are not offered by SCA. Please check links below and make reservation individually.

<http://www.zeppelinhostel.com/>

<http://www.hostelcelica.com/>

<http://www.alibi.si/>

http://www.hotelpark.si/en_hostel,20.html

There will be an official cheer evening social event for all participants of the camp on Saturday, 18th February 2012 from 22.00 hours onwards at Caffe Mačkon, Trubarjeva cesta 44, 1000 Ljubljana. In a cafe ambient we will informally discuss cheerleading trends and problems that coaches face during the competition season. A welcome drink is included in admission fee.

TIMETABLE

18. 2. 2012 SATHURDAY

10.00 - 10.15 - START AND INTRODUCTION

10.15 - 10.30 - DISCUSSION

Determining the skill level of participants and possible wishes for specific skills or topics.

10.30 – 11.15 - Practice methods in cheerleading

Building an effective cheerleading program and practice plan / effective training methods and exercises / how to develop a team / perfection before progression /

11:15 – 11:45 - Safety in stunts, pyramids and tumbling

Spotting methods in stunts, pyramids and tumbling / proper equipment / practice surfaces / how to safely progress your skill level .

11.45 – 12.00 - Preparation for practical session in the gym

Please bring your gym clothes and shoes.

12.00 – 13:00 - Tumbling and jump technique (warm up included for executing the exercises)

Teaching from the basic techniques to advanced skills including spotting / proper progressions in tumbling / exact exercises for the team members, that they can work on individually at home, school and in free time.

13.00 - 14.30 - LUNCH BREAK

14:30 – 15.30 - Innovative pyramid sequences (warm up included for executing the exercises)

Introduction to pyramid sequences in allgirl and coed teams / Effective spotting in pyramids.

15:30 - 16:00 - Innovative basket tosses

Introduction to innovative basket tosses / increasing your height / how to clean up tosses / exercises for better and higher tosses for flyers and bases.

16:00 – 17:00 - Innovative stunt sequences / coed and allgirl

Introduction to innovative stunt sequences / effective methods to learn new techniques / typical progressions in coed stunts and allgirl stunts

17:00 – 17.30 - SHORT EXAMPLARY TRAINING

How to incorporate all the things we learned today to your training at home.

In the case of insufficient number of participants, SCA has the right to cancel the camp.

CHEERLEADING COACHES CAMP 2012

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17.30 – 17.45 - BREAK (move to classroom)

17.45 - 18.45 - Open technique class (classroom)

Open discussion and questions concerning all technique oriented classes, specific exercises and individual improvement for your team members (solving problems by discussing about them).

18:45 - END OF DAY 1

19. 2. 2012 SUNDAY

10:00 – 10:15 - INTRODUCTION

10:15 - 11:00 - Choreography

Utilizing simple steps to create routines and innovative choreography ideas on what to consider for competitions .

11:00 - 11:45 - Motivation

How to motivate your team / team-building / teamwork / forming a team unit.

11:45 - 12:30 - In shape for cheerleading

What means “in shape” / workouts and stretching / nutrition / effective workouts can be fun and team building / innovative exercises for stretching, strength and stamina.

12:30 – 14.00 - LUNCH BREAK

14:00 – 14:30 - Typical situations in a coaches life

How to deal with numerous situations that occur for a coach / from injuries to fights between team members (including discussions).

14:30 – 15:00 - Open Discussion

Questions and answers time.