



Coaching Cheer and Dance

Course Objectives:

- Learn how to match your coaching philosophy to the role of the spirit team in the school setting
- Create a fair tryout system where you make the final decisions
- Organize an effective practice
- Understand the difference between game day/sideline responsibilities and competitions
- Recognize facility, transportation and end of season obligations and what the school's policies are in these areas
- Recognize a team member's physical performance readiness
- Work with safe spotting techniques and motion techniques
- Teach appropriate and safe jumping techniques
- Understand the legal liability and responsibilities of a cheer or dance coach
- Understand the content in the NFHS Spirit Rules Book
- Use the rule situations in the NFHS Spirit Rules Book to effectively interpret the spirit rules

Unit 1: Introduction

- Philosophy
- Coaching Styles
- Communications
- Dealing with Different Personalities
- Compromise
- Documentation
- Summary

- Team Handbook
- Yearly Calendar
- Service Projects
- Summary

Unit 2: Coaches Performance Responsibilities

- Tryouts
- Practices
- Game Day
- Competitions
- Outside Training
- Summary

Unit 4: Fundamental Technique

- Progressions
- Spotting
- Motions
- Jumps/Leaps
- Dance
- Progressions/Stunts
- Summary

Unit 3: Coaches Administrative Responsibilities

- Program Logistics
- Program Finances

Unit 5: Risk Management

- Liability Issues
- Spirit Rules
- Summary

Resources: Developing a Coaching Philosophy; Statements of School Philosophies, Tryout Application; Cheer Evaluation Form; Cheerleading Tryout Checklist; Information Sheet; NFHS Coaches Association Membership Information; Sample Clinic Schedule; Sample Parent Letter; Sample Parent Student Letter; Teacher Evaluation; Team Selection Form; Tryout Contract; Tryout Judges Sheet; Tryout Schedule, Team Calendar, Team Handbook; Asst Coach Evaluation Form; Budget Request Form; Course Evaluation Form; Coaching Observation Form; Estimated Expenditures Form; Head Coach Evaluation Form; Mileage Statement Form; Purchase Order Form; Request for Bids Form; Spirit Inventory Forms; Year End Evaluations, Cheerleading Judging Form; Cheerleading Skill Progressions; Partner Stunt Progression; Pom Judging Form; Poms-Dance Judges Sheet, Emergency Phone List; Emergency Plan; List of Duties, Spirit Rules Book ad-Coach Ed; State Association Form