

# CHEER PRACTICE PLAN FOR 2/7

## SCHEDULE

- 5:5:05- finish setup
- 5:05-5:15- warmup + stretch
- 5:15-5:20- Jumps
- 5:20-5:30- Review Game Notes
- 5:30-5:50- TD/Q material

JV

- Stars over here
- Hey Ho, Get loud

V

- W-E-B-O  
w/ signs + BHS
- Review Hey Ho Get loud, mark stunts

5:50-6:20 - Stunts

- Warmup basics

JV

- half up
- single base
- braced lib

V

- MW switch up
- AR switch up
- AM brace MW inversion
- AR RO up

6:20-6:55 - Tumbling

- KR Kickover + BWO
- Can we use a mat as a barrel?
- Do power hurdle drill facing each other
- LI work on RO BHS
- HP work on

## ATTENDANCE

- KR - home - MHD
- LP - home sick

## TODAY'S GOALS

- JV a/t/o cheers
- JV Single base
- 

## ANNOUNCEMENTS

- 
- 
- 

## NOTES

- JV hadn't done GET loud so spent most of time doing that -

- \* AR switch up hint!
- V WEBO w/ BHS is nice!
- MW inversion pyramid good
- JV

# Sample Cheer Lesson Plans

**Michael Rajnik**



**Sample Cheer Lesson Plans:**

## **Sample Cheer Lesson Plans** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Sample Cheer Lesson Plans**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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