
Allstar Cheer Gyms are a GREAT Resource!

Posted by CSandStorm - 2008/09/17 11:53

I would strongly suggest contacting an allstar cheer program in your area to ask for help. They can usually do anything from a 2 hour clinic, to having your team come in once a week for practice.

The benefits of taking your team to a gym is that there are usually several experienced coaches who can help, as well as equipment like mats or even a pit for your cheerleaders to work on.

Another idea to help your routine is to video it at a practice. Have all your cheerleaders sit down and watch it together. You can go around a circle and get each cheerleader's input about the routine. Likes, dislikes, and even picking out areas that need improvement are all great ways to both bring your team closer, and help get everyones view. After all, Cheerleading is a team sport!

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Re:Allstar Cheer Gyms are a GREAT Resource!

Posted by bweimer - 2008/11/09 00:21

I agree that all star gyms are a great resource, however several choreography companies may offer services to fit your needs. For example, I offer a clean-up service. It's a day when I come out and work through your routine from start to finish and tweek and different things that I feel will make it better. There is more info on my website at www.cheerwithbrandon.com

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