



BGU Cheerleading Levels 1&2 - London

Start Date: 1/18/2020 9:00 AM

End Date: 1/19/2020 4:30 PM

BGU Levels 1-2 is perfect for someone wanting to start coaching cheerleading, for coaches with 0 to 3 years experience or anyone who would like a refresher in training athletes at IASF levels 1 & 2. Coaches will receive full instruction following progressions and safety techniques. All skills are demonstrated by BGU demo athletes during the course and coaches will get to see the skills as they would in coaching environment.

This 2 day course covers:

- * Introduction to All-star cheerleading.
- * Starting a programme & session planning
- * Policies, Health and safety, Safeguarding.
- * Fitness, conditioning & intro into nutrition.
- * Routine choreography & competition score sheets, rules.
- * Jump fitness and arm motions
- * Level 1 stunts - Ground level, waist level, Shoulder level, $\frac{1}{4}$ twists, single leg and straight dismounts.
- * Level 1 tumblers - Forward/backward rolls, handstands, cartwheels, round off, forward/backward walkovers.
- * Level 2 stunts - Extensions, inversions, $\frac{1}{2}$ twists, single leg & $\frac{1}{4}$ dismounts
- * Level 2 tumblers - Front/back handspring.