

HELPFUL CHEER LINKS

LISTED BELOW ARE LINKS TO VIDEOS YOU CAN USE TO PRACTICE YOUR TECHNIQUE BEFORE TRYOUTS.

TOE TOUCH: <https://www.youtube.com/watch?v=jDIF26-Uu2I>

HERKIE: <https://www.youtube.com/watch?v=TIKVic4GdEk>

HURDLER: <https://www.youtube.com/watch?v=FA7TWwyjeZs>

PIKE: <https://www.youtube.com/watch?v=ErSkCnyy2lg&t=10s>

STRETCHES: <https://uca.varsity.com/Coaches/Power-Jumps>

MOTIONS: <https://www.youtube.com/watch?v=FA7TWwyjeZs>

<https://www.youtube.com/watch?v=xUWJ0hrcnRw>

DANCE PRACTICE: <https://www.youtube.com/watch?v=q8yyyimjfTA>



- I RECOMMEND CONNECTING WITH OTHER GIRLS HERE AT THE TRYOUT PREP CLINIC. IT WILL BENEFIT YOU TO HAVE SOMEONE TO TEXT QUESTIONS TO AND PRACTICE WITH.
- PRACTICE, PRACTICE, PRACTICE! YOU CAN ONLY INCREASE YOUR CHANCE OF MAKING THE TEAM THE MORE YOU PRACTICE.
- GOOD LUCK!

