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=jDlF26-Uu2l

HERKIE: https://www.youtube.com/watch?v=TlKVlc4GdEk

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

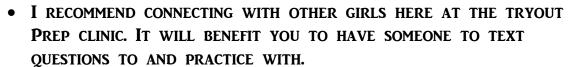
PIKE: https://www.youtube.com/watch?v=ErSkCnyy2Ig&t=10s

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=q8yyyjmjfTA



- PRACTICE, PRACTICE! YOU CAN ONLY INCREASE YOUR CHANCE OF MAKING THE TEAM THE MORE YOU PRACTICE.
- GOOD LUCK!

