



## Cheerleading 10

(This is a yearlong, off timetable course)

Cheerleaders are student leaders who exemplify and promote school spirit, pride, and sportsmanship. Cheerleaders enhance a positive school climate by exhibiting leadership skills, such as respect for individual differences, building consensus, academic excellence, and modeling appropriate behaviors at all times, both in and away from school. No experience necessary. All grades and genders welcome.



Course curriculum: History of cheerleading - types of cheerleading - strength and conditioning – beginner jumps and stunts - cheers, chants, and motivation – Hair and makeup – nutrition and health – safety – establishing personal goals – participate in fundraising.

## Cheerleading 11

(This is a yearlong, off timetable course)

Building on Cheerleading 10, the course objectives are to become mentally and physically fit and athletically skilled in the field of cheerleading. • To demonstrate cheerleading etiquette for public appearances and private practices. • To provide an atmosphere of support and cohesion essential for team building. • To support and participate in community projects that help the campus and District achieve respective goals and objectives. No experience necessary. All grades and genders welcome.

## Cheerleading 12

(This is a yearlong, off timetable course)

At the senior level of Cheerleading responsibilities range from intense physical activity while practicing and cheering for sports teams, audience entertainment, or performance routines. The routines usually range anywhere from one to three minutes, which may contain many components of tumbling, dance, jumps, cheers, and stunting in order to direct spectators of events to cheer for sports teams at games or to participate in cheerleading demonstrations. No experience necessary. All grades and genders welcome

**For information about the program please contact:**

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