

Supreme Sports



After School – Sports Clubs

“ It’s Bigger than Sports ”



- The Afterschool Experience -

After School - Instruction

Cheerleaders' Skills Training



Students will have the opportunity to learn chants, jumps, and stunts, as well as a cheer and dance. Each cheerleader will participate in a routine, which will be performed in front of the academy. In this curriculum, each skill is laid out in order of what should be accomplished for the day. Please look over each skill and as you prepare to coach, think about how you may need to adapt the sessions to due the size, age, and skill level of your group. For example, Day One is set up to have you teach two general chants and the first three 8-counts of the dance in one session. However, based on the needs of your group, you may only be able to teach one general chant and the first 8-count of the dance. The next session or next day's curriculum may then need to be adjusted accordingly.



- Cheerleaders' Concepts -

After School - Instruction

Cheerleaders' Jump Drills



Cheerleading jumps requires a combination of explosive power, core strength, and technical isolation. Starts with leg-strengthening exercises to build height and floor-based drills to master the "snap" needed for clean execution.

Students will learn how to perform these drills correctly to improve height and flexibility.



- Cheerleaders' Concepts -

After School - Instruction

Cheerleaders' Tumbling Drills



Tumbling skills progress from basic to advanced and require a solid foundation of fundamentals.

Forward Roll and Handstand: Fundamental skills for body control and balance.

Cartwheel and Round off: Essential for agility and building momentum for more complex passes.

Back Walkover and Back Handspring: More advanced skills often required for higher levels of cheerleading.

These are some the skills that will be taught during the Cheer program.



- Cheerleaders' Concepts -

After School - Instruction

Cheerleaders' Stunting Drills



Foundational stunting involves learning to be a base, flyer, or spotter. Early skills include two-leg prep-level stunts (shoulders or chest height) and, at higher youth levels, single-leg below-prep stunts.

Stunting involves teammates lifting or holding each other and requires trust and communication. Basic stunts include the

Thigh Stand, Prep (Elevator), and safe dismounts like the Cradle.

An adult spotter is essential for safety and will provide for all cheerleading drills!



- Cheerleaders' Concepts -

After School - Instruction

Cheerleaders' Conditioning & Team Spirit

Physical Conditioning: Incorporate exercises like push-ups, planks, lunges, and general stretching to build the necessary core strength, leg power, and flexibility.

Attitude and Teamwork: A positive attitude, team spirit, trust, and communication are among the most important skills, as cheerleading is a highly collaborative sport.

Conditioning is the mental part of any sport and will be on full display in the Cheer Program!



- Cheerleaders' Concepts -



Campers receive (2) sets of cheer & dance practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their sneakers. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -



As part of the cheer program, students will take part in our mentoring & leadership classes. The goal is to prepare our student athletes how to work together , as a team on and off the field & court.



-Mentorship & Leadership -



The Program includes

**Ten (10) months of intense skills training
Year round Educational Tutoring
Three (3) School Break Camps
Some of best coaches in the area
Practice Gear & Bags**

Program Calendar

September – May



- Program Highlights -

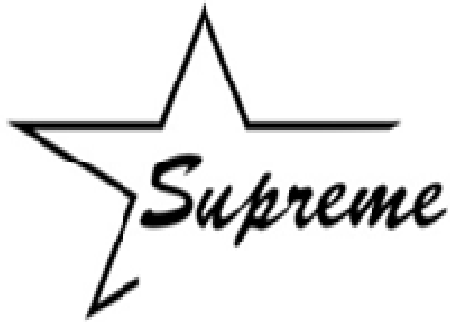


Monday – Friday

**Academy Hours
TBA**



- Program Hours -



Items needed for registration

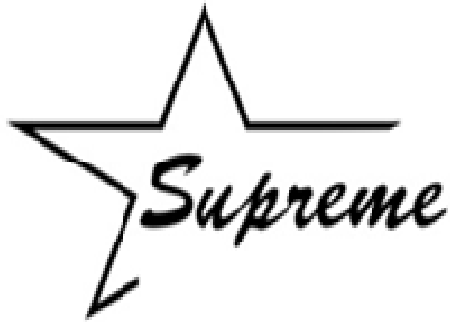
Parent's ID / Update picture of your child
Any medical restrictions, we need to know about
Practice Gear Sizes - (Shirts & Shorts)
Class schedules for tutoring

Academy Hours

Monday – Friday
TBA

Holiday & School Break Weekly Camps
are included in the weekly tuition cost.

- Registration Information -



Weekly Tuition - TBA

Academy tuition cover the cost for the entire week academy experience, which includes the sports training experience, and Team concepts

Camp deposit TBA is required at time of registration. The deposit cover the 1st week's tuition, t-shirts & shorts, travel bag, water bottle, and administration fees.

TBA weekly tuition discount for multiple family members are available at the time of registration.

No weekly refunds after academy week starts!

Payment methods accepted;

Zelle, PayPal, Money Order, Checks, or Cash

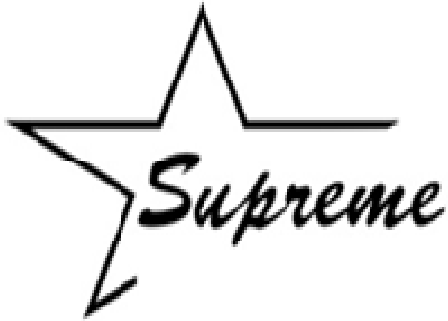
No Cash App payments will be accepted.

Holiday & School Break Camp included in tuition

- Registration Information -

*Come be apart of the best Sport
Academy Program in nation!*

A place where players get better!



- Welcome Information -