

Dear Parent/cheerleader/yell leader,

To better our cheer program here at TCHS, the coaches would like to challenge you and your child to a summer workout plan. We realize that your child will not be able to work out every day, but we suggest that you work out 3-5 days a week. You will upload photos/videos to your shared google drive folder each week to receive credit. These photos and videos should be time and date stamped so we know you are not using the same ones each week. You can simply show a smart watch or phone prior to starting your work out on your video with the date and time. For videos that might be longer, you can upload multiple videos in YouTube and then put that link in the google folder or you can time lapse them if we can still tell what you are performing. Make sure your time lapse is not too fast so we can see the skills/workouts! You are allowed to miss one week during the summer for vacation time if needed. Tumbling, jump and stunt classes will also be very beneficial if you are able to sign up for any! **THOSE THAT DO NOT PARTICIPATE OR SCORE POORLY WILL RECEIVE A GAME BENCHING! YOU ARE ALSO NOT ELIGIBLE TO MAKE THE COMPETITION TEAM IF YOU DO NOT PASS SUMMER WORKOUTS. YOU CAN ALSO SIGN UP FOR THE ON CAMPUS WORKOUTS PROVIDED BY OUR ATHLETIC COACHES OR THE WORKOUTS OFFERED BY VICTOR MUNOZ AT TUMBLE HQ.**

The following is a suggested amount for each area for max points (Even though we are only requiring you to upload 1 time a week on certain things, we still want you to be participating at least 3 times a week on each item). **LABEL ALL VIDEOS WHEN SUBMITTING!!!**

1. Jumps
 - Video of at least 10 jumps 1 time per week with the jump drills (doing the custom grooves music and our jump sequence is suggested)
2. Stunts
 - Try to get with your stunt group at least 3 times during the summer (video several stunts each time you meet and then upload those on 3 different weeks'. If you can't get your exact stunt group every time, then get close and try to use other people. Don't do anything that you can't do without a spot unless you have enough there for spotters!
3. Standing Tumbling
 - Video of at least 10, 1 time per week (this is based on your skill level). If you have none, do 10 walk down the walls to backbend and walk back up to a standing position. If you have a backbend, then practice kicking over by using a couch or chair to assist you. Be creative and work on progression!
4. Running Tumbling
 - Video of at least 10, 1 time per week (perform based on your skill level). If you have none, you should be working on your cartwheels and roundoffs as well as working on handstands against the wall for strength. Same as standing tumbling, work on progression based on what you can already do.
5. Cheers/Chants
 - 1 time a week for returners
 - 3 times a week for new cheerleader(s)
 - You are required to meet with your spirit buddy at least 3 times during the summer to go over the cheers and chants. Show your spirit buddy in your video working on the cheers/chants/band dances.
 - Video and send per week the following: (Week 1- generic chants 1-6 and cheer 1, Week 2- generic chants 7-12 and cheer 2, Week 3- generic chants 13-15, Football chants 1-3 and cheer 3, Week 4- Football chants 4-8 and cheer 4, Week 5- football chants 9-12 and new cheers and chants from camp, Week 6-All crowd leading chants and VB chants 1-2, Week 7- fight song/Band dances (Fight Song, Pop Goes the Weasel, Let's Bounce and Go), Week 8- fight song/Band dances (Fight song, Cheesecake and Ashes Chicken)
*Note, just because you video certain things each week, you will still need to go back and review the others! Make sure your videos show your spirit buddy/buddies in your videos at least 3 times.
6. Running/Cardio

- At least 30 minutes of cardio at least 3 times per week. Use any app to show time/date and length of cardio and upload a screenshot.
- 7. Weight Training/conditioning
 - Send a video of your arm/leg workouts at least 1 time per week (if you don't have weights, you can do things like lunges, squats and wall sits for legs and for arms you can do handstands, arm circles, arm dips and extra push ups. Usually doing 3 sets of 10-20 of each. You can also use canned food as arm weights.)
- 8. Abs/Crunches
 - Send a video of at least 300 crunches 1 time per week (make sure you are doing a variety of crunches to work different areas of your stomach.)
- 9. Push Ups
 - At least 3 sets of 10, 1 time per week
 - Guys 75-100 at least 1 time per week
- 10. Stretching- Everyday! (You don't have to send a video of this, but make sure that you are stretching any chance you get and for sure before and after your workouts. Send a photo in right, left and middle splits.)

- ☐ All spirit buddies are required to meet at least 3 times during the summer to go over the material on the cheer website. You will need to video working with your spirit buddy on the cheers and chants and submit a video during 3 different weeks. It can be any 3 weeks during the 8 weeks.
- ☐ Those that don't participate at all or well below the standards expected will be given extra workouts and a game benching for lack of participation.
- ☐ Squad members are highly encouraged to attend the football workouts, or the workouts/classes offered by Victor Munoz at Tumble HQ. Those that attend the football workouts each week, can skip sending in videos for items 6-10 and only send the videos for the cheer skills for 1-5 as well as a photo that is time/date stamped with a FB coach at the workouts when you attend. Victor is offering a class 1 day a week on Wednesdays that will offer jumps, stretching, core, legs, arms and cardio. So, if you attend this class, you will not have to submit videos 1, 6-10 each week. If you also attend a tumbling class with Victor, then you can skip videos 3 and 4. So, you will only submit videos under 2 and 5.

Parents, please help in this process. Help keep your child in shape and the program that you and your child are so proud to be a part of a continued success. Injured cheerleaders, do the best that you can. Continue stretching and any other skills/workouts you can do and video any rehabilitating exercises that you do to better your injury. Make sure your coach has a copy of your Dr. note for the time that you are out in the summer to be excused from any regular workouts.

Sincerely,

Coach Jones
 TCHS Varsity Cheer Coach
 Coach McClain
 TCHS JV Cheer Coach
 Coach Kai
 TCHS Freshmen Coach