

**Welcome to  
Top Spot's Cheer  
Warrior Program!**



This document and its contents are the property of Top Spot Inc/Top Spot IL.. Unauthorized redistribution, reproduction, or sale of this document is strictly prohibited. All rights reserved. © 2024

# Elevate Your Athletes Cheerleading Opportunities & Ability to Achieve Their Goals



# Program Overview

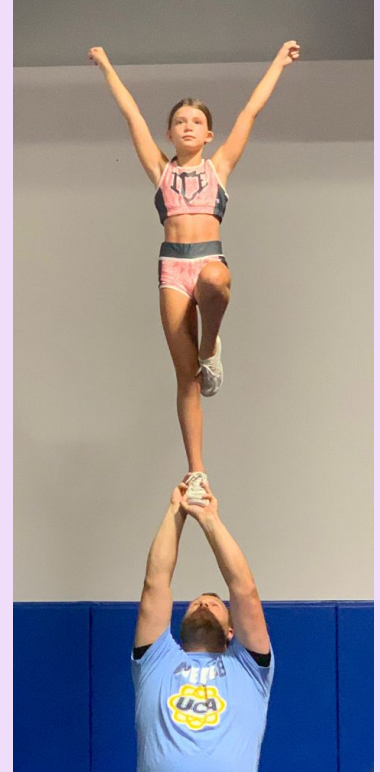


- ★ A rigorous premier training program
- ★ Designed to cultivate dedicated cheer athletes
- ★ Focused on achieving higher levels in cheerleading
- ★ We offer an unparalleled training experience designed to develop champions both on and off the mat.
- ★ Our Cheer Warrior Training (CWT) Program includes comprehensive sessions in:
  - Jump Technique: Perfect those high-flying jumps with precision and power.
  - Stunt Conditioning: Build strength and confidence in stunting with expert guidance.
  - Tumbling Skill Progression: Advance your tumbling skills safely and effectively.
  - Flexibility Training: Enhance flexibility for peak performance and injury prevention

# Who is a best fit for the Warrior Training program?

Athletes....

- ★ Big passion for Cheer
- ★ Have goals to make a specific position on a team, make the mat, a High School Team, an All Star Team, Collegiate Level
- ★ Athletes looking to make continuous improvement
- ★ Athletes who want to be the best for themselves, their coaches, and their team
- ★ Athletes who understand that all sports require training; competitive dancers, gymnasts, triathletes, and cheerleaders



# Achieve Long-Term Cheer Goals

- ★ Personalized training to meet individual goals
- ★ Cheerleading is a competitive sport which requires dedication to training in multiple skills at once
- ★ All Athletes will complete a goal sheet with their Warrior Coach. Personal, School, and Cheer Goals.
- ★ Builds confidence and competitive spirit
- ★ Fosters a sense of dedication and commitment needed to make competitive teams
- ★ Prepares athletes for all-star, high school, or college teams
- ★ Supports long-term aspirations in cheerleading

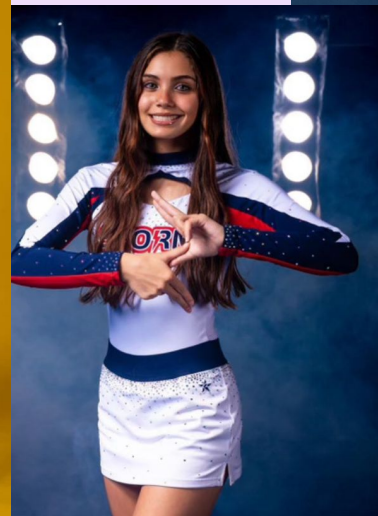
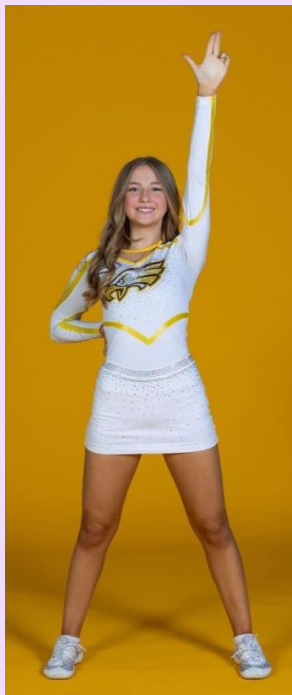


# Gain a Competitive Edge

It is no secret Cheerleading is competitive.

You compete

- ★ To make the mat
- ★ Make a team
- ★ A specific position on the team
- ★ To be in the front
- ★ A spot during competitions
- ★ To Keep those spots!



## Excellence and Skill Development

Focus on athletic excellence and personal growth!

- ★ Develop strong character and athletic skills
- ★ Intensive training to improve skills and techniques
- ★ Focus on correct form and technique
- ★ Preparing Cheerleaders to be powerful tumblers
- ★ To connect tumbling to their jumps
- ★ They have the skills to be an excellent teammate
- ★ Gain leadership skills to stand out and help create a positive team environment within their teams
- ★ Ensuring they are physically prepared to withstand practice, competitions, choreography
- ★ They become more confident
- ★ Gain Self- Worth
- ★ Learn resilience



## Comprehensive Training Program

- ★ Following our Tumbling Skills Progression Sequence, Athletes will continue to gain a multitude of tumbling skills.
- ★ Athletes will participate in rigorous flexibility and physical conditioning drills
- ★ They will learn to perfect their jumps with proper form
- ★ Connect Tumbling to Jumps
- ★ Be prepared with the physical fitness, team work, and mental toughness it takes to be the best within your stunt teams
- ★ Gain mental focus and emotional resilience training
- ★ Leadership and teamwork development

### STAGES OF SKILL PROGRESSION

Skills	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
FRONT & BACKWARD ROLL	Roll Incline	Roll Floor	Roll to Stand	Straddle Roll	Dive Roll	HS Roll
BRIDGE	Headbridge	Rainbow	Shoulder over Wrist	Straight Legs	Straight leg kick up	Standing Back bend
HANDSTAND	Lunge Lever	HS Wall	HS Floor	HS Walk	HS Bridge	HS Forward Roll
CARTWHEEL	2 Hand CW	1 hand CW	Aerial	Standing Roundoff	Running Roundoff	Power Hurdle
WALKOVER	Levers	Wall Barrel Kickover	Elevated Kickover	Walkovers	Valdez	Kip-up

The above is an outline of the stages of progression by skill. Correct Shape, Form, Technique are essential to developing powerful tumbling skills.



## Learn from the Best!!!

- ★ Top Spot Cheer Warrior Training Coaches have extensive training and cheer experience
- ★ Our expertise includes developing strong athletes, leaders, and cohesive teams, emphasizing self-worth and value. We specialize in tumbling, stunting, dance, showmanship, and flexibility training, among other skills
- ★ Trained to provide personalized attention and feedback
- ★ Focused on mentorship and guidance for continuous improvement for our athletes



**COACH MIA**

# Cheer Athletes & Coaches

- ★ Cheer requires time training, practicing and learning choreography, stunting, and full routines.
- ★ The skills and techniques must be learned outside of practice.
- ★ A Cheer Coaches job is to prepare athletes for competition, to create a cohesive team ready to compete, provide feedback on technique.
- ★ A Cheer Coaches responsibilities DO NOT include:
  - Tumble Training
  - Jump Tech
  - Flexibility Training
  - Stunt Technique Training

*Top Spot*  
CHEER • TUMBLE • SPORTS



# Become a Cheer Warrior

## Training Program Details

- ★ Choose to train 1 or 2 days per week
- ★ Each training sessions is 2 hours
- ★ Tumbling, Jump Technique, Flexibility Training, Stunt Conditioning and Techniques
- ★ Intimate: Max 6:1 athlete-to-coach ratio for personalized attention
- ★ Extras: Includes 1 private lesson and 4 drop-in classes!
- ★ Ability to make up training sessions missed due to illness or cheer competitions

## Enrollment process and requirements

- ★ Register by August 15th so we can order athletes training uniforms and bows
- ★ Training begins the week of August 25th, 2024
- ★ Sign the parent and athlete behavior agreement

# Commitment

- ★ Committing to supporting your athlete achieve their goals is imperative to their success in all things in life.
- ★ Athletes are making a commitment to maintain positive grades, behavior at the gym and outside the gym, a commitment to continuously work hard for their coaches, teams, and themselves.



# Thank you for attending!



- ★ This is the opportunity to elevate your child's cheerleading journey. Join the Top Spot Cheer Warrior Program and watch them soar to new heights!
- ★ For further information or to schedule a visit, please contact us at 312-480-9574
- ★ Register online through your iclasspro family portal
- ★ We look forward to welcoming you and your Athletes into our Cheer Warrior Training Family!



# Overview of Benefits to Athletes

## 1. Skill Enhancement:

- Intensive training focused on improving stunts, tumbling, jumps, and routines.
- Access to experienced coaches who provide personalized feedback and guidance.
- Continuous skill development to prepare athletes for higher levels of competition.

## 2. Physical and Mental Resilience:

- Rigorous conditioning to build strength, flexibility, and endurance.
- Mental focus and emotional resilience training to handle pressure and overcome challenges.
- Emphasis on developing a resilient spirit and unwavering determination.

## 3. Leadership and Teamwork:

- Opportunities to lead within the team and build essential leadership skills.
- Collaborative exercises to enhance teamwork and communication.
- Fostering a supportive and inclusive environment where every athlete thrives.

# Overview of Benefits to Cheer Teams

## 1. Stronger Team Performance:

- Athletes return to their teams with advanced skills and improved techniques.
- Increased confidence and ability to perform complex routines with precision.
- Enhanced team cohesion and spirit, contributing to overall team success.

## 2. Competitive Edge:

- Preparation for high-stakes competitions, tryouts, and performances.
- Ability to secure specific spots on desired teams within All Star Gyms.
- Elevating the team's reputation and standing in competitive cheerleading circuits.

# Overview of Benefits to Parents

## 1. Peace of Mind:

- Assurance that your child is receiving top-tier training from experienced professionals.
- Safe and structured environment that prioritizes athlete well-being and growth.
- Supportive community where parents and athletes can connect and share experiences.

## 2. Investment in Your Child's Future:

- Development of strong character, discipline, and resilience that extends beyond cheerleading.
- Opportunities for scholarships and advancement to collegiate cheer teams.
- Long-term benefits of physical fitness, mental fortitude, and leadership skills.



# Overview of Benefits to Athletes Athletic Future

## 1. Pathway to Success:

- Comprehensive preparation for future cheer teams, including high school, all-star, and college squads.
- Building a robust athletic foundation that supports long-term cheerleading goals.
- Continuous pursuit of excellence, ensuring athletes are always reaching for more.

## 2. Lifelong Skills:

- Cultivating attributes such as tenacity, focus, and perseverance that benefit all aspects of life.
- Developing a growth mindset that encourages continuous learning and self-improvement.
- Establishing a legacy of dedication and hard work that inspires future generations of cheerleaders.