

MIDDLE SCHOOL CHEER PRACTICE

Season: 2024-2025 Coach: _____ Week Of: _____

TIME	ACTIVITY	KEY FOCUS	LOCATION
3:30 - 3:45	Warm-up & Stretching	Flexibility / Injury Prevention	Main Gym
3:45 - 4:15	Conditioning & Jumps	Toe-touches / Core Strength	Main Gym
4:15 - 4:45	Stunting / Basics	Thigh Stands / Extensions	Mat Room
4:45 - 5:15	Choreography / Cheers	Sharpness / Voice Projection	Mat Room
5:15 - 5:30	Cool Down / Clean-up	Feedback / Equipment	Main Gym

WEEKLY GOALS & REMINDERS:

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Please bring water, athletic shoes, and hair ties to every practice.