

2/14/2010

# GCCS Cheer Proposal

Submitted by: Able Arms



Choreography Proposal for GCCS

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# WHAT IS "CHEER?"

Cheerleading is a unique sport in the athletic industry. In the last 20 years, cheerleading has developed into a competitive sport instead of simply an activity. A sport involves "physical exertion and skill, governed by a set of rules or customs and is undertaken competitively". Through local, regional, and national competition, cheerleading has evolved into a sport containing such rules and customs along with hours of preparation and practice in order to prepare for both school events and competitive events. Cheerleading has evolved into a mainstream athletic phenomenon.

Most cheer squads now have two functions: Support for other athletic teams and competitive cheerleading. These two functions are further defined below:

**Function 1: Promote school spirit, sportsmanship, and unity at school events**

- a. Cheer and perform for athletic events
- b. Cheer at Pep Assemblies
- c. Perform for Special Events (determined by the school)

It is important in fulfilling this function that cheerleaders know and engage positively with their fans and fans of the opposite team. They must act as positive role models and hold a regard for their position of leadership.

**Function 2: Represent their school at local, regional and/or national cheer competitions**

- a. Prepare a routine/performance that represents their best level of talent
- b. Perform such routine/performance to reflect positively on their school

In fulfilling this function of cheerleading the squad must take seriously the importance of representing both their squad and their school to the best of their ability. Such competitions provide a place for cheerleaders to put their best material together and honor their school.



## THE PHYSICAL DEMAND OF CHEERLEADING

It is important to discuss what one means by "physical exertion and skill" in defining cheerleading as a sport. Upon the onset of mainstream cheerleading we saw an increase in more difficult stunt sequences and gymnastics. Cheerleading now often incorporates Olympic style tumbling and gymnastics. It also relies heavily on the skills needed for "stunts." Stunts are a set of activities that involve cheerleaders manipulating other cheerleaders off the ground in a series of skilled maneuvers. In order to achieve stunting both safely and with skill, cheerleaders spend much time conditioning and strength training.

# *GCCS*

2009  
*Choreography Bid*

# Proposal Contents

## Choreography

1. A Full Routine including
  - a. 8 counts
  - b. Stunts
  - c. Transitions
  - d. Formations
  - e. Cheer/Chant
  - f. Tumbling
  - g. Jump Incorporation

2. In House Music Included

*There is an outside option for a music mix which results in an additional fee. That information will be noted to the Left.*

## Instruction

1. 1 month of consistent 1-2x weekly practice attendance for choreography instruction
2. 2 Clean Up practices in which Jana will attempt to perfect and clean the routine.
3. A DVD of the 8 counts, Cheer and Chant for the coach
4. A Step by Step guide to the formations, transitions, and stunts

## Follow Up Options

1. GCCS has the option to sign up with Able Arms for further cheer consultation with Jana Conrad.

The Complete Package rate will be reduced by 10%

*The package information is to the Right.*

## Cost

Choreography-#####

Includes Choreography and Instruction with in-house Music Mix.

Choreography & Outside Music-#####

### Continuing Consultation-

1x clinic - \$\$\$/cheerleading

Bundles of 4 clinics-\$\$\$/cheerleader

Complete Package-\$\$\$ flat rate

### The benefits of Continuing Consultation

-More time to perfect your routine, stunts, and transitions.

-Ongoing, consistent training with a trained FCC staff member.

-A fresh pair of eyes to assess your teams' specific needs for growth.

-Local Support

We can also offer tumbling training at an additional cost of \$\$\$/hour per cheerleader in groups of 3. They can spend time perfecting their passes, skills, and learning new tumbling skills as well. From beginner to advanced.



Thank you so much for the opportunity to work with GCCS to prepare for competition. We love the chance to work with the girls, create a unique routine for them, and help them be their BEST!!

In Christ

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