

Calling all Junior Coaches!!!

Join DCA coaches for a training clinic geared to make you indispensable to your recreational cheer team this season. If you are junior coaching this summer, you won't want to miss this clinic.

COST:

\$15/person - for juniors and any adult who would like to take advantage of this great training

CURRICULUM:

1. Stretches- how to properly stretch, how to fix bad habits so you can lead stretch and warm ups while head coaches can talk strategy for first few minutes of each practice. We will give you a repertoire of stretches to choose from so you can mix up stretch routine as needed.
2. Stunting- we will have a stunt group at training to go over demonstrations. We will go over where you can stand during stunting to help with falls as well as teach basics like baskets, half smooch, half cradle, extensions, libs, etc.
3. Jumps- we will show you all jumps with proper technique, teach you hip flexor exercises to help with jumping, and teach you how to teach timed kicks to help with group jumping.
4. Tumbling- we will go over how to pick out when team is not tumbling on time, how to correct, what pretty tumbling should look like/what judges are looking for.
5. Conditioning- age appropriate cool down stretches and proper conditioning for different ages.

DATE:

Sunday, July 16th from 12-2pm @ DCA

Training will last 2 hours and will include demonstration, lecture and hands-on training.

How to Register:

Call us at 630-588-9000 or email at coach@dupagetumbling.com and let us know you will be coming. We do ask you to pre-register so we know how many staff to provide for this fun event.

Then, make sure you have filled out a waiver (online at dupagetumbling.com) and then you can bring in cash or check on Sunday. Be sure to bring cheer shoes/gym shoes, water and a great attitude! Call us with any questions.