

The USA Cheer program continues to be recognized for innovative choreography and cutting-edge curriculum. The USA program development team is made up of world-renowned choreographers and technically trained/certified staff. They work together to develop most CREATIVE and COMPREHENSIVE choreography and curriculum.

### CORE MATERIAL

**Sideline Cheers:** Short offense, defense and general cheers that are usually performed in between plays. These cheers are designed for football but can be adjusted to perform at basketball or other sports. Each Sideline Cheer is roughly 1 verse/eight count in length with a short crowd response built in.

**USA Routine:** Short cheer dances combined with original choreography set to music. Squads will work with their USA Staff Teammate to incorporate formation changes, visual effects, roll-offs and skills (jumps, tumbling and/or stunts). These customized routines are intended to be used during timeouts, halftime or at a rally performance. Varsity teams and JV/Frosh teams will be taught different USA routines.

**Band Chants:** Cheer dance choreography set to both classic/traditional and current/Top 40 band arrangements. Band chants are designed to not only entertain the audience but also get them involved using built in crowd responses.

**Crowd Leading Cheer:** Performance style cheer that is usually performed during timeouts, halftime or at a rally performance. Crowd Response Cheers are typically 3-4 verses/eight counts in length with multiple crowd responses built in.

### Choose Your Challenge

#### SIDELINE CLASSES

**Band Chants:** Cheer dance choreography set to both classic/traditional and current/Top 40 band arrangements. Band chants are designed to not only entertain the audience but also get them involved using built in crowd responses.

**Crowdgetters:** Cheer dance choreography set to simple beats. Crowdgetters combine simple choreography and built in crowd responses into routines designed to lead the crowd.

**Basketball Sideline Chants:** Short offense, defense, and general cheers that are usually performed in between plays. These cheers are designed for basketball and can be performed standing on the sidelines, sitting in the stands or on the floor. Each Sideline Cheer is roughly 1 verse/eight count in length with a short crowd response built in.

#### TIME OUT CLASSES

**Time Out Dances:** Cheer dance choreography set to music. Time out dances are designed for short performance opportunities.

#### HALF TIME CLASSES

**Hip Hop Dances:** Hip hop choreography set to music. Hip hop dances are designed for halftime or rally performances.

#### SKILLS CLASSES

**Jumps:** Jump class will cover proper technique and execution of a variety of cheer jumps as well as exercises to improve strength, height and flexibility.

**Tumbling:** Tumbling class will incorporate drills designed to perfect and improve tumbling skills mastered prior to camp. Class requirement is a standing back handspring.

**Single Base Stunting and/or Basket Tosses (High School age athletes only):** These specialty stunt classes will focus on innovative techniques and variations of specialty stunt skills.

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