



GENERAL INFO:

Stunting is an extremely physical part of cheerleading that requires strength, dedication, and focus. Stunting should be ergonomically correct and include proper weight distribution with each person participating in the build. This means that flyers are assisting with full body strength; jumping from the ground, pushing off with their arms, and using their core to balance once suspended. Our bases and back spot should be lifting with their legs and not their backs. We utilize proper squatting techniques or lunges based on the build, this protects bases from straining their backs as well as biceps and forearms or falling victim to “golfer’s elbow” (inner below pain that weight lifters can experience from improper posture and weight distribution - such as weight on wrists**)

The smallest person is not always the best flyer and the largest girl is not always the best base. This is a common misconception among people who have never participated in the sport, and that’s okay - this is something the cheerleaders will learn. The assignments are based on strength, balance, and composure.

RULES:

Stunting is a privilege and requires sufficient attendance to build security among a group and to decrease the likelihood of injuries. While stunting is fun and exciting, instruction IS NOT the time for playing or distractions.

As with all practices, proper attire and footwear should be worn and no jewelry.

With safety at the forefront this also means that we are assessing cheerleader interactions, it is not safe to have teammates upset with each other also being responsible for someone’s else’s wellbeing. We will be working on team bonding and trust exercises, with a priority to cultivate a positive for all the kids. Additionally, we will never bend on proper form or safety.

Our coaches might spot a stunt but, will never be part of a formation.

This is not allowed on a competitive level and when it happens in a rec. environment, it’s usually to accommodate an absent cheerleader, or it’s an indicator that the group is not ready for that particular stunt. If it’s the latter, the stunt group can’t learn how much strength is needed or how to properly distribute weight to independently progress.