

## STRETCHING POSITIONS IN PROGRESSION

## Head, Neck &amp; Shoulders

<p><b>1) Head Tilt &amp; Hold</b> Gently push head one hand on head and and pull shoulders down in the opposite direction.</p>	<p><b>2) Stretch Up &amp; Over</b> Stretch arms up, lace fingers behind back, bend over and lift arms up and over the head.</p>	<p><b>3) Arm Across &amp; Pat on the Back</b> Pull right arm across the chest using the left arm. Then pull arm back over, up and hand behind the head and push right elbow up to the sky with the left hand.</p>	
<p><b>4) Partner Shoulder Stretch</b> Partner places knees gently into shoulder blades &amp; hands under shoulders to open them up.</p>	<p><b>5) Touch Your Toes &amp; Round Out</b> Bend your legs, touch your toes and hollow out your back (grab around the knees if needed).</p>	<p><b>6) Tuck Sit Stretch &amp; Roll</b> Sit in a tuck position with hands over the knees, lean back and let the tension release in the shoulders and back for the stretch, then roll back and forth.</p>	
<p><b>7) Knee Crossover Stretch #1</b> Sit, left foot crosses over right leg, right arm pushes away &amp; upper body turns left; switch legs.</p>	<p><b>8) Knee Crossover Stretch #2</b> Lay back, left hand brings right knee over to the left side while upper body turns right; switch.</p>	<p><b>9) Butterfly</b> Bend knees, point toes and touch, lift chest up and lean over with back straight.</p>	<p><b>10) Straddle Sit</b> Sit in straddle position with legs straight, roll knees out, point toes, lift chest up and lean over.</p>
<p><b>11) Side Hurdlers</b> Left leg out straight, flex toe and hold (or as close as possible), lay chest flat on leg; switch legs.</p>	<p><b>12) Pike Stretch</b> Both legs out straight, toes pointed or flexed, left chest &amp; arms up &amp; reach past the toes.</p>	<p><b>13) Standing Pike Stretch</b> Keep legs straight, touch the ground (or as low as possible) and pull chest to the knees.</p>	<p><b>14) Achilles/Calves Stretch</b> Hit pushup position but in slight pike, cross left foot over the right &amp; push heel down; switch.</p>
<p><b>15) Front Leg Lunges</b> Step back into right leg lunge (90 degree angle) at the knees, move to elbows; switch.</p>	<p><b>16) Bowling Lunges</b> Step back into right leg lunge, lean onto back leg and straighten front leg; switch.</p>	<p><b>17) Splits</b> From a lunge, slide front or back into split position, keep hips square; switch.</p>	<p><b>18) Middle Splits</b> Sit in straddle sit; move weight onto elbows and slowly slide into wider straddle.</p>
<p><b>19) Floor Partner Stretch</b> Partner lifts other partner's leg up, holds the bottom leg straight; keep hips square; switch.</p>	<p><b>20) Knee Partner Stretch</b> Lay back, left hand brings right knee over to the left side while upper body turns right; switch.</p>	<p><b>21) Standing Partner Stretch #1</b> Make sure legs stay squared, good for scales; switch legs.</p>	<p><b>22) Standing Partner Stretch #2</b> Lift up the chest to help stabilize the partner; keep the hips squared; switch.</p>

# Cheerleading Conditioning For Peak Performance

**Linda Rae Chappell**



## **Cheerleading Conditioning For Peak Performance:**

**Cheerleading Conditioning for Peak Performance** Elaine Hart,Chris Kirby,1989 Cheer Fever: The Ultimate Fan's Guide to the World of Cheerleading Alex Jones,2024-07-05 Ever felt lost in the whirlwind of flips chants and jumps at a cheerleading event Wondering how the cheerleaders keep up with the intense energy and complex routines Say no more **Cheer Fever** The Ultimate Fan s Guide to the World of Cheerleading is here to turn your confusion into confidence Why This Book Demystify the Sport Unravel the secrets behind the stunts and the spirit Become a Superfan Learn the lingo moves and the cheer culture Game Day Ready Prep yourself to be the most informed fan in the stands Transform from a casual observer to a cheerleading connoisseur Discover the athleticism and artistry of cheerleading Unlock the joy of being part of a vibrant energetic community Inside Scoop Step by step breakdowns of famous cheer routines Insider tips on understanding the scoring system Exclusive interviews with top cheerleaders and coaches Be Happier Join the cheer community with newfound knowledge and enthusiasm Don t just watch the game feel the game Action Ready to catch the cheer fever Grab your copy today and become the ultimate cheerleading aficionado **A Silent Cheer** Dr. Emily Roback,Faye Roback-Jones,2012-11-09 Hearing is one of our most precious senses It allows us to communicate with family and friends and keeps us in contact with the sounds of life that surround us twenty four hours a day Unfortunately most of us dont realize how important this sense is until hearing problems begin to affect our daily lives In **A Silent Cheer** Dr Emily F Roback and her mother Faye D Roback Jones provide an insiders look at deaf culture demonstrating how parents of a hearing impaired or deaf child can learn the ropes of determination and how every day tens of thousands of Canadians with disabilities continue to make a difference This memoir follows the Robacks journey from Emilys diagnosis with severe to profound hearing loss when she was three years old **A Silent Cheer** tells Emilys inspirational story of facing often overwhelming adversities to achieving success as a doctor of chiropractic medicine a renowned fitness leader in western Canada and the president of her own company In addition Faye reveals the strategies she used to help her daughters transformation from strawberry farm girl to doctor including the challenges she overcame to ensure Emily received the same quality education as her peers Positive and uplifting **A Silent Cheer** addresses the dedication passion and character necessary to survive and thrive in spite of the odds **Making 'em Cheer** Michael Bachmann,2012 Why are so many people joining cheerleading every year People are naturally drawn to this great sport and Michael Bachmann can tell you why Michael cheers on the Harvard University Cheerleading team and has been since his freshman year He provides you a background on the sport and describes all of the good stuff that s happening with it Most important the book teaches you about the confidence trust and leadership that are developed through cheerleading Each chapter offers a glimpse of Michael s life as a cheerleader and addresses strategies on how to do well in school to prepare for college and beyond Targeted to both those already in the cheer zone and anyone considering joining in this book is a must read **Subject Guide to Books in Print** ,1997 Books in Print Supplement ,1994 Coaching

Cheerleading Successfully Linda Rae Chappell,1997 The definitive how to guide for cheer coaches sponsors and parents this book covers both support and competitive cheering It explains cheer techniques and tactics as well as how to plan and develop cheerleading programs And all skills and stunts follow the National Federation of State High School Association s safety guidelines 100 illustrations *Sports Travel Security* Peter Tarlow,2017-01-19 Sports Team Security examines the security needs for sports teams and events of all sizes This groundbreaking book provides a fundamental model for sports team security that can be applied almost universally from youth sports to the Super Bowl and World Cup The book develops compares and contrasts current methodologies in sports security for both amateur and professional athletes examining which paradigms work best and under which circumstances This valuable information is applicable to nearly anyone involved in the safety of athletes including event managers law enforcement parents school administrators and coaches security practitioners tourism industry professionals and legal professionals It explores areas rarely investigated providing key advice for creating best practices and guidelines in sports team security Examines sports team security methodologies helping to determine which paradigms work best and under which circumstances Provides a generic template for sports team security with checklists and log sheets provided for each type of system Discusses sports team security in relation to large and small teams and even in single player sports as well as unique requirements to accommodate differences in age culture climate language geography religion and gender Reviews security for special needs athletes for events like the Special Olympics or Paralympic Games Applies academic and practical knowledge for both security students and practitioners *Success Comes in Cans* Kriss Akabusi,Tricia Hartley,2006-10-17 In this inspirational part biographical book motivational speaker presenter and world champion athlete Kriss Akabusi takes you through his steps to success whatever you are aiming for in whatever arena of life *Success Comes in Cans* shows you how you can get FIT for learning learning to get the most from yourself and your future Get the most from yourself Live life to the max Be positive and keep learning **Journal of Physical Education, Recreation & Dance** ,1988 *American Book Publishing Record* ,1990 **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09 **Essential Orthopaedics E-Book** Mark D. Miller,Jennifer Hart,John M. MacKnight,2019-04-07 The vast majority of orthopaedic care takes place not in the orthopaedic surgeon s office or operating room but in various primary care settings *Essential Orthopaedics 2nd Edition* provides concise practical guidance from noted authority Dr Mark D Miller along with a stellar editorial team and numerous contributors from both orthopaedics and primary care Using a templated bulleted format it delivers the information you need on diagnosis management and appropriate referrals for adult and pediatric patients It s the perfect everyday orthopaedic reference for primary care physicians physician assistants nurse practitioners physical therapists and athletic trainers in the clinic or training room Offers expert insight to help you confidently diagnose and treat sprains fractures arthritis and bursitis pain and other musculoskeletal problems or refer them when appropriate Covers topics of high importance in orthopaedic care

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