

AFTER SCHOOL ENRICHMENT

CHEERLEADING CLASS

MEAD ELEMENTARY

Class Info

EACH CLASS WILL CONSIST OF SKILL DEVELOPMENT OF VARIOUS CHEERLEADING ELEMENTS, INCLUDING:

- Warm-up and Stretching
- Motion Workshop, Cheers
- Jump Technique
- Dance Choreography
- Basic Tumbling and Stunting
- Strength and Conditioning
- Routine Choreography

Dates: Fridays
April 15th- June 10th

Time: 3:05pm- 4:05pm

Your Coach

Travis Anderson has over 20 years of successful cheerleading experience, including college, high school, middle school, All-Star, and rec. league. He was a 4 year cheerleader and 2 year captain at UW, as well as, a cheerleader at the University of Tennessee. He was the former Head Coach of 2 time State Champs Action Xtreme and 2006 Head Tumbling Coach for Galaxy Cheer. Currently, he teaches camps, clinics and tumbling and cheer technique for several high schools and all-star programs. He has competed in College and Open National Championships, including World's and Partner Stunt National Championships and most recently has competed on the South Elite Titans Open Coed team. AACCA, USASF, First Aid and CPR Certified.

Guest coaching from local high school cheerleaders.

Cost

PTSA: \$131.50
Non-PTSA: \$136.50

For More Info

Call (425) 533-1109

E-Mail: travis@victoryelite.com