Outlaws All Stars Program Structure

Within this program, the focus is on all the elements that make up the sport of Competitive, All Star Cheerleading. Once learned, these elements are combined to form a 2 minute 30 routine, which the students are required to compete/ perform. This routine allows them to display each of the elements in a fast paced, fitness-inducing scenario. This program also focuses on building mental toughness and fitness, brought about by the combining of all these physically demanding elements in one routine.

Jumps

A mixture of power and flexibility; they will learn the difference between Toe Touches, Pikes, Herkies and hurdlers within, and how to master the correct arm motion as well as leg placement.

Tumbling

This is similar to the floor element of gymnastics. The part of the program teaches the students tumbling skills, whilst at the same time educating them on the necessity and safety of progression within each level. Also, teaching them to understand the benefit & reason that it is necessary to master each skill in a level before moving to higher levels.

Motions/ Choreography

This is a precision- based, high-energy style of choreography. The students will learn about fast motion and formation changes, and trying to create as many visually appealing pictures within a 6 x 8 count piece of music.

Stunting

Stunting, in cheerleading, refers to the action of people lifting other people. The students will learn how to lift each other off the ground while doing different body positions. Each level increases in difficulty in this aspect, as it does in the tumbling and jumping.   
Stunting requires students to have 100% trust in one another; a lot of life lessons can be learnt in this portion of the program also- many students learn that if you are not 100% committed to a team in any scenario, it doesn’t only effect you. It affects your own progress, as well as the overall progress of a team. Perfect technique can only be achieved with repetition, and this requires all students to be present every session. If even one member of a stunt group away, it will mean that group missed out on being able to physically work on that stunt, and consequently missing out on the lessons the other groups would have learned in those repetitions.

Basket tosses

High powered throws where students will learn to throw a flyer (Student) up into the air, where she performs a set skill. The particular skill for the flyer, and technique of the toss for the bases is taught first at ground level first, and will require all parts of the body. Once they can confidently demonstrate an understanding of the technique, the students physically perform the basket throw and catch.

Correct progressions are required and although basket tosses look very impressive they also build trust within the team and reinforce teamwork, because of the level of skill and risk that is involved.

what will be learned within this program:

* Team work
* Everyone can and will be used
* Flexibility
* Strength
* Condition
* Leading coaching techniques
* All of our staff have been taught by the best in the USA
* Will teach the students the value of team work and leadership within each practice
* Could lead to coaching positions around the world (Which we have sent 7 coaches to live for a year)
* Could lead to College in the USA
* Will compete in Australia at least 3 times a year
* Specialised equipment will be used for to teach skills effectively and efficiently
* Training will be held at Outlaws cheerleading specific gym
* Appropriate uniform and shoes will be required
* Taught by national and international winning coaches

A recap of the course

* Build strength and conditioning.
* Learn a variety of lifts with different mounts, transitional elements and dismounts.
* Tumbling progressions will be taught with explosive power and body control.
* Most lessons will be held at Outlaws cheerleading specific gym.
* Learn from qualified coaches that have worked at some of the top program’s in America.

All competitions will be in Victoria and any other competition that are out of state will be up to the school to discuss this further with the parents. These are the 2014 dates 2015 dates will be announced closer to the end of 2014

First Competition

* **Victoria, 8th evening Stunt, 9th & 10th August (Melbourne) at the:** STATE BASKETBALL CENTRE, 291 George Street, Wantirna South

Second Competition

* **Victoria, 19th evening Stunt, 20th & 21st September (Melbourne) at the:** MELBOURNE SPORTS & AQUATIC CENTRE, Aughtie Drive, Albert Park -(Hall A cheer & Hall B dance, both running 2 days)

Third Competition

- **Queensland, 28th- 30th November (Gold Coast) at the:** GOLD COAST CONVENTION CENTRE, Gold Coast Highway, Broadbeach - (Hall A cheer & Hall B dance, both running Saturday & Sunday)