



# BC SCHOOLS

## ONLINE CHEER PROGRAM



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US.**



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**BCHS\_ONLINECHEER**



**SD43 CHEERLEADING  
PROGRAMS**

## BC SCHOOLS ONLINE CHEER PROGRAM

### ABOUT US.

Coquitlam Open Learning provides high school students across B.C. with the opportunity to earn graduation credits for Cheerleading through a fully online learning environment.

Launched in 2016, the program was designed to give Cheerleaders the same opportunity as other athletes to receive credit for the hours of training and coaching they dedicate to their sport.

Although based in School District 43 (Coquitlam), the program is open to all B.C. students in grades 8-12. Since its inaugural year, the program has expanded to include three courses: CheerFit 11, CheerFit 12, and CheerLeadership 12.

Each course provides students with 4 graduation credits (per course), contributing both to their overall GPA and graduation requirements. This is a unique opportunity for student-athletes to gain recognition for the countless hours of practice, training, and leadership they bring to their teams each year.



*Through education, we strive to develop students who are responsible, knowledgeable, and confident. By empowering them, we aim to cultivate future leaders who are inspired to contribute meaningfully to both their sport and their community*

## OUR COURSES

CHEERFIT 11 & CHEERFIT12  
OPEN TO STUDENTS GRADES 8-12 (ALL DISTRICTS)

### COURSE DESCRIPTION

CheerFit 11/12 is delivered entirely online. This course introduces students to goal-setting and achievement planning. Each student will identify a personal goal and create a customized achievement plan to guide their learning throughout the course. Students can focus on the areas of Cheerleading that interest them most, making the course a highly personalized experience.

In addition to goal-setting, students will:

- Submit progress videos and receive 1:1 coach feedback
- Learn strategies for mental preparation and training
- Explore the basics of nutrition, fitness, and conditioning
- Practice reflective learning to track growth and progress

### COURSE CREDITS

Upon successful completion, students will earn 4 credits per course toward graduation. These courses are also included in each student's overall GPA. In some schools, students may even be able to use an online course in place of PE or another elective.

### TIME COMMITMENT

CheerFit is a self-guided course. To complete it, students must complete 50 hours of supervised training, which can be spread over 3 to 8 months. Many athletes use team practices, classes, or private sessions to meet this requirement. In addition to their on-field training, students can expect approximately 1 hour of online coursework per week to support their learning and goal-setting.

# OUR COURSES

## CHEERLEADERSHIP 12

### OPEN TO STUDENTS GRADE 10, 11 & 12

\*STUDENTS IN GRADE 8 & 9 MAY BE ADMITTED WITH PERMISSION FROM INSTRUCTOR

#### COURSE DESCRIPTION

CheerLeadership 12 is designed to develop coaches, leaders, and mentors within our community. Students will explore what it takes to become an effective coach, reflect on their personal values, and learn how to lead with integrity both on and off the mat.

Students will gain hands-on experience with spotting techniques, drills for building, tumbling, and tosses, and best practices for teaching cheer skills. They will also receive 1:1 guidance on navigating the BC Sport Cheer Credentialing system and completing NCCP courses, with opportunities to fulfill coaching requirements at a reduced rate.

Upon successful completion, students will be encouraged to finalize their credentialing with BC Sport Cheer, providing a strong foundation for future coaching. Many past students have gone on to coach All Star gyms or high school teams in their communities, gaining real-world experience while earning high school credits.

#### COURSE CREDITS

Upon successful completion of this course, students will be given 4 Grade 12 credits towards their graduation and GPA.

#### **Students will also complete the following NCCP coaching requirements;**

- *NCCP Rule of Two*
- *NCCP Emergency Action Plan*
- *NCCP Making Headway*
- *NCCP Safe Sport*
- *+ additional training & courses*

#### **Students all also have the opportunity to participate in the following learning opportunities;**

- *First Aid & CPR with AED (offered for \$30)*
- *Sport Psychology and Mental training with Sports Pysch Specialist*
- *Spotting and Drills Clinic with Industry Professionals*
- *Opportunities to meet and engage with scholastic cheerleading coaches and learn best practices*
- *Scoresheet 101 & overview with Industry Professionals*

#### TIME COMMITMENT

Students can expect 60-90 minutes of course work per week. In addition, students will be expected to attend a minimum of 2 workshops (virtual or face-to-face) throughout the course.

*"A good coach can change a game, a great coach can change a life. "*



# WANT TO BECOME A PART OF OUR ONLINE COMMUNITY?

## HOW TO REGISTER

Our program is 100% online and open to all students in grades 8-12 across British Columbia. Anywhere you are in the province, you can take part in this one-of-a-kind opportunity to earn high school credits while building your skills in Cheerleading.

Getting started is easy—just follow the steps below!

### **STEP 1: Create a Student Profile**

- New Students: Visit the [Coquitlam Continuing Education portal](#) and click on "Create New Profile" to set up your account.
- Returning Students: Log in using your existing username and password. If you've forgotten your credentials, use the "Forgot your username?" or "Forgot your password?" links to recover them.

### **STEP 2: Select your courses**

- Navigate to the [Coquitlam Open Learning 10-12 course listings](#) to explore the courses offered.
- Once you've identified the course you wish to enroll in, click on the course title.
- On the course page, click the "Add to Cart" button to proceed with registration.

### **STEP 3: Proceed to Checkout**

- After adding the course to your cart, click on the "Checkout" button.
- Review your order and ensure all details are correct.
- Follow the prompts to complete the registration process.

### **STEP 4: Welcome email & accessing your course**

- Upon successful registration, you'll receive instructions on how to access your course materials.
- Login to your course page and get started!