

BC Sport Cheer



REC CHEER  
HANDBOOK



## TABLE OF CONTENTS

What is Rec Cheer?	Page 3
Equipment Required	Page 4
Coach Requirements	Page 4
Planning & Lessons	Page 5

## WHAT IS REC CHEER

Rec Cheer or Recreational Cheerleading is a program that can be offered to help raise awareness of cheerleading, build membership numbers, and be an entry point for first involvement in the sport.

By choosing to offer recreational cheerleading, programs can offer a low cost and low commitment option for athletes to begin learning about the basics of cheerleading. A rec cheer program should be offered for limited hours in a week to allow athletes to participate in other sports. Rec cheer programs should not include any competitions or additional cost requirements, however, they may include the opportunity for athletes to showcase their skills or a routine.

### Guidelines:

- Rec class should be 45 mins to 2 hours per week depending on age
- Low cost (in comparison to your competitive programs)
- Teach skills in progression throughout program
- Offer in sessions (4 weeks to 25 weeks per session)
- Split ages where your schedule and equipment use allows

## **EQUIPMENT REQUIRED**

Rec cheer programs can be offered with very little equipment.

Required equipment:

- Open space of at least 15 feet by 15 feet and a ceiling height of 12 feet
- Gym floor, carpet flooring or thin mat flooring at minimum

Suggested equipment:

- Cheer mat flooring
- Minimal shape mats (including incline, rectangular block and panel mats)

## **COACH REQUIREMENTS**

Each rec cheer program must be supervised by a Bronze tiered BCSC coach. Bronze tier coaches must have the following certifications:

- First aid
- NCCP certifications (Safe Sport and Making Headway)
- A clear Criminal Record Check (for coaches 18+)
- BCSC Level 1+ coach certification

Recommended class ratios are:

Ages 2-5: 6 athletes to 1 coach

Ages 6+: 10 athletes to 1 coach

## PLANNING & LESSONS

1. Determine how many weeks your rec cheer session will run.
2. Determine when and how many sessions you can fit in your cheer season.
3. Determine the ages of each group.
  - a. Split ages as much as your schedule and equipment availability will allow.
4. Determine the cost based on the number of classes and market value for a 1 hour program in your area.
5. Advertise your programming in schools, community groups, etc.

### **Sample Lesson Plan for ages 5-8 Rec Cheer (1 hour)**

5 mins: Hello and warm up

5 mins: Stretch

8 mins: Jump basics

12 mins: Tumble basics or tumble stations

12 mins: Stunt basics

15 mins: Routine

5 mins: Shout outs and good bye