

WHAT IS CHEERLEADERSHIP?

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 a high school course delivered entirely online through the Coquitlam Open Learning. This course 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 Psych 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."