

# Cheerleading

## Level 3 - 7 Practical Form

This form is to be returned to your  
Provincial Cheerleading Organization

**Please keep a copy of this form in your coaching portfolio!**

Coach's Name Susie Spirit

Program University of Vancouver

Supervising Coach's Name Joe Boss @ UVan, Anne Cheer @BC Cheer Gym

Supervising Coach's Current Certification Level Joe Boss-Level 7 / Premier, Anne Cheer - L4

Level 3 Practical (100 hours @ level 1 & 2) Date started 2019- 09-03

Level 4 Practical (120 hours @ level 3) Date started 2021-09-02

Level 5 Practical (160 hours @ level 4) Date started 2021-09-02

Level 6 Practical (200 hours @ level 5) Date started 2021-09-02

Level 7 Practical (300 hours @ level 6+) Date started 2021-09-02

Number of training sessions / week 2/week Number of hours / session 3

Describe the cheerleading team (number of athletes, age, ability level, location, etc.)

BC Cheer Gym, Vancouver BC - coached level 1 and level 2 teams 6 hours per week plus tumbling 1&2 4 hours/week. Athletes ranged from 5-16 years old on teams of 8-22.

Coached Levels 1& 2 from Sept. to May 2019-2022

UVan, Vancouver, BC - In 2021, joined as assistant coach for university premier team (30 athletes ages 17-25) with abilities ranging from no experience to experienced level 7 athletes. Spent first 4 weeks of 2021, 2022, 2023, 2024 seasons reviewing exclusively level 1 and 2 progressions (approximately 24 hours), plus as part of progressions and drills in later practices when learning higher level skills.

Level 3 & 4 stunting skills were practiced as part of progressions (1 hour/week)and we would dedicate at least half of every practice each season to level 3 and 4 tumbling skills from 2021-2024 (approx 216 hours per year)

Half of the athletes on the team are high level tumblers and we spend approximately 1 hour per week each season working on their tumbling at levels, 5-7. This has been approximately 50 hours per year, in addition to level 5 stunting skills, which are part of our progressions throughout the year, approximately 1-2 hours per week totalling about 50 hours per year.

The majority of our stunts in the routine are at level 6 and 7, and I have assisted the head coach, Joe Boss, for four years; learning how to properly and safely teach level 7 skills.

I, Joe Boss Anne Cheer state honestly that I have supervised Susie Spirit  
(Supervising Coach) (Coach)

doing a minimum of 880 hours of practical coaching experience. I am confident that this coach has a good understanding of, and is capable of applying the Level 7 material when coaching cheerleading.

Date: 2024-11-30 Signature supervisor [Signature]

I, Susie Spirit state honestly that the above information is true and accurate.  
(Coach)

Date: 2024-11-30 Coach Signature Susie Spirit