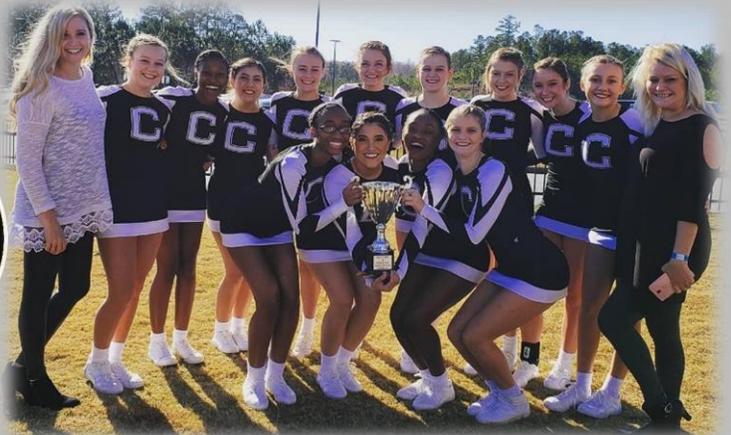
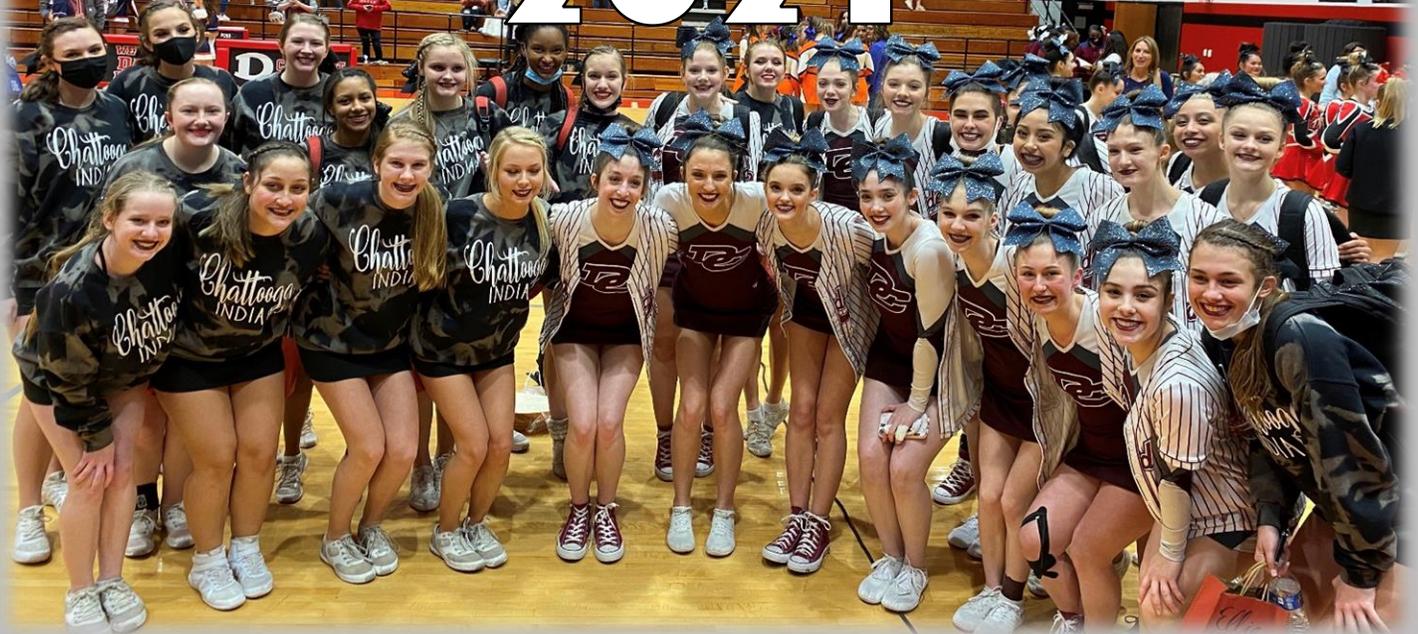


# Team Training 2021



[www.hotshotscheerleading.com](http://www.hotshotscheerleading.com)

# “One and Done” Custom Choreo!

At Hot Shots, when we say “custom”, we design a routine specific to your squad that will maximize and highlight YOUR team’s greatest strengths and skills on the competition floor. When we say “One and Done”, we mean your routine will include instruction in every aspect of choreography needed to take the competition floor with confidence, custom music included. By the end of camp, your team will be able to walk through their entire routine, start to finish, marking all routine skills to their custom music. And if any routine-related scoring issues arise during the competitive season, Hot Shots will be on hand to make any needed adjustments free of charge. “One and Done” camp offers 15 hours of direct instruction and is available in both 2 and 3 day formats.

As custom choreographers, we have worked with middle and high schools from state champion programs like the Armuchee Indians, the Coosa Eagles, the Gordon Lee Trojans, the Pepperell Dragons, and the Trion Bulldogs! Last season, we saw 15 first place middle and high school championships from our “One and Done” choreography program, including the back-to-back Armuchee Middle School FCAA Champions, and the back-to-back, undefeated Gordon Lee Middle School NGAC champions. We would love the chance to work with you and your squad in 2021! **Call or Text Coach Grant at 706 409-7468 to book your camp today!**

**\$185/athlete**

*\*\$175/athlete when bundled with Power Hour or Power Tumbling*



*“Program Building: Those two words describe what Hot Shots has meant to AMS Competition Cheerleading for almost ten years. In that time, our partnership has built a successful middle school program that has sent athletes up to the high school level to WIN multiple GHSA State Championships! Hot Shots is part of the basic building blocks for successful programs. Their coaches and owners, Grant and Rachel Magness, have been great to work with. Our girls look forward to being pushed and coached at Hot Shots to do their BEST!”*

*Coach Lindsey Barcomb, AMS Competition Cheer  
2021 Dalton Champions, 2021 Woodland Champions, 2020 and 2021 “Back to Back” FCAA Champions*

# Stunt School with Coach Grant! NEW!

As a choreographer, Power Hour instructor, and stunt specialist, Coach Grant has worked with programs that have gone on to win more than 15 GHSA State Championships and 4 NCA College National Championship titles. This 2 day, 6-hour stunt camp is designed as a pre-choreography essential to help you and your squad establish the perfect combination of stunt groups to kick off your 2021 season! At Stunt School, your squad will be introduced to all the basic, intermediate, and advanced building skills needed to maximize the GHSA scoresheet in the primary stunt, secondary stunt, and pyramid scoring categories. From full ups and kick fulls to side sumis and rewinds, by the end of Stunt School, your squad will have established the strongest possible stunt group combinations and been introduced to all the major entries, releases, and dismounts needed to max out the building categories on the GHSA score sheet. And Stunt School will also provide an official recommendation for you detailing the strongest skills to include in your overall competitive routine. **Call or Text Coach Grant at 706 409-7468 to book your camp today!**

**\$79/athlete**

*\*\$69/athlete when bundled with Power Hour or Power Tumbling*

*\*\$49/athlete when bundled with "One and Done"*

*\*\$39/athlete when bundled with "One and Done" AND Power Hour/Power Tumbling*



*"I believe that Hot Shots is the foundation of our program at Gordon Lee. We LOVE our routine every year, and our weekly Power Hour allows us to not only practice, but to keep making changes and improvements throughout the competition season! We LOVE Hot Shots!"*

*Coach Joni Kythas, Gordon Lee Middle School Competition Cheer  
2021 Pepperell Champions, 2021 Ringgold Champions, 2021 Heritage Champions, 2021 Dalton Champions  
2020 and 2021 "Back to Back" NGAC Champions*

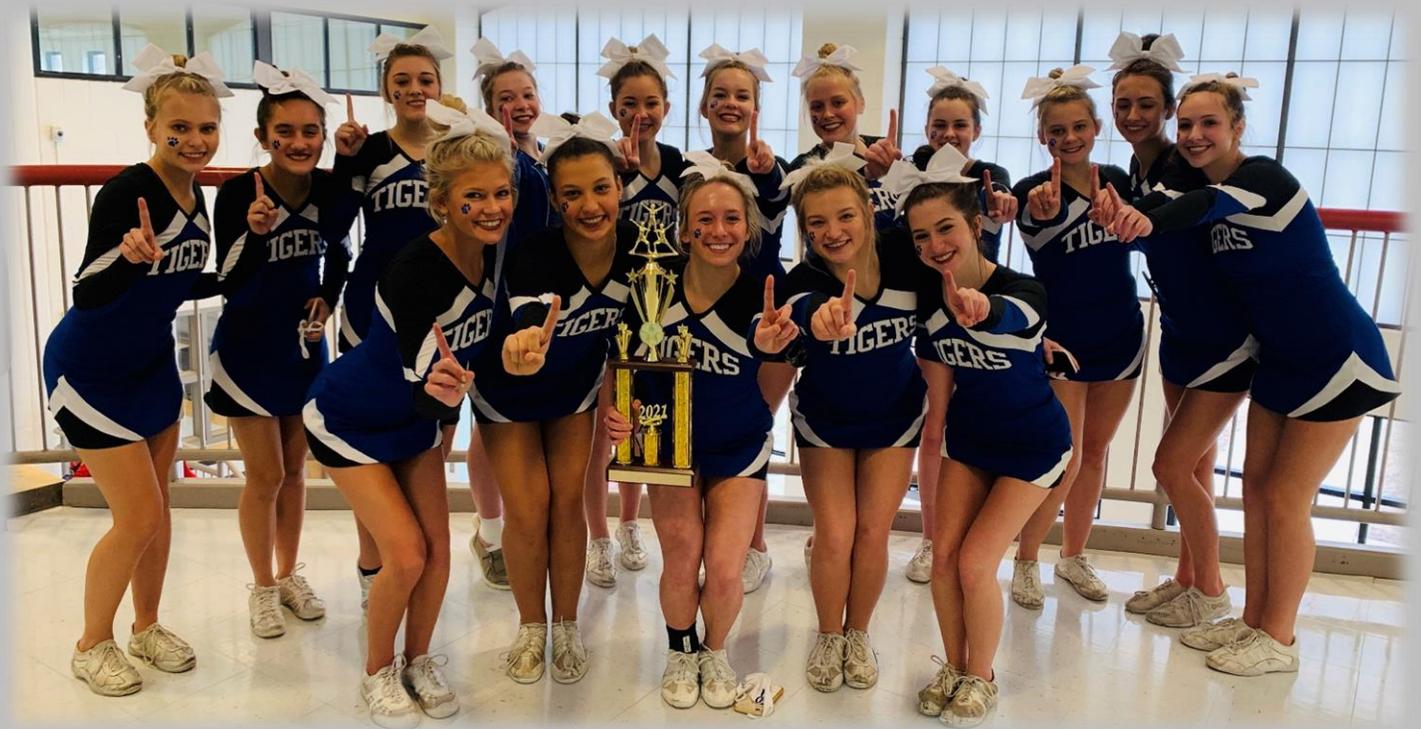
# Team Power Hour!

The success of our state champion "Team Training" program begins at Power Hour. This discounted, weekly training program focuses on all areas of the GHSA scoresheet. During the off-season, a major focus is flexibility, jumps, and standing/running tumbling. After tryouts, Power Hour expands to include a heavy focus on building skills. Once your team has their routine, Power Hour expands to cover any areas of the routine the school coach feels need the most work. And when competition season begins, our Power Hour instructors are in weekly contact with school coaches to customize the focus on a week-to-week basis. Through off-season Power Hour, we help programs develop the most talented tryout pool of cheerleaders possible. Through in-season Power Hour, we make sure teams are throwing the best routine possible on competition day. To support our local school programs, Hot Shots discounts our Power Hour rate below our normal hourly rate of \$68/month. Power Hour students can also enroll in a level-specific tumbling class for a 50% discount. **Call or Text Coach Grant at 706 409-7468 to book your Power Hour today!**

## **\$55/month per athlete**

*\*\$45/athlete when bundled with "One and Done" or Stunt School*

*(a second Power Hour can be added for an additional \$25/month)*



*"I fully trust Grant and Rachel with my team and routine each year! They are honest, professional, and easy to work with. Grant knows the rules and helps us max out in every area possible. Hot Shots not only gives us awesome routines, they follow us throughout the season, celebrating our successes when we win and being available to make changes when adjustments are needed. They listen to what I want and go above and beyond for me and my program. We love team training with Hot Shots!"*

*Coach Anna Crisp, Ringgold High School Competition Cheerleading  
2021 Pepperell Champions, 2021 Dalton Champions, 2021 Heritage Champions  
5<sup>th</sup> Place State Finalist, Class AAA, 2021 GHSA State Cheerleading Championship*

# Team Power Tumbling!

For teams looking for a specific team tumbling hour, our Power Tumbling program is designed to do just that. With access to a full GHSA floor, Spring Floor, and in ground trampoline, tumble trak, and bungee pit, our facility is designed to provide all the necessary training equipment needed to maximize your team tumbling development. To support our local school programs, Hot Shots discounts our Power Tumbling rate below our normal hourly rate of \$68/month. Power Tumbling students can also enroll in a level-specific tumbling class for a 50% discount. **Call or Text Coach Grant at 706 409-7468 to book your Power Tumbling today!**

## **\$55/month per athlete**

*\*\$45/athlete when bundled with "One and Done" or Stunt School  
(a second Power Tumbling hour can be added for an additional \$25/month)*

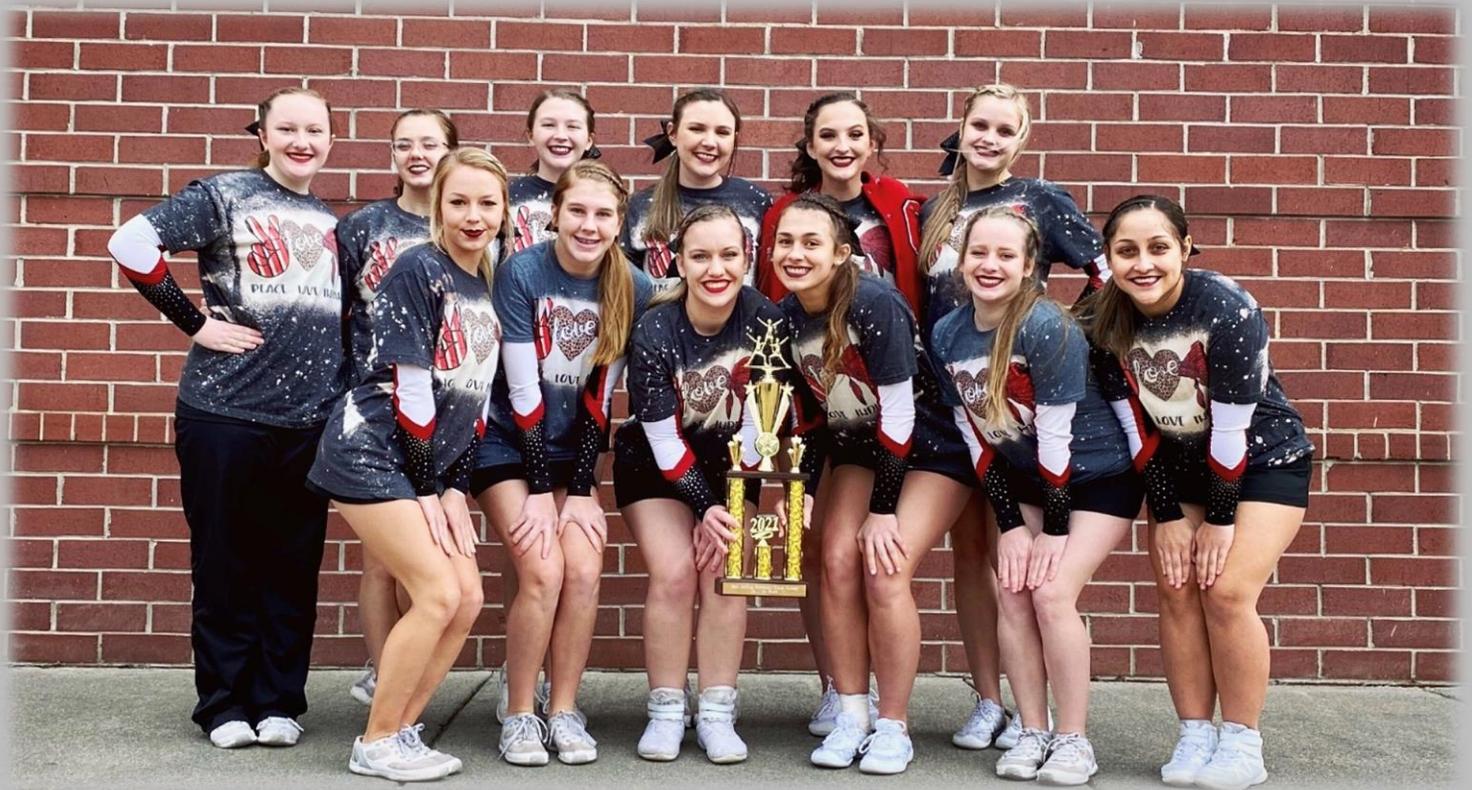


*"When we first started working with Grant and Rachel from Hot Shots, we were a struggling squad at best. We had athletes, but no direction. Hot Shots has helped our stunting and tumbling skills for the last few years, and through choreography and power hour, have taken a squad once satisfied with not imploding on the mat to a squad that is striving for perfection, making the GHSA "Sweet Sixteen" at state finals two of the last three seasons, winning our first "back-to-back" competition championships this season in more than a decade, and we are HUNGRY for more! Go Wolverines!"*

*Coach Josh Hurst, Dade County High School Competition Cheer  
2021 Dalton Champions, 2021 Heritage Champions  
"Sweet Sixteen" State Finalist, Class AA, 2021 GHSA State Cheerleading Championship*

# Hot Shots Team Training Plan!

For schools enrolling in both a camp (One and Done and/or Stunt School) and weekly training (Power Hour and/or Power Tumbling), for every quarter they are enrolled, they will qualify for a "Spirit Saturday" fundraiser at Hot Shots. Held from 5-8 pm on a Saturday night, for an admission of \$15 per attendee, school teams and coaches help the staff at Hot Shots supervise a 3-hour "open gym" for kids ages 4 and up from throughout their school community. The proceeds from "Spirit Saturday" are applied directly to the team account to help offset the cost of team training at Hot Shots (minus cost of pizza and coaches). We've had teams raise more than \$1000 towards their team training in a single night through the "Spirit Saturday" fundraising program! **For more information on the Team Training Plan, including how to book a camp or schedule a weekly training hour, call or text Hot Shots Owner and Team Training Director, Coach Grant Magness, at 706 409-7468.**



*"Continuing a 20-year relationship with Rachel and Grant, it was an easy decision to put my faith and trust in their knowledge of GHSA cheerleading. Having choreographers involved in building a routine and being available for consultation throughout the season comes with many benefits. It allows each routine to be looked at from a different perspective and provides an opportunity for feedback on specific areas of improvement. I can personally say with the challenges of season 20-21 and it being my first season as a high school coach, the contributions Rachel and Grant were able to make allowed my athletes to be successful on the mat. Rachel and Grant are invested in each and every athlete and coach they work with, both on and off the floor."*

*Coach Kelsey Ray Espy, Chattooga High School Competition Cheer  
2021 Pepperell Classic Champions, "Top Ten" State Finalist, Class AA, GHSA State Cheerleading Championship*

# Our Choreographers!

Grant and Rachel Magness founded Hot Shots Cheerleading and Tumbling Center in Rome in 1999. In 2000, they formed the first allstar cheerleading teams in Northwest Georgia, the Hot Shots All Stars. Since then, Rachel and Grant have coached and choreographed their Hot Shots teams in Rome to more than 250 open, regional, national, and international championship titles, from beginner Level 1 through Collegiate Level 6.

In 2001, Grant and Rachel developed a GHSA Team Training program at Hot Shots to include weekly “Power Hour” and “Custom Choreography” camps to area middle and high school teams. In 2004, they trained and choreographed their first GHSA State Championship team, the Pepperell Dragons in Class AA. Hot Shots has gone on to train at least one GHSA Region Champion, Sectionals Champion, State Runner Up, or State Champion EVERY season since 2004. As of 2021, Hot Shots has trained more than 15 State Championship teams.

In March of 2008, Rachel was hired by Shorter University to serve as Head Coach of their new competitive cheerleading program. In April of 2009, Rachel led her first-year teams to an All Girl Division II NCA College National Championship title and a Large Coed Division II NCA College 1<sup>st</sup> Runner Up. In so doing, Rachel became the first coach in Shorter history to win a team national championship. Rachel went on to win 4 straight NCA College National Championships, including the first-ever NAIA College National Championship in the Small Coed Advanced division. Though having resigned in 2016, Rachel remains Shorter’s all-time winningest female coach at the National Championship level. Not to mention she had all three of her children during the years she was coaching those 4 National Championships!

In 2011, after expanding the Team Training program to middle and high school teams in the Whitfield, Catoosa, and Walker county areas, Grant formed a second Hot Shots location in Fort Oglethorpe. Hot Shots coach, all star, and member of the 2004 GHSA State Champion Pepperell Dragons, Elizabeth Alford, was chosen to be the new Gym Director. By 2012, Hot Shots Fort Oglethorpe began offering competitive all star teams for all ages, along with the Team Training program for many area middle and high schools. In 2016, Hot Shots Fort Oglethorpe trained its first GHSA State Championship program, Gordon Lee High School. As of 2021, Gordon Lee High School has gone on to win 5 straight GHSA State Titles in the Class A Public division out of Hot Shots Fort Oglethorpe.

Grant has a Bachelor of Arts from Berry College in Religion/Philosophy, a Master of Theological Studies from Emory University, and a Professional Certificate in Management from Duke University. Rachel has a Bachelor of Science from Berry College in Family and Community Services and a Professional Certificate in Management from the Yale University School of Management. Grant and Rachel have been cheerleading partners since 1994, boyfriend and girlfriend since 1995, gym owners and coaches since 1999, husband and wife since 2001, GHSA State Champion choreographers since 2004, NCA College National Champions since 2009, and crazy parents since 2009, 2011, and 2012. When asked “which team is their favorite?”, they say “the team that’s on the floor!”

