

CHEER DISTRICT GROUP WARM-UP

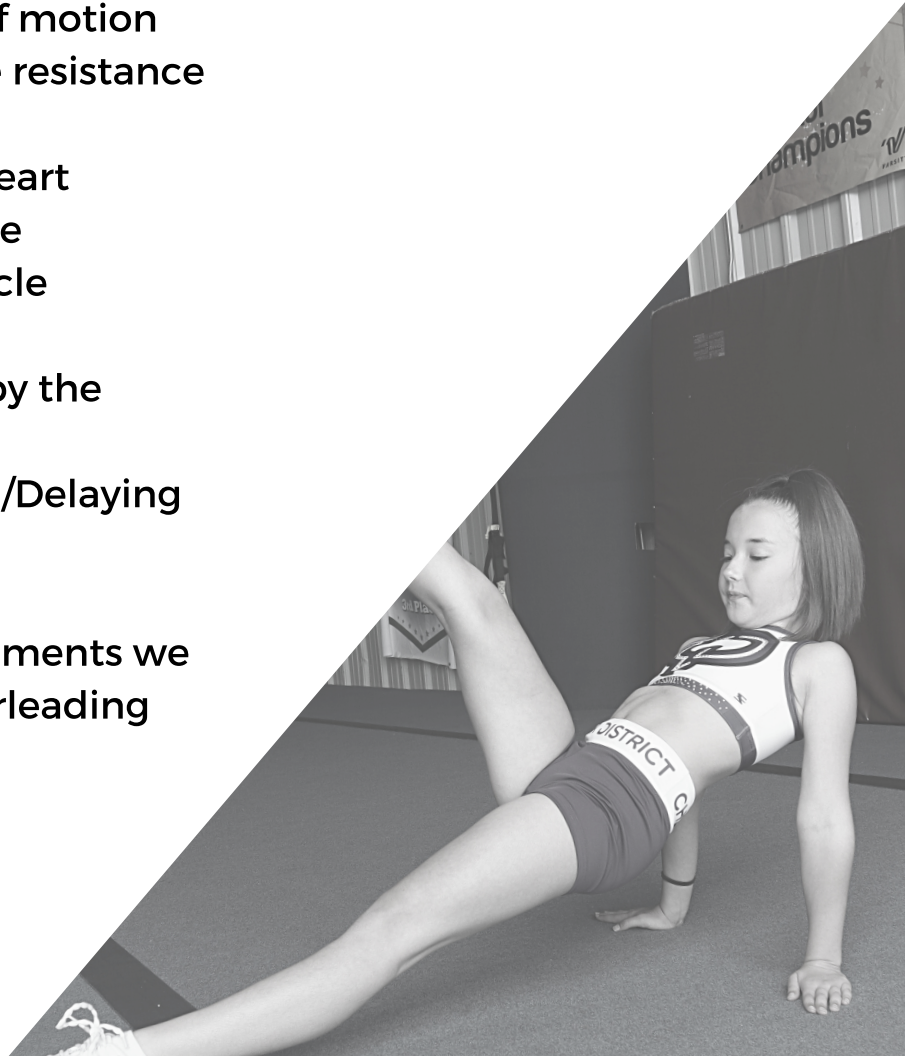
WHY IS IT IMPORTANT TO HAVE A GOOD WARM-UP?

One of the primary goals of warming up is to help prevent injuries. There is evidence suggesting proper warm-ups may reduce some acute sprains and strains developed during practices and performances.

Cheer District has taken the most recent academic and clinical research to design the following cheerleading specific warm-up. The goal of the *Cheer District Group Warm-up* is to help mitigate injuries while improving overall performance.

THE CHEER DISTRICT WARM-UP WILL ACHIEVE:

1. Short-term increased range of motion
2. Short-term decreased passive resistance to stretch
3. Improved blood flow to the heart
4. Increased muscle temperature
5. More efficient and faster muscle contraction
6. Improved oxygen utilization by the muscles
7. Decreased lactate production/Delaying fatigue
8. Increased rate of neural conduction/Priming the movements we are going to be using for cheerleading
9. Psychological factors



SECTION 1

Joint Mobility/Dynamic - Standing

8 reps each

Cervical Spine

- Head forward and backward (spine rounding and arching)
- Head turn left and right (no movement)
- Head tilt left and right (ear to shoulder)

Shoulders

- Shoulder circles (forward and backward)
- Arm Circles (forward and backward)

Wrist

- Flexion and Extension
- Supination and Pronation
- Radial and Ulnar Lateral Flexion
- Wrist circles

Hips

- Knee up and forward - circumduct around to the side and back (switch directions)
- Leg swings - forward, backwards and side to side
- Leg swings - toe touch positions

Ankles

- Dorsiflexion and Plantar-flexion
- Inversion and Eversion
- Ankle circles

Joint Mobility/Dynamic - Ground Work

10 reps each

Thoracic and Lumbar

- Cat-Camel
- Side-lying thoracic rotation
- Rolling patterns

Shoulders and Wrists

- Hands and knees - pushing back into downward dog on knees
- Hand and knees - rocking back and forth with wrists flexed and then extended

Hips

- On knees leaning backward with hands behind
 - Push hips up and down
- 90/90
- Straddle sit - reach to one leg, in front, and then the other

***HEAD TO OUR YOUTUBE PAGE FOR A VIDEO OF THE
CHEER DISTRICT GROUP WARM-UP***



CHEER DISTRICT GROUP WARM-UP

SECTION 2

Core Priming

4 sets of 10 second holds

- Flex/Extend Single Leg Balance (alternate)
- Modified Isometric Crunch
- Bird Dog - Table top position with leg and opposite arm extensions
- Side Plank (both sides)

General Full Body Workout

10 reps

- Wide stance squats with arms at shoulders then press overhead
- Medium stance squats with arms at shoulders then press overhead
- Narrow stance squats with arms at shoulders then press overhead
- Push backs
- Push ups
- Seated straddle lifts
- Standing kicks forwards and side
- Standing calf raises
- Lunges forward, side and back
- Quarter depth squat jumps with full arm swing - wide, shoulder width and feet together - 3 reps each
- Deep squat jumps with full arm swing - wide, shoulder width and feet together - 3 reps each
- Push back shoulder pops
- Short 10 metre sprints (5) - each one faster than the one before



Static Stretching vs. Contract/Relax Stretching

Static Stretching:

Static stretching refers to a stretch that is held in a challenging but comfortable position for a period of time. Static stretching has shown to be most effective when it is 4 or 5 sets of 60 seconds for each body part/movement. This can take up to 30 minutes just to complete the lower body.

Contract/Relax Stretching:

Contract/Relax stretching typically consists of moving into a static stretch position followed by a contraction of the stretched muscle for a period of time. This method of stretching has shown to be as effective as static stretching but takes significantly less time to implement. Contract/relax stretching can be done with 4 or 5 sets of approximately 20 seconds each.

Note:

Both static and contract/relax stretching are effective for improving range of motion. However, prior to a practice or competition it has been shown to reduce strength and power immediately following the static stretching activity. These power losses seem to diminish following dynamic stretching and a warm up. Therefore, it is important to recognize that it is not a good idea to tumble or stunt immediately following a static stretching session.



RECOMMENDATIONS

To be followed in order:

1. If static stretching is completed it needs to be done prior to practice or full team warm-up (the effects of static stretching last about 20 minutes). Apply at least four to five 60-second stretches to pain tolerance to the chosen muscle groups and perform bilaterally OR we recommend using the contract/relax method of stretching to save time.
2. Perform the *Cheer District Group Warm-up*.
3. Perform some sport specific dynamic drills before actual performance (e.g. squish/sponge to double base/prep, etc.)
4. Warm-up specific dance, tumbling, stunting, pyramid and basket toss skills.
5. Run your routine.
6. During competitions, find ways to stay warm and keep muscle temperature elevated between your warm-up time in the practice gym and your competition time.