

ATHLETE FAQ

HOW DO I MAKE A PROFILE?

1. Download the Cheer District App from the Apple store or Google Play
2. Select the appropriate account type - 'Cheerleader', or 'Cheerleader/Coach'
3. Enter your birthday. Please make sure to input your correct birthday as it will ensure you get the appropriate training for your age and level
4. You will need to register with your email OR phone number - **please only use one**
5. Enter your legal **FIRST NAME** and **LAST NAME** - spelled exactly the same as they have on file at your gym
6. Select your level and position
7. If you have registered through your gym, ensure you have the correct spelling of your gym name in order to claim your subscription
8. **You're in!** Head over to your profile on the timeline and pick a profile photo.
9. Fill out your bio and add your current teams
10. To complete your profile, head into the Skill Tracker and select the skills you have in each level. Remember to select only the skills you are confident in competing

HOW DO I CLAIM MY SUBSCRIPTION?

If you received your subscription through your gym:

1. Create a profile with your correct first name, last name, and gym name. This must match the information provided by your gym.
2. Your coach will give you the date your training page will be unlocked
3. On that date, your personalized training program will appear under the "TRAINING" tab

If you signed up on the App Store or Google Play:

1. Create your profile
2. Click into the training page and purchase your 1 year subscription through your device. You'll even get 30 days free!

REMINDER: Training starts at age 8

ATHLETE FAQ



MY TRAINING ISN'T APPEARING AND IT SAYS I NEED TO PURCHASE A SUBSCRIPTION?

You have a gym subscription:

If you have purchased a subscription through your gym or registration package and your training isn't appearing check the following;

- Is the first and last name on your profile spelled the same as it is on your registration forms at your gym?
- Is your gym name spelled correctly? Double check with your gym to see how they registered (eg. PCT vs. PCT Cheer & Tumble)
- If the above are correct, email support@cheerdistrict.com and they will respond within 2 business days to help you find the solution to get your training started ASAP.

You signed up through the App Store or Google Play:

Please contact our support team at support@cheerdistrict.com to confirm your subscription is attached to the correct account.



CAN I DO THE WORKOUTS IN ANY ORDER?

Dr. Scott Christie has built the Cheer District workouts in a specific sequence in order for the workouts to continue to build with you and challenge you as you grow. You will need to follow the order of the workouts, as well as the exercises as they are laid out. This will give you the best results.



WHY ISN'T IT LETTING ME MOVE ONTO THE NEXT WORKOUT?

Each workout is timed.

If you received the pop up "Looks like you haven't spent the appropriate amount of time on your workout", this means you will be taken back to the start of that workout and must restart. All of the times are set to ensure you are spending the correct amount of time on each exercise. This is to ensure you are putting 100% effort into each movement and not skipping through any exercises.

ATHLETE FAQ

WHAT IF I DON'T KNOW HOW TO DO A SPECIFIC EXERCISE?

The app has a built-in video demonstration, shot from multiple angles. You can watch to learn how to properly execute each exercise. If you have a question about a specific exercise, please speak with your coach.

HOW OFTEN SHOULD I BE DOING MY WORKOUTS?

You should be completing a workout every 2-3 days. The app will notify your coach if you have not completed a workout in 3 days, and then again at 5 days.

DO I NEED EQUIPMENT FOR MY WORKOUTS?

Cheer District workouts may require resistance bands and a resistance ball, otherwise all exercises are designed to be done at home using body weight exercises, or household items. If you are 18+ we recommend doing your workouts in a gym facility as you will require more access to gym equipment.

WHERE CAN I PURCHASE RESISTANCE BANDS?

You can purchase resistance bands from our online shop! Head to shop.cheerdistrict.com.

WHAT ELSE IS OFFERED ON THE CHEER DISTRICT APP BESIDES TRAINING?

Cheer District's social page includes educational content such as monthly nutrition posts from Lauren Papanos, mental health advice from Jeff Benson (the owner of Mind Body Cheer) and much more! You can also be a part of the conversation (if 13+ years old) by posting your own photos, commenting, and replying to others posts! Cheer District has also created a FREE stretching series and Injury Prevention Series available on the Cheer District YouTube channel.