

# TIPS FOR MAINTAINING MOMENTUM

## MAKING THE MOST OUT OF YOUR CHEER DISTRICT TRAINING APP

1



### MAKE IT AN EXPECTATION

It starts at the top. The coaches set the level of expectations for their athletes. The more effort you put in, the better results from your athletes.

2



### INCENTIVIZE

Each month, or number of months, have a fun competition amongst teams for a "fun practice / pizza party" you choose the incentive

3



### CHEER DISTRICT ATHLETE OF THE MONTH

Let your athletes know that you will be submitting the athlete(s) who have stayed consistent with their workouts for Cheer District's Athlete of the Month

4



### YOUR GYM'S ATHLETE OF THE MONTH

The Cheer District workouts are part of the criteria for your gym's Athlete of the Month. You can use this as incentive.

5



### WARM UP CHECK-IN

Implement a consistent warm-up check-in with your athletes. During your team's warm-up, pull up the team list and scan through to see who has the red dot beside their name. This means they have not worked out in the last 3 days. Check in with those athletes.