*Berkeley High Cheerleading Clinic*

Want help on your cheer skills?

Come join us and practice your technique before

your upcoming Berkeley High School tryouts.

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Come to the Dance room above the swimming pool at BHS

4:30 pm - 6:30 pm

(Every Tuesday, Wednesday & Thursday in March)

March 12,13, & 14

March 19, 20, & 21

March 26, 27, & 28

Things you will need:

* T-shirt
* shorts/yoga pant
* tennis shoes (not street shoes)
* Water
* Great Attitude with a willingness to learn

We will review

* Warm-up and stretching
* Motions
* Jumps
* Learn sideline chants & cheers
* Learn four (or more) 8-counts of dance
* Practice stunting
* Practice tumbling (not required, but preferred)

It is safe to assume that you may be asked to perform any material taught and reviewed at this practice during tryouts.

\*\*\*\* BHS Cheer Tryouts will be held at BHS, April 22nd – April 26th