

Why Participate in a Youth Program?

Starting a cheerleading career at a young age can be quite beneficial. Not only will young athletes learn the fundamentals necessary to succeed in cheerleading, but they also develop the skills to be successful in other facets of life. Although they may not realize it at the time, being part of a team provides the opportunity for youth to gain more self-reliance and self-confidence on an individual level while learning the importance of teamwork.

The advantage of getting involved in a youth program is learning the fundamentals early. When it comes to cheerleading, those fundamentals are what get them from one level to the next, and eventually, a foundation is built. They learn basic motions and correct motion placement, rhythm to stay with the beat of music, and proper stunting and tumbling technique, which is one important element of cheerleading. As with any activity performed at a young age, these athletes learn by memory of movement. So if cheerleaders are taught to execute a stunt or tumbling pass the wrong way, it will be that much harder for them to retrain their muscles to do it the right way when making the transition from a youth team to a middle school team and so on.

Along with fundamentals, there are several other skills enhanced through cheerleading. Teamwork is one of those. By being part of a team, they can improve communication skills, learn how to work with other people, set goals, and be proactive in certain situations. Being part of a team also teaches important lessons about pride. They not only learn to take pride in themselves, but also learn how to trust and take pride in their teammates.

Discipline is another vital element learned at the youth level. They begin by listening, then start doing. At this age, they are used to answering only to their parents, but now they have to listen to someone else, their coach. It's a major adjustment, but one that if not learned now, will create major problems in the future. After a few months, hopefully they will develop the discipline to start conditioning and strength training on their own rather than just at practice.

Leadership skills, which are arguably the most important skills to learn, are also formed. It's okay to sit back and follow what everyone else is doing, as there have to be both leaders and followers in order to have a successful squad. But there is always a time to step up and effectively lead the team.

Join us this summer and build this foundation! We look forward to working with you!

