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## Dahlstrom middle school cheer

Our teachers and campus staff are at the heart of our community. Our teachers, staff and administrators would like nothing more than to welcome each of our more than 21,000 students back to school; but when staff, many of whom have children in the District, are afraid to return to face-to-face instruction due to an increase in the number of positive cases of COVID, we have a problem that needs to be addressed. As conditions get worse and duplication rates increase, how can we honestly justify endangering educators and their students. At some point, when this health crisis eases, it may be safe to take everyone to the classroom, but, as it is right now, local school districts need the flexibility to make decisions based on a measured response to local conditions and data. As educators, we know that one size doesn't suit everyone. Page 2 DMS - Dance T-shirt (Purchase required) DMS - Winter Dance Concert Our teachers and campus staff are the heart of our community. 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Our teachers, staff and administrators would like nothing more than to welcome each of our more than 21,000 students back to school; but when staff, many of whom have children in the District, are afraid to return to face-to-face instruction due to an increase in the number of positive cases of COVID, we have a problem that needs to be addressed. As conditions get worse and duplication rates increase, how can we honestly justify endangering educators and their students. At some point, when this health crisis eases, it may be safe to take everyone to the classroom, but, as it is right now, local school districts need the flexibility to make decisions based on a measured response to local conditions and data. As a we know that one size does not fit all. 1 It is discovered when the attempts are. If you don't know the exact date, start training as soon as possible. Also, training more is better. Also during the summer you have to take a stumbling class. Most middle school cheerleaders are all or above all stumbling. 2 Start eating one Diet. You should have lots of protein, fruits, vegetables and carbs in your diet. Make sure everything you eat is super healthy. Eat 3 meals a day and 3 snacks a day. You have to train before and after school. A healthy meal plan to follow is for breakfast, eat a small bowl of oatmeal, a banana, a small slice of cheese, a tablespoon of peanut butter, and 3 glasses of water. Just before morning the practice of eating an energy bar or a cereal bar. This is your morning snack. For lunch, eat a nice sandwich that has 5 slices of meat, 1 slice of cheese, no mayo, and lettuce. In addition, eat 10 carrots for babies and 5 bunches. Before afternoon training eat another nutrition bar. Eat what your parents do for dinner. For dessert, eat vanilla yogurt with peanut butter mixed in. 3 Start an exercise routine. It is necessary to train for specific movements of joy such as jumps, movements and stumbles, and for general endurance, strength and flexibility. To train for jumps, you need to do at least 30 leg lifts on horseback on each leg. A leglift on horseback is when you sit on a horse and lift one leg at a time without letting it touch the ground. You also need to do 30 squat jumps, 15 jumps on each foot, 30 foot climbs and 30 squats. Don't forget the cheering crises, which is where you are on your back with your arms over your head and crack in a touch of feet on the ground, make 15 of these. Also, making 10 of every required jump is great! For your movements, learn how to make bow and arrow, daggers, go or punch, hands on hips, Left L, right L, left K, right K, left diagonal, right diagonal, T, T broken, high V, low V, touchdown, and low landing. Keep these movements rigid and tight. To stumble, do 10 carriage wheels, 10 laps and 10 handstands. Be sure to keep your arms and legs straight and tight and your toes pointed. Imagine you're a board. For resistance, do cardio 4 days a week. Make a routine video of cardiovascular training. For strength training, you have to do 3 days a week, make a workout video that focuses on strengthening your arms one day, your legs one day, and your abs another day. For flexibility, do stretching twice a day. You have to have a good division. 4 Train your voice. Practice speaking loud and clear. Make sure you don't regret your words and that they are low, strong and clear. Practice a good voice every day doing breathing exercises, speaking out loud, and making sure every word you say isn't too fast, slow or mummy. 5 Know the requirements. You should be able to make a good touch of your toe, right herkie, and leave herkie. You also need a solid, rounded cart. good movements, a split and a strong voice. 6 Brilliance in attempts. You have to stand out in the exits. If you can make a herkie, touch your finger, split, cart, and round, you should be able to do it. During cheerleading workouts, dress carefully in a school shirt, dance shorts, dancing or shoes, hair in a high ponytail with a bow, nails painted with a light enamel, clean makeup, and a tattoo on the cheek or hand. For school shirts, make sure they are in school colors and not a polo or collared shirt. Tie your back if it's too long. Wear black dance shorts if you're not super wearable tan and pastel shorts if you're super wearable so. Your dancing/joy shoes must be black or white with white ankle socks. If you go with dance shoes, jazz is the best. For your hair, brush it in a ponytail that is behind your top and top. Use a blank bow or in school colors. Make sure your hair is straight. For nails, remove any nail polish and cut them so they are kind of short, but not too short. Round them and paint with a light or light with glossy nail polish. You can make some shiny beaded nail art to a nail if you wish. You should do your makeup easily and impeccably. Apply a tinted moisturiser, skin colored eye shadow, light bronzer, and lip gloss. For your tattoo, make it have to do with your pet, for example, a footprint of foot, animal, or the initials of the school. 7 Make your joy with gusto. Make it strong, agile and sharp. On the first day of testing, they will make you make a joy, a touch of finger and an optional stumble. Be sure to bring your legs up high on the touch of your head and straight back. To stumble, make your cart, round and handstand. At the break and heat / stretch sessions, show off your division, on horseback and bridge. Give girls advice if they ask about their movements. On the second day, add some gloss to the lips and eyes, but not too much. You will make a touch of toe, herkie, split, cart wheel, round, handstand, and cheer. You will do similar things to yesterday, but you have to be even better than before. Show your overply if you're there. 8 Celebrate when you make the team. Don't get off your diet, endurance, strength and stretching routines. You don't have to do the other things because you're going to do it in practice. I don't fill your head with ideas about entertainers and I think they're better than the others. Make sure you are an awesome entertainer and bring it! You can use tank tops to practice if you wish. 9 Don't give up if you don't make the team. You can try it for an All Star team if you want or you can continue training on your own for next year. Try to fit the animator stereotype if you think you were good enough, but you didn't look like an entertainer or stand out. If you conform to the cheerleading stereotype, but they weren't good enough, train even more and for longer sessions until you have the jumps in the city! City! City!