



Coaching after Covid

Be Prepared for Anything



Athletes knowing
different spots

- Stunt positions
- Dance positions



Ready to change at any
moment



Having a positive attitude

Conditioning

- ▶ One thing you could do 6 feet apart
- ▶ Conditioned for anything to happen
 - Physically fit
 - Prepared to make changes
- ▶ Have stamina for games and competitions



Getting Back to Cheering



- ▶ Couldn't do a lot of skills so worked motions
- ▶ Cheering on the sidelines became more fun for some. You appreciate it when you don't have it.
- ▶ Everyone should know cheers.
- ▶ Create or work on traditions because you had more time.
- ▶ Understanding the sports you are cheering

Non-Contact Coaching

- HIT A T-MOTION (STAND UP)
- USE KEY WORDS -POINT YOUR TOES
 - MUSCLE MEMORY

Team Building & Team Bonding

- Could focus on the team and not just skills
- Had to work as a team because if someone got sick you may have to fill in for them.
- Had time to do team bonding outside of school since school had rules.
- Willingness to teach and help others – had to be patient.

Using Videos for Practice

- MANY WERE NOT ABLE TO MEET SO WOULD SEND VIDEOS OF WHAT THEY COULD DO AT HOME.
 - CONDITIONING
 - DANCES OR FIGHT SONG
- CHALLENGES THAT EVERYONE COULD PARTICIPATE IN
- COULD WATCH VIDEO ON YOUR OWN TIME – WATCH YOURSELF THEN WATCH WHOLE GROUP
- LEARN CHEERS OR DANCES WHILE ABSENT OR SICK



Think Positive

EVERYTHING IS A LEARNING
EXPERIENCE