

# **Cornerstone Christian School**

## **2025 State Cheer Routine**

### **Class C2 Non-Tumbling/Non-Stunting**

**Coach JR Dotzler**

#### **Background:**

- Class C2 - Smaller private Christian School
- No tryouts for Sideline (22 cheerleaders total - 16 returning)
- In-house Tryouts for State (12-18 cheerleaders)

#### **Foundation of Routine:**

- I do all the choreography & formations - I use ArrangeUs.
- I watch a variety of routines to find fun 8 counts & adapt them.
- Every motion matters. Feet matter. Facials matter.

#### **Scoresheet:**

- Used for General Overview
- Detailed rubric could be helpful

#### **Practice Schedule:**

- Daily Homeroom: 20-minute sessions on specific 8-counts
- After-school practices: Nov-Feb - 1 hour on non-game days
- Cheer Athletics: 3 sessions on Cheer Mats  
(We now have 9 cheer mats.)

#### **My Sayings:**

- Trust the Process
- I believe in you
- Every motion matters-Feet matter-Facials matter
- Show the Love of Jesus

#### **Cheer Words & Vocals:**

- Strong Words & Repetitive Phrases
- Punch Words

#### **Music Selection:**

- Clean & Age Appropriate
- Set the Mood & Tell A Story
- Nostalgic for Judges
- No Dead Space

#### **Formations:**

- Strategic & Varied Formations
- Create a Visual Moment
- Keep it Moving (Tik Tok Generation)
- Use the Entire Mat

**Transitions:**

- Move with a Purpose
- Be Intentional
- Not a Break - Part of the Performance

**Motions:**

- Strong & Sharp
- Engage Core
- Hit On Count
- Create Muscle Memory through Repetition

**Jumps/Kicks:**

- Use a Variety of Jumps & Connections
- Highlight Strengths & Challenge their Abilities

**Areas of Difficulty:**

- Cheer/Life Balance (girls & coaches)
- Hitting Motions/Jumps (Fast Music)
- Conditioning - 2:30 Sprint
- No Gym or Cheer Mats (previously)