



Alberta Cheerleading Association  
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February 19, 2021

**Re: Scholastic Athlete Super Series virtual cheer training program!**

Dear Scholastic Coach, Staff Advisor/School Administrator,

Due to the pandemic, the past almost twelve months have brought challenges to our community that we could never have anticipated; the shut down of our sports has resulted in feelings of sudden and abrupt loss and negatively impacted our athletes and coaches in terms of mental, emotional, social, and physical health.

The ACA is aware that most, if not all, school divisions in Alberta do not permit out-of-school coaches to have any contact with their athletes to check in on how they are doing or to conduct virtual conditioning and skills-related training for their teams. Although staff advisors could conduct these types of sessions, with the responsibilities facing school staff members in relation to Covid-19, there is just no extra time or energy for these activities. As a result, athletes are feeling disengaged from their coaches, teammates, programs, and the sport and, if left to continue, may result in athletes leaving the sport for good and scholastic programs failing.

The ACA would like to support our scholastic cheer community by coordinating FREE virtual training sessions for Alberta school cheer athletes, instructed by ACA-certified scholastic coaches.

Some highlights of the program:

- Training sessions would begin on Tuesday, March 2 and conclude on Tuesday, April 27, 2021
- One-hour training sessions would take place virtually once per week (evenings) via Zoom and athletes can sign up for one, or all, of the sessions.
- Sessions would be broken into three age/grade categories:
  - Elementary – grades 4 to 6
  - Junior High – grades 7 to 9
  - Senior High / Collegiate – grades 10-12 + post-secondary
- Each session would include a standard warm up, conditioning exercises, and cool down.
- Sessions would be broken into various cheer-related categories such as Jumps, Base Training, Flyer Training, Tumbling, Motions & Dance, Game Day & Cheer and Performance Cheer.

To participate, athletes will register on the ACA website at:

<https://www.albertacheerleading.ca/competitionsandevents/scholasticsuperseries#!event-register/2021/3/2/scholastic-athlete-super-series>

Please share the attached information with your cheer athletes through your school newsletter, website, social media and via direct email so that they all have an opportunity to participate!

Thank you for your consideration!



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## CALLING ALL SCHOLASTIC CHEER ATHLETES!!

Are you missing cheerleading??

The Alberta Cheerleading Association (ACA) is excited to introduce the **Scholastic Athlete Super Series** virtual cheer training program!

Starting March 2<sup>nd</sup> until April 27<sup>th</sup>, 2021, scholastic athletes can participate in a weekly, one-hour training session with an ACA Certified Coach who will lead you in conditioning exercises and cheer-related skills, all from the comfort of your own home!

Sign-up and get your sweat on with athletes of similar age/grade level.

Sessions are available for Elementary (grades 4-6), Junior High (grades 7-9), and Senior High (grades 10-12) + Collegiate.

These sessions are offered to Alberta scholastic cheer athletes only and are FREE!

Join athletes from across the Province in getting back to cheer training!

To register, please visit the ACA website and look for the Scholastic Athlete Super Series events!

<https://www.albertacheerleading.ca/competitionsandevents/scholasticsuperseries#!event-register/2021/3/2/scholastic-athlete-super-series>

Don't miss out – see you there!