

# Schedule Your Clinic Today!

Contact Clinic Director

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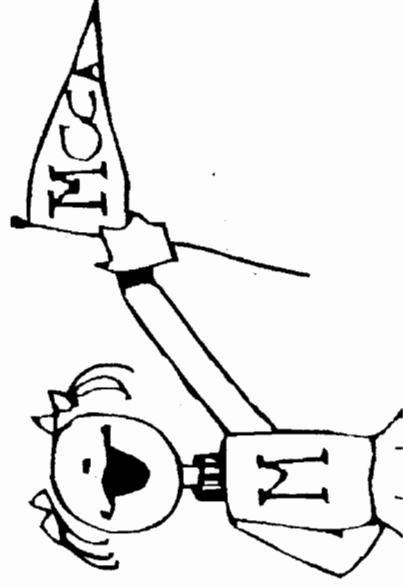
One Team - \$180.00  
Two or More Teams - \$115/team  
Clinics are 2 ½ hours in length

**Important:**  
See reverse side for custom options.

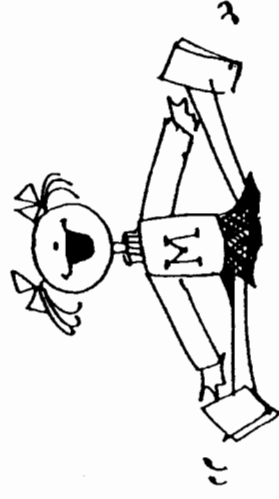


## Top Five Reasons to Schedule Your Clinic:

1. You pick the date and the staff comes to your school!
2. We know every team is different, so we offer customized clinics to best meet your team's needs!
3. Expert instruction is offered for every level ~ beginner to elite!
4. This is the most affordable training anywhere!
5. Learn the secrets to advancing your stunts & skills to the next level the right way!



# Stunt & Skills Clinics



Michigan's best  
kept secret!

## Coaches Clinics

Simply a must for those who want to build their stunting expertise! MCCA brings a demo team to you for this unique hands-on clinic. Learn how to teach and spot stunts and troubleshoot incorrect technique.

**Fee:** \$40.00 per person

• **A minimum of four people is required to conduct a Coaches Clinic.**

• **All participants receive a certificate of completion!**

## Compulsory Skills Clinics

Learn the basic elements of the skills used in the MHSAA Girls Competitive Cheer format. Emphasis is on correct technique, MHSAA requirements, synchronization, drills and spotting safety.

Teams are led through beginning to advanced skill progressions in your choice of the following levels:

**Level One:** Kick, Forward Roll, Jumps: Spread Eagle, Tuck

**Level Two:** Backward Roll, Side Splits, Handstand, Double Hook Jump

**Level Three:** Heal Stretch, Switch Splits, Cartwheel, Round Off, Jumps: Herkie, Toe Touch, Front Hurdler

**Level Four:** Back Walkover, One Hand Cartwheel, Back Handspring, Jumps: Pike, Universal

## Jumps, Flexibility, Precision, Formations ~You Customize It!

MCCA now offers a unique format customized just for your team. Select two of the following for your clinic:

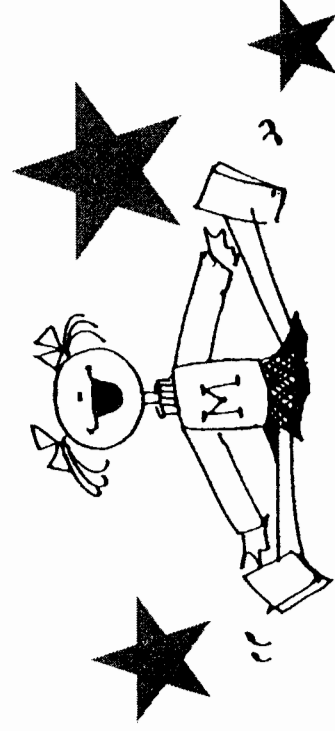
**Jumps:** Plyometrics training, conditioning drills and much more including the following jumps: Tuck, Clap, Spread Eagle, Double Hook, Herkie, Front Hurdler, Double Nine, Tow Touch, Universal, Pike

**Flexibility:** Stretches to improve flexibility, specific conditioning drills, plyometrics and much more including: Side Splits, Switch Splits, Heal Stretch, Front Kick, Side Kick

**Precision:** Our expert staff teaches drills to improve arm motions, jumps, formations, voice and stunts. Each team must be prepared to perform at least one cheer and chant. **Material will not be taught by the MCCA staff.**

A review of basic cheerleading motions and proper form is also included.

**Formations:** tips and techniques for changing formations quickly and effectively.



## Stunt Clinics

Learn the roles within a stunt, progressions, correct techniques and spotting safety from one of four levels.

**Level One:** Focus – fundamental skills essential to the mastery of more advanced stunts and pyramids.

**Select four stunts from:** Elevator Level and Below Thigh Stand, Thigh Stand Dismounts, Double Based Shoulder Stand Progressions, Double Based Shoulder Stand Dismounts, Pony Stand, Russian Lift, Shoulder Sit Progressions, One Foot Hop & Go Elevator. **Transitions:** Sponge, Cradle

**Level Two:** Focus – more fundamentals to help build and improve skills. A team must have attended an MCCA Level 1 clinic within the past two years or have prior approval from the Head Clinician to attend a Level 2 clinic.

**Select four stunts from:** Triple Base Straddle Life / V Sit, Chair, Suspended Splits, Hop & Go Elevator, Thigh Stand to Elevator, Triple Lift Deadman Lift. **Transitions:** Reloads, Retake from Elevator. **Flair:** Box Out, Cuple. **Prep:** Twist Up, Press Up, Step Up to Elevator

**Level Three:** Focus – building on the skills already mastered. Teams must have attended an MCCA Level 1 or 2 clinic in the past two years or have prior approval from the Head Clinician to attend a Level 3 clinic.

**Select four stunts from:** Single Based Shoulder Stand Progressions, Pendulum, Extended Suspended Splits, Step Up Elevator, Shoulder Sit - Pop to Shoulder Stand, Show & Go, Log Roll. **Flairs at Elevator Level:** Torch, Liberty, Arabesque, Heal Stretch, Scorpion, Tic-Toc, Maverick **Transitions:** One Foot Reload, Retake from an Extension, Shoot Through, Changing Bases, Moving Stunt at Least 5 Steps, Rotating Stunt at Least 180° to 360°

**Level Four:** Designed for the elite team who has attended an MCCA Level 3 clinic in the past two years, or has prior approval from the Head Clinician. Experience with prerequisite stunts is mandatory before Level 3 stunts are taught.

**Select four stunts from:** Extended Stunts: Extension Hand to Foot Flairs: Liberty, Cuple, Heel Stretch, Arabesque, Torch, Scorpion, Waist Level Kick Out, Maverick, Bottle Rocket, Tic-Toc, Side Press, Basket Toss, Floor Up Extensions, Twist Cradle (360°)