



Course Content & Costing

The following Cheerleading and Street Cheer Coaching Courses are available through UKCA

Please refer to the following for guidance on the level of qualification each course will provide:

Leadership Award	equivalent to JSLA/CSLA or NGB level 1 award
Basic Skills	equivalent to NGB Level 2 award
Basic Stunts	equivalent to NGB Level 2/3 award
Intermediate Skills	equivalent to NGB Level 3/4 award
Advanced Skills	equivalent to NGB Level 5 award

We also offer Assistant Coach Qualifications – see below

In order to attend a **Basic Skills** level course, UKCA require all participants to be one of the following:

- A qualified Teacher or Teaching Assistant
- Have a NGB Level 1 qualification in any sport
- Have a JSLA/CSLA qualification
- Be a qualified Dance Teacher
- Be a qualified Fitness professional
- Be a qualified Dance Leader
- A qualification equivalent any of the above

If you do not hold any of the above, you will need to attend our **Leadership Award** course.

All courses must be attended in the correct order, completing each one before moving to the next level. Participants will not be able skip levels even if they hold other Cheerleading, Dance or Gymnastic qualifications.

All courses are recognised and endorsed by British Gymnastics.

To book a place on one of the courses, or host a course, please check our online [diary dates](#), then contact courses@ukca.org.uk with your booking details.

Once you have qualified through UKCA, you will automatically be registered on our association database.

Public Liability Insurance is the responsibility of the individual and we recommend you have suitable cover in place before you begin coaching. Advice on insurance plans can be found on www.ukca.org

**We look forward to seeing you
on one of our courses in the near future**

UKCA Cheerleading Courses

Cheerleading Leadership Award

£35

Participants must be Yr 8+

1 day (6HR) course teaching basic leadership and session delivery skills

Mixed practical and theory

The course will cover:

- Communication
- Motivation
- Team-building
- Health & Safety
- Risk Assessment
- Role Models and Mentors
- Attitude
- Warm Up
- Stretch
- Coaching technique

Aimed at those wishing to develop leadership skills necessary to help run coaching sessions

A written examination is included on the course

Will give a qualification to assist Cheerleading trained coaches

Participants will receive a resource pack and a certificate of completion

Cheerleading Basic Cheer Skills

£95

Participants must be 18+

1 day (6HR) course introducing the basics of Cheerleading

Mixed practical and theory

The course will cover:

- Warm Up ideas
- Arm Motions
- Formations and Transitions
- Visual Effects
- Jump Technique
- Cheers and Chants
- Choreography
- Lesson Planning
- Music Charting

Participants will leave the course with skills to deliver Cheerleading at a basic level to schools or community groups

Participants will receive a resource pack and a certificate of completion

Cheerleading Basic Cheer Skills – Assistant Coach £95

Participants must be Yr9+

The course content is the same as shown above

Participants will only be allowed to deliver under the guidance and supervision of a responsible adult

Please note: Adequate insurance cover needs to be in place for this activity

Cheerleading Basic Stunts

£115

Participants must be 18+

This 1 day (8HR) course is aimed at coaches wanting to develop their level of coaching knowledge with specific emphasis on stunting

Mixed practical and theory

The course will cover:

- Warm Up ideas
- Health and Safety for Stunting
- Stunt preparation for Cheerleaders
- Spotting and Catching
- Stunt technique up to 2 high
- Choreography

Coaches must have already completed the **Basic Skills** Course

Participants will receive a resource pack and a certificate of completion

Cheerleading Basic Stunts

£115

Participants must be Yr9+

The course content is the same as shown above

Participants will only be allowed to deliver under the guidance and supervision of a responsible adult

Please note: Adequate insurance cover needs to be in place for this higher risk activity

Intermediate Stunting Skills

£325

Participants must be 18+

4 days (32HR) course aimed at experienced UKCA coaches wishing to develop their coaching knowledge and skills

Mixed practical and theory

The course will cover:

- Choreography
- Jumps
- Landing technique
- Physical training for Cheerleaders
- Nutrition
- Safety Logic
- Spotting
- Intermediate level Stunts up to 2.5 high
- Basket tosses
- Partner Stunt Progressions
- Basic First Aid
- Communication & Motivation
- Coaching Skills
- Lesson Planning & Teaching Points.
- Pyramid Building 3 layer 2.5 high

The main emphasis is on the coaching of higher level stunts and pyramids.

Enables coaches to deliver to International standards

Participants will receive a resource pack and a certificate of completion

Advanced Stunting Skills
To be introduced in partnership with British Gymnastics
October 2010

Please email courses@ukca.org.uk if you are interested in this course and wish to be put on the pre-course registration list
You will be contacted when a date is confirmed

COACHING PATHWAY

CHEERLEADING OVER 18

UKCA ADVANCED STUNTS

UKCA INTERMEDIATE STUNTS

STREET CHEER

UKCA STREET CHEER INTERMEDIATE SKILLS

UKCA STREET CHEER BASIC SKILLS

UKCA STREET CHEER LEADERSHIP AWARD

UKCA BASIC STUNTS

UKCA BASIC SKILLS

JSLA/CSLA NGB LEVEL 1 AWARD

CHEERLEADING UNDER 18
Street Cheer follows the same pathway

UKCA BASIC STUNTS ASSISTANT COACH

UKCA BASIC SKILLS ASSISTANT COACH

UKCA CHEERLEADING LEADERSHIP AWARD