

# INTERNATIONAL CHEER UNION (ICU)



**2016-2017**

## ICU Coaches Course Syllabus



*-Pending Approval-*

# ICU GLOSSARY OF CHEER DISCIPLINES



## **I. CHEERLEADING**

*Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team (all respective age levels within each category)*

- a. Team Cheer Novice (L1) - Premier (L6) Divisions
- b. Partner Stunt
- c. Group Stunt
- d. Team STUNT

## **II. PERFORMANCE CHEER**

*Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team (all respective age levels within each category)*

- a. Team Cheer Pom
- b. Team Cheer Hip Hop
- c. Team Cheer Jazz
- d. Team Cheer High Kick
- e. Team Cheer Doubles- Pom, Hip Hop, Jazz, High Kick

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**IMPORTANT INFORMATION:** Time requirements listed for the ICU courses are estimates only. Time variables include, but are not limited to; the number of students attending each class, student experience and consequent comprehension levels, as well as availability of facilities and structure for the ICU Courses.

Please reference [www.cheerunion.org](http://www.cheerunion.org) "Education" for exact Course details (e.g. location, number of days, hours, costs) in your area, or contact [info@cheerunion.org](mailto:info@cheerunion.org) to inquire for further information.

## ICU COACHES COURSE SYLLABUS



### **ICU Global Coaching Techniques (GCT) .....Page 4**

- Two (2) day course: Cheerleading
- Two (2) day course: Performance Cheer
- *Instructor(s): ICU Certified GCT Instructor(s)*



### **ICU Risk Management, Ethics & Principles of Coaching (REP)...Page 5**

- Two (2) day course: All ICU Disciplines Combined
- *Instructor: ICU Certified REP Instructor(s), NF Certified Instructor(s), NSA Instructor(s)*



### **ICU Coaching Skill Credentialing (CSC).....Page 6**

- An initial on-line test, followed by a 1 -1 practical per level/genre
- Level Credentials-Cheerleading, Genre Credentials-Performance Cheer
- *Instructor: ICU Certified CSC Instructors(s)*



### **ICU Rules Comprehension Course (RCC).....Page 7**

- One (1) day course: Cheerleading
- One (1) day course: Performance Cheer
- *Instructor: ICU Certified RCC Instructor(s)*



### **ICU Judges Education Course (JEC).....Page 9**

- Two (2) day course for Cheerleading\*           Day 1-Phase 1/Day2-Phase 2
- Two (2) day course for Performance Cheer\*:Day 1-Phase 1/Day2-Phase 2
- *Instructor: ICU Certified JEC Instructors(s)*

*\*Note: Judges Course Phase 3-4 is based on practical testing- progression details included in JEC Course Curriculum*



## **ICU GLOBAL COACHING TECHNIQUES (GCT)**

Two (2) Courses: 1. Cheerleading 2. Performance Cheer  
Each Course: Two (2) Days (estimate). Classroom/Practical

*Instructor: ICU Certified GCT Instructor(s)*



- A. The Sport of Cheerleading & Performance Cheer- the Global Perspective**  
*-Presentation overview*
- B. History of our Sport- its Implications for Understanding Coaching**  
*-Presentation overview*
- C. ICU Philosophy of the Sport**  
*-The Inverted Pyramid Structure*  
*-Tools for Learning*
- D. Progression Learning Structure of our Sport**  
*-Advancing through low to high, easiest to difficult*  
*-Memory of Movement*  
*-Disciplines & Genres*
- E. Skill Terminology for Coaching Advancement**  
*- Skills by category presented through progressions / disciplines*  
*- Presentation overview, written testing*
- F. Understanding Progressions – Hands-on Perspective**  
*-Presentation overview, written testing*  
*-Practical instruction, review*
- G. Hands-on Skill Teaching and Techniques**  
*-Practical instruction, review*



## **ICU GCT ADVANCED COURSES (CHEVRON LEVEL)**

### **CHEERLEADING**

- ^ Elite Coaching Techniques
- ^ Premier Coaching Techniques
- ^ Core Training for Results
- ^ Choreography

### **PERFORMANCE CHEER**

- ^ Adv. Team Cheer Pom/Jazz/HK- Kicks, Jumps & Leaps
- ^ Advanced Team Cheer Pom/Jazz/HK- Turns
- ^ Advanced Team Cheer Hip Hop
- ^ Core Training for Results
- ^ Choreography
- ^ Lift Technique & Progressions





## **ICU RISK MANAGEMENT, ETHICS & PRINCIPLES OF COACHING (REP)**



One (1) Course: All ICU Disciplines Combined  
Two (2) Days (Estimate): Classroom/Practical  
*Instructor: ICU Certified REP Instructor(s)  
NF Certified Instructor(s), NSA Instructor(s)*

- A. ICU Programme Risk Management - International**  
*-ICU Certified Instructor(s)  
-Classroom instruction, written testing*
- B. ICU Programme Risk Management – National**  
*-ICU National Federation / NSA specialist(s)  
-Classroom instruction, written testing*
- C. National Child Protection Policies, Background Checks, Legal Essentials**  
*-ICU National Federation / NSA specialist(s)  
-Classroom instruction, written testing*
- D. Music and Copyright Rules and Guidelines**  
*-ICU National Federation / NSA specialist(s)  
-Classroom instruction, written testing*
- E. First Aid Education/Training- Emergency Planning**  
*-ICU National Federation / NSA specialist(s)  
-Classroom and practical instruction, written and practical testing*
- F. Sport Concussion and Injury Prevention for our Sport**  
*-ICU Certified Instructor(s)  
-ICU National Federation / NSA specialist(s)  
-Classroom and practical instruction, written and practical testing*
- G. ICU Anti-Doping Rules, Regulations and Processes**  
*-ICU Certified Instructor(s)  
-NADO/RADO Instructor  
-Classroom instruction, written testing*
- H. National Sport Authority Coaching Principles and Ethics**  
*-ICU National Federation/NSA specialist(s)  
-Classroom instruction, written testing*



## **ICU COACHING SKILL CREDENTIALING (CSC)**



Two (2) phase process per Level/Genre Credential:

1. An initial on-line test per Level/Genre
2. One-to-one practical per Level/Genre

-Cheerleading and Performance Cheer-

*Instructor: ICU Certified CSC Instructor(s)*

### **Notes:**

- 🔗 *ICU Global Coaching Techniques (GCT) is a recommended course prior to any CSC credentialing*
- 🕒 *ICU CSC credentialing can be scheduled by appointment, coaching group appointments preferred*
- 🕒 *Estimated credential time per coach- 25 minutes, depending on the number of levels, and knowledge of the coach*
- 📍 *Depending on location and availability, ICU Rules Comprehension Course may offer CSC credentialing the following day*

## **CHEERLEADING**

*Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team variances and age groups within each Level. Each Level includes an initial on-line test followed by one-on-one (1-1) practical testing*

- A. ICU Novice / L1 Division (Stunts, Baskets, Tumbling)**
- B. ICU Intermediate / L2 Division (Stunts, Baskets, Tumbling)**
- C. ICU Median / L3 Division (Stunts, Baskets, Tumbling)**
- D. ICU Advanced / L4 Division (Stunts, Baskets, Tumbling)**
- E. ICU Elite / L5 Division (Stunts, Baskets, Tumbling)**
- F. ICU Premier / L6 Division (Stunts, Baskets, Tumbling)**

## **PERFORMANCE CHEER**

*Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team variances and age groups within each Genre. Each Genre includes an initial on-line test followed by one-on-one (1-1) practical testing*

- A. ICU Team Cheer Pom**
- B. ICU Team Cheer Hip Hop**
- C. ICU Team Cheer Jazz**
- D. ICU Team Cheer High Kick**



## **ICU RULES COMPREHENSION COURSE (RCC)**

Two (2) Courses: 1. Cheerleading 2. Performance Cheer

Each Course: One (1) Day (Estimate)-Classroom

*Instructor: ICU Certified RCC Instructor(s)*



- ***CHEERLEADING COURSE: One (1) Day (Estimate) -***

*Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team variances and age groups within each Level*

- A. ICU Novice Division - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
  
- B. ICU Intermediate Division - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
  
- C. ICU Median Division - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
  
- D. ICU Advanced Division - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
  
- E. ICU Elite Division - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
  
- F. ICU Premier Division - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*



## **ICU RCC ADVANCED COURSES (CHEVRON LEVEL)**

- ^ Safety Judge Training**
- ^ Safety Shadow Judging Certification\***  
**\*10 competitions/20 teams per competition**





## **ICU RULES COMPREHENSION COURSE (RCC)**

Two (2) Courses: 1. Cheerleading 2. Performance Cheer

Each Course: One (1) Day (Estimate)-Classroom

*Instructor: ICU Certified RCC Instructor(s)*



- **PERFORMANCE CHEER COURSE: One (1) Day (Estimate)** -  
*Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team variances and age groups within each Level*

- A. ICU Team Cheer Pom - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
- B. ICU Team Cheer Hip Hop - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
- C. ICU Team Cheer Jazz - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*
- D. ICU Team Cheer High Kick - Glossary, Explanation, Demonstrations**  
*-Classroom instruction, written testing*



## **ICU RCC ADVANCED COURSES (CHEVRON LEVEL)**

- ^ **Safety Judge Training**
- ^ **Safety Shadow Judging Certification\***  
**\*10 competitions/20 teams per competition**







## **ICU JUDGES EDUCATION COURSE (JEC)**

Two (2) Courses: 1. Cheerleading 2. Performance Cheer  
Each Course (P1-2\*): One (1) Day (Estimate)-Classroom  
Day 1- Phase 1/ Day 2- Phase 2

Instructor: ICU Certified JEC Instructor(s)



*\*Note: Phase 3-4 is based on practical experience- please see "JEC Summary" for details*

### ***-ICU Judges Education Course (JEC) Coursework - Cheerleading and Performance Cheer***

- A. Phase 1: ICU Judging Course (Cheerleading & Performance Cheer - Separate Courses)**  
-Elements of the score sheet, Tips for judging excellence  
-Video practical exercises and review  
-Classroom instruction, written testing
- B. Phase 2: ICU Judging Course (Cheerleading & Performance Cheer - Separate Courses)**  
-Video judging, testing, review (passing = 80% or higher)  
-Classroom instruction, written testing
- C. Phase 3: ICU Judging Course (Cheerleading & Performance Cheer - Separate Credential)**  
-Practical Judging Experience: Please see "JEC Summary" for details  
-Coach and/or Athlete experience required: Please see "JEC Summary" for details
- D. Phase 4: ICU Judging Course (Cheerleading & Performance Cheer - Separate Credential)**  
-Practical Judging Experience: Please see "JEC Summary" for details  
-Coach and Athlete experience required: Please see "JEC Summary" for details



## **ICU JEC ADVANCED COURSES (CHEVRON LEVEL)**

### **CHEERLEADING**

- ^ Intermediate / Advanced Division Judging
- ^ Elite / Premier Division Judging
- ^ ParaCheer / Special Athlete Judging

### **PERFORMANCE CHEER**

- ^ Advanced Judging - Team Cheer Pom/Jazz/HK
- ^ Advanced Judging - Team Cheer Hip Hop
- ^ ParaCheer / Special Athlete Judging

