

INTERNATIONAL CHEER UNION (ICU)



Performance Cheer Course Descriptions



-Pending Approval-

PERFORMANCE CHEER DISCIPLINES

- Includes: Club, All Star, Recreational (Rec), Scholastic, Special Athlete, ParaCheer, National Team (all respective age levels within each category)
- Team Cheer Pom
 - Team Cheer Hip Hop
 - Team Cheer Jazz
 - Team Cheer High Kick
 - Team Cheer Doubles- Pom, Hip Hop, Jazz, High Kick

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 "Education" for exact Course details (e.g. location, number of days, hours, costs) in your area, or contact info@cheerunion.org to inquire for further information. Information and link to request a course can also be found under "Education".



ICU GLOBAL COACHING TECHNIQUES (GCT)

Two (2) Days (estimate). Classroom/Practical
Instructor(s): ICU Certified GCT Instructor(s)



The Performance Cheer Global Coaching Techniques Course (GCT) Phase 1 is a Two (2) day program that consists of interactive classroom theory and practical education. The content supplies the necessary tools and education to build the foundation of a successful and lasting program. Upon completion of the comprehensive multiple choice test participants will receive a Phase 1 Certificate and Blue ICU Pin. This course is the first Phase in the coaching course series and is recommended prior to any CSC credentialing. Certificate and Phase are valid for four years from year of completion.

Course content:

- Historical overview of Cheerleading and Performance Cheer
- Definition of a coach and their role and responsibilities as a communicator, educator and motivator
- Audition process and contract development
- Skill progressions and technique for Pom, Hip Hop, Jazz and High Kick
- Guidelines for a safe and productive practice environment
- How to build strong, healthy and successful athletes that exhibit good sportsmanship
- Creating traditions and using team building exercises to unite your team
- Basic aspects of choreography



ICU COACHING TECHNIQUES PROFICIENCY RECERTIFICATION (CTPR)

One (1) Day (estimate). Classroom/Practical
Instructor(s): ICU Certified CTPR Instructor(s)

The Performance Cheer Coaching Techniques Proficiency Recertification Course (CTPR) is a One (1) day program offered to anyone that received a Phase 1 certificate from a previous GCT course and wishing to renew their certificate. It consists of a concise review of material covered in the GCT with enhanced practical application through new exercises and combinations in relation to technique taught in the original course. Upon completion of the course and multiple choice exam, participants will receive a Phase 1 Certificate and Blue ICU Pin. Certificate and Phase are valid for four years from year of completion.



ICU GLOBAL COACHING TECHNIQUES (GCT) PHASE 2

One (1) Day (estimate). Classroom/Practical
Instructor(s): ICU Certified GCT Phase 2 Instructor(s)

The Performance Cheer Global Coaching Techniques Course (GCT) Phase 2 is a One (1) day program offered to anyone that received Phase 1 from a previous GCT course. It consists of interactive classroom theory and practical education. The content of Day 1 builds upon the foundational technique covered in Phase 1 with instruction and exercise on more advanced skills, as well as how to teach and clean a routine. Upon completion of the comprehensive multiple choice test participants will receive a Phase 2 Certificate and Blue ICU Pin. (It is recommended, but not mandatory, that coaches bring 2-4 athletes or assistant coaches that are able to perform the exercises in class. These assistants will not receive Phase 2 certificates unless they have successfully completed Phase 1). This course is the second Phase in the coaching course series and is recommended prior to the second level of CSC credentialing. Certificate and Phase are valid for four years from year of completion.



ICU COACHING SKILL CREDENTIALING (CSC)



ICU COACHING SKILL CREDENTIALING (CSC) PHASE 1

An Initial on-line test, followed by a 1-1 practical per level/genre

Genres: Pom, Hip Hop, Jazz/High Kick

Instructor(s): ICU Certified GCT Instructor(s)

The Performance Cheer Coaching Skill Credentialing (CSC) Phase 1 is a two step process per genre. The first step is achieved through an online multiple choice test with a passing grade of 80% or higher. Upon successfully passing the exam in a specific genre the participant will receive a downloadable certificate and can schedule an appointment for an in person practical to potentially receive Phase 1 through an in person exam. This in person exam includes questions pertaining to your coaching history, warm up, skills/progressions and coaching situations. Participants will be asked to instruct elements involved in their practices such as: warm up, technique and skills/progressions. Upon passing the in person exam, participants will receive a Phase 1 Certificate, genre specific seal and Black ICU Pin. Certificate and Phase are valid for four years from year of completion.



ICU COACHING SKILL CREDENTIALING (CSC) PHASE 2

An Initial on-line test, followed by a 1-1 practical per level/genre

Genres: Pom, Hip Hop, Jazz/High Kick

Instructor(s): ICU Certified GCT Instructor(s)

The Performance Cheer Coaching Skill Credentialing (CSC) consists of 3 Phases per genre. Phase 2 is offered to anyone that received Phase 1 from a previous CSC. Phase 2 is achieved through an online multiple choice test with a passing grade of 80% or higher. Upon successfully passing the exam in a specific genre the participant will receive a downloadable certificate and can schedule an appointment for an in person practical exam to potentially receive Phase 2. This in person exam includes questions pertaining to your coaching methods and instruction of advanced skills covered in Phase 2 of the Global Coaching Techniques. Participants will be asked to instruct elements involved in their practices such as: warm up, technique and skills/progressions. Upon passing the in person exam, participants will receive a Phase 2 Certificate, genre specific seal and Black ICU Pin. Certificate and Phase are valid for



ICU JUDGES EDUCATION COURSE (JEC)

Two (2) Days (estimate). Classroom/Practical Application
Instructor(s): ICU Certified JEC Instructor(s)



The Performance Cheer Judges Education Course (JEC) is a Two (2) day program that consists of interactive classroom and practical education. Upon completion of the comprehensive multiple choice test participants will receive a Phase 1 Certificate and Red ICU Pin. A video judging exam will be administered to those wishing to potentially receive Phase 2 by demonstrating their ability to score, rank and give adequate feedback. Phase 2 will be determined by evaluation of the exam results. Certificate and Phase are valid for four years from year of completion.

Course content:

- Properly defining a judge and differentiating the types of judges
- Judging Responsibilities – How to prepare and what is expected of you as a judge
- Judging Objectives – What you as a judge should strive to do along with pointers
- Scoring – How to use a score sheet, master score sheet and maintain consistency
- Critiques – How to create and verbalize constructive feedback for each routine performance
- Genres of Performance Cheer – What characteristics define each category
- What to look for regarding technique: posture, kicks, leaps, jumps, turns, pom motions, high kick and hip hop movement
- What to look for regarding choreography, execution and showmanship: difficulty, visuals, musicality, transitions, formations, spacing, synchronization, uniformity, genuine expression and audience appeal



ICU JUDGES EDUCATION PROFICIENCY RECERTIFICATION (JEPR)

One (1) Day: Classroom/Practical Application
Instructor(s): ICU Certified JEC Instructor(s)

The Performance Cheer Judges Education Proficiency Recertification Course (JEPR) is a One (1) day program offered to anyone that received Phase 1 or 2 from a previous JEC course and wishing to renew their certificate and Phase. It consists of a concise review of material covered in the JEC with an in depth review and interactive discussion of the main elements on the score sheet, scoring and critiquing. Upon completion of the course participants will receive a Phase 1 Certificate and Red ICU Pin. A video judging exam will be administered to those wishing to potentially receive Phase 2 by demonstrating their ability to score, rank and give adequate feedback. Phase 2 will be determined by evaluation of the exam results. Certificate and Phase are valid for four years from year of completion.



ICU RULES COMPREHENSION COURSE (RCC)

One (1) Day (Estimate): Classroom/Practical Application
Instructor(s): ICU Certified RCC Instructor(s)

The Performance Cheer Rules Comprehension Course (RCC) Phase 1 is a 1 day program that consists of interactive classroom education. It offers instruction on the general rules and guidelines of the ICU, the rules terminology and the specific rules for Pom, Jazz/High Kick and Hip Hop. Each rule, for all genres, is broken down and discussed in depth with visual examples and practical application. Upon completion of the comprehensive multiple choice test participants will receive a Phase 1 Certificate and Green ICU Pin. An optional Day 2 is offered for those wishing to test and demonstrate their ability to apply the rules in context and potentially receive Phase 2 based on examination results. Certificate and Phase are valid for four years from year of completion with the understanding that rule changes may occur and it is the responsibility of the participant to note any changes or clarifications.



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

One (1) Course: Cheerleading and Performance Cheer Combined
Two (2) Days (Estimate): Classroom/Practical
Instructor(s): ICU Certified REP Instructor(s),
NF Certified Instructor(s), NSA Instructor(s)

The iCU Risk Management, Ethics and Principles of Coaching (REP) is a Two (2) day course designed for coaches of both Cheerleading and Performance Cheer. The content will be presented by instructors from the ICU, the hosting country's national federation and the NSA. The course will cover national and international programme risk management, child protection policies, music and copyright rules and guidelines, first aid education/training, concussion and injury prevention, anti-doping rules, regulations and processes, and coaching ethics/principles. Upon completion of the course and multiple choice exam, participants will receive a Certificate and Yellow ICU Pin. Certificate is valid for four years from year of completion.