

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 "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.

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

- ICU Novice / L1 Division (Stunts, Baskets, Tumbling)**
- ICU Intermediate / L2 Division (Stunts, Baskets, Tumbling)**
- ICU Median / L3 Division (Stunts, Baskets, Tumbling)**
- ICU Advanced / L4 Division (Stunts, Baskets, Tumbling)**
- ICU Elite / L5 Division (Stunts, Baskets, Tumbling)**
- 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

- ICU Team Cheer Pom**
- ICU Team Cheer Hip Hop**
- ICU Team Cheer Jazz**
- 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

