




JUNE 2026
ISSUE NO 1
2026-27

Champion Monthly UPDATES



 CHAMPION CHEERLEADING
 @CHAMPION_CHEERLEADING
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Our Mission

CHAMPION IS COMMITTED TO THE OVERALL SUCCESS OF ATHLETES, COACHES, AND OTHERS. IT IS THROUGH THIS COMMITMENT THAT WE STRIVE TO INSTILL CHARACTER WHICH WILL ULTIMATELY LEAD THEM THROUGH A LIFETIME OF POSITIVE CHOICES.

AS DIRECTORS, WE WILL MAKE EVERY CHEERLEADER AND COACH FEEL WELCOMED AND TAKEN CARE OF EVERY DAY OF THEIR EXPERIENCE WITH US AT CHAMPION. WE WILL ENCOURAGE EACH STAFF MEMBER TO MAKE A DIFFERENCE BY GUIDING THEM, AND WE WILL SHOW THEM THEIR WORTH BY APPRECIATING THE WORK THEY DO EACH DAY.

CHAMPION STAFF PROMISES TO ESTABLISH STRONG RELATIONSHIPS NOT ONLY TO INFLUENCE BUT TO INSPIRE ALL WHO COME IN CONTACT WITH US. WE WILL STRIVE TO LEAVE AN ENDURING MARK ON ALL WHO COME TO CHAMPION.

CHAMPION
CHEERLEADING

Champ Chat!

THE YEAR WE HAD - THE YEAR AHEAD!
TUNE IN → JUNE 9TH



In this Issue...

STUNT DRILLS



SKILL DRILLS
AND
DEVELOPMENT



DIRECTORS
CORNER



FILL YOUR CUP



Champion Monthly

Stunt Drills

MOBILITY

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CORE

- Cat Cows – On hands and knees, allow shoulders to be over wrists and hips to be over knees. Arch your core with chin up, and then squeeze in to arch your back. Focus on spinal decompression and closing your rib cage.
- Seated Spine Twists – While in a pike seated position, take arms into a T motion. Rotate side to side while maintaining posture. Open up chest and feel your core engage without closing in.
- Side Plank – Thread the Needle – Hold a side plank on forearm. Reach opposite arm to the sky and align back and core. While maintaining posture reach arm through opposite arm and body. Repeat multiple times and switch sides.

SHOULDERS

- Arm Circles – Take both arms and do large and small arm circles both forward and back. Take both arms and hit a Field Goal position. Slowly rotate at shoulder to hinge the Field Goal down – Repeat.
- Doorway Chest Stretch – Utilizing a doorway, take one hand and place it on the side of door. Slowly, move hand up and down feeling the dynamic stretch in all areas of the shoulder. Switch sides and repeat.
- Pendulum Shoulder Stretch – Allow yourself to hinge forward. Drop one arm down and let it swing from side to side or in a circular motion. Allow weight in your arm to allow your shoulder to decompress.

HIPS

- Over and Unders – Using hurdles or a pole, face a side while picking up each of your legs to go over the obstacle. After going over, drop hips to go under obstacle. Repeat on each side and switch directions.
- Straight Leg Kicks – While holding on to a bar, or wall, kick leg straight forward while maintaining proper posture and engaged core. Kick to the side, and kick back. Repeat multiple times and switch sides.
- Windshield Wipers – Lay flat on back with feet on floor and legs bent. Allow your legs to fall to each side providing a dynamic stretch for lower back and hips.

WHY IS MOBILITY THE PLACE TO START?

Our core is the foundation to all things in this sport. Having a strong core promotes stability, balance, and lowers risk of injury!

Shoulder mobility is crucial for our sport and our athletes. With so much relying on the strength and speed of our shoulders while holding weight; we encourage shoulder mobility exercises every day to increase awareness and decrease injury!

Flexibility, Strength, Fluid Movement... it is all based on the foundation of hip mobility! Dynamic movements sum up our sport, and generating that movement comes from the hips and legs!

Check out some great core, shoulder, and hip mobility exercises that you can do with your team!



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Skill Drills & Development

ALL AROUND DRILLS

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FLEXIBILITY *Gains*

START YOUR PRACTICE WITH A DYNAMIC WARM UP →

END WITH A STATIC STRETCH

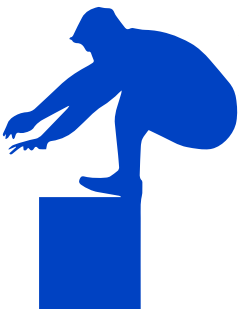
DYNAMIC WARM UP AND MOVEMENT IS VITAL! IT ELEVATES THE HEARTRATE SAFELY WHILE INCORPORATING DYNAMIC MOVEMENTS FOR ACTIVATING SPECIFIC MUSCLE GROUPS. STATIC STRETCHING AT THE END OF A WORKOUT HELPS WITH RECOVERY AND SORENESS! IT IS HARD TO ALLOCATE TIME AT THE BEGINNING OR END OF PRACTICE... BUT IT IS CRUCIAL!

EXPLOSIVE *Movement*

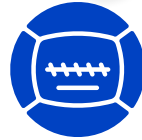
MORE TO COME ON THIS!
EXPLOSIVE MOVEMENT IS THE KEY TO UNLOCKING A LOT OF POWER IN OUR SPORT!

THE BOX JUMP

WHILE DOING THIS EXERCISE, START SMALL AND WORK YOUR WAY UP! FOCUS ON GENERATING POWER ON THE SINK AND ALLOWING YOUR HIPS AND BODY TO EXPLODE UPWARD THROUGH YOUR MOVEMENT. MAIN FOCUS: HIPS RISING UP HIGHER THAN THE OBSTACLE/BOX.



Speedy STUNTS



MEET YOUR NEW BEST FRIEND, THE MEDICINE BALL.

TO START, HAVE ATHLETES GO TO THE WALL - ABOUT ARMS LENGTH DISTANCE AWAY. HAVE BALL IN HANDS, AT CHEST LEVEL, WITH ELBOWS DOWN. SINK INTO A SQUAT AND AS QUICKLY AS THEY CAN ON YOUR "GO!", HAVE THEM THROW THE BALL AS HIGH AS THEY CAN UP THE WALL WHILE CATCHING IT AS IT COMES DOWN BACK INTO THE SQUAT POSITION.

The HANDSTAND

ONE OF THE MOST IMPORTANT SKILLS TO MASTER IN OUR SPORT! DO IT - EVERY DAY! INCORPORATE HANDSTANDS INTO YOUR DAILY PRACTICE!

FROM FINGERS TO TOES:

1. FOCUS ON WIDE FINGERS
2. WRISTS DIRECTLY UNDER SHOULDERS
3. OPENING UP SHOULDER ANGLE - DO NOT ALLOW ANY CLOSING
4. PUSH THROUGH AND ENGAGE SHOULDERS
5. HEAD NEUTRAL WHILE EYES ARE ON HANDS
6. CLOSE RIB CAGE AND ENGAGE CORE AROUND YOUR SPINE
7. SQUEEZE HIPS AND GLUTES TO CREATE FLATNESS
8. SQUEEZE INNER THIGHS AND POINT THROUGH YOUR TOES - TOES OVER NOSE



DIRECTOR'S CORNER

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Welcome to the Director's corner! A place you can connect with our Leadership team to see what inspires them, what drives them, and our shared motivation to make it more than just cheerleading!

This month - it's all about quotes! Quotes have a tendency to hit at the right time! We encourage for you to have a weekly quote with your team! Let it be something you focus on, that unites you together for the week ahead!



A Note from Owners: C & C

Q: So... why a newsletter?

A: We both feel confident that our mission is to educate. To share our knowledge in order to enhance the sport overall. This in no way means we feel we know it all... not even close! But learning, and growing, and developing together as a cheer community is why we felt led to take on Champion Cheerleading as owners in the first place!



"Success is the journey, not a destination. The doing is often more important than the outcome."

Senior Director Mackenzie



"If your dreams don't scare you... they aren't big enough!"

Senior Director Amber



"Confidence comes from being prepared!"

**-John Wooden
Director Jillian**



"Pressure is a privilege. It only comes to those who earn it!"

Director Moriah

"Do not let what you cannot do interfere with what you can do!"

Director Faith



"Every Champion was once a contender that didn't give up!"

**-Gabby Douglas
Director Hope**



"If you want to be successful as bad as you want to breath, THAT is when you will be successful!"

**-Eric Thomas
Director Clax**

Fill your cup...

FOLLOW US ON SOCIAL MEDIA FOR WEEKLY CHAMPION CUP POSTS! 

THE CHAMPION CUP ONE →

A CHAMPION'S MINDSET

CHAMPION CHEERLEADING
BUILDING THE HEART AND MIND OF A CHAMPION

IT ALL STARTS HERE! // 000

YOUR MINDSET IS WHAT WILL DETERMINE YOUR PREPARATION, YOUR ABILITY TO FACE CHALLENGES, AND ULTIMATELY BE A DECIDING FACTOR IN YOUR OVERALL SUCCESS!

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THE CHAMPION CUP ONE ONE →

NO... YOU DON'T HAVE TO! YOU GET TO!

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BUILDING THE HEART AND MIND OF A CHAMPION

THE "I GET TO" MENTALITY IS A POWERFUL THING! NEVER UNDERESTIMATE THE POWER OF THAT PHRASE AND WHAT IT CAN DO WHEN THINGS GET HARD! // 001

YOUR MIND WILL GIVE UP SO MUCH FASTER THAN YOUR BODY WILL YOUR BODY IS READY... FEED YOUR MIND WITH "I GET TO" AND WITNESS THE TRANSFORMATION BOTH MENTALLY AND PHYSICALLY! // 002

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THE CHAMPION CUP ONE TWO →

POSITIVE INPUT ↓ POSITIVE OUTPUT

CHAMPION CHEERLEADING
BUILDING THE HEART AND MIND OF A CHAMPION

STAYING POSITIVE IS A LOT HARDER THAN TURNING NEGATIVE IN A MOMENT OF "CHOICE". YOU ARE ALREADY IN IT, MIGHT AS WELL GET A REWARD FROM IT. CHOOSE YOUR HARD! // 003

SIMILAR TO ALL THINGS... WHAT YOU PUT INTO SOMETHING, WILL BE WHAT YOU GET OUT OF IT. SPEAK AFFIRMATIONS OUT LOUD TO YOURSELF AND YOUR TEAM! FORCE POSITIVITY IN YOUR LIFE, AND WATCH YOUR LIGHT SHINE BRIGHTER WHILE ALLOWING OTHERS TO DO THE SAME! // 004

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THE CHAMPION CUP ONE FOUR →

SILENCE THE NOISE!

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BUILDING THE HEART AND MIND OF A CHAMPION

THERE ARE SO MANY DISTRACTIONS THAT WILL KEEP YOU AWAY FROM YOUR GOALS. // 007

SILENCE THEM!

CONTROL THE SPACE BETWEEN YOUR EARS AND ZONE IN.

LOOK IN THE MIRROR. THAT IS YOUR ONLY COMPETITION! // 008

BETTER THAN THE LAST REP.
BETTER EVERY DAY!

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THE CHAMPION CUP TWO →

THE GROWTH MINDSET

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BUILDING THE HEART AND MIND OF A CHAMPION

YOU CAN TELL A LOT ABOUT AN ATHLETE IN HOW THEY EMBRACE CHALLENGE, ACCEPT FEEDBACK, AND PUSH THROUGH HARD TIMES. // 000

ATHLETES THAT HAVE A GROWTH MINDSET VS A FIXED MINDSET WILL LEVEL UP FASTER... AND IT WILL SHOW ON THE MAT!

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THE CHAMPION CUP TWO ONE →

WHEN YOU HIT A WALL... RUN STRAIGHT THROUGH IT!

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A GROWTH MINDSET VIEWS ANY CHALLENGE AS AN OPPORTUNITY TO GET BETTER. THEY ATTACK THE CHALLENGE HEAD ON WITH A RELENTLESS PURSUIT OF GREATNESS! // 001

NEVER FEAR THE FALL - FEAR NOT TAKING THE LEAP! MANY TIMES, A FIXED MINDSET WILL NOT TRY AT ALL OR ONLY GIVE A CERTAIN PERCENTAGE OF EFFORT OUT OF FEAR THAT THEY ARE NOT CAPABLE. THEY CAN VIEW TALENT/SKILL AS FIXED AND UNCHANGING. // 002

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THE CHAMPION CUP TWO TWO →

HARD COACHING + INTENTIONAL COACHING = LOVE!

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BUILDING THE HEART AND MIND OF A CHAMPION

A FIXED MINDSET WILL VIEW HARD COACHING AS A PERSONAL ATTACK. A GROWTH MINDSET WILL VIEW IT AS CONSTRUCTIVE AND THEN TAKE STEPS TO ADJUST AND IMPROVE! // 003

FEEDBACK IS IMPORTANT IN ANY SPORT. COACHING IS VITAL TO LEVEL UP YOUR GAME AND IT MUST BE DONE BY SOMEONE OTHER THAN A TEAMMATE. HARD COACHING IS IMPORTANT... BUT INTENTIONAL COACHING IS KEY! ALL OF IT IS FROM A PLACE OF TRUE LOVE! THANK YOUR COACH TODAY! // 004

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THE CHAMPION CUP TWO FOUR →

YOU VS YOU

CHAMPION CHEERLEADING
BUILDING THE HEART AND MIND OF A CHAMPION

ASK YOURSELF... HOW AM I BETTERING MYSELF TODAY? // 007

HOW AM I MAKING THE NEXT REP BETTER?

LOOK IN THE MIRROR... THAT'S YOUR BIGGEST COMPETITION!

SELF REFLECTION IS THE KEY TO IMPROVEMENT! THE NARRATOR IN YOUR MIND, HOW ARE THEY DOING IT? IS THAT SELF TALK MOTIVATING OR IS IT KEEPING YOU IN THE SAME PLACE? THE ONLY PERSON THAT IS STANDING BETWEEN YOU AND THE PERSON YOU WANT TO BE... IS YOU! // 008

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A BIG ANNOUNCEMENT WORTH CELEBRATING!



CHAMPION
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**WE ARE PROUD TO ANNOUNCE THAT CHAMPION CHEERLEADING
HAS OFFICIALLY PARTNERED WITH REBEL ATHLETIC!**

**TOGETHER, WE ARE COMMITED TO ELEVATING THE ATHLETE
EXPERIENCE WITH UNMATCHED STYLE, PERFORMANCE, AND
INNOVATION!**

**HERE'S TO A SEASON FILLED WITH CONFIDENCE, SPARKLE, AND
UNFORGETTABLE MOMENTS!**

IT ALL STARTS AT CHAMPION!

Thank
you... for
reading!

CHAMPION
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STAY TUNED FOR MORE...

Champion Monthly

UPDATES!

FOR MORE INFORMATION ON CHAMPION
CHEERLEADING OR TO REGISTER FOR A
RESIDENTIAL CAMP, LEVEL UP STUNT CAMP,
COMMUTER CAMP, A HOME CAMP, PREMIER
PRACTICES, OR CHOREOGRAPHY,

EMAIL OUR OFFICE AT
CHAMPION@CHAMPIONCHEERLEADING.COM



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