

SPOTTING FOR CHEERLEADERS

It is important for all Cheerleaders to be taught spotting techniques

This will start with the hands on spotting of jump drills and progressing to the higher levels of Cheerleading activities.

Remember when height is added, risk increases dramatically.

2 TYPES OF SPOTTING:

Hands-on Spotting

This is a method in which the Spotter is in constant contact with the Flyer from the ground, throughout the activity, to the end of the dismount. Hands-on spotting is always used when learning a new skill, until that skill is completely mastered.

At Foundation level, you must always use Hands-on Spotting

General Spotting

This method is used for spotting after a skill has been mastered. The Spotter should stay as close to the stunt as possible, in a position to catch if necessary, ready to move and never take their eyes off the Flyer.

As a Back Spot/Spotter:

- Your job is to protect the head, neck & shoulders of the Flyer
- Never take your eyes off the Flyer
- Stay alert at all times.

