

This is the method of assisting Cheerleaders when dismounting from a stunt

## BEAR HUG

An assisted landing or emergency catch

### Flyer

• Stay tight at all times	Easier to catch
• Stand upright	Easier to catch
• Head up	Look down – Fall down
• Arms in High Touchdown	To avoid hurting the Spotter/Catcher
• Land with feet together	To avoid injury
• Land on balls of feet, bending knees	To avoid the impact

### Spotter

• Protect head, neck and shoulders	Key areas of protection (Flyer)
• Keep eyes on Flyer at all times	To anticipate movement
• Arms ready to catch	To react fast
• Feet apart, legs slightly bent	Stabilise the Spotter/Catcher
• Bend knees on landing	To absorb the impact
• Back straight at all times	To protect self from injury
• Place head behind Flyer on landing	To protect self from injury
• Catch high and aggressively	To securely assist the Flyer to the ground

### BEAR HUG catching progression:

- Start from the ground  
Have the Flyer execute a straight jump and the Spotter make physical contact at the peak of the Flyer's jump. The Spotter then assists the Flyer safely to the ground. Spotter stays in physical contact with the Flyer until stable and safe to release.
- Once catching is mastered, execute from a higher platform with the Flyer stepping off a bench.
- Practise safely by placing additional Spotters on the other side of the dismount until the skill is confidently mastered.

**REMEMBER! The Bear Hug acts as an assisted landing and should never be suspended in the air**

## CRADLE

### Back Spot:

• Protect head, neck and shoulders	Key areas of protection (Flyer)
• Keep eyes on Flyer at all times	To anticipate movement
• Arms high above Bases' arms	Catch high to slow decent
• Hands in Candlesticks	Avoid injury to the Flyer's face
• Turn head on impact with Flyer	To avoid facial injury
• Keep back straight and body upright	To protect back from injury
• Stand with one foot in front of the other	Easy to move
• Bend through legs when catching	To absorb the impact
• Scoop arms aggressively under tension	For good support
• Loud and clear counts	To ensure the group can hear

### Bases:

• Eyes on the Flyer	To anticipate movement
• Arms high and alternating with the other Base	To distribute weight evenly when catching
• Hands in Blades	For a comfortable catch
• Body upright	To protect from yourself injury
• Hips and shoulders straight forward	Easy catching position
• Legs bent	Ready to move
• Feet apart and comfortable	For stability
• Catch aggressively and under tension	To absorb impact and provide good support

### Flyer:

• Listen for counting on dismount	To be prepared
• Keep head up – do not throw it back	To avoid injury to Back Spot
• Stay tight at all times	Easier to catch
• Pike on impact	Easier to catch
• Hug Bases' shoulders on impact	To support their own weight
• Keep legs together	Easier to catch
• Keep legs straight at all times	To allow yourself to be propelled into the air safely

**REMEMBER! These skills must be taught on the ground BEFORE progressing to a higher level**