

STUNTING PERMISSION SLIP

As a part of the sport of cheerleading, the T-Birds perform "two-person high" stunts. Stunting is a significant part of the technical performance of cheer. Each person is given an opportunity to try, and should try each aspect of stunting. Stunting is supervised at all times by the coaching staff and requires technique, confidence, focus and strength. We start at the basics and hope to progress to more difficult stunts as the season moves on.

BASE Person on the bottom of the stunt supporting the top person. The base has direct weight-bearing contact with the floor at all times. The base is in charge of the timing and balance of all stunts.

FLYER Person on the top of the stunt or pyramid. Significant arm, leg and abdominal muscle strength is required. They must be able to balance and dismount with ease and confidence.

SPOTTER Assists the bases and flyers by providing extra support on the sides and back of the stunts. This person is key during dismounts. They should be extremely focused and listen carefully at all times. Their primary responsibility is to catch, support or save the flyer if the stunt is dismounting or begins to fall.

The coaches will assess each cheerleader's ability to determine which position(s) they are qualified for. The coach will place each cheerleader in the appropriate stunting role and could change for different reasons or different routines. Learning the actual stunts requires a tremendous amount of time, therefore, once the roles are determined for each routine it is very difficult to change. Please note below any limitations and indicate your specific concerns below.