

WHY CHEER DISTRICT TRAINING?

Conditioning the body appropriately to support the eliteness of our sport is often overlooked due to the absence of time and expertise.

It is uncommon to see healthcare practitioners attending cheer practices even though many other sports require a trainer or sports professional present. This may be because of high costs in conjunction with the unfamiliarity of the mechanics of our sport. Another factor is the lack of time teams have in the gym each week. Limited time means coaches spend the majority of practice on elements requiring more than one athlete (e.g. stunts, pyramids).

Cheer District solves these problems by providing age and level specific training programs backed by science at the palm of your hands. Our app allows athletes to focus on skills during practice while increasing strength performance and reducing the risk of injury outside of practice.

REDUCE INJURY RISK

Dr. Scott Christie applies his extensive knowledge of sports science to curate all workouts specific to each athlete's age and level, focusing on injury risk prevention. Less injuries means more full team practices. More full team practices means better overall preparedness and output at competitions. With Dr. Scott Christie's experience and sport-specific research, he has developed training programs to include exercises aimed to reduce injuries he sees first-hand in his everyday practice treating cheerleaders.

INCREASE PERFORMANCE

With his in-depth understanding of the industry, Dr. Scott Christie is able to construct workouts to increase strength and power. Because our training is age and level specific, the workouts build with each athlete as they grow and must be followed in order to see maximum results over time.

Athletes using Cheer District throughout the 2019-2020 season saw significant increases in strength and power, especially those who were consistent in following the program, completing their workouts every 3 days. In 8 months, The Cheer District Training Team (CDTT) saw increases ranging from 30% - 60% in assessments such as the counterbalance jump. For more details on measured improvements within our CDTT, see our Results page on cheerdistrict.com.

