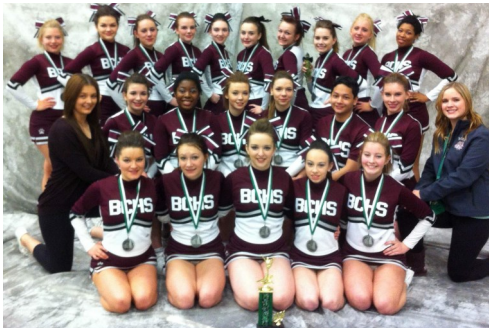


Bellerose Bulldog Cheer Team

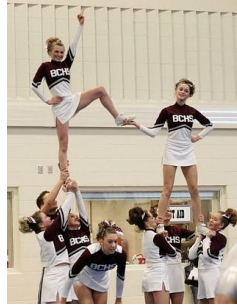
Cheerleading is currently one of the fastest growing competitive sports in Canada. This sport incorporates athletic and artistic elements such as dance, gymnastics, acrobatic stunting and tosses in a two and half minute routine. Cheerleaders develop agility, flexibility, strength, stamina, rhythmic movement and build appreciation for physical fitness.

The Bellerose Cheer Team is a competitive cheerleading team made up of a group of highly trained athletes. We stunt strong, jump high, yell loud and have fun!



Try-Outs, Practices, Competitions

Tryouts are held during the first two weeks of October (dates TBA) in the small gym at Bellerose. Specific information will be posted around the school and on the school webpage.



We train after school during the week, beginning (times TBA) in October and continuing through April. Training season is October to January and competition season is from January until April. Athletes should attend open gyms at a local gymnastics club on their own time.

The Purpose of Cheerleading

- To promote and uphold school spirit.
- To encourage sportsmanship and good will between schools.
- To be the best athletes possible

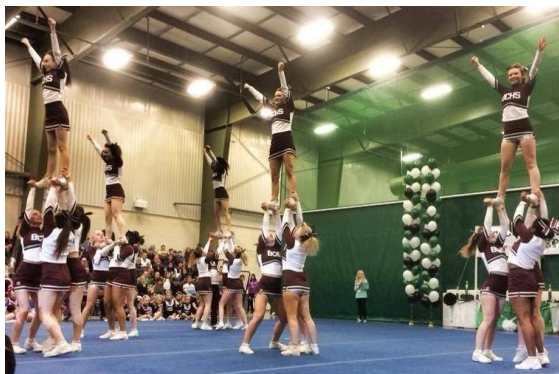
We attend several competitions throughout the season. In the past, these have included:

All-Star Cheer and Dance Extravaganza ❖ Athabasca Cheer Fest ❖ Gold Snap Classic ❖ Rise Up Cheer Challenge ❖ Sea to Sky Cheerleading Championship ❖ U of A Cheer Challenge/ Ross Sheppard Cheer Championships ❖ Edmonton Zones ❖ Provincials (must qualify)



If you are interested in cheerleading , please call the school for details. Also check our webpage at:

bchs.spschools.org/Athletics/



BELLEROSE BOHS BULLDOGS

BELLEROSE CHEER TEAM

Why Cheerleading?

Cheerleading is a great way to stay in shape and make friends while representing your school! With a combination of stunts, tosses, gymnastics, dance and jumps our two and a half minute routines are similar to running ten kilometers!

We have something for every type of athlete and everyone, regardless of experience, is welcome!

Boys! Ready for a challenge? Males will perform stunts, tosses and gymnastics. Girls! Let loose! Females will perform aerial acrobatics, gymnastics and dance.

All athletes welcome!

Coaches

Katie Zahn & Brianne Corcoran

Staff Advisor

Linda Schwam

(linda.schwam@spschools.org)

BELLEROSE COMPOSITE HIGH SCHOOL

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Fly High. Do or Die. Dare to Dream. Cheer Extreme!