Opportunities in Specialist Cheer Dance

Exciting opportunities to represent the school in cheer competitions exist for students in the Specialist Cheer Dance program at Hampton SHS. Students will develop athletic fitness, skills and techniques associated with the sport of cheerleading, including tumbling, motions and stunting. Specialist Cheer Dance is a fun and challenging program where students develop team work, performance skills, achieve goals and celebrate success. Fully accredited cheer coaches and teachers will train and extend teams to build their skills and progress through increasing levels of difficulty during their time in the program.

Our students enjoy Specialist Cheer Dance and describe it as an exciting and rewarding program that provides great opportunities for the future:

I started cheer leading in Year 9, 2010 and was part of the initial Hampton Reign Cheer Leading Squad. I really enjoyed the excitement of competing and representing the school, as well as the athleticism and the choreography of the sport. I continued to be a part of the team until I graduated from school. My love for cheer leading didn’t stop there, I have since joined a club and the experience and tuition gain at Hampton Senior High School has now led to opportunities to compete at a National level. Thanks Hampton! - Freda Otago

How to apply for Specialist Cheer Dance

Year 6 students are required to apply online through the school website, submit a portfolio and attend a practical workshop assessment, prior to the selection process. Please contact the Specialist Cheer Dance Coordinator for further information or assistance with the application process.
The Specialist Cheer Dance Program at Hampton SHS encourages team spirit and camaraderie and promotes fun, fitness and friendships. Cheerleading is a performance based sport that combines elements of gymnastics, dance and acrobatics. It is the ultimate team sport, as it relies on every member of the team to be successful, resulting in developed confidence, coordination, trust and team work.

Students can enrol in the program from Years 7-10 and participate in class and competition work as part of the curriculum. Students are able to build on their skills and knowledge during class time, plus extracurricular opportunities, including extra teams, competitions, displays and workshops.

In Years 7 and 8, the program focuses on the development of Level 1/2 cheerleading skills. Students work towards mastering a full length cheer routine to compete at state competitions. Students are introduced to specific cardio-vascular, muscular and flexibility exercises aimed at the development of flyers, bases and tumblers in cheerleading. They develop an understanding of the specific conditioning practices and preparations an athlete must undergo to ensure safe participation in the sport.

In Years 9 and 10, students focus on the development of Level 2/3 cheerleading skills and work towards mastering a full-length cheer routine to compete at state competitions. Students are required to demonstrate their knowledge and understanding of the techniques and safety procedures of Level 2/3 cheerleading skills, and the specific conditioning practices for cheerleaders through theory work. They also participate in regular self and team evaluations and reflections to explore strengths, weaknesses, celebrate achievements and set goals.

Students study Cheer Dance for four periods a week which may include one session either before or after school time. The program requires a students’ commitment to participate in before/after school programs, workshops and competitions that are sometimes scheduled for the weekend, to support the course curriculum and allow them to perfect their performance and continually develop their skills.

Fully accredited coaches and qualified staff, teach and train the Specialist Cheer Dance program and Cheer teams. Accredited up to Level 3, the staff are fully trained to teach pom, dance and cheer teams, including small group stunt teams. Cheer coordinators and coaches, teaching for the Specialist Cheer Dance program, have all competed and often continue to compete with cheer teams representing the state in both national and international competitions. The staff maintain their own training and competition standards, in order to stay abreast of innovative practices in cheer.

Hampton SHS is one of two schools in WA with an approved Specialist Cheer Dance program, and the only program north of the river. The sport of Cheerleading has grown significantly popular in recent years in both Australia and WA. The recognised benefits for young people involved in cheerleading as a team sport, have allowed programs such as the one at Hampton to flourish. The extracurricular cheer team, Hampton Reign, which was established in 2010 has been very successful in competitions, along with our other established cheer teams, Sovereigns and Legacy. Many students who were a part of the original Hampton Reign Cheer squad have gone on to join other successful state cheer teams and become accredited cheer coaches.