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 gained 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 submit a portfolio and attend a practical workshop assessment. Please contact the Enrolment Officer for further information or assistance with the application process, phone 9270 5700 or email hampton.shs@education.wa.edu.au.
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.

Hampton Senior High School is one of two schools in WA with an approved Specialist Cheer Dance program, and the only program north of the river. The recognised benefits for young people involved in cheerleading as a team sport has allowed The Hampton program to flourish. The Hampton cheer teams, Reign, Sovereigns, Legacy and Dynasty, have been very successful in competitions.

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.

Students develop safe skills as flyers, bases and tumblers progressing through levels in cheerleading. 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. The program requires a student’s 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 teams. Staff are fully trained to teach pom, dance and cheer teams, including small group stunt teams. Cheer coordinators and coaches 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.