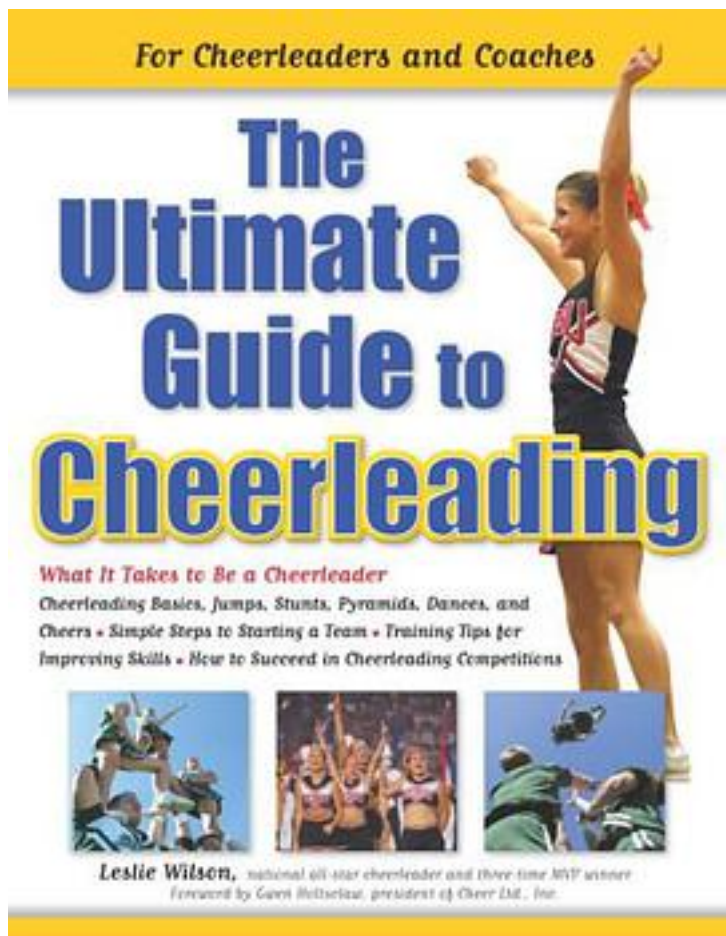


The Ultimate Guide to Cheerleading



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Cheerleading is a mix of dedication, strength, and talent. It's art and sport wrapped into one, and any courtside or competitive performance is a result of practice, creativity, camaraderie, and more practice—plus a lot of fun! Commit yourself to taking

your cheer ambitions to the next level, and you'll uncover how rewarding this high-intensity activity can be.

The Ultimate Guide to Cheerleading has everything you need to be a successful participant in cheerleading, be it as a team member or coach. Written for both novices and those experienced in the cheering game, inside is all the essential information you need for fun and success, including:

- Step-by-step photos of game cheering, jumps, stunting, pyramids and more
- Specific activities to prepare for tryouts and improve skills throughout the season
- Routine choreography and other creative ideas
- Important coaching guidelines and safety information
- Tips on how to start a cheerleading program from scratch
- And much, much more!

作者介绍:

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