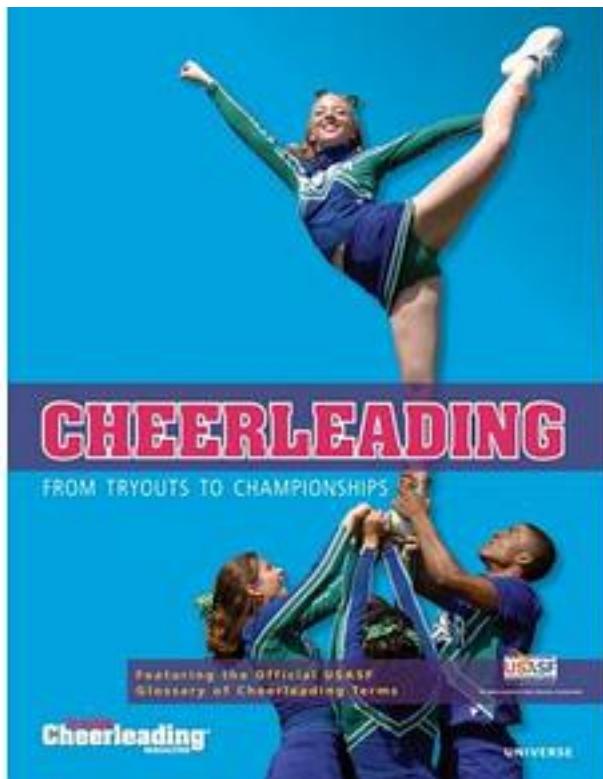


# Cheerleading



[Cheerleading\\_ 下载链接1](#)

著者:Alba, Miriam Lopez Hernandez de

出版者:

出版时间:2009-8

装帧:

isbn:9781841262734

This book presents the basics of learning for potential cheerleaders and the basics of teaching for coaches and teachers. Cheerleading is not just dance, acrobatics, speechsong and spectacle; it is above all a team sport requiring a lot of hard work. But anyone who has been touched by the spirit finds it hard to give it up. This book explains what it's all about. Starting with warm-up and stretching, then moving onto jumps, cheers and chants and finally dance, this book contains all the information you need to set up a successful team. It is suitable for experienced cheerleaders and

coaches, not just for beginners. Teachers who would like to offer this sport will also find the necessary know-how in this book.

作者介绍:

目录:

[Cheerleading\\_下载链接1](#)

标签

评论

-----  
[Cheerleading\\_下载链接1](#)

书评

-----  
[Cheerleading\\_下载链接1](#)