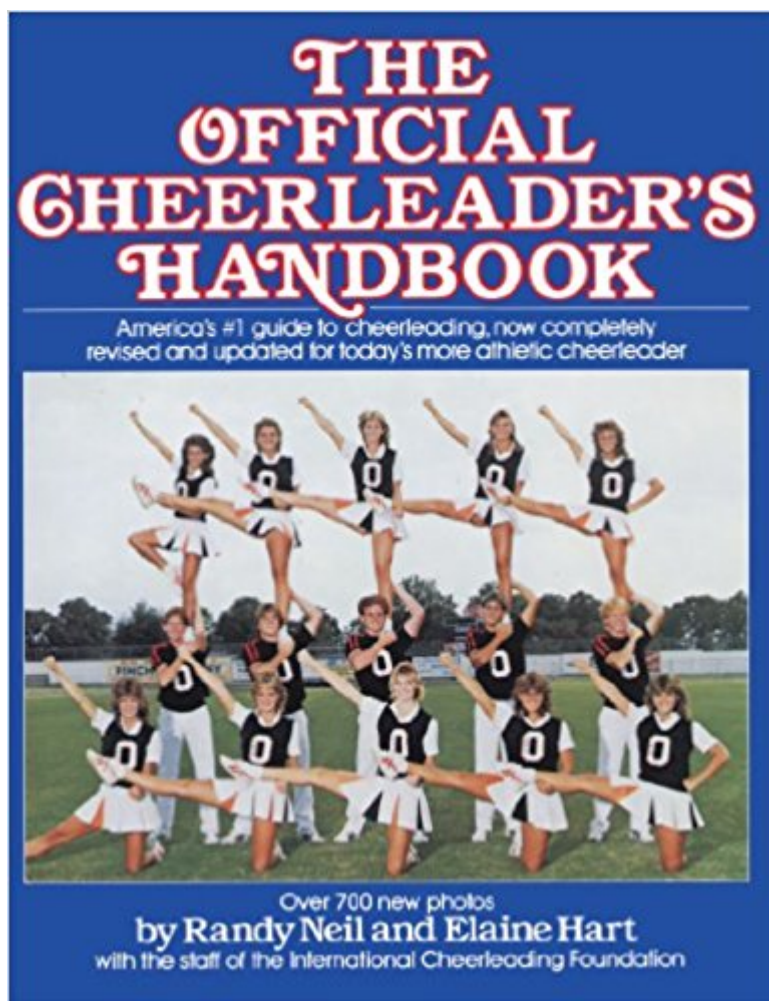




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The Official Cheerleader's Handbook



Synopsis

Cheerleading has undergone dramatic changes in the past decade. For the first time, those who have traditionally cheered on and supported athletes are themselves being considered athletes. Performing increasingly rigorous stunts, cheerleaders must now meet higher qualifications and follow stricter safety precautions. With more than 700 all-new photographs, this handbook offers the latest information and instruction on: Qualifications, Conditioning, Tryouts, Cheers, Chants, Jumps, Gymnastics, Double Stunts, Pyramids, Pompom Routines, Leadership, Fund-raising Ideas, Pep Rally and Spirit Ideas. With a detailed history of cheerleading and the role of cheerleaders in school life, and a discussion of the basic principles for understanding sports, The Official Cheerleader's Handbook is a book worth shouting about.

Book Information

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Customer Reviews

I bought this book for research. I was amazed at how many pages can be written about RA RA RA. Within the pages, I learned just how much is expected from these cheerleaders, and now have a new respect for them. This particular book covered stretching exercises that anyone could benefit from even into their 90's.

This one was written before most current cheerleaders were born, and the pyramid section is woefully out of date with its 3 & 1/2 highs, but the key ingredients on cheering how-to are all still relevant, both physically and spirit-wise. It is still, in my estimation, the best book for a beginning cheerleader to have because it has: *Stretches which are still helpful.* A tremendous variety of jump examples, more-so than any other book I have seen, including the C/window, & stag. Also starts

with the tuck as the most basic jump rather than the toe touch. Unfortunately, it doesn't really show you the approach and landing techniques.*More variations of arm and hand positions than any other book I've seen.*Great pictures of what not to do when hitting motions. (Broken wrists, fly-away arms, uneven shoulders)*Simple, basic partner stunts best suited for beginner cheerleaders who need to learn the step-lock method (at a supervised practice, of course.) Pony mount, Knee/Standing tabletop, Side sit, 'Bama sit, single based thigh stand variations, victory mount, star, flying angel, and stag catch. Their tallest stunt is a shoulder stand. No prep level or higher stunts are taught in this book, but there are pictures of some taller pyramids, a few of which are still legal.*Good sample dance 8 counts, though a bit out of date for the Hip-hop age. But perfect if you have a marching band.*Small section on basic tumbling, but smartly suggests that cheerleaders seek out qualified instructors to learn from.*Several pages of cheers and chants: basic spirit, football, basketball, and wrestlingMy advice? Beginning cheerleaders need this book. Intermediate and advanced cheerleaders might find it useful only if they want to consider finding ways to update some old school moves and look a little different from everyone else who attended summer camp with them.My idea of an excellent cheering how-to library consists of this book, plus "The Ultimate Guide to Cheerleading" and "Coaching Cheerleading Successfully".Coach ~Jen

This book, while helpful in some ways, is not ideal for today's more active and athletic Varsity or All-Star cheerleader. I would definitely recommend this book for less competitive squads, like Pop Warner or J.V. Beginning cheerleaders and new coaches may find this book useful. But personally, with five years experience, I didn't learn too much from it. Instructional videos or competitions on ESPN will benefit competitive cheerleaders more. The tumbling section has detailed pictures of performing a back handspring, and some of the spirit/fundraising ideas are good. The stunting pictures are very outdated, and could use some updating. There are very few free-standing stunts, basically everything is old-fashioned pyramids. The basic stunts they show are pretty innovative, and would be good for Pop Warner cheerleaders. If they revamped this portion of the book, I would give it a higher rating. GOOD LUCK AND HAPPY CHEERLEADING!

What a great book! I'm a cheerleader and a gymnast, and I've found it to be a fantastic resource! This book is perfect for all levels of cheerleading, whether you're a Pop Warner cheerleader or a Varsity cheerleader. It has tons of hints, tips, and instructions. There are thousands of photos. In here, there are jumps, cheers, chants, gymnastics, routines, stunts, pyramids, tryout tips, and sooo much more! This book has helped me become a much better cheerleader and I've appreciated

everything I learned from it. This book deserves three cheers!!

This cheerleading book was extremely helpful for me to learn new cheers, chants, moves, and routines. I enjoyed it and would recommend it to any present or future cheerleader. It includes so much helpful information about cheerleading, and I am a 100% better cheerleader now for having read and studied this book. I went from living in a car with my two sisters and three brothers, to becoming a really popular cheerleader at my high school here in Alabama. I would like to say to all customers that this is a tight book!

this book may be a help to you if you have never, and I mean never, had anything to do with cheerleading. It is terribly outdated for the modern, athletic cheerleader, particularly in the area of stunts. A great stunt in this book is a tree, or those old pyramids where everyone got on someone's back. However, if you are looking for nostalgia in the old rah, rah type cheering....this may be the book for you.

I thought it was great. I've always been a cheerleader from the age of 15. I've had many coaches and learn't lots of new dances and cheers but us cheerleaders in oz are very different from those of you in america. This book is definantely for americans ONLY. But it's great if you'd like to explore the world of cheerleading from another countries perspective.

This book is advertised as the new cheerleading book... it is not! When we received it we immediatelly realized that it was very old, the pictures are all in black and white and it was written in the 70's. We returned it, as it was not at all what we wanted.

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