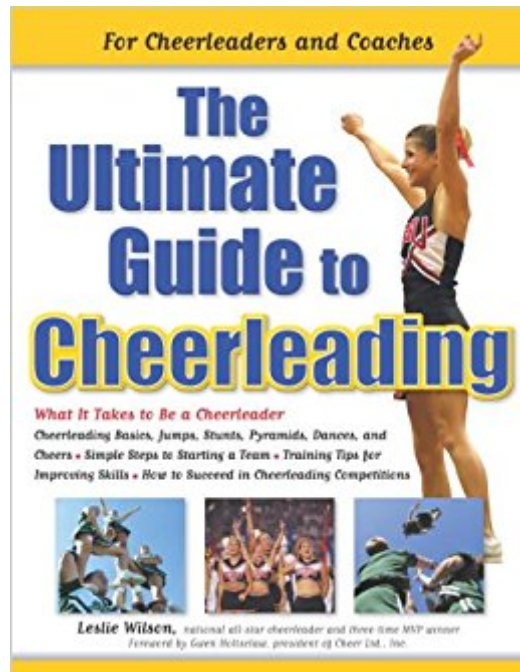




The book was found

The Ultimate Guide To Cheerleading: For Cheerleaders And Coaches



Synopsis

Cheerleading is a mix of dedication, strength, and talent. It's art and sport wrapped into one, and any court-side 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!

Book Information

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Customer Reviews

LESLIE WILSON is a cheerleading instructor and has coached cheerleading, choreographed routines, and developed cheerleading programs for teams all across North America and Europe. She also has a strong background in dance, gymnastics, martial arts, and fitness. Ms. Wilson lives in Burlington, Ontario.

This is a great book for Cheerleaders to read up on, and more importantly for parents or any one

wanting to become a coach! It has great try out, fundraisers, practice, and putting your team together info. It also has a list of jumps, motions, a few cheers and chants, and just about ALL of the stunts! Excellent book!

I got this book as a resource when I began coaching - it's got it all. All the minute questions I had but wasn't sure where to ask, this book has them. The pictures and tutorials are so helpful, and the tips for overhauling a team or creating a new one are great. Thanks for the great deal!

My daughter has been cheering since 3rd grade in the town cheerleading squad. She does not do competition cheerleading. She also now cheers for the Junior High she attends. I picked up the book as a present for Christmas and she loves it. I don't know how it would be for anyone else, but she thinks it's great. There are a lot of illustrations in it and she is looking forward to maybe incorporating some of the ideas in her High School squad next year. It was reasonable priced compared to some of the cheerleading products out there like the CD's and video sets. Hope this helps.

Decent cheerleading information.

Good Product

Brand new to the cheerleading field, needed this book, fast, excellent and very, much needed! Thanks I will definitely recommend it

Its an amazing book to get you started into cheer. It has from the simple arm postitions to complex tricks. I would recomend it to all.

GrandDaughter Loves it. Reads the tips, and uses it regularly. She has improved on many of her Cheer moves, etc. Highly Recommend it.

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