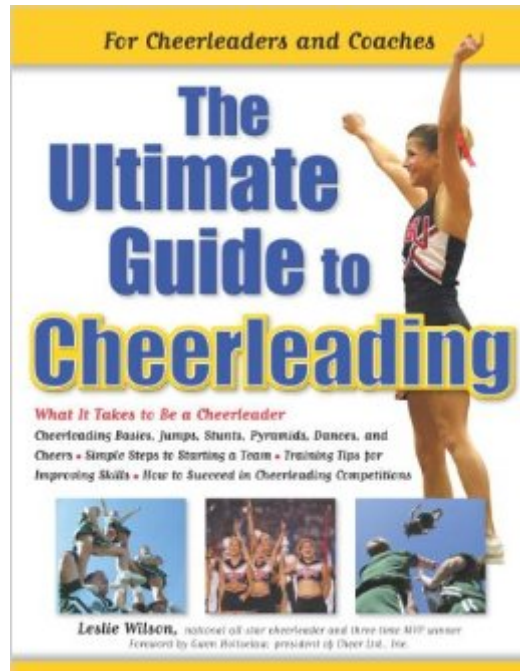


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# The Ultimate Guide To Cheerleading: For Cheerleaders And Coaches



## 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

A terrific resource for people who want to do a more athletic form of cheerleading. However it moves quickly past a lot of the basics that the older but still relevant "The Official Cheerleaders Handbook" covers in depth in terms of jump variety, basic stunts, and correct motion technique. In its favor: \*Good section on how to approach and land a jump complete with pictures.\* This is the book to have for learning intermediate and advanced stunts, both all-girl and co-ed. Covers thigh stands, various load-ins for preps and extensions, moves to hit at the top of the stunt, transitions, and dismounts. (Also includes collegiate level single base coed stunts.) I might have liked a few more

pictures of the process of building each stunt rather than just a few of them, but the key ones are all there and the explanations are very concise.\*Good section of sample cheers and chants, though fewer than the "Handbook"\*Good notes to coaches to help them guide their team, from formation of a new squad to raising spirit level through the school year to the competition mat.This book is a must-have, but it would not have been as helpful to my brand-new middle school squad last year as it will be this year, as they were only ready for the stag and thigh stand material in the "Handbook". (And its do's and don'ts guide was more instructive for new cheerleaders than "Ultimate" would be because it featured photographs instead of a written list.)My recommendation is to have "The Ultimate Guide", "The Handbook" and "Coaching Cheerleading Successfully" on your shelves if you are a coach or a cheer advisor.Coach ~Jen

This is a great book! I found all sections well laid out and written and particularly enjoyed the graphic interface of "hint and tip" type text boxes found throughout the book. The author is very knowledgeable and demonstrates, in photographs, many items in the motion and jump sections. It is indeed the perfect resource for coaches and cheerleaders.The stunt section for all-girl and co-ed alone is enough reason to buy it! They are very detailed and cover all the basic (including drills) through advance stunts for both all-girl and co-ed. Short of video, this is one of the best instructional stunt resources I've ever had. I find myself recommending it often to other coaches and have referred to it many times due to questions I receive as founder and president of PennACCA (Pennsylvania Association of Cheerleading Coaches and Advisors).It is one of the most up-to-date books on the market, so it is definitely number one in my cheer resource library. My only personal drawback was a lack of choreography description, but I have yet to find a book that can adequately describe this!It is a good instructional book, especially for new coaches, but I think even veteran coaches would benefit from what is offered. It covers every aspect for cheer programs (starting a squad, fundraising, tryouts, technique, stunts, even competition). I would recommend it for coaches and cheerleaders of all types of cheer (all star owners would probably still want a book on the business side of owning an all star) because this book covers all you need to know. I would definitely say make it part of your library!

This is a great all-inclusive book! There are so many out-of- date cheerleading books on the market that I jumped on this one. So many books cover basic motions, jumps etc, that I was hoping this would offer a little more. It does! This book went beyond the basics to include info about organizing tryouts, starting your own squad etc. Even though I am a cheerleading coach, I think this book

would definitely be helpful for aspiring or current cheerleaders. I was most impressed with the stunts. That is the distinguishing factor of this book. I know of no other book that contains so many partner stunts with step by step, how-to details. From elevators to scales and scorpions this covers all the major stunts. Many of them are collegiate level/one base-one flyer style, even though they teach the standard, all-girl stunt groups(1st,2nd 3rd base and flyer)also.

As a high school cheerleader, I can say that "The Ultimate Guide to Cheerleading" is one of the most updated books available on cheerleading today, unlike most books published in the 80's that have all of those illegal stunts and outdated cheers. However, this is definitely a good book for cheerleaders, which includes- Steps to starting a team for coaches who are interested in doing so (i.e.: setting up tryouts, enforcing goal setting for your team, judging criteria for tryouts, etc.)-Tryout info and advice, along with a section to help you decide if you truly want to be a cheerleader.- Basic motions, cheers, and chants- Jumps (the great thing is that this book covers all 8 of basic counts for jumps and fully illustrates them with photos)- Stunting (the most comprehensive stunting section I have EVER seen in a book... starting off with single base, then moving on to multiple base, basket tosses, and pyramids)- Competition cheerleadingThe only minor thing I don't like is that there really isn't anything about tumbling, and as another reviewer mentioned before, the book skips a few basic stunts, and moves straight to more advanced ones that wouldn't be suggested for beginners. However, if you are on an advanced squad, you will probably appreciate all the ideas for more difficult stunts, because they're all covered. But overall, this is a good book for all cheerleaders and covers (almost) everything you should/need to know. It's definitely the most comprehensive up-to-date book on cheerleading today.

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