

Cheerleading



The purpose of this Try-It is to encourage coordination, body conditioning and strength, rhythmic (dance) movements, and good sportsmanship; to develop team spirit in troops; and to develop girls' respect for their leaders, coaches, and teammates.

Complete four activities.

1. Join your school's cheerleading squad or a recreation league cheerleading squad and cheer for one season. Tell your troop about your experience. Teach a cheer you learned to your troop.

OR

Attend a local cheerleading day clinic. Tell your troop about the experience. Teach a cheer you learned.

2. Make signs and posters for your school's athletic team for an upcoming game. Get permission to put up your posters before the game. Put them in the gym, on a wall, or on a fence. Remember to congratulate the team after the game — even if they don't win. Don't forget to take the posters down.

3. Write a paragraph or draw pictures about being good sports while at games and after games are over. Write about or draw pictures of good ways to think about all the team members, the spectators, the coaches, and the referees.

4. Design a uniform and then find out about cheerleading uniform companies and compare prices. (A good website for designing uniforms is www.teamleadership.com.) What makes a good cheerleading uniform?

5. Make up a cheer for your troop, complete with motions. When you make up a cheer, think about the meaning of the words you use. Make sure that they do not make fun of or say mean things about the other team.

OR

Read over a list of cheers, noting which cheers make fun of or use mean and negative words about others. Rewrite those cheers or omit them from the list. Talk about why it is important not to make fun of or use mean and negative words about others.

6. Learn the importance of stretching and body conditioning for cheerleading. Have an older cheerleader come talk to the troop about her or his conditioning program and what keeps her or him strong during the season (weightlifting, aerobic workouts, etc.). Try some of the stretching exercises.

7. Attend a high school game or a local college game and observe the cheerleaders. Pick out three things that you learned from observing the cheerleaders. Use what you observed to improve your cheerleading.

8. Read a book or magazine about cheerleading. What makes a good cheerleader? Share what you read with your troop.

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