

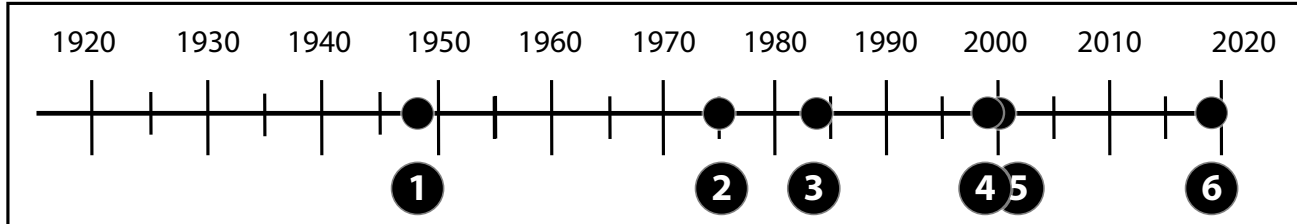
Make a Timeline

Follow the instructions to complete the activity.

NAME

DATE

Number the events below in the order they should appear on the timeline. Write the number in the box beside each event. Check your answers with pages 8–9 of the book.



Cheerleading camp sizes almost triple in 15 years. At least 400,000 cheerleaders go to U.S. camps

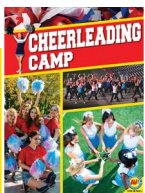
A cheerleader is hurt at a cheer camp. He wins an important court case in Montana. The decision guides many other cases on cheer safety. It leads to extra supervision and medical care for cheerleaders across the country.

Lawrence Herkimer runs the first cheerleading camp. It takes place at Southern Methodist University in Texas. Herkimer had graduated from the college earlier that year. He studied science.

At least 150,000 girls attend U.S. cheer camps each year.

UCA is the largest cheer camp company in the world. It trains more than 180,000 cheerleaders every summer. UCA offers about 3,200 camp sessions each year.

UCA teachers lead a college camp in Memphis, Tennessee. They perform the first cheer routine set to music.



True or False

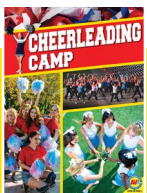
Follow the instructions to complete the activity.

NAME

DATE

Using the information in *Cheerleading Camps*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1	Squads at most cheer camps have between 5 and 30 members.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	Golden Empire Youth Tackle Football and Cheer is a large camp in Southern California. It is for ages 18 to 21.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	The Varsity Spirit/NFHS Squad Credentialing Program teaches cheerleaders about competing.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	Instructors are mentors to the younger cheerleaders.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	A notebook and pen or pencil are crucial at camp.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>



Fill in the Blanks

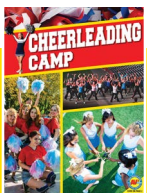
Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Cheerleading Camps* to help you complete the following activity.

1. Campers try new , dances, and cheers.
2. campers are young people who use wheelchairs.
3. UCA camps focus on complicated and acrobatics.
4. Before camps began, cheerleaders practiced after during the school year.
5. Some camps include a show . Campers show off what they have learned in classes.
6. Cheerleading camps are most popular for squads.



Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

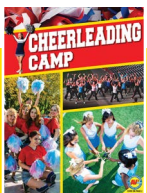
Using information you have read in the book, put the steps showing how to build team unity and individual skill. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

If you are on a cheerleading squad, think about your team's goals for next season. Are you beginners? If so, consider a general cheerleading camp. Are you ready to work on more specific skills? A stunt camp or choreography camp might be better.

Choose between a day camp or an overnight camp. Overnight camps are the most popular option. You can also consider a day camp. Day camps are held by local sports associations or schools.

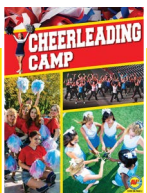
An overnight camp might be too far away. Contact UCA or NCA. Ask if they can create a camp near you. Overnight camp might be too expensive for your team. You can ask your coach to run a day camp at your school.

After you have chosen a camp, you may need to raise money. Money pays for travel and fees. There are many fun options for raising money. Your team can provide a service. Try hosting a car wash and charging money. You can create and sell calendars. You could run a fashion show and take donations for entry.



Complete the statements by writing the correct number in the box.

1. The NCA started cheerleading camps. Only this many girls and 1 boy went to the first camp. **12**
2. Brittany Yates was named Ms. Wheelchair Virginia in this year. **4,000**
3. Some cheer camps run for this many hours a day. **1986**
4. Lawrence Herkimer sold his camp business in this year. He made \$20 million. **52**
5. Jeff Webb now runs this many camps each summer. **2014**



Key Words Match-Up

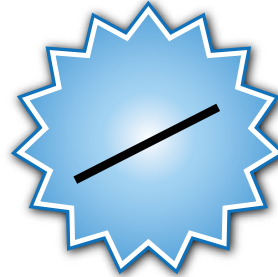
Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

flyer	accessible	lunge
evaluations	squads	spirit sticks
choreography	credentialing	acrobatics
mentors	unity	stunts
specialization	rookies	pom-poms

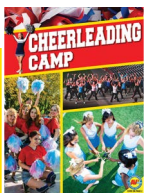


Your Score is

%

- gymnastic moves that require balance and skill
- getting a document or license that lets a person do a certain job
- a cheerleader who is held up or tossed into the air when doing stunts
- people who are experienced and teach younger people
- people who are new to a sport
- long, thin sticks or batons often decorated with ribbons and streamers
- advanced cheerleading moves during which cheerleaders are held up or tossed in the air

- easily used by any person
- how performers move during a routine, usually set to music
- reports on how well a person does a task
- a move during which the front leg is forward and the body is lowered with knees bent
- large tufts of colored ribbons with handles
- an area of knowledge from extra training and practice
- cheerleading teams
- working together and getting along well



Quiz

Test your knowledge by answering these quiz questions.
Check your answers on the quiz page in the book.

NAME

DATE

1 What are cheer camps also called?

2 Who founded the Universal Cheerleaders Association?

3 In which year did Lawrence Herkimer run the first cheerleading camp?

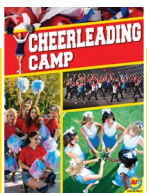
4 How do many cheer camps end?

5 Are most camp instructors coaches?

6 What do squads often wear for the first day of camp?

7 Which letter does the body look like in the spread eagle move?

8 In which year did Brittany Yates found CheerAbility?



Quiz Answer Key

Compare your quiz answers with the answer key below.

NAME

DATE

- 1** Clinics
- 2** Jeff Webb
- 3** 1948
- 4** With an awards ceremony
- 5** No, they are experienced cheerleaders.
- 6** The same outfits
- 7** X
- 8** 2014

