

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 take to be a competitive cheerleader. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Get fit. Eat nutritious foods. Competitive cheerleaders need to be healthy and strong.

Join a competitive cheer group in your area. In All-star cheerleading, there is usually a team for everyone. Age or skill level does not matter.

Watch a cheer competition to see if it interests you. Find one in your area. Many competitions sell tickets for people to come and watch. You can also watch videos of competitions online.

Commit to team practices. You can also take additional tumbling classes and flying lessons. Extra practice can improve and increase your skills.

