

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 be on a cheerleading squad. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Learn about the cheerleading squads in your area. Ask a cheerleader you know to tell you how to get started at school, or look up All-star squads online.

Attend all practices and team events. A cheerleading squad spends time together both on and off the field. This is how they build friendships and trust. Be sure you have the time needed to be a dependable team member.

Get fit and eat healthily. All members of a cheerleading squad must be strong and healthy. Build up your endurance by running. Get stronger by working out.

Be a good teammate. Have a good attitude. Cheerleaders are known for being positive and enthusiastic. This begins with being helpful to your squad.

