

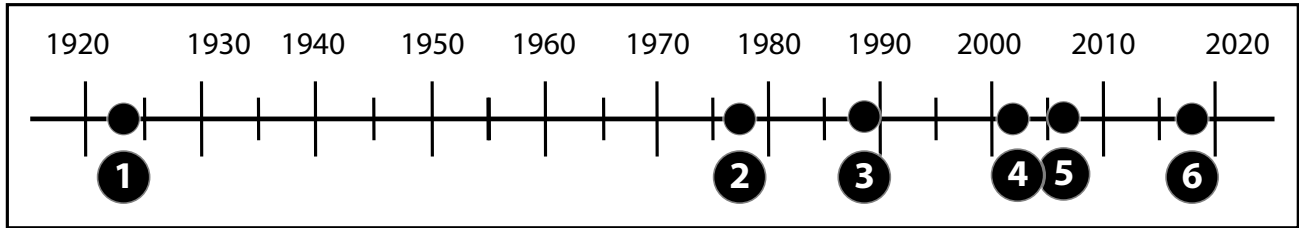
Make a Timeline

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.



Difficult tumbling moves are part of tryouts in Texas schools. This is a sign of tryouts becoming more competitive.

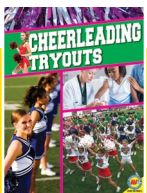
The first men audition for National Football League sideline dance squads. Men were previously on stunt teams. They had never before danced on the sidelines along with women.

All-star cheerleading is formed. There are different teams for every level. Everyone makes a team.

Stanford University holds tryouts for its cheer team. This is one of the first recorded cheerleading tryouts.

The show *Making the Team* begins. It airs on the Country Music Channel. The show follows DCC cheerleader hopefuls through tryouts.

A record 475 women compete for 35 spots with the Dallas Cowboys Cheerleaders (DCC). The following year, 1,000 women try out.



True or False

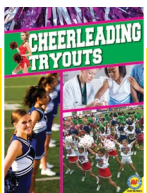
Follow the instructions to complete the activity.

NAME

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Using the information in *Cheerleading Tryouts*, 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	The first cheerleaders were sports fans.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 2	The tryout itself is usually in the morning at a school gym.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 3	Drill team is a sport related to cheerleading.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 4	Coach Tina Galdieri led the Baltimore Ravens cheer squad's 2018 tryouts.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 5	At tryouts, professional cheerleaders are judged just only on dance ability.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	



Fill in the Blanks

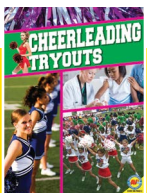
Follow the instructions to complete the activity.

NAME

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

1. There are tryouts for school and cheerleading.
2. All cheerleaders need to master their entrance.
3. First, captains and other perform the routine. Then, hopefuls learn the moves.
4. Clothing should be . The judges need to see their moves.
5. Captains also the athletes who are trying out.
6. Drill teams often do dances.



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

1. In 2018, this many women and men tried out for 35 Houston Texans cheerleading spots.

1929

2. Quinton Peron was a professional dancer for this many years before joining the Rams squad.

404

3. There are more than this many All-star cheer teams with tryouts.

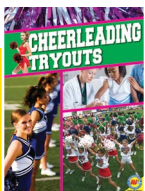
1974

4. In this year, the United Cheerleading Association (UCA) was formed.

5,000

5. In this year, Kay Teer Crawford made the cheer team at her Texas school.

10



Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

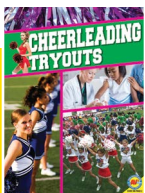
Using information you have read in the book, put the steps showing how to prepare for the first big tryout. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Decide where you will try out. You could be on the competitive or sideline team at your school. Perhaps you want to cheer at a separate All-star gym.

Get in shape and work on your flexibility. Create a stretching routine. Regularly perform cardiovascular and weight-bearing activities.

To prepare for the big day, work on your jumps and tumbles. Set up a camera and record your moves. Then, you can review the video. Make sure you check the judging scorecard. Focus on the qualities noted on the card.

Find out what is required to try out. Many schools and gyms hold tryout meetings. Talk with the coach to learn the details about tryouts. You can also ask the coach for the judging scorecard so you know what to practice.



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

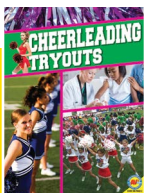
eligible	clinic	mentor	sideline	projection
ambassadors	scorecard	choreography	All-star	tumbling
cardiovascular	eloquent	rehearses	stunt teams	squads
veterans	synchronized	touchdown	flexibility	



Your Score is

%

- | | |
|---|---|
| <p>1. <input type="text"/>
people who represent a group</p> <p>2. <input type="text"/>
a type of cheerleading in which athletes compete during routines that include advanced moves</p> <p>3. <input type="text"/>
meeting the requirements to take part in an activity or be considered for a position.</p> <p>4. <input type="text"/>
the ability to move and bend the body easily</p> <p>5. <input type="text"/>
happening at the same time and at the same pace</p> <p>6. <input type="text"/>
a list of what judges are looking for, used to keep track of scores</p> <p>7. <input type="text"/>
cheerleading teams</p> <p>8. <input type="text"/>
the ability to speak, sing, or shout, and be heard clearly from far away</p> <p>9. <input type="text"/>
gymnastics moves, such as somersaults, rolls, and leaps</p> <p>10. <input type="text"/>
how performers move during a routine, usually set to music.</p> | <p>11. <input type="text"/>
a type of exercise that gets the heart beating fast and hard; also called cardio</p> <p>12. <input type="text"/>
cheerleading squads that only perform advanced tumbling moves</p> <p>13. <input type="text"/>
able to speak clearly and expressively</p> <p>14. <input type="text"/>
a person who is experienced and teaches younger people</p> <p>15. <input type="text"/>
people with experience in a certain activity</p> <p>16. <input type="text"/>
a type of cheerleading where a team cheers on its sport team from the sides of the field</p> <p>17. <input type="text"/>
a workshop or class on a single subject</p> <p>18. <input type="text"/>
a cheerleading motion during which the arms are held straight up alongside the head, with hands balled in fists</p> <p>19. <input type="text"/>
practices something that will be performed later</p> |
|---|---|



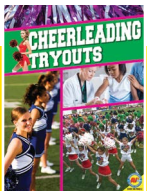
Quiz

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

NAME

DATE

- 1** Do professional and All-star teams require tryouts?
- 2** When did the All-Americans program begin?
- 3** When did Stanford University hold the first recorded cheerleading tryouts?
- 4** How are the results of school tryouts announced?
- 5** At tryouts, who checks that all athletes are eligible?
- 6** During the liberty move, which shape do the arms form?
- 7** Where are the International Cheer Union World Championships held?
- 8** Quinton Peron and Napoleon Jinnies cheer for which professional sports team?



Quiz Answer Key

Compare your quiz answers with the answer key below.

NAME

DATE

- 1** Yes
- 2** In the late 1980s
- 3** 1924
- 4** They are called out or posted on a bulletin board.
- 5** Athletic directors
- 6** A V shape
- 7** Orlando, Florida
- 8** The Los Angeles Rams

