

## Fill in the Blanks

Follow the instructions to complete the activity.

NAME

DATE

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

1. Squads wear different uniforms for  routines and holidays.
2.  can also be done as high-intensity exercises.
3. The  were the first pro sports team to have a cheerleading squad.
4. Individual teams have strict rules. Appearance and  are also covered.
5. A squad's coach is sometimes called a .
6. During the classic punch move, one arm punches . The other rests on the hip in a fist.

