

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 successful and professional cheerleaders. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

You can also take dance classes. Focus on hip-hop and jazz dance. These dance styles are a large part of professional routines. Practice the dance moves from this book.

See if there is a NBA or NFL team near you. Many teams have junior cheer squads. First, find out about their application rules and deadlines. Then, you can try to join. You can learn cheer moves and routines from the professionals. You might even get to cheer at a game.

Learn more about the life of a professional cheerleader. You can find a squad close to home. Watch videos of the team's moves. Try to practice their routines.

Start by working on tumbling. Begin with basic moves. Try somersaults, jumps, and leaps.

