

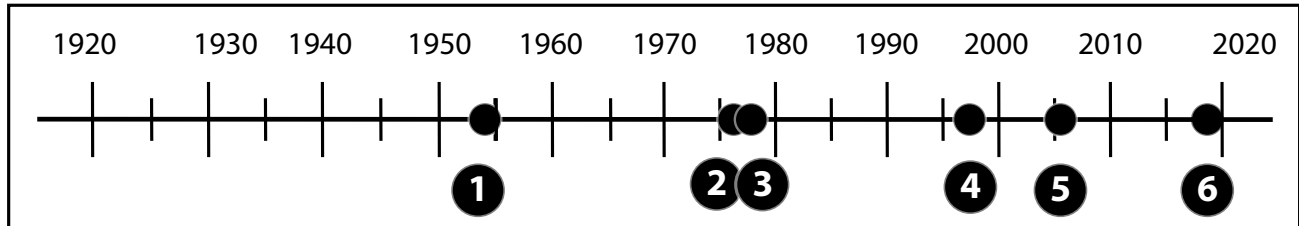
Make a Timeline

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.



Male cheerleaders perform at the Super Bowl for the first time. They are part of the Los Angeles Rams' sideline team.

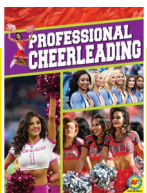
The DCC win the first USO Spirit of Hope award. From 1979 to 2018, the DCC perform on 83 USO tours. This is more than any other entertainers or groups.

Dance teams are inspired by the DCC. Squads make many changes. Uniforms, routines, and tryouts change. Every squad wants more publicity.

NFL cheerleaders are seen across the country for the first time. The DCC perform at Super Bowl X. The Indiana Pacemates form. This is the first professional NBA cheer team.

The NFL Cheerleader Playoffs air on television. Cheerleaders from 25 NFL teams compete. They do athletic events and trivia. They perform dances. Cheerleaders from the San Diego Chargers win.

The Baltimore Colts NFL team is the first professional team to have cheerleaders. The cheerleaders are Colts fans. They cheer with the team's marching band.



True or False

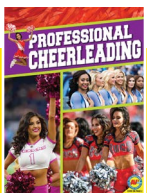
Follow the instructions to complete the activity.

NAME

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Using the information in *Cheerleading Professional*, 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	Dance skills are not really important.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 2	Kansas City Chiefs cheerleaders arrive at the stadium three hours before games begin.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 3	A stunt team is different from a sideline cheerleading team.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 4	All cheerleaders must be strong and fit. Some teams hire athletic trainers. Athletic trainers lead workouts.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	
Statement 5	Cheerleaders wave pom-poms to attract fans' attention.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	



Fill in the Blanks

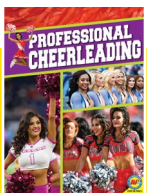
Follow the instructions to complete the activity.

NAME

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Use the information found in *Cheerleading 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.



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

1. Only this percentage of the 8,000 cheerleaders who try out for the NFL each year get a spot on a team.

1997

2. The DCC won the first USO Spirit of Hope award in this year.

16

3. Tracy Sormanti has been cheerleading director for the New England Patriots since this year.

10

4. The Dallas Cowboys Cheerleaders were first on television in this year. They were in a show called the *NBC Rock-n-Roll Sports Classic*.

1978

5. Only this many cheerleaders make the Dallas Cowboy Cheerleaders' show group. The group travels and performs around the world.

1994



Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

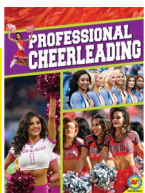
Using information you have read in the book, put the steps showing how to be successful and professional cheerleaders. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

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.



Key Words Match-Up

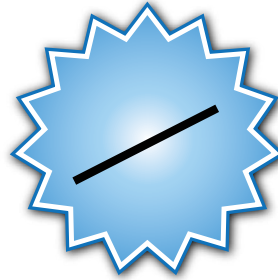
Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

nominate	stunt	tumbling
USO	calisthenics	stereotypes
charity	publicity	etiquette
sideline	alumni	coeducational
endurance	squad	STEM

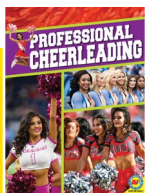


Your Score is

%

- exercises that are done with just the body and without equipment, such as push-ups
- often untrue beliefs that people in certain groups are all the same
- people who went to the same school or college
- appearances in the media, such as the news, movies, or internet
- a cheerleading team
- including both males and females
- gymnastics moves, such as somersaults, rolls, and leaps
- ways to be polite and proper

- raising money or collecting items to help people in need
- stands for United Service Organizations, a program that provides support and entertainment to U.S. soldiers working around the world
- to choose as a potential person to fill a position or job
- an ability to keep going when tired or stressed
- having to do with science, technology, engineering, and mathematics
- an advanced cheerleading move during which a cheerleader is held up or tossed in the air
- a type of cheerleading in which a team cheers on its sport team from the sides of the field



Quiz

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

NAME

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1 Which types of teams have professional cheerleaders?

2 When did the New York Jets' Flight Team form?

3 Which professional cheer team has performed the most USO shows?

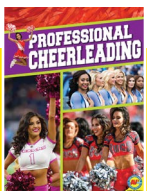
4 What are the NFL and NBA minimum ages for cheerleaders?

5 Can there be more than one professional cheer team captain?

6 Why do professional cheerleaders use wraps and braces?

7 What are some examples of high-intensity exercises?

8 How many members does Science Cheerleader have?



Quiz Answer Key

Compare your quiz answers with the answer key below.

NAME

DATE

- 1** Football and basketball
- 2** 2007
- 3** The Dallas Cowboys Cheerleaders
- 4** 18 and 21
- 5** Yes
- 6** To protect body parts and prevent further injury
- 7** Sprints, stair running, jumping rope, and calisthenics
- 8** More than 300

