

Chapter 1 : Cheerleading - Wikipedia

This Year-Old Cheerleader Serving Some Serious Sassy Face Is Taking Over Twitter As Everyone's New Favorite Meme "When my teacher asks me a question thinking I'm not paying attention, but I get.

History Before organized cheerleading Cheerleading began during the late 18th century with the rebellion of male students. The undergraduates began to riot, burn down buildings located on their college campuses, and assault faculty members. This brought about American sports, beginning first with collegiate teams. Soon, that gesture of support crossed overseas to America. He transplanted the idea of organized crowds cheering at football games to the University of Minnesota. These students would cheer for the team also at football practices, and special cheering sections were designated in the stands for the games themselves for both the home and visiting teams. November 2, is the official birth date of organized cheerleading. In the late s, many school manuals and newspapers that were published still referred to cheerleaders as "chap," "fellow," and "man". In the s, collegiate men were drafted for World War II , creating the opportunity for more women to make their way onto sporting event sidelines. By the s, some began to consider cheerleading a feminine extracurricular for boys, and by the s, girls primarily cheered at public school games. Cheerleading could be found at almost every school level across the country, even pee wee and youth leagues began to appear. He also approximated that ninety-five percent of cheerleaders within America were female. Women were selected for two reasons: Women were exclusively chosen because men were the targeted marketing group. These pro squads of the s established cheerleaders as "American icons of wholesome sex appeal. Professional cheerleading eventually spread to soccer and basketball teams as well. Defense Secretary posing with U. The s saw the beginning of modern cheerleading, adding difficult stunt sequences and gymnastics into routines. Cheerleading organizations such as the American Association of Cheerleading Coaches and Advisors AACCA , founded in , started applying universal safety standards to decrease the number of injuries and prevent dangerous stunts, pyramids, and tumbling passes from being included in the cheerleading routines. The NCAA requires college cheer coaches to successfully complete a nationally recognized safety-training program. Cheerleaders are quite often seen as ambassadors for their schools, and leaders among the student body. At the college level, cheerleaders are often invited to help at university fundraisers and events. Sports such as association football soccer , ice hockey , volleyball , baseball , and wrestling will sometimes sponsor cheerleading squads. In order to prevent injuries, there are certain rules that cheerleading teams have to follow according to their level high school, all-star, or college. According to the Encyclopedia of Sports Medicine, there are two purposes of cheerleading - to cheer on the sidelines for other athletes, and to be a "highly skilled competing athlete. What began as the classic sweater and mid-calf pleated skirt uniform has now come to incorporate materials that allow for stretch and flexibility. Uniform changes are a result of the changing culture from the s to modern day. Cheerleading may seem like a light-hearted activity to some, but injuries that can come from practice or a competition can be severe if the athlete is not properly trained. There have been many catastrophic injuries from cheer, especially from tumbling and stunting. Because of the lack of studies on injuries in competitive cheerleading, many injuries that happen could be avoided. Most studies in sports medicine pertaining to cheerleading are focused on whether it is a sport or not. Many colleges offer cheerleading scholarships for students. A cheerleading team may compete locally, regionally, or nationally, as well as cheer for sporting events and encourage audience participation. Cheerleading is quickly becoming a year-round activity, starting with tryouts during the spring semester of the preceding school year. Teams may attend organized summer cheerleading camps and practices to improve skills and create routines for competition. Student cheerleaders compete with recreational-style routine at competitions year-round. Teams practice intensely for competition and perform a routine no longer than 2 minutes and 30 seconds. Like other school-level athletes, teams compete to win league titles, and move on to bigger competitions with the hopes of reaching a national competition. The advantages to a school squad versus an all-star squad is cheering at various sporting events. The tryout process can sometimes take place over a multiple day period. The cheerleading coach will arrange for a cheerleading clinic, during which basic materials are taught or reviewed

before the final day of tryouts. The clinic gives returning cheerleaders and new cheerleaders an equal chance of becoming familiar with the material. Skills that are necessary to be a cheerleader include jumps, tumbling, motions, and dance ability. Tryouts often take place during the spring, so that the coach has the squad chosen in time to attend summer camp as a team. In middle school, cheerleading squads serve the same purpose, and follow the same rules as high school squads. Squads cheer for basketball teams, football teams, and other sports teams in their school. Squads also perform at pep rallies and compete against other local schools from the area. Cheerleading in middle school sometimes can be a two-season activity: However, many middle school cheer squads will go year-round like high school squads. Middle school cheerleaders use the same cheerleading movements as their older counterparts, yet they perform less extreme stunts. These stunts range from preps, thigh stands, and extensions, to harder one-legged stunts. High school High school cheerleaders In high school, there are usually two squads per school: High school cheerleading contains aspects of school spirit as well as competition. These squads have become part of a year-round cycle. Starting with tryouts in the spring, year-round practice, cheering on teams in the fall and winter , and participating in cheerleading competitions. Most squads practice at least three days a week for about two hours each practice during the summer. Many teams also attend separate tumbling sessions outside of practice. During the school year, cheerleading is usually practiced five- to six-days-a-week. During competition season, it often becomes seven days with practice twice a day sometimes. The school spirit aspect of cheerleading involves cheering, supporting, and "pumping up" the crowd at football games, basketball games, and even at wrestling meets. Along with this, they perform at pep rallies, and bring school spirit to other students. In May , the National Federation of State High School Associations released the results of their first true high school participation study. They estimated that the number of high school cheerleaders from public high schools is around , Many high schools will often host cheerleading competitions, bringing in IHSA judges. The regional competitions are qualifiers for national competitions, such as the UCA Universal Cheerleaders Association in Orlando , Florida every year. All high school coaches are required to attend an IHSA rules meeting at the beginning of the season. This ensures their knowledge of changed rules and their compliance with these rules. College Collegiate cheerleaders for the University of Florida perform a high splits pyramid during a Gators college football game Most American universities have a cheerleading squad to cheer for football, basketball, volleyball, and soccer. Most college squads tend to be large coed although in recent years; all-girl and small coed college squads have increased rapidly. College squads perform more difficult stunts which include pyramids, as well as flipping and twisting basket tosses. Youth cheerâ€™ high school ages and youngerâ€™ make up the vast majority of cheerleaders and cheer teams. Organizations that sponsor youth cheer teams usually sponsor either youth league football or basketball teams as well. This allows for the two, under the same sponsor, to be intermingled. Both teams have the same mascot name and the cheerleaders will perform at their football or basketball games. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. November Learn how and when to remove this template message During the early s, cheerleading squads not associated with a school or sports leagues, whose main objective was competition, began to emerge. The first organization to call themselves all-stars and go to competitions were the Q94 Rockers from Richmond, Virginia , founded in In , the National Cheerleaders Association NCA addressed this situation by creating a separate division for teams lacking a sponsoring school or athletic association, calling it the All-Star Division and debuting it at their competitions. As the popularity of this type of team grew, more and more of them were formed, attending competitions sponsored by many different organizations and companies, each using its own set of rules, regulations, and divisions. This situation became a concern to gym owners because the inconsistencies caused coaches to keep their routines in a constant state of flux, detracting from time that could be better utilized for developing skills and providing personal attention to their athletes. More importantly, because the various companies were constantly vying for a competitive edge, safety standards had become more and more lax. In some cases, unqualified coaches and inexperienced squads were attempting dangerous stunts as a result of these expanded sets of rules. It included teams from all levels, with each winner continuing to the online championships, where teams from across the nation competed to win the Worlds Title. All-star differs from sideline

cheerleading because all-star focuses on performing , while sideline cheers for others sport such as football or basketball. All-star is competitive teams that perform a routine for the purpose of entertainment against other teams, typically in the same divisions, to try to win. The numbers of competitions a team participates in varies from team to team, but generally, most teams tend to participate in eight to twelve competitions a year. These competitions include locals, which are normally taken place in school gymnasiums or local venues, nationals, hosted in big venues all around the U. During a competition routine, a squad performs carefully choreographed stunting, tumbling, jumping, and dancing to their own custom music. Teams create their routines to an eight-count system and apply that to the music so that the team members execute the elements with precise timing and synchronization. There are many different organizations that host their own state and national competitions. Some major companies include: This means that many gyms within the same area could be state and national champions for the same year and never have competed against each other. Currently, there is no system in place that awards only one state or national title. Judges at the competition watch closely for illegal moves from the group or any individual member. They look out for deductions, or things that go wrong, such as a dropped stunt. They also look for touch downs in tumbling for deductions. More generally, judges look at the difficulty and execution of jumps, stunts and tumbling, synchronization, creativity, the sharpness of the motions, showmanship, and overall routine execution. All-star cheerleaders are placed into divisions, which are grouped based upon age, size of the team, gender of participants, and ability level.

Chapter 2 : BET International | BETINTL

Taking Over Cheerleaders Go to book. 1 mystery, and romance novels that have sold over 15,, copies and are published in several languages. Of all her books.

Monica Huntington Cheerleaders are full of energy and are comfortable performing in front of large crowds. Megan Fox Megan Fox was a dancer and swimmer as a child. Lively she certainly was! Fanpop Born into a showbiz family, it seems she was practically destined for fame. And, unsurprisingly, that still seems to be the case. That athleticism was definitely apparent in her role as Katniss Everdeen. Alicia Silverstone As if! Born in San Francisco, Silverstone signed a modeling contract at age six and was a teen idol by Before she became an Oscar winner, Berry was a cheerleader, school newspaper editor, an honors student and prom queen! People Magazine Bullock spent much of her childhood in Germany with her musical parents but made it back to the States in time to study at Washington-Lee High School in Arlington. Kylie later retired her poms to be homeschooled. Elle France Aguilera apparently gave up her spot on the squad to someone else in order to pursue singing. Although she looked the ideal cheerleader, it was probably a good career move as the pop culture icon went on to achieve worldwide fame for her powerful pipes. From the athletics field to the world stage, Simpson maintained her signature bubbly disposition and Southern Charm that defined her persona as an entertainer and reality TV star. If you love these peppy celebrity throwbacks, keep scrolling! Before she was gracing runways and magazine covers, Teigen used her stellar spirits to cheer at Snohomish High School in Washington. It seems her affinity for keeping in shape started at a young age when was an avid cheerleader in her home state of Texas. It was during her years studying for a degree in kinesiology that Longoria won the Miss Corpus Christi pageant in From there this beauty queen went on be a reigning Hollywood success. Miley Cyrus No stranger to performing, Miley Cyrus was leaping in her uniform as an adorable competitive cheerleader for the Tennessee Premier All-Stars team from the age of five to Transitioning into more adult acting and singing roles, Cyrus is oft to display her propensity for, ahem, her flexibility. Many thought her early on-screen parts were too mature for a girl of her age. The brunette beauty icon also cheered in college. The next few celebrities have connections to other former cheerleaders on this list, keep reading to find out who they are! Pinterest The lanky teen was already sporting the ideal high fashion body type that helped her somersault into the ranking of the top-paid model of All the while steadily landing prime coming-of-age movie roles, Lohan was a real teen student who donned a pleated cheerleading skirt in high school in New York. Reese Witherspoon Reese Witherspoon has proved herself to be an actress of varied talents. For most of the celebrities on this list, the sport came before their careers. For Fanning, though, things were the other way around. Adding to her impressive resume, Fanning was also named homecoming queen. Denise Richards Only adding to her alluring charm, Bond Girl and Playboy model Denise Richards was an athletic tomboy growing up on the outskirts of Chicago. She was the only girl on her local baseball team before her family moved to California and she rallied the crowds as a cheerleader for El Camino High School. Wilson High School in California. From this picture, it appears the Black Eyed Peas frontwoman was always a magnetic force of nature and a knockout comfortable in the spotlight. Mandy Moore Going into the s, Mandy Moore was the princess of bubblegum pop music. Tall and talented, she also got into the movie and TV scene. Meryl Streep We all knew that Meryl Streep is one of the most talented actresses of our time, but did you know her talents on the silver screen came after she flaunted her talents and her gams on the cheer squad? Anyways, Rudd should have effectively shut down any haters as his determination and talent have taken him far. The Atlanta-based singer-songwriter has been honing her love for dancing and spirited energy since her days as a cheerleader in high school. Although she loved cheerleading, she gave it up to focus on music. Now a judge on basically every reality dancing and singing competition, the 80s icon was fond of performing from a young age. She started cheerleading in high school. Pinterest Then, as a freshman at California State University in Northridge, she was selected as one out of contestants vying for a spot with the famed Laker Girls. It was actually at a Lakers game that the Jacksons discovered her. Continue scrolling to see if you can recognize the famous faces of celebrities back when they were young cheerleaders. Cheerleading, to be exact. Pinterest

Alley left her Kansas roots after a brief stint at university and headed Los Angeles to pursue Scientology and Hollywood. Couric kept her poise as a cheerleader in front of crowds at Yorktown High School. Pinterest She is now recognized as a leading news industry icon, who has been a host for several huge TV networks. But like many of the celebrities on this list, she was involved in many extracurricular activities namely a radio internship that paved the way for future fame. Time Her moves obviously started impressing people early as she earned a dance scholarship to the University of Michigan. Despite her affinity for the art, Madonna dropped out of college in and moved to New York. Rachel Ray The Food Network queen of quick cooking coined the catchphrase E-V-O-O extra virgin olive oil , but before she was spelling out culinary tips, she was spelling out inspiring cheers for her high school in upstate New York. She eventually replaced her pom-poms with kitchen utensils. It turns out that Jackson met his wife LaTanya Richardson during those college years. Luckily, he found his talents more suited for Tinseltown. During college, she traded in the flips and dips for improv comedy. Her connection to sports went back further even to her teenage years in Oklahoma City where she a high school cheerleader energizing crowds at athletic events. Pinterest Prior to her seemingly all-American high school experience, Munn was raised primarily in Japan, where he stepfather was stationed in the Air Force. No stranger to team spirit, Munn later impressed entertainment bigwigs like Robert Downey Jr. Kelly Ripa Effervescent talk show hostess Kelly Ripa seems like she was born to be a cheerleader. Pinterest Her sparkling persona must have been evident as it was also during her time in high school that her drama teacher encouraged her to pursue acting. It seems that her theatrical talents combined with her bubbly demeanor were the perfect combination for a future in front of the camera. Bush It may come as a surprise, but before George W. Bush was leading the country, he was doing a different type of leading: Before he served as the 43rd president of the United States, Bush served on the cheerleading squad in high school at Phillips Academy. For his senior year, he was selected as head cheerleader. Eisenhower There is more than one former president on this list if you can imagine! The 34th president of the US is known for his decorated military career that saw him reach the rank of five-star general. He made the varsity football team there, but a knee injury sidelined him. Not being one to give up on his athletics, he turned to fencing and gymnastics and later took up cheerleading. Ronald Reagan It is widely known that Ronald Reagan was a dashing Hollywood actor before he got into politics.

Chapter 3 : Woman becomes first NFL cheerleader to take a knee during national anthem | Sport | The Gu

Former 49ers cheerleader Mariah Mendez told NBC News that some members of the Gold Rush cheer squad had actually begun taking a knee last season. Mendez said those protests began with the Oct. 22, , home game against Dallas as a message to Cowboys owner Jerry Jones, a vocal critic of the kneeling players.

Cheerleading is some kind of special. We all love cheerleaders here at Cracked. Just The Facts Cheerleading is a sport that uses organized routines of chanting, prancing, dancing, jumping, stunting, and screaming. Cheerleading originated in the United States. Most cheerleaders are located in the U. The first cheerleading squad was a cackle of six men called a "yell squad" Cheerleading can be fun to watch for all the right reasons. The birth of cheerleading is credited to former crazy University of Minnesota student, Johnny Campbell. While attending a game at the University of Minnesota in , Johnny "Soup" Campbell tried to incite an organized riot. He formed a squad of six male "yell-leaders" for the football game beforehand. Cheerleading started out as an all male group activity, just like voting did. Cheerleading gave them something positive to do besides crying themselves into oblivion. Females started taking over around Male participation in cheerleading dwindled because they bristled at being called "light in the britches" and were afraid of the ridicule they would endure from dorks. Women started kicking out most of the males from cheerleading and made cheerleading an attractive alternative to flagpole sitting. It is noted that around the same time something curious happened. Guys who hated sports started appearing at games. Attendance greatly increased at sporting events. It is unknown why this happened. Cheerleaders existed early on but were paid in peanuts and crackerjacks. It was the Dallas Cowboys who made professional cheerleading great. In Tex Schramm, the owner of the Cowboys, tried to hire professional models for cheerleaders. Unfortunately, they were too clumsy, stupid, and bitchy. Finally Tex realized he would have to hire professional dancers with stamina. Tex wanted really hot chicks with athletic ability and talent as performers. Tex recognized that the only way to get people to like his team was with hot girls and maybe even a somewhat decent football team. No one complained ever. Except for the wives of athletes and fans, and pretty much all women in general. This girl could kick your ass. Jerry liked hot co-eds. The Laker Girls have evolved over time into a professional dance squad of fine young women. In this section we will explode the most common myths of cheerleading: You can always binge and purge. You need to be tall to be a cheerleader-There is no height requirement. Cheerleading is not dangerous- Yes it is. Sometimes cheerleaders must pack heat to protect themselves from unwelcome advances. All the while looking friendly and cheery. Cheerleading is for girls, not guys-Men have spirit, yes they do! Men have spirit, how bout you!!!??? Male Cheerleaders are gay-Many males use cheerleading as an excuse to be around hot chicks and cop a feel during routines. Some dudes, with a little to much spirit in their underoos, may be gay though. Cheerleaders are dumb-Who the hell cares? Cheerleading is a popularity contest-Not quite. Cheerleaders are snobs-Only the hot ones are. The fuglies are extremely nice if you give them a chance. They can definteley do some wicked ass kicks and shit! A hot cheerleader would never date a guy like me- Wrong. A cheerleader might date a guy like you, just not you. Benefits of Cheerleading Cheerleading helps cardiovascular health- Cheerleading raises the heart rate and increases blood flow in men who are watching. Increased attendance at sporting events. Where ever hot girls go, guys flock like a bunch of sheep flockers. And better for your health. Guys like arm trophies to show off to their friends. Increase in GPA in school- Male teachers love cheerleaders and reward them with good grades and help them late night after class.

Chapter 4 : Taking over (Cheerleaders, #26) by Jennifer Sarasin

*Taking Over Cheerleaders [Jennifer Sarasin] on calendrieldelascience.com *FREE* shipping on qualifying offers. While Mrs. Engburg is in the hospital, substitute coach Slammer Akins undermines the Tarenton squad.*

How to Gain Body Mass Fast Cheerleaders endure a series of high-intensity workouts and conditioning to stay in shape as well as perform the maneuvers necessary for their sport. Typically, cheerleaders will follow a strict diet and physically push themselves to have a flexible, physically fit and strong body. It is well within reach to gain the body of a cheerleader with the right amount of determination and effort. Sprinting in Shape Sprinting is one of the most important exercises in cheerleader conditioning. A sprint will specifically work your hamstrings and burn off excess fat. If you are new to sprinting, try exercising on a treadmill first. Within five minutes, gradually speed up from a walk to a run until the treadmill is at the 6. Using the side rails as a stopping point, raise the treadmill speed to 9. Continue for 20 to 30 minutes. Increase Your Workout Times Generally speaking, workouts are recommended for adults several times per week at 30 to 45 minutes per session. Cheerleaders work out a little harder, at four minute workouts per week. Make a commitment to set aside four hours per week; you can divide this into two minute sessions per day. Avoid Repetition When you work out, avoid doing the same exercises repetitiously on a daily basis. A cheerleader workout may consist of 30 seconds of pushups followed by 30 seconds of crunches, 30 seconds of lunges and 30 seconds of variation crunches. If you feel tired, instead of resting, push through it and vary the workout. Also, try to mix weight training in with your workout, using free weights and leg presses. No Glutes, No Glory Cheerleaders religiously work out their glutes, so be prepared for a lot of squats. According to Kurt Hester of TD1, a squat only becomes useful to strengthening the glutes at the low portion of the squat. You will want a lot of depth in your squats for them to be effective. To properly perform a squat, shift the weight onto your heels while crouching down. Position your body as if you are going to take a seat in a chair. This low position will maximize the benefit to the glutes. Another effective exercise is squat jumps. While in the crouched position, press off on your feet while coming up. Form into a complete jump, and return to the squat position. Choose lean meats such as pork and skinless chicken. The diet should be low in carbs, with foods such as quinoa, whole-wheat pasta and brown rice. Complex carbs are best eaten before training, while simple carbs are best after training to help keep your blood sugar level intact. According to the Centers for Disease Control and Prevention, eating fewer calories per day, or 3, per week, can help you lose 1 to 2 pounds per week. A cheerleader should also have a high-fiber intake of 20 to 30 grams per day.

Chapter 5 : Cheerleaders Book Series: calendrieldelascience.com

A member of the San Francisco 49ers' cheerleading squad appeared to take a knee during the national anthem before Thursday night's game against the Oakland Raiders, according to photos and reports.

Chapter 6 : 49ers Gold Rush cheerleader speaks out on taking a knee during anthem - Story | KTVU

Taking over has 14 ratings and 1 review: Published February 1st by Scholastic, pages, Paperback.

Chapter 7 : These Celebrities Were Cheerleaders When They Were Young

Typically, cheerleaders will follow a strict diet and physically push themselves to have a flexible, physically fit and strong body. It is well within reach to gain the body of a cheerleader with the right amount of determination and effort.

Chapter 8 : How Do I Get a Cheerleader's Body? | Healthfully

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Chapter 9 : NFL cheerleader takes a knee during national anthem before Raidersers game - calendrierdela

Fact: Cheerleaders are taking over! Fer Chacon, Martin Carmona Cheer II, Taylor Strauch, Trey Forsyth: the first ever cheerleaders to be featured in a Cirque du Soleil show.