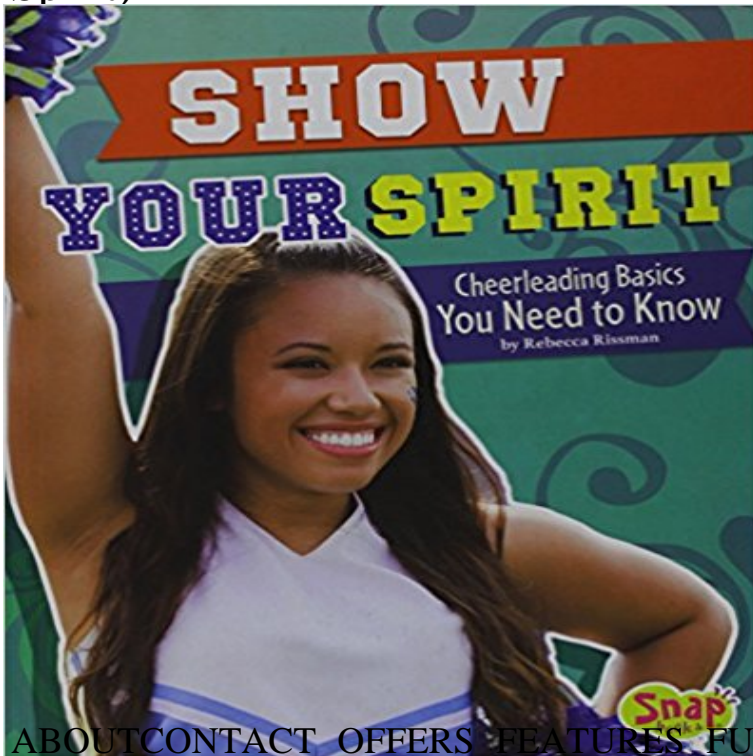


Show Your Spirit: Cheerleading Basics You Need to Know (Cheer Spirit)



What exactly does a cheerleader do? How did cheerleading begin? What are the most important things a cheerleader needs to know? From tumbling and chanting to motions and stunts, learn all about the basics of cheerleading. Also find out about safety, eating right, uniforms, everything else that goes into this sport that continues to grow in popularity.

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