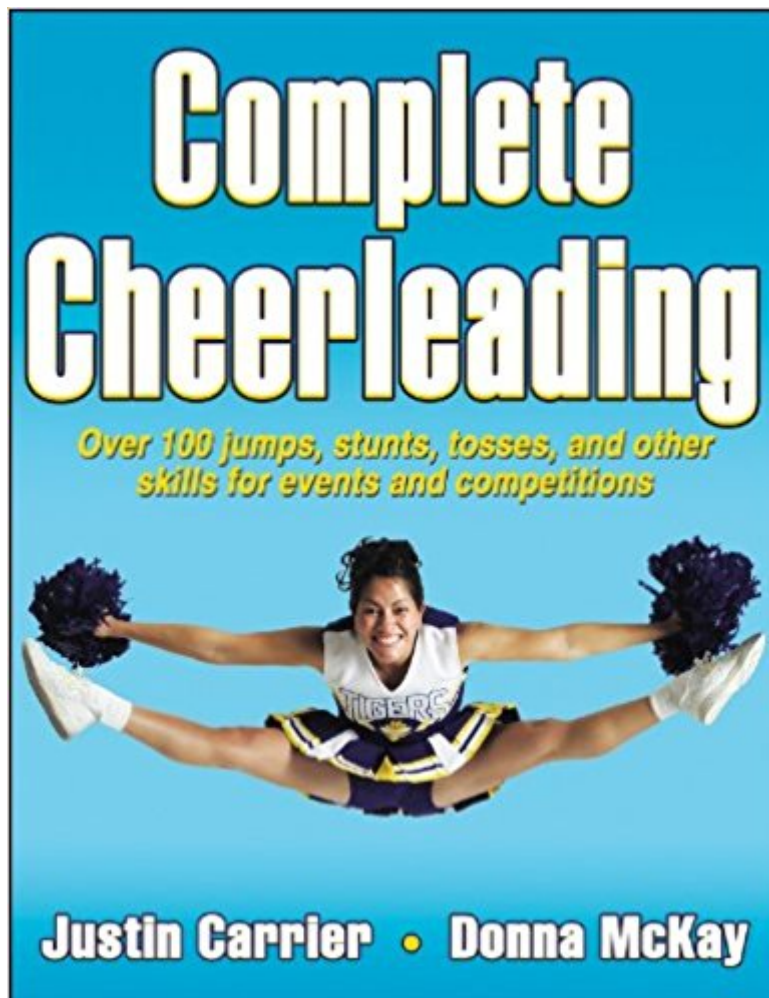




The book was found

Complete Cheerleading



Synopsis

Fire up the fans, inspire the team, and win cheer competitions with the help of Complete Cheerleading! This guide is your all-in-one source for mastering the increasingly challenging individual and team techniques of cheering. Packed with jumps, stunts, tosses, and more, this comprehensive book includes more than 100 skills that are essential to clean routines and crowd-pleasing stunts. Almost 200 great photographs show the proper execution of the skills, and two of cheerleading's top coaches provide helpful coaching points throughout the book. Chapters on choreography, competition, and conditioning make this an essential tool for improving both individually and as a squad. Perform with precision and flair. Whether you cheer on a supportive or competitive squad, Complete Cheerleading will make your next event your best yet!

Book Information

Paperback: 248 pages

Publisher: Human Kinetics (October 31, 2005)

Language: English

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Product Dimensions: 8.5 x 0.6 x 11 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #480,247 in Books (See Top 100 in Books) #50 in Books > Sports & Outdoors > Miscellaneous > Women in Sports #74 in Books > Sports & Outdoors > Individual Sports > Gymnastics

Customer Reviews

""""Complete Cheerleading "is an excellent resource for veteran coaches, new coaches, and cheerleaders themselves. From skills and stunts to crowd involvement and camp selection, this book will help anyone involved in cheering become even more successful!"" Bill PattersonSenior vice president, marketingNational Cheerleaders Association and National Dance Alliance """"Wow! Complete Cheerleading "contains a lot of great information about all aspects of cheerleading. I especially encourage everyone to read the section on pep ralliesmy favorite!"" Billy R. Smith President and founderCheer Gyms Association "

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This book is fantastic for coaches at all levels. It's extremely beneficial for beginning coaches. The drills, skill descriptions and comprehensive outline of the multifaceted job that coaches have are helpful to anyone reading this fabulous resource.

Not a bad book, but it is out dated. Could use a updated version and it would be a lot better.

Well, written with lots of ideas and lots of pictures. They did a good job of showing stunts, pyramids, and motions in a way that can be used to put together your own routines.

Very helpful, wished it would have had even more tumbling skills in it. Was good for review before coaching credentialing.

I read the entire book and thought it was very, very thorough. Many cheer books seem to be targeted towards a younger audience. This book seems like it would make sense for ANY age, especially coaches.

With no cheer experience, and a MS squad with a coach need - this became an excellent and COMPLETE resource.

This book has some basic information on stunt techniques. There are a few mistakes and some stunts and transitions aren't explained or represented very well.

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