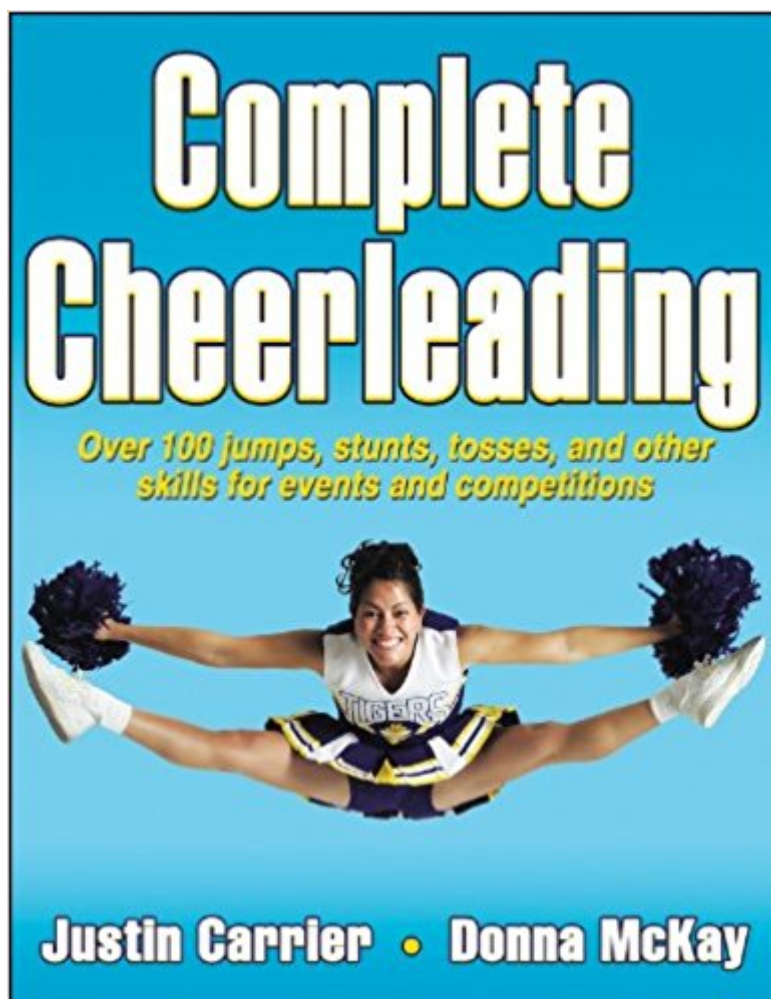


The book was found

# 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

ISBN-10: 0736057390

ISBN-13: 978-0736057394

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 Patterson Senior vice president, marketing National 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 rallies my favorite!"""" Billy R. Smith President and founder Cheer Gyms Association "

" ""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 Patterson Senior vice president, marketing National 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 rallies - my favorite!" "Billy R. Smith President and founder Cheer Gyms Association "

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.

[Download to continue reading...](#)

Complete Cheerleading Coaching Youth Cheerleading (Coaching Youth Sports Series) The Ultimate Guide to Cheerleading: For Cheerleaders and Coaches Varsity's Ultimate Guide to Cheerleading Complete Mandolin Method Complete Edition: Book & MP3 CD (Complete Method) Black & Decker The Complete Guide to Sheds, 3rd Edition: Design & Build a Shed: - Complete

Plans - Step-by-Step How-To (Black & Decker Complete Guide) Black & Decker The Complete Guide to Decks, Updated 5th Edition: Plan & Build Your Dream Deck Includes Complete Deck Plans (Black & Decker Complete Guide) Black & Decker The Complete Guide to Outdoor Carpentry, Updated 2nd Edition: Complete Plans for Beautiful Backyard Building Projects (Black & Decker Complete Guide) Black & Decker The Complete Guide to Contemporary Sheds: Complete plans for 12 Sheds, Including Garden Outbuilding, Storage Lean-to, Playhouse, ... Tractor Barn (Black & Decker Complete Guide) The Complete Book of Corvette - Revised & Updated: Every Model Since 1953 (Complete Book Series) The Complete Book of Ford Mustang: Every Model Since 1964 1/2 (Complete Book Series) The Complete Book of Classic Volkswagens: Beetles, Microbuses, Things, Karmann Ghias, and More (Complete Book Series) The Complete Book of Classic and Modern Triumph Motorcycles 1937-Today (Complete Book Series) Building Green, New Edition: A Complete How-To Guide to Alternative Building Methods Earth Plaster \* Straw Bale \* Cordwood \* Cob \* Living Roofs (Building Green: A Complete How-To Guide to Alternative) The Complete Book of Classic Chevrolet Muscle Cars: 1955-1974 (Complete Book Series) The Complete Book of Porsche 911: Every Model Since 1964 (Complete Book Series) The Complete Book of Moto Guzzi: Every Model Since 1921 (Complete Book Series) Complete Idiot's Guide to Submarines (The Complete Idiot's Guide) Dive Aruba, Bonaire & Curacao: Complete Guide to Diving and Snorkeling (Dive Aruba, Bonaire & Curacao: Complete Guide to Diving & Snorkeling) Complete Conditioning for Rugby (Complete Conditioning for Sports Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)