

Why Cheerleading ?



Fitness

All round fitness is an essential for cheerleading. Cheerleaders will also train in strength, power and flexibility.



Team work

Working together towards a common goal develops a positive bond and motivates each individual to strive to be as successful as possible.

Cheerleaders learn to work together improving their social interaction skills and becoming aware of each others needs. All of which creates a positive impact on the team.

Personal development and achievement

The very nature of cheerleading helps to develop organisational and communication skills. Each cheerleader will develop confidence and self-believe by being well organised and disciplined. This includes small things like getting to training on time and making sure that the cheerleader is wearing the correct kit.

Trust

By working as a team to perform complex movements and actions, cheerleaders develop a strong sense of trust and cooperation.

Fun

Cheerleading should always be fun!

Whilst it can be physically demanding sometimes, engaging in cheerleading involves enjoyment, excitement and plenty of cheerleading smiles.



Confidence and enthusiasm

Cheerleading naturally develops confidence and enthusiasm.

We teach motivational cheers and chants and use confidence building skill progressions.

Commitment

As a sport which requires a wide range of skills and abilities. Cheerleaders learn that to achieve and develop as a performer a great deal of commitment is required.