



101 Cheerleading Facts, Tips, and Drills

Tinker D. Murray, Mike Sardo, Gladys Keeton

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Authors Tinker D. Murray, PhD, FACSM, Mike Sardo, and Gladys M. Keeton, MFA offer this indispensable collection of facts, tips, and drills to help cheerleaders of almost any age and level improve their competitive cheerleading abilities. Subjects covered include: competing and practicing safely, physical readiness, training basics, nutrition, eating, and body weight, dance, tumbling, gymnastics, and movement, as well as tips for competition day. Ideal for cheer parents and coaches. Contains over 80 diagrams and illustrations.

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