

POMS CHEER

CHEER CHECKLIST



HOW TO BE
A GREAT
CHEERLEADER

1 STRETCH EVERY DAY

Flexibility is not easy to come by. Those cheerleaders you idolize that can pull an amazing needle have been working hard for years to earn their flexibility. Commit to stretching every day if you want to take your skills to the next level.

3 EAT RIGHT

The physical demands of cheerleading require cheerleaders not only to eat a healthy diet, but to also choose healthy snacks. Cheerleaders need replenishment before and after tough practices and intense performances. Do some research on nutrition for athletes, and start your healthy snacking habits right away.

5 STAY POSITIVE

It's easy for a cheerleader to be spirited at a game or competition when the energy is up and the music is playing. It's another thing to be positive during a difficult practice session or poor performance. A good cheerleader maintains a positive attitude even when times are tough. By maintaining a positive attitude, you can encourage your teammates to do the same.

7 LEAD BY EXAMPLE

You don't have to be the team captain to be a leader. A good cheerleader doesn't just listen and follow the coach and captain; she also leads by example! This doesn't mean taking matters into your own hands and acting like the new captain. Instead, it means setting an example for everyone else on the team. When it's time to start warming up, instead of chatting with friends, immediately get started.

9 THANK YOUR PARENTS

2 FOCUS ON TASKS

It takes a lot of work to balance being a cheerleader and student, and having a social life. Successful cheerleaders work on being able to focus on the task at hand, in the moment. This allows them to complete all their work on a more efficient schedule. If you try to do too many things at once, you likely won't get anything done.

4 PUT THE TEAM FIRST

A good cheerleader looks out for her entire team. Sometimes you may not like what's best for the team, but you do it anyway. For example, you may want a solo or lead spot, but you know in your heart that someone else would make a better choice. A successful teammate lets the other teammate take the spotlight and doesn't hold it against the person.

6 TAKE RESPONSIBILITY

So your team had a bad practice session, performance, or competition. Even if it's not specifically your fault, a good cheerleader never places the blame on someone else; instead, she takes responsibility as part of the team. When you're on a team, everyone is responsible for every person's mistake. If there is one person in particular who is falling behind, rather than place blame, help her out!

8 SAY 'NO' TO GOSSIP

Gossip can easily snowball into bullying and cruel actions. A good cheerleader doesn't start, spread, or even listen to rumors. If you hear a teammate talking negatively about another teammate, don't join in and add fuel to the fire. Instead, talk to the teammate about how a rumor can bring down an entire squad and ruin your team's foundation of trust.