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How To Improve Your Cheerleading Skills

By Kerri Stalton

If you are interested in cheerleading, you may wonder how to improve your skills on your own. If

you're not on a squad, drilling and practicing at home can help you prepare to wow your judges at cheerleading tryouts someday in the future. If you're already a member of a cheerleading team, improving a few key aspects of your technique on your own can help you excel at meets and during routines. Gaining mastery of cheerleading techniques can help you build confidence and skills that will translate into success in other arenas of life as well, and if you have the time and inclination, practicing some cheerleading techniques solo can help you take your cheering to the next level. There are three things that you can improve on your own that will strengthen your cheerleading. These are your muscles, your voice, and your mind.

Practicing some gentle stretches or a regular course of yoga, pilates, or strength training can help you to gain flexibility and resilience that will allow you to tackle increasingly advanced athletic feats on the field. From effortless splits to attention getting aerial moves, the better shape you are in the more successful you will be in achieving your goals. You can increase your athletic prowess by spending just twenty or thirty minutes a day stretching in the privacy of your own home. Using the skills you've built later, during a game, can help your squad get the crowd excited and the sports teams you are supporting are certain to appreciate your extra effort.

Although cheerleading is highly visual and depends greatly on athletic feats, the heart of any cheerleading squad is the cheering. Upping your vocal power can help you to reach the sports fans way in the back of the stadium. Learning how to breathe deeply and how to improve your enunciation and vocal control can help you get your message out there without shouting yourself hoarse. For a comprehensive guide to vocal technique, check out any book by Cicely Berry, a theatrical vocal coach renowned for her ability to get the most power and resonance out of any actor's throat.

Last but not least, you can train your mind to make you a better cheerleader. Many cheerleaders enjoy the excitement of cheering for huge crowds, but along with that excitement nerves and tension usually show up before a big game or a competitive cheerleading meet. Psychological tension often translates into physical tension, which can spell problems for a cheerleader who needs to stay relaxed and keep muscles loose in order to execute the sport's demanding moves. The job that cheerleaders do is just

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as stressful as the job that any athlete does, so it is important to take care of your spirit the same way that an Olympian does. Practicing relaxation techniques like meditation and deep breathing can help you to make sure that when you step onto the field, you are at your peak no matter how many people are watching.

Kerri Stalton is a featured writer for CheerleadingsTips. To learn more about cheerleading, visit us at

<http://www.cheerleadingstips.com/>

and

<http://www.cheerleadingstips.com/cheerleadingcamp/>

Getting The Right Cheerleading Uniforms

By George Royal

Getting the right cheerleading uniforms may just be one of the most important things that you do for your team. In fact the cheerleading uniforms are just as important as the teams uniforms because the cheerleaders are representing the school as well. It does not matter if the cheerleading uniforms are for a high school team or for a college team, they need to look good and they need to match.

There is nothing worse than cheerleading uniforms that don't match. Each and every member of the cheerleading squad has to have the same uniform on. There is only one small difference permitted and that is when there are both girls and boys on the team. In that case the colors and the style should be the same except for the fact that the girls will have a skirt and the boys will have on pants. That is the only difference that there should ever be when it comes to any cheerleading uniforms. If you take a look at the professional cheerleading uniforms and the cheerleading uniforms of other schools that is all the difference you will see.

There is a good reason for that as well. A cheerleading squad needs to be seen as a whole. Each individual should be considered just another piece of the over all puzzle, a limb if you will. If they did not dress the same and match then they would lose that uniform look and that would hurt the overall presence that they have. Their routines would not flow the same either. You see, cheerleading uniforms are there for a reason and that is to add to the routines and the entire feel of the show.

Cheerleading uniforms can be in any color, they are generally in the color of the school that they represent. IF they do not represent a school and they represent a pro team then the colors of the cheerleading uniforms are those colors. The colors are not as important as the styles. The cheerleading uniforms should be sexy and cute but never to over the top, they need to look good. Some of the cheerleading uniforms will have sequins on them while others will not, that all depends on the place the cheerleaders are from. There are all kinds of different cheerleading uniforms and they all have their own unique styles.

Most teams have their cheerleading uniforms specially made in order to stand out from the rest of the

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teams. They do not want to look like all the rest, they need to be unique and attractive in their own right. Some get their cheerleading uniforms online and then have them altered at a local tailor, it does not matter which way you choose to get your cheerleading uniforms as long as you have them in time for the game or match!

<http://uniforms-i.com/>

Information about uniforms including school uniforms, medical uniforms, sports uniforms and restaurant uniforms.



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