

LET'S TALK CHEERLEADING

Cheerleading vs Cheer vs ???



Cheer vs Cheerleading

What's the difference?

- **Cheer** is short for **All-star Cheerleading** which is competitive cheerleading
 - Team performs a 2 and a half minute routine in front of judges
 - Scored on technique, creativity, and difficulty regarding jumps, tumbling, stunts, and dance
 - No verbal cheers
 - Does not cheer for another team/sport, it itself is acknowledged as a sport
- **Cheerleading** is usually referring to **high school cheer**
 - Cheer on the sidelines in front of audience but no judges
 - Cheer for another sport/team with verbal chants/cheers
 - Not one routine, but spread out stunts, jumps, tumbling, and dance throughout a two hour game
 - Tumbling not as much of a focus, sideline is more geared towards stunting and cheers

Any other types of cheerleading?

- **College Cheer** and **Varsity High School Cheer** combine the sideline cheer and the competitive side of the sport by doing both cheers and competition (College Cheer if competing at nationals can be considered a D1 sport)
- **STUNT** is a new sport created – much smaller, focused on technique and difficulty, no dancing
 - Becoming more popular for colleges to recruit for it





Fun Facts of Cheer

5-6-7-8!

1. We count in 8 counts
2. Jargon
 - a. Full Outs = Full routines where we do everything
 - b. Hardmarks = Routines that we walk through for practice are called
 - c. Hit Zero = you have a perfectly hit routine at a competition
 - d. Touch down = when a tumbler puts their hands down on a skill
3. In stunting, we have a backspot, a main base, a side base, a flyer, and rarely is there a front spot
4. In the competitive world, levels are from 1-7
5. Special needs teams can compete!
6. There are two types of categories to split of large and small gyms – D1 and D2
7. The most important competition is Summit (levels 1-5) and Worlds (level 6)
8. All ages and genders are welcome, but teams have age restrictions and gender specifics i.e. prep, youth, junior, senior, open, co-ed, all girls, etc



Cheer-leberties

Cheer in recent media:

- Netflix hit series CHEER brought a lot of attention to the cheer community by showing off Navarro College cheerleaders in their fight to win nationals at Daytona
- Gaby Butler and Ryan Cummings are examples of the phenomenon of Cheer-leberties – when cheerleaders on top level and highly ranked teams grow a massive following and become influencers
- Team USA competes at the olympics!