

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Імені Івана Боберського

Кафедра української та іноземних мов

Iryna Styfanyshyn

Cheerleading

методична розробка
з англійської мови

*для самостійної та аудиторної роботи
з теми*

«Спортивна спеціалізація»

*для студентів
денної та заочної форми навчання
за спеціальністю «фізична культура і спорт»*

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
Імені Івана Боберського

Кафедра української та іноземних мов

Стифанишин І. М.

«Чирлідінг»

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»*

*для студентів
денної та заочної форми навчання
за спеціальністю «фізична культура і спорт»*

**Львів
«Ліга-Прес»**

2019

Рецензенти:

У.М. Проценко – кандидат педагогічних наук,
доцент кафедри іноземних мов;

О. В. Матвіяс – ст.викладач кафедри української та іноземних мов
Львівського державного університету фізичної культури імені Івана
Боберського.

*Ухвалено до друку Вченою радою факультету післядипломної та ЗО
Львівського державного університету фізичної культури імені Івана
Боберського.*

(протокол № 4 від 28 травня 2019р.)

Стифанишин І.М. Чирлідінг: метод. розробка з англ. мови для сам. та ауд.
роботи з теми “Спортивна спеціалізація” для студ. денної та заочної форми
навчання за спеціальністю

С 80 “фізична культура” та “спорт” / І. М Стифанишин. – Л.: Ліга-Прес, 2019.–22 с.

У методичній розробці представлено тему “Спортивна спеціалізація”
(чирлідінг) для самостійної та аудиторної роботи студентів денної та заочної
форми навчання. Теоретичний та практичний матеріал закріплюється
розширеною системою вправ. Матеріали методичної розробки спрямовані на
формування навичок усного та письмового мовлення. Методична розробка
призначена для студентів спеціальності “фізичне виховання і спорт”, які
навчаються за кредитно-модульною системою.

УДК 796.012.656=111(07)

© Стифанишин І. М., 2019

CONTENTS

<i>Text A. Cheerleading</i>	4
<i>Text B. History of Cheerleading</i>	9
<i>Text C. Cheerleading Rules</i>	11
<i>Reader</i>	12
<i>Glossary</i>	17
<i>Reference list</i>	22

Pre-text exercises

1. Read and learn the active vocabulary.

appearance	- зовнішній вигляд
audience	- аудиторія
broadcast	- мовлення
chanting	- співати, декламація співучим голосом
cheers	- оплески
encouragement	- заохочення
expectation	- очікування
exude	- виділяти
glitter	- пишність, блиск
glitz	- блиск
icon	- образ, зображення
intense	- інтенсивний
leadership	- лідерство
participant	- учасник
perform	- виконувати
predominantly	- переважно
range	- діапазон
root	- корінь, основа
scattered	- розкидані
showmanship	- демонстрації, уміння привернути увагу
sideline	- бічна лінія
slogan	- гасло
spirit	- дух
stunt	- трюк, ефектний спортивний виступ
supportive	- підтримка
tumble	- перекидатися
youthfulness	- молодість

2. Translate without using a dictionary.

Activity, component, company, energetic, enthusiasm, feminized, form, function, global, minute, motivate, physical, routine, slogan, stylistic, typically, variation.

3. Read and translate the text.

Cheerleading is an activity wherein the participants (referred to as "cheerleaders") cheer for their team as a form of encouragement. It can range from chanting slogans to intense physical activity. It can be performed to motivate sports teams, to entertain the audience, or for competition. Competitive routines typically range anywhere from one to three minutes, and contain components of tumbling, dance, jumps, cheers, and stunting.

Cheerleading originated in the United States, and remains predominantly in America, with an estimated 1.5 million participants in all-star cheerleading. The global presentation of cheerleading was led by the 1997 broadcast of ESPN's International cheerleading competition, and the worldwide release of the 2000 film *Bring It On*. Cheerleading's roots are closely tied to American football. Due in part to this recent exposure, there are now an estimated 100,000 participants scattered around the globe in Australia, Canada, China, Colombia, Finland, France, Germany, Japan, the Netherlands, New Zealand, and the United Kingdom.

Cheerleading remains "feminine" not only in terms of its supportive sideline function but also in the performance and appearance demands placed on women: short skirts, hair ribbons, and makeup and the expectation to smile constantly and express enthusiasm. Competitive cheerleading is even more highly feminized than sideline cheerleading insofar as there is a heightened emphasis on showmanship and performativity. Although there are stylistic variations among the cheerleading companies that oversee competitions, competition routines are typically loud, fast, and energetic. They exude glitz, glamour, and glitter, particularly in the all-star context: bows are extra large, makeup is extra sparkly, and dance moves are brash.

Once exclusively a sideline activity geared toward supporting school sports, cheerleading has gained recognition as a sport in its own right and often operates

outside the school context altogether. Cheerleading has long been considered an iconic American activity symbolizing school spirit, leadership, youthfulness.

(Originated from en.wikipedia.org/wiki/Cheerleading)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|-----------------------------|-----------------------------|
| a) all-star cheerleading | f) hair ribbons |
| b) a form of encouragement | g) short skirts |
| c) competition routines | h) stylistic variations |
| d) cheerleading competition | i) iconic American activity |
| e) sideline function | j) school spirit |

2. Match the definitions to the following notions:

- | | |
|------------------|--|
| 1) ribbon | a) an organized event in which people try to win a prize by being the best, fastest; |
| 2) youthfulness | b) a particular way of thinking, feeling, or behaving; |
| 3) encouragement | c) the set of characteristics that make a good leader; |
| 4) competition | d) a change in amount or level; |
| 5) leadership | e) words or behaviour that give someone confidence to do something; |
| 6) variation | f) a long, narrow strip of material used to tie things together or as a decoration; |
| 7) glamour | g) a very famous person or thing considered as representing a set of beliefs or a way of life; |
| 8) icon | h) the feeling that good things are going to happen in the future; |
| 9) spirit | i) the quality of being similar to or typical of young people; |
| 10) expectation | j) the special exciting and attractive quality of a person, place, or activity. |

3. Combine the following words and translate them:

- | | |
|-----------------|-----------------|
| 1) an iconic | a) ribbons |
| 2) chanting | b) variations |
| 3) cheerleading | c) slogans |
| 4) competition | d) companies |
| 5) global | e) routine |
| 6) hair | f) activity |
| 7) school | g) function |
| 8) school | h) presentation |
| 9) sideline | i) spirit |
| 10) stylistic | j) context |

4. Insert the prepositions where necessary:

from(2), wherein, outside, among, as, on, for, in (2), to(3).

1. Competitive routines typically range ... one ... three minutes.
2. Cheerleading has gained recognition ... a sport ... its own right.
3. Cheerleading often operates ... the school context altogether.
4. There are stylistic variations ... the cheerleading companies.
5. There is a heightened emphasis ... showmanship and performativity.
6. It can range ... chanting slogans ... intense physical activity.
7. Cheerleading is an activity the participants cheer... their team.
9. Cheerleading's roots are closely tied ... American football.
10. Cheerleading originated ... the United States.

5. Match two parts of the sentences.

- | | |
|---|--|
| 1. Cheerleading is an activity wherein ... | a) ... outside the school context . |
| 2. Cheerleading has gained recognition as... | b) ... among the cheerleading companies that oversee competitions. |
| 3. It can range from chanting slogans ... | c) ... the participants cheer for their team. |
| 4. Competitive routines contain components... | d) and remains predominantly in America. |
| 5. There are stylistic variations ... | e) ... highly feminized than sideline cheerleading insofar. |
| 6. Cheerleading originated in the altogether United States... | f) ... of tumbling, dance, jumps, cheers, and stunting. |
| 7. Competitions exude glitz, glamour... | g) ... a sport in its own right. |
| 8. Cheerleading often operates... | h) ... to intense physical activity. |
| 9. Competitive cheerleading is even more... | i) ... to American football. |
| 10. Cheerleading's roots are closely tied ... | j) ... and glitter, in the all-star context. |

6. Complete the sentences with appropriate terms.

- | | | | |
|-------------------------|-------------------------|-----------------------|-----------------------|
| a) <i>Competitive,</i> | d) <i>glamour,</i> | g) <i>loud,</i> | i) <i>variations,</i> |
| b) <i>sports teams,</i> | e) <i>Cheerleading,</i> | h) <i>components,</i> | j) <i>roots.</i> |
| c) <i>minutes,</i> | f) <i>participants,</i> | | |

1. ... is an activity wherein the participants cheer for their team.
2. It can be performed to motivate ..., to entertain the audience, or for competition.

3. Competitive routines typically range anywhere from one to three
4. Competitive routines contain ... of tumbling, dance, jumps, cheers, and stunting.
5. Cheerleading's ... are closely tied to American football.
6. ... cheerleading is even more highly feminized than sideline cheerleading insofar.
7. There are an estimated 100,000 ... scattered around the globe.
8. There are stylistic ... among the cheerleading companies that oversee competitions.
9. Competition routines are typically ..., fast, and energetic.
10. They exude glitz, ... and glitter, particularly in the all-star context.

7. Answer the following questions.

1. When did cheerleading originate?
2. How many participants are estimated in all-star cheerleading?
3. How does cheerleading perform?
4. How does cheerleading range?
5. Are there stylistic variations among the cheerleading companies?
6. What is the time range of Competitive routines?
7. What are the requirements for women appearance?
8. When did the global presentation of cheerleading led?
9. Is there a Professional League of Cheerleading in Ukraine?
10. Does Cheerleading remain "feminine" sport?

8. Finish the following sentences.

1. Cheerleading is an activity wherein the participants...
2. Cheerleading originated in...
3. Cheerleading's roots are closely tied to...
4. It can range from chanting slogans to...
5. Competitive cheerleading is even more highly feminized than...
6. Competitive routines typically range anywhere from...

7. The global presentation of cheerleading was led...
8. Cheerleading can be performed to...
9. Competitions exude glitz, glamour, and glitter, particularly in...
10. Cheerleading has been considered an iconic American activity symbolizing...

Text B

1. Read the text to find the information about:

- *1-st cheerleader*
- *first with collegiate teams*
- *Johnny Campbell*

Cheerleading began during the late 18th century with the rebellion of male students. After the American Revolutionary War, students experienced harsh treatment from teachers. In response to faculty's abuse, college students violently acted out. The undergraduates began to riot, burn down buildings located on their college campuses, and assault faculty members. As a more subtle way to gain independence, however, students invented and organized their own extracurricular activities outside their professors' control. This brought about American sports, beginning first with collegiate teams. In the 1860s, students from Great Britain began to cheer and chant in unison for their favourite athletes at sporting events. Soon, that gesture of support crossed overseas to America. On November 6, 1869, the United States witnessed its first intercollegiate football game. It took place between Princeton and Rutgers University, and marked the day the original "Sis Boom Rah!" cheer was shouted out by student fans. Organized cheerleading started as an all-male activity. As early as 1877, Princeton University had a "Princeton Cheer", documented in the February 22, 1877, March 12, 1880, and November 4, 1881, issues of *The Daily Princetonian*. This cheer was yelled from the stands by students attending games, as well as by the athletes themselves. The cheer: "Hurrah! Hurrah! Hurrah! Tiger! S-s-s-t! Boom! A-h-h-h!" remains in use with slight modifications today, where it is now referred to as the "Locomotive". Princeton class of 1882 graduate Thomas Peebles moved to Minnesota in 1884. He transplanted the idea of

organized crowds cheering at football games to the University of Minnesota. The term "Cheer Leader" had been used as early as 1897, with Princeton's football officials having named three students as *Cheer Leaders*: Thomas, Easton, and Guerin from Princeton's classes of 1897, 1898, and 1899, respectively, on October 26, 1897. These students would cheer for the team also at football practices, and special cheering sections were designated in the stands for the games themselves for both the home and visiting teams. It was not until 1898 that University of Minnesota student Johnny Campbell directed a crowd in cheering "Rah, Rah, Rah! Ski-u-mah, Hoo-Rah! Hoo-Rah! Varsity! Varsity! Varsity, Minn-e-So-Tah!", making Campbell the very first cheerleader. November 2, 1898 is the official birth date of organized cheerleading. Soon after, the University of Minnesota organized a "yell leader" squad of six male students, who still use Campbell's original cheer today. In 1903, the first cheerleading fraternity, Gamma Sigma, was founded. In 1923, at the University of Minnesota, women were permitted to participate in cheerleading. As of 2005, overall statistics show around 97% of all modern cheerleading participants are female, although at the collegiate level, cheerleading is co-ed with about 50% of participants being male.

(Originated from <https://en.wikipedia.org/wiki/Cheerleading>)

2. Are the sentences true or false? Correct any false sentences.

1. Cheerleading began during the early 18th century.
2. On November 6, 1869, the US witnessed its first intercollegiate football game.
3. Around 79% of all modern cheerleading participants are female.
4. In 1923, the first cheerleading fraternity, Gamma Sigma, was founded.
5. In 1923, at the University of Minnesota, women were permitted to participate in cheerleading.
6. November 2, 1898 is the non-official birth date of organized cheerleading.
7. In the 1860s, students from Great Britain began to cheer and chant in unison for their favourite athletes at sporting events.

8. Campbell was the very first cheerleader.
9. After the World War I, students experienced harsh treatment from teachers.
10. Special cheering sections were designated in the stands for the games themselves.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form.

Cheerleading Rules

Today's cheerleading stunts are more spectacular than ever, but unfortunately, riskier. To avoid accidents, the American Association of Cheerleading Coaches and Administrators (AACCA) have established a few rules to meet the challenges faced by modern college and high school cheerleaders, and lessen the chances of them getting hurt while performing stunts.

The following are general rules used in high school and college cheerleading programs around the country. Specific rules are divided into categories, including rules for each stunt or type of move, as well as restrictions for younger cheerleaders.

Rules for specific stunts and skills include partner stunts, pyramids, inversions, tosses, tumbling and jumps, and certain kind of surfaces. Although these rules serve to guide school cheerleading teams around the country, schools may modify them to meet their unique needs. Cheerleading squads may also have their own rules for practice, uniforms, and attitudes.

- Rules are in effect for all practices, games, competitions, and performances;
- Cheerleading squads must be placed under the direction of qualified coaches;
- All practice sessions should be supervised and held in an appropriate location;
- Coaches should limit squads' activities to what is appropriate for its level of ability
- Cheerleaders should not perform activities until safely perfected/demonstrated;

- Cheerleaders must receive proper training before attempting any form of cheer gymnastics;
- Squads should be professionally trained in spotting;
- Cheer squads should adopt comprehensive conditioning and strength-building programs;
- Cheerleaders should perform warm-up routines before all cheerleading activities;
- Before performing any skill, the immediate environment should be considered;
- Technical skills should not be performed on hard, wet, uneven, or obstructed surfaces;
- Cheerleaders should be trained progressively using spotters until a skill has been mastered;
- No jewelry except for religious or medical bracelets are allowed provided they are taped to the body;
- Hard or rough supports, braces and air casts must be covered. Wearers of certain types of casts may not perform stunts and certain other activities;
- Members must wear athletic shoes; no gymnastics slippers;
- Hazardous props must be tossed or placed gently;
- Mini-trampolines, springboards, and other height-increasing equipment are prohibited in competitions and performances. May be used in training under the care of qualified coaches.

(Originated from <https://cheer.epicsports.com/cheerleading-rules.html>)

2. Compile a vocabulary of Cheerleading.

3. Make a presentation of Cheerleading.

READER

Cheerleading firsts

In 1948, Lawrence "Herkie" Herkimer, of Dallas, Texas, a former cheerleader at Southern Methodist University, formed the National Cheerleaders Association (NCA) in order to hold clinics for cheerleading. In 1949, The NCA held its first clinic in Huntsville, Texas, with 52 girls in attendance. Herkimer contributed many firsts to cheerleading: the founding of the Cheerleader & Danz Team cheerleading uniform supply company, inventing the herkie jump (where one leg is bent towards the ground as if kneeling and the other is out to the side as high as it will stretch in toe-

touch position), and creating the "Spirit Stick". By the 1960s, college cheerleaders began hosting workshops across the nation, teaching fundamental cheer skills to high-school-age girls. In 1965, Fred Gastoff invented the vinyl pom-pom, which was introduced into competitions by the International Cheerleading Foundation (ICF, now the World Cheerleading Association, or WCA). Organized cheerleading competitions began to pop up with the first ranking of the "Top Ten College Cheerleading Squads" and "Cheerleader All America" awards given out by the ICF in 1967. In 1978, America was introduced to competitive cheerleading by the first broadcast of Collegiate Cheerleading Championships on CBS.

Professional cheerleading

In the 1950s, the formation of professional cheerleading started. The first recorded cheer squad in National Football League (NFL) history was for the Baltimore Colts. Professional cheerleaders put a new perspective on American cheerleading. Women were selected for two reasons: visual sex appeal, and the ability to dance. Women were exclusively chosen because men were the targeted marketing group. The Dallas Cowboys Cheerleaders soon gained the spotlight with their revealing outfits and sophisticated dance moves, debuting in the 1972–1973 season, but were first widely seen in Super Bowl X (1976). These pro squads of the 1970s established cheerleaders as "American icons of wholesome sex appeal." By 1981, a total of seventeen Nation Football League teams had their own cheerleaders. The only teams without NFL cheerleaders at this time were New Orleans, New York, Detroit, Cleveland, Denver, Minnesota, Pittsburg, San Francisco, and San Diego. Professional cheerleading eventually spread to soccer and basketball teams as well.

Advancements and traditions of cheerleading

The 1980s saw the beginning of modern cheerleading, adding difficult stunt sequences and gymnastics into routines. All-star teams popped up, and with them, the creation of the United States All-Star Federation (USASF). ESPN first broadcast the National High School Cheerleading Competition nationwide in 1983. Cheerleading organizations such as the American Association of Cheerleading Coaches and Advisors (AACCA), founded in 1987, started applying universal safety standards to decrease the number of injuries and prevent dangerous stunts, pyramids, and tumbling passes from being included in the cheerleading routines. In 2003, the National Council for Spirit Safety and Education (NCSSE) was formed to offer safety training for youth, school, all-star, and college coaches. The NCAA requires college cheer coaches to successfully complete a nationally recognized safety-training program. The NCSSE or AACCA certification programs are both recognized by the NCAA.

Even with its athletic and competitive development, cheerleading at the school level has retained its ties to its spirit leading traditions. Cheerleaders are quite often seen as ambassadors for their schools, and leaders among the student body. At the college level, cheerleaders are often invited to help at university fundraisers and events.

Cheerleading is very closely associated with American football and basketball. Sports such as association football (soccer), ice hockey, volleyball, baseball, and wrestling will sometimes sponsor cheerleading squads. The ICC Twenty20 Cricket World Cup in South Africa in 2007 was the first international cricket event to have cheerleaders. The Florida Marlins were the first Major League Baseball team to have a cheerleading team. Debuting in 2003, the "Marlin Mermaids" gained national exposure, and have influenced other MLB teams to develop their own cheer/dance squads.

Evolution

Competitive cheerleading is scored subjectively based on components including, but not limited to, the cheer itself, dance/choreography, pyramids, stunting, and tumbling. In order to prevent injuries, there are certain rules that cheerleading teams have to follow according to their level (high school, all-star, or college). According to the Encyclopedia of Sports Medicine, there are two purposes of cheerleading - to cheer on the sidelines for other athletes, and to be a "highly skilled competing athlete."

Along with this evolution to the sport's structure, there have been significant advancements made to the typical cheerleading uniform. What began as the classic sweater and mid-calf pleated skirt uniform has now come to incorporate materials that allow for stretch and flexibility. Uniform changes are a result of the changing culture since the 1930s.

Cheerleading may seem like a light-hearted activity to some, but injuries that can come from practice or a competition can be severe if the athlete is not properly trained. There have been many catastrophic injuries from cheer, especially from tumbling and stunting. Because of the lack of studies on injuries in competitive cheerleading, many injuries that happen could be avoided. Most studies in sports medicine pertaining to cheerleading are focused on whether it is a sport or not.

Types of teams in the United States today:

School-sponsored

Most American middle schools, high schools, and colleges have organized cheerleading squads. Many colleges offer cheerleading scholarships for students. A cheerleading team may compete locally, regionally, or nationally, as well as cheer for sporting events and encourage audience participation. Cheerleading is quickly

becoming a year-round activity, starting with tryouts during the spring semester of the preceding school year. Teams may attend organized summer cheerleading camps and practices to improve skills and create routines for competition.

Student cheerleaders compete with recreational-style routine at competitions year-round. Teams practice intensely for competition and perform a routine no longer than 2 minutes and 30 seconds. Like other school-level athletes, teams compete to win league titles, and move on to bigger competitions with the hopes of reaching a national competition. The advantages to a school squad versus an all-star squad are cheering at various sporting events.

The tryout process can sometimes take place over a multiple day period. The cheerleading coach will arrange for a cheerleading clinic, during which basic materials are taught or reviewed before the final day of tryouts. The clinic gives returning cheerleaders and new cheerleaders an equal chance of becoming familiar with the material. Skills that are necessary to be a cheerleader include jumps, tumbling, motions, and dance ability. Tryouts often take place during the spring, so that the coach has the squad chosen in time to attend summer camp as a team.

Middle school

Middle school cheerleading evolved shortly after high school squads were created. In middle school, cheerleading squads serve the same purpose, and follow the same rules as high school squads. Squads cheer for basketball teams, football teams, and other sports teams in their school. Squads also perform at pep rallies and compete against other local schools from the area. Cheerleading in middle school sometimes can be a two-season activity: fall and winter. However, many middle school cheer squads will go year-round like high school squads. Middle school cheerleaders use the same cheerleading movements as their older counterparts, yet they perform less extreme stunts. These stunts range from preps, thigh stands, and extensions, to harder one-legged stunts.

High school

In high school, there are usually two squads per school: varsity and a junior varsity. High school cheerleading contains aspects of school spirit as well as competition. These squads have become part of a year-round cycle. Starting with tryouts in the spring, year-round practice, cheering on teams in the fall and winter, and participating in cheerleading competitions. Most squads practice at least three days a week for about two hours each practice during the summer. Many teams also attend separate tumbling sessions outside of practice. During the school year, cheerleading is usually practiced five- to six-days-a-week. During competition season, it often becomes seven days with practice twice a day sometimes. The school spirit aspect of cheerleading involves cheering, supporting, and "pumping up" the

crowd at football games, basketball games, and even at wrestling meets. Along with this, they perform at pep rallies, and bring school spirit to other students. In May 2009, the National Federation of State High School Associations released the results of their first true high school participation study. They estimated that the number of high school cheerleaders from public high schools is around 394,700.

There are different cheerleading organizations that put on competitions; some of the major ones include state and regional competitions. Many high schools will often host cheerleading competitions, bringing in IHSA judges. The regional competitions are qualifiers for national competitions, such as the UCA (Universal Cheerleaders Association) in Orlando, Florida every year. The competition aspect of cheerleading can be very enduring; styles and rules change every year, making it important and difficult to find the newest and hottest routines. Most teams have a professional choreographer that choreographs their routine in order to ensure they are not breaking rules or regulations. For a list of rules, visit AACCA (American Association of Cheerleading Coaches and Administrators). All high school coaches are required to attend an IHSA rules meeting at the beginning of the season. This ensures their knowledge of changed rules and their compliance with these rules.

College

Most American universities have a cheerleading squad to cheer for football, basketball, volleyball, and soccer. Most college squads tend to be large coed although in recent years; all-girl and small coed college squads have increased rapidly.

College squads perform more difficult stunts which include pyramids, as well as flipping and twisting basket tosses.

Youth league/athletic association

Organizations that sponsor youth cheer teams usually sponsor either youth league football or basketball teams as well. This allows for the two, under the same sponsor, to be intermingled. Both teams have the same mascot name and the cheerleaders will perform at their football or basketball games. Examples of such sponsors include Pop Warner and Pasco Police Athletic League (PPAL). The YMCA (Young Men's Christian Association) is also a well-known sponsor for youth cheerleading leagues.

(Originated from: <https://en.wikipedia.org/wiki/Cheerleading>)

Glossary

Aerial: Used to describe a cartwheel without hands touching the ground or floor. Sometimes refers to a walkover or roundoff without hands.

All Stars: A Cheerleading squad that is not associated or affiliated with a school

Arabesque: One leg is down straight and the other is behind you almost at a ninety-degree angle to your back.

Attack the Crowd: A technique used to get the audience involved in a cheer, dance or song.

Awesome: Similar to an elevator except the bases bring their hands to the middle and the climber's feet are positioned very close together. This is also known as a Cupie.

Back Handspring: Backwards jump onto your hands, then a quick push from your hands to your feet. Also known as flip-flop or flick-flack.

Banana: When you arch your back and reach upwards. You usually only do a banana when you are doing a combination jump or riding up a basket toss.

Base: The person/persons who remain in contact with the floor lifting the flyer into a stunt. Person/persons on the bottom of a stunt or pyramid.

Basket Toss: A stunt usually using 3 or more bases which toss the flyer into the air. Two of the bases have interlocked their hands. In the air, the flyer may do any jump before returning to the cradle.

Briefs: Matching undies that are part of your Cheerleading uniform, worn under your skirt. Sometimes called bloomers, spankies, tights, or lolipops.

Buckets: When you hold your arms straight out in front of you, with your fists facing down as if you were holding the handle of a bucket in each hand.

Candle Sticks: A cheer motion where you extend your arms out in front of you with your fists facing each other as if you were holding a lit candle in each hand.

Captain: The leader of a squad or team.

Chant: A short cheer, with simple arm movements. A short repeated yell. Usually done on the sidelines.

Cheer: A longer yell, that involves motions, pom poms, stunts, jumps, or tumbling.

Choreography: The set arrangement of dance steps and movements.

Coach: A person that instructs or teaches a performer, player, or team.

Competitions: An event where squads come to test their skills against others and compete for 1st, 2nd or 3rd place finishes.

Cradle Catch: An end movement where a base catches a flyer/flier after tossing her in the air. The base holds the flyer/flier under her thighs and around her back.

Cupie: One base holds up a flyer/flier with one hand. The bases arm is fully extended and both of the flyer's feet are in the base's one hand. Also known as a kewpie or awesome.

Deadman: When the flyer falls backward or forwards out of a stunt. 3 or 4 people catch the flyer and could possibly push the flyer back up to the bases hands.

Dismount: A way to return the flyer to the floor after a stunt. Returning to the floor position after a routine or mount.

Double Hook: A jump where one leg is bent in front of you and the other leg is bent behind you, your arms are in a high V. Also known as a Pretzel, Abstract, or Table Top.

Elevator: Two bases each hold a different foot of one flyer. The feet are both held at shoulder level.

Execution: To perform a stunt or routine; The way in which a stunt or routine is performed. The form, style, and technique of a stunt or routine make up its execution.

Extension: One of the basic stunts. Two bases each hold one of the flyer's feet at their chest level and a spotter stands in back. From this position, you can move into a full extension. The full extension is where the bases' arms are straight, holding the flyer above their heads.

Facials: Expressions, like winks, big smiles, occasional sticking out your tongue, and bobbing your head up and down, that convey enthusiasm and get the crowd and judges excited.

Flier/Flyer/Floater: The person who is elevated into the air by the bases; the person that is on top of a pyramid/stunt.

Full Extension: Two bases each hold one of the flyer's feet at their chest level and a spotter stands in back. From this position, the bases move into a full extension by raising the flyer with their arms up straight and holding the flyer above their heads. There are double based extensions and single based.

Handspring: Springing from your feet to your hands to your feet again. Used alone or in conjunction with other skills. There are forward and backward handsprings.

Handstand: Springing from your feet to your hands to your feet again. Used alone or in conjunction with other skills. There are forward and backward handsprings.

Heel Stretch: Same as a Liberty except your bent leg is held straight up with your hand.

Herkie: A jump where the straight leg is held to the side while being careful to keep hips squared and torso facing forward. The bent knee should be pointing down. Often confused with hurdler.

High V: A motion where both arms are locked and hands are in buckets, both arms are up forming a V.

Hurdler: There are two versions of the hurdler—the front hurdler and the side hurdler. In both, the most important thing is that the bent knee is facing the side as if placed on a table. In the front hurdler, the straight leg is extended to the front of the body and the bent knee to the back. In the side hurdler, the straight leg is to the side and the bent leg is to the side, much like in the Herkie, but the bent knee is facing the side, rather than down.

Judge: The person or persons delegated to score you at tryouts or your squad at competitions.

Jumps: An action where both feet leave the ground; A coordinated placement of the arms and legs while the feet are off the ground. There are three parts to a jump; the prep/approach, the lift, and the landing.

JV: An abbreviation for Junior Varsity. Underclassmen.

K motion: One arm forms a High V and the other arm comes across your body. There are left and right K motions.

Kewpie: One base holds up a flyer/flier with one hand. The bases arm is fully extended and both of the flyer's feet are in the base's one hand. Also known as a cupie or awesome.

L motion: Both arms form an L shape. The up arm should have your pinky facing the crowd and the side arm should have your thumb facing the crowd. There are left and right L motions.

Liberty: A base holds up a flyer/flier with one of her feet in both of the base's hands. The flyer's other leg is bent. There are also one armed Liberties. The arms can be in a high V or one arm in a high V and the other on your hip.

Mascot: An animal, object or person adopted by a group to bring them good luck or be symbolic of their association, organization, group or school.

Megaphone: A funnel-shaped device used to amplify and direct your voice.

Motion: A set position of a Cheerleader's arms. Motions include T motion, L motion, K motion, hands on hips, diagonals, touchdown, daggers, High V, Low V, and variations of them.

Mount: When one or more people are supported in the air. Another word for stunt.

Peel Off/Reload: When a squad is divided into two or more groups to do the same motion, skill or step at different times. Usually used to give a good visual effect.

Pom Pon: A hand held ball of plastic strips connected by a handle. Also called Pom Pom.

Pyramid: Multiple mounts or a group of stunts next to one another.

Roundoff: A basic beginner tumbling skill. Once perfected it is used as a setup for combination tumbling skills(back handsprings etc.)

Routine: A continuous show of talent in the squad by use of cheers, chants and dance steps. Can last from 2 min. 30 sec. up to 4 min. depending on the time limits of the competition or showcase.

Scorpion: While in a Liberty you grab the toe of your bent leg and bring it up to almost behind your head.

Sell It: A term used when facials or attitude is exaggerated to make the cheer, motion or dance step have more appeal.

Spankies: Another word for briefs or undies. Also called lollipops, bloomers, and tights.

Spotter: A person that stays in contact with the performing surface and watches for any hazards in the stunt or mount. The spotter is responsible for watching the flyer and to be prepared to catch her if she falls.

Squad: A small group of people organized for a specific purpose; An athletic team.

Stunt: Any skill or feat involving tumbling, mounting, a pyramid, or toss. Usually does not refer to a jump.

Suck it Up: When a cheerleader says suck it up, it means while a flyer is up in a stunt, to try to hold it and not fall.

T motion: When the Cheerleader's arms form a T with the thumb side of her fists facing the crowd. There is a half or broken T where your elbows are bent and the pinky side of your fist is facing the crowd.

Table Top: A jump where it appears the Cheerleader is sitting in the air. This jump is sometimes referred to as an Abstract or Double Hook, depending on where you live. Sometimes the dagger motion is also called a table top.

Tick-Tock: When a flier switches feet in a stunt.

Toe Touch: A jump where the Cheerleader brings both legs up to their outwardly extended hands (in a T-shape) and snaps their legs down with as much force as they came up with.

Touchdown: Cheerleading motion where both arms are held directly overhead, tight against the head/ears. Hands have palms facing each other, pinky side out.

Try Out(s): The way to narrow down potential cheerleaders for a squad. Usually conducted by the coach and/or trained or accredited judges. Special skills are named by the coach to perform and be judged on individual performance.

Tuck: Jump where you bring both knees up to your chest. Can be used as a jump or for flipping.

Tumbling: Any gymnastic skill used in a cheer, dance, or for crowd appeal. Can be done as an individual or as a group in unison.

V motion: Cheerleading motion where both arms are up forming a V. Thumb side for fists faces the crowd.

Varsity: The main squad the represents a school, college or university. Upperclassmen.

(Originated from: <https://www.liveabout.com/cheerleading-terms-glossary>)

REFERENCE LIST

1. Cheerleading [Электронный ресурс]. – Режим доступа:
<https://en.wikipedia.org/wiki/Cheerleading>
2. Cheerleading [Электронный ресурс]. – Режим доступа:
<https://www.britannica.com/sports/cheerleading>.
3. Cheerleading Glossary. [Электронный ресурс]. – Режим доступа:
<https://www.liveabout.com/cheerleading-terms-glossary>.
4. Cheerleading Rules [Электронный ресурс]. – Режим доступа:
<https://cheer.epicsports.com/cheerleading-rules.html>
5. Macmillan English Dictionary for Advanced Learners / [ed. by M. Rundell]. – London: Macmillan Publishers Limited, 2007.
6. The Oxford Dictionary and Thesaurus / [ed. by S. Tulloch]. – Oxford: OUP, 1993