**Being a cheerleader**

**By: Lily M**

 Imagine… an Announcer calling your name for first place in cheerleading. Cheerleading is just like a cheeseburger. Cheerleading is fun but, you need to have these three things down I know because I have done cheerleading for 5 almost 6 years now. You need to have down the basics, flexibility, and stunts. That’s like the bun, meat, lettuce, tomato, cheese, onions, pickles, and sauces on your cheeseburger.

 First, you need to have the basics down as in the jumps, motions, facials, and most of your cheers. This is like the bun and meat in your cheeseburger because it’s the most important part basically everything revolves around these. This is very important because even if you’re not on a competitive team not having your basics down such as motions, jumps, facials, and most of your cheer makes you look like a professional team when your whole team has there motions down along with you. When I first started cheer (5 years ago) we practiced our motions jumps, facials, and cheer every practice for 15 or 20 minutes each practice until we got them down and if we didn’t get them down then we practiced until we got them down.

 Next, you wannabe flexible to be in a lot of parts in the routine. This is like the onion, pickles, and sauces in your cheeseburger. This add pizazz to your routine, and if you’re competitive this is something the judges look for in your routine. Flexibility isn’t something you can get down in a day, or a week, or even a year, flexibility levels never stop. I practice my flexibility every day. Also don’t forget to stretch. You can hurt yourself by not stretching. Flexibility isn’t just front walkover, back walkover, and back handspring it’s about the flexibility of your legs, back, etc. Flexibility takes a lot of time when you wannabe the best. But that does not mean being able to do the most tricks because, that’s just extra it means trying the hardest even if you’re the worst on the team practice and it will get better.

Finally, you want to have stunts down as a skill because, if you competitive a stunt happens in your routine every two 8 counts. Stunts are like the lettuce, tomato, and cheese on your cheeseburger because it’s sort of is a basic but still adds spice to your burger. If you a flyer lock out your knees so it’s less weight on the bases, smile to look like you’re not scared even if you are, and trust you bases and back spot to be able to catch you if you fall. If you’re a base you want to have a good stance so you can easily catch your flyer if she falls, and while you in your stance you don’t want to move a little cause that throws off the stunt and on wobble with the weight in your hands because you don’t your flyer to fall forward or backward. If you’re a back spot you want to pull up on your flyers ankles to give less weight on the bases that’s why back spots need to be strong, and if she’s falling bear hug her waist so even though you might fall with her you can at least give an effort to catch her safely.

So in conclusion cheerleading is exhilarating but you also need these three qualities the basics, flexibility, and stunts down.