

Our Own Council's Try-It: Cheerleading

The purpose of this Try-It is to encourage coordination, body conditioning and strength, rhythmic (dance) movements, good sportsmanship, to develop team spirit in troops, and to develop respect for their leaders, coaches and teammates.

Brownie Girl Scouts need to complete four (4) activities.

1. Join your school's cheerleading squad or a recreation league cheerleading squad and cheer for one season. Tell your troop about your experience. Teach a cheer you learned to your troop.

OR

Attend a local cheerleading day clinic. Tell your troop about the experience. Teach a cheer you learned.

2. Make signs and posters for your school's athletic team for an upcoming game. Get permission to put up your posters before the game. Put them in the gym, on a wall or on a fence. Remember to congratulate the team after the game – even if they don't win. Don't forget to take the posters down.
3. Write a paragraph or draw pictures about being good sports while at games and after games are over. Write about or draw pictures of good ways to think about all the team members, the spectators, the coaches, and the referees.
4. Design a uniform and then find out about cheerleading uniform companies and compare prices. (www.teamleadershop.com – good link for designing uniforms). What makes a good cheerleading uniform?
5. Make up a cheer for your troop, complete with motions. When you make up a cheer think about the meaning of the words you use. Make sure they do not make fun of or say mean things about the other team.

OR

Read over a list of cheers noting which cheers may make fun of or use mean and negative words about others. Re-write those cheers or omit them from the list. Talk about why it is important not to make fun of or use mean and negative words about others.

6. Learn the importance about stretching and body conditioning for cheerleading. Have an older cheerleader come talk to the troop about their conditioning program and what keeps them strong during the season. (Weight lifting, aerobic workouts, etc.) Try some of the stretching exercises.
7. Attend a school game, a high school game, or local college game and observe the cheerleaders. Pick out three things that you learned from observing the cheerleaders. Use what you observed to improve your cheerleading.
8. Read a book or magazine about cheerleading. What makes a good cheerleader? Share what you read with your troop.