Cheerleading gives you the opportunity to meet people and build relationships with your team mates.

Like dancing, cheerleading teaches coordination through cheers, dancing and stunt sequences.  Most cheers and dances follow emphasised rhythms or counts, which help cheerleaders learn to perform the actual steps and more importantly they learn how to keep in time with each other!

Cheerleading is a fantastic way of connecting a group of people together and it also promotes team building in a positive way. Being a good member of a team is a very valuable trait to have as a person and cheerleading is one of the best ways to practise these skills.

**What to wear?**

Hair tied up

Leotard and leggings

Trainers or jazz shoes