

Download All Star Cheerleading Handbook

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. All star cheerleading and dance team. Sparks All Stars is located in Saint Marys, PA. Sparks Cheer & Dance Team information can be found by clicking on the above tab called "Sparks Cheer & Dance News". www.allstarcheerleaders.co.nz convenient locations incredible teams amazing staff great reputation large training facilities fantastic program elite handbook

RULES – Athletic, Cheerleading and Dance/Drill. In accordance with its rule making authority under Article 4.3. of the OSAA Constitution, the Delegate Assembly has adopted the following Rules, which shall govern each official, athletic district and student who represents his/her school in any interscholastic activity sponsored by the Association. . These Rules regulate only the ...