

Cheerleading Informative Speech

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★ Introduction:

- **Attention Getter:** 2 minutes and 30 seconds is all a cheerleader gets to perfectly hit every stunt, jump, and cheer they have been working on for months.
- **Refer to Audience:** have any of you had a sport you've been so dedicated to you would work through injury, to compete? Cheerleading is that for me.
- **Main Point:** Cheerleading
- **Establish Credibility:** I have been cheerleading since I was five years old, and
- **Preview:** today I would like to tell you about how cheerleading is a sport, it is dangerous, and how it is physically and mentally challenging.

Transition: I will start with how cheerleading is a sport.

★ Body

- Cheerleading is a sport
 - a sport is defined as an athletic activity requiring skill or physical prowess and often of a competitive nature. (dictionary.com)
 - Cheerleading on the sidelines would not necessarily be considered a sport, but it has become competitive which from definition would be considered a sport.
 - Cheerleading became recognized as a sport in the 1980's when it became competitive (according to R.K Miller & K Washington)
 - According to the NCAA the physical fitness of a cheerleader is the same as that of anyone on any other collegiate sports team

Transition: Cheerleading is becoming more dangerous with this high level of competition

- Cheerleading is Dangerous
 - A total of 1115 cheer-related injuries occurred over the three years with 43.5% keeping a cheerleader out of participation for a week or more, and 28.3% resulting in a visit to an emergency department. Fifty-six percent of injuries occurred during a stunt or pyramid due to a fall from a height and contact with another team member. (A. Bangnulo)
 - 65% of cheerleading injuries are catastrophic meaning head, neck, and spinal injuries. (LEWIS, K.)

Transition : Not being able to cheer because of injury can make cheerleading challenging for everyone on the squad, but cheerleading is physically and mentally tough without the risk of injury.

- Cheerleading is physically and mentally challenging
 - Going to practice and hitting stunt after stunt with little breaks is physically challenging especially when performing difficult stunts
 - Cheerleading is mentally challenging when no matter how hard you try you can't hit a stunt.

★ Conclusion:

- **Breaklight:** Cheerleading creates bonds because you have to be able to trust everyone on the squad
- **Refer to Audience:** I hope you have all experienced a bond like the ones I have with my squad who I refer to as my sisters
- **Review Main Points:** Cheerleading is a sport, is dangerous, and can be physically and mentally challenging
- **Clincher:** I hope you now have a better understanding of how stressful that 2 minute and 30 second routine can be.