

Is Cheerleading A Sport?



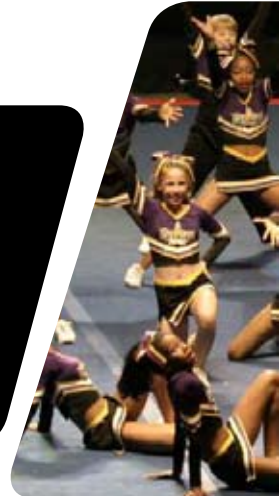
Oregon Media Services/Eric Evans

Cheering for your life.

**NATIONAL
CHEERSAFETY
FOUNDATION**



Oregon Media Services/Eric Evans



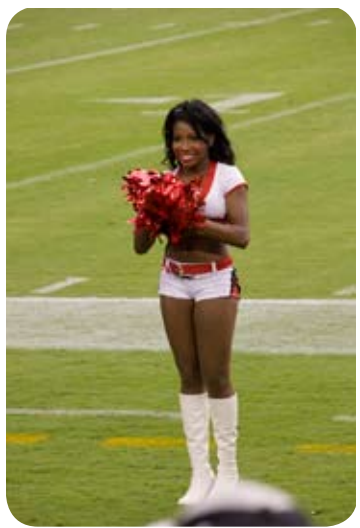
Cheerleading Goes On Trial

Since the Title IX trial of Quinnipiac University regarding the volleyball team being cut, elevating the stunt and tumble team to Varsity status a plethora of information has been thrown at the cheerleaders, parents and coaches.

The official position of the National Cheer Safety Foundation's Panel of Experts since it's creation in 2009 has always been that the skill sets of stunts and tumbling in cheerleading were a discipline of gymnastics and that those elements must be approached from a sport coaching perspective as a matter of safety.

To help clarify any cheer industry confusions, here are some easy definitions of the different forms of cheerleading.

“Cheerleading is part entertainment, part leadership and part sport.”
-Kimberly Archie, Founder



Stunts & Tumbling

Future “emerging sport” for NCAA, collegiate teams that are members of the National Collegiate Stunts and Tumbling Association (NCSTA) that compete only in skill sets of stunts, tumbling, pyramids and a 2.5 minute team routine. Meets the definition of a Title IX sport.

Competitive Cheer Only

Michigan High Schools and other college club teams that just compete skills sets similar to NCSTA without music. Meets the definition of a Title IX sport.

All Star Cheer

Non-school teams that compete only doing a 2.5 minute team routine to music that includes jumps, dance, tumbling, pyramids and stunts. Meets the definition of a sport.

Professional Cheer Team

Can range from a dance only squad to a stunt team, but the primary goal is to support a professional sports team.

Sideline Team that Does Stunt & Tumble

Sideline cheerleading team that in addition to jumps, motions and dance, they stunt and tumble; they may or may not compete with a primary goal of supporting other teams and being an ambassador for their school or recreational team. Not a Title IX sport but requires sport perspective to coach for safety purposes.

Sideline Team that Does Not Stunt & Tumble

Traditional Sideline cheerleading team that does not stunt or tumble, may or may not compete with a primary goal of supporting other teams, and being an ambassador for their school or recreational team. Is not a sport.

**All forms of Cheer require a Sport Perspective to Conduct Safely.
Each form of Cheer requires a Trained and Experienced Coach, Athletic Trainer and Safe Environment.**



Since The Verdict

Of the information given there are two things that have been suggested by the cheer industry that the National Cheer Safety Foundation has advocated for in the past and encourages still today are:

**A New Name
Reflecting the
Sport Aspects of
Cheerleading**

**Recognizing
Separately the
Competition Only
Teams From Sideline
Cheer Teams.**

Cheerleading was the first activity leadership position for females in American schools. The first female cheerleader was in 1924 only 4 years after women received the right to vote. For women to stand in front of a crowd and lead not only women but men too may not seem like a big deal today. Back then it was contrary to most roles acceptable for women.

In 1972 when Title IX opened the doors for female athletes to go from the sidelines to the game, cheerleading was left behind. Most leaders of the women's rights movement at that time felt that cheerleading objectified women and already existed in most high schools and colleges. Title IX was about new opportunities for female athletes.

Only a few short years later a new brand of cheer was introduced to keep up with the new sports of other female athletes. Society became more accepting of females

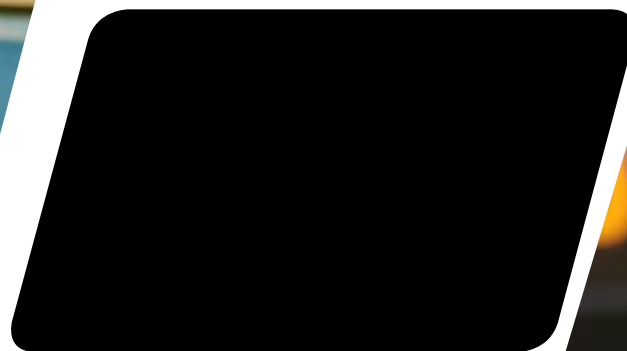
playing sports. Next modern cheer increased the difficulty and raised the bar for tumbling and stunts. The sport part of cheerleading has been evolving ever since. Now in 2010 cheerleading comes full circle into a sport all it's own: Stunts & Tumbling.

The spirit of Title IX is to break down boundaries, not put up roadblocks. All we need now is for our sisters in sport to open the door we have held for them, because isn't all the work of feminism built upon women having choices?

"Injuries alone do not make cheerleading a sport, but cheerleading not being a sport causes more injuries."

*--Michael Minix M.D. Founder of CAPPAA
and Athlete Abuse Prevention Expert*

-- Kimberly Archie, Cheer parent, former cheerleader, cheer safety expert witness and founder National Cheer Safety Foundation



No 'cheers' for latest Title IX decision

By Gregg Easterbrook

Title IX, a section of a federal education law passed in 1972, has become an exemplar of the kind of government action that initially was justified but since has taken on a life of its own grounded in legal and bureaucratic nonsense. A new federal court ruling on “competitive cheer” versus women’s volleyball makes clear the descent of Title IX into absurdity.

Title IX of the 1972 law says, “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.”

At the time that this wording was enacted, discrimination against women was common in college, while girls in high school and women in college had few athletic opportunities. But a lot has changed since 1972, in part because Title IX was effective.

“Women dominate today’s colleges and professional schools,” Hanna Rosin reports in this important essay in *The Atlantic*. The essay cites statistics showing that women outnumber men about 55 percent to 45 percent in college; and as a group, women get higher grades and receive more academic awards. Girls’ and women’s sports have taken off all across the country, expanding fast even in politically conservative areas.

Girls’ and women’s sports have become so popular among players and spectators alike that sports orthopedists report an epidemic of girls’ and women’s athletic injuries.

Yet, purpose long since fulfilled, Title IX slogs on, generating increasingly incongruous legal intrusions into minor matters as well as creating perverse results, such as forcing colleges to shut down men’s athletic teams. Even the U.S. Commission on Civil Rights, among the most politically correct organizations in the country, recently said Title IX has backfired by causing an “unnecessary reduction of men’s athletic opportunities.” (Go [here](#), then scan for “Title IX” for a detailed report.) The unintended consequences of a 38-year-old rule, designed for circumstances that no longer exist, today mainly serve to make government look ridiculous.

Case in point: the federal judge’s 95-page ruling on whether competitive cheerleading counts as a sport for Title IX purposes. It does not, the judge found, and thereby ordered Quinnipiac University in

“ Being a feminist should mean not limiting women and putting them into any slot. What am I old fashioned if I happen to like staying at home raising my children? I want my daughter to be able to be a CEO or a stay at home mom....the idea is that she is able to choose what makes her happy. That’s what I think a feminist should be. She is a competitive cheerleader and she works just as hard on that court as my son does on the football field. ”

- Carol Crossland, Texas Native & Cheer Mom



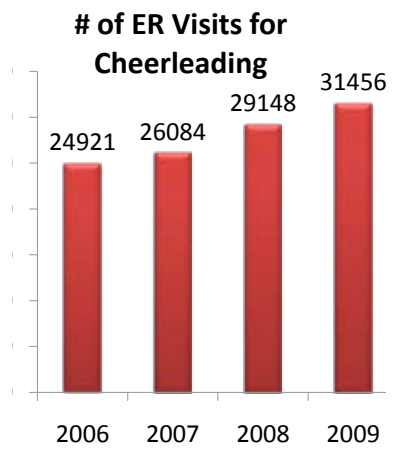
Hamden, Conn., not to disband its women’s volleyball team. The school had planned to stop competing in women’s volleyball as part of a budget cut while adding competitive cheer to broaden its appeal to potential enrollees. Adding cheer at a time when there is rising public interest in cheer sounds like a simple marketing decision on the college’s part. To the judge, it was trampling an entitlement.

Courts did not intervene last year when Colorado College, Hofstra and Northeastern dropped football, owing to budget cuts. Male football players at these colleges simply were out of luck; they were told to transfer somewhere else. But the full weight of the federal judiciary has been brought to bear on the side of a few female students at Quinnipiac University -- it’s even a private school, not publicly funded -- who insist that the college fund them to spike volleyballs.

The issue here isn’t whether competitive cheer should count as athletics -- more on that in a moment. The issue is whether Title IX has run amok.

Girls’ and women’s sports are now successful, popular and in some cases even self-sustaining. You can find the proof of that at almost any high school in the United States. My kids’ high school fields 15 girls’ or coed athletic teams, and if you value your life, don’t tell the cheerleaders or the poms they are not athletes. Title IX strictures that were needed a generation ago simply aren’t needed any longer. But because no government program is ever shut down, they slog on, causing asinine intrusions. They’re also making girls’ and women’s sports seem like tokenism -- which isn’t fair to all the self-sustaining girls’ and women’s sports.

Take a gander at that 95-page judicial ruling. There are excruciating details on whether the university sought enough guidance from the Department of Education’s Office for Civil Rights before making a volleyball decision. Civil rights are serious, important national issues -- whether a college offers volleyball or cheer is not a civil rights issue! Imagine telling marchers on the Edmund Pettus Bridge in Selma, Ala., in 1965 that by 2010, “civil rights” would be privileged college kids complaining about sports schedules, while federal judges would say that a grandly named Office for Civil Rights should dictate which teams get to use a college gym.



26% Increase in 3 years!

U.S. Consumer Product Safety Commission. NEISS All Injury Program. Washington, DC: 2009.

There is no “civil right” to be on a volleyball team! If you hope to continue to play women’s volleyball in college, it’s up to you to transfer to a college that offers the sport rather than run to the courthouse demanding special favoritism. In turn, Quinnipiac University’s athletic department budget-allocation decisions have no place in a federal court, particularly when the college already offers significantly more women’s sports teams than men’s. A 95-page court ruling on a college volleyball budget sounds like a Monty Python sketch -- because Title IX itself has become a Monty Python sketch.



Go further into the judge's decision and find that both plaintiffs and defendants fielded dueling "expert" witnesses testifying on who counts as a "participant" in women's track and field. The plaintiff's expert witness makes part of her living testifying in Title IX lawsuits. It's a sign of legalism run amok when lawyers and consultants get fees for arguing over whether college students should receive school-sponsored volleyball outfits. The decision includes a good 20 pages of hair-splitting arguments regarding exactly how many members the school's various teams have -- and in the case of field hockey, whether Title IX would be satisfied if there were 24, 22.2 or 22.7 women on the Quinnipiac team. If Quinnipiac, or any college, had hundreds of men in organized sports but hardly any women, that would be discrimination.

Did you know...

71% of catastrophically injured female college athletes are cheerleaders?

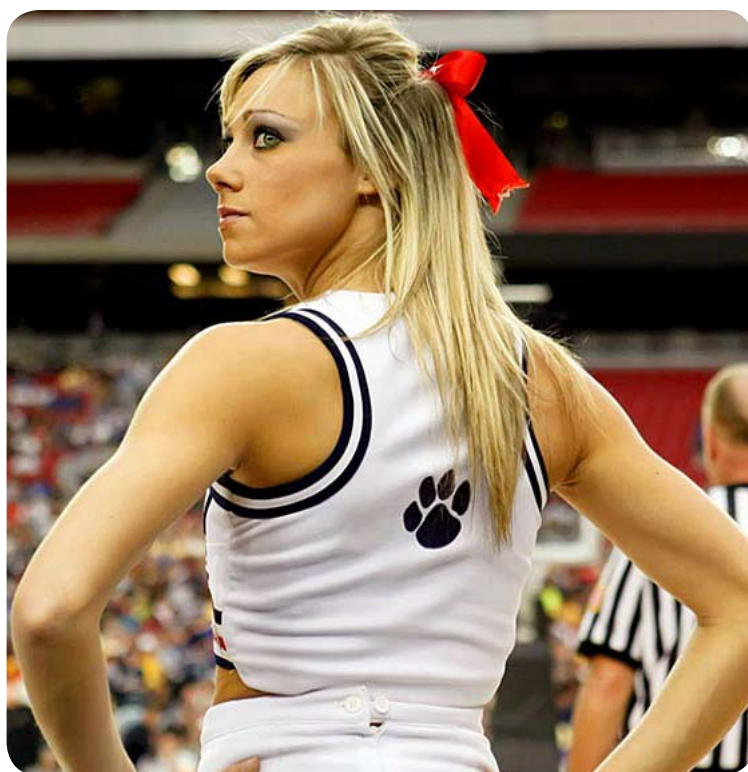
Mueller F. O., Cantu R. C. Twenty-Sixth Annual Report for Catastrophic Sports Injury Research. Fall 1982-Spring 2008. Chapel Hill, NC: National Center for Catastrophic Sports Injury Research; 2008.

This legal case, however, concerns such ultratrivia as whether Quinnipiac's "roster management system" should have listed 31 boys on the men's baseball team when the NCAA average is 33.3! Get this junk-science lawsuit out of the courts!

This mess is not the judge's fault -- he had no choice but to enforce the statute. Congress is the guilty party. The time has come for Congress to amend the 1972 law to get the Department of Education out of the nation's locker rooms. Title IX once was needed but has outlived its usefulness.

The anachronistic character of Title IX is shown by the Python-esque nature of asking a federal judge to determine whether cheerleading is a sport. Everyone agrees golf and bowling are activities; are they "sports"? That can be debated -- but the debate belongs in barrooms and on SportsNation, not in courts of law, especially because the question is impossible to answer!

Most of us never will attend a competitive cheer meet, but then most of us never will attend a dive meet, either. Competitive cheer is an awful lot like gymnastics, which is universally considered a sport.





Cheer events are judged rather than decided by pitting teams against one another directly, as happens in most sports. But gymnastics, figure skating and other judged events in which participants don't "play" against one another nevertheless are seen as sports.

Many high schools now consider competitive cheer a sport -- Cactus Shadows High is the reigning state champion in Arizona, for instance.

To avoid the semantic squabble regarding whether cheer is a sport, the University of Oregon calls its competitive cheerleading entrant a "stunts and gymnastics" team. It recruits and signs its participants just as the Ducks' football team does. (How long until there is a competitive-cheer recruiting scandal?) Aren't schools that sponsor sporting events better judges of what constitutes a sport than lawyers in a windowless courtroom?

Those who think cheer isn't a sport may be thinking in terms of 1950s cheerleaders clapping hands and kicking legs. Think again. Check the renowned University of Kentucky cheerleaders' moves.

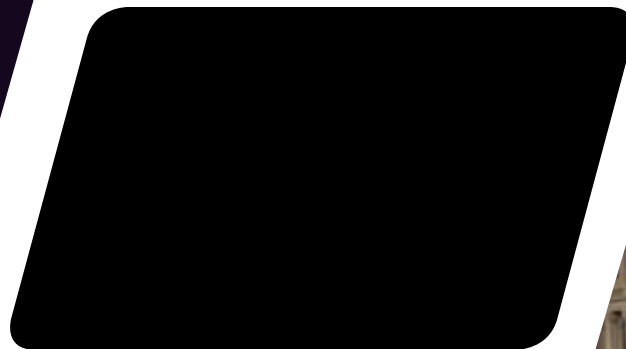
Today, some states won't allow high school cheerleaders to perform the "flip basket toss" or the

pyramid double-flip dismount, because they are as dangerous as playing varsity football. In a 2009 case, a Wisconsin court ruled that cheer is "a recreational activity that includes physical contact between persons in a sport involving amateur teams." The legal significance here was that cheer can be as dangerous as a contact sport, which certainly makes cheer sound like athletics. The National Center for Catastrophic Sports Injury Research calls cheer a sport, and its most recent report says more severe injuries to girls and women result from cheer accidents than from girls' and women's soccer or basketball.

If high school girls and college women want to train for competitive-cheer events that involve scoring points with complex tosses and stunts, and people want to attend, where does a federal judge get off saying it is not athletics -- yet a volleyball bouncing back and forth across a net is? Let schools, states and spectators be the ones to argue out distinctions regarding what is and isn't sport. Courts have no business sticking their noses into such issues.

• [Easterbrook, Gregg. 07/27/2010. ESPN.com](http://Easterbrook.Gregg.07/27/2010.ESPN.com) •





Q & A with Rusty McKinley

Q. Tell us your background in cheer.

A. I am former Southern Mississippi State University Cheerleader, 1974 - 1976. I was the Coach of Collegiate Cheerleading Champions Memphis State University, 1983 & 1984. I am the author of *NCA Pyramid Book* (1984), *The Complete Partner Stunt Book* (1983), as well as an expert witness for cheerleading injury cases since 1985. I continue to work with teams, do cheer safety consulting and public speaking engagements.

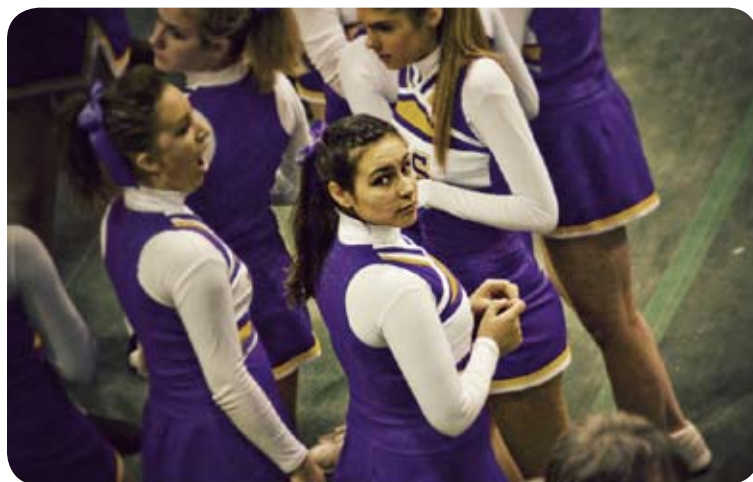
“ I was never a cheerleader but luckily my mom was, and she’s been giving me some great tips. It’s hard but I’m really enjoying it and it’s a great way to keep fit. In fact I’ve never been so fit! ”

-Ashley Tisdale, cast member of HellCats about competitive college cheerleading premiering on the CW Sept. 8th

Q. Tell us about the similarities of the Intercollegiate Conference Competition and the new format.

A. In 1982 the Metro Conference Cheerleader Advisors created a unique organization to establish consistent safety rules for all student athletes at Metro Conference basketball games, predecessor to Conference USA. Schools involved were Memphis State University (now University of Memphis), University of Louisville, University of Cincinnati, Virginia Tech University, Tulane University, University of Southern Mississippi, and Florida State University. Initial stunt competition was based upon the ability of the whole squad to

perform a stunt which was “pulled out of the hat” by one of the advisors/coaches. Advisor/Coaches would determine if the competitors completed the stunt, and upon completion of the first round if a tie occurred then the stunts would continued to be drawn out of the hat until a winner was determined. One couple would also compete by performing their best series of partner stunts. A trophy was given to the Metro Conference First Cheer Champions, the UC Bearcats for their outstanding performance as a squad. The organization and the competition achieved the goals of preventing injuries while increasing the camaraderie of the student athletes. The challenge of preparing for the squad competition also raised all squads performance capabilities. One couple was also named as the “Best in Partner Stunts” for their series performance. Over time this design evolved into the format of current national competitions for cheer squads involving performing a 2.5 minute routine with one couple selected for the partner stunt competition title.



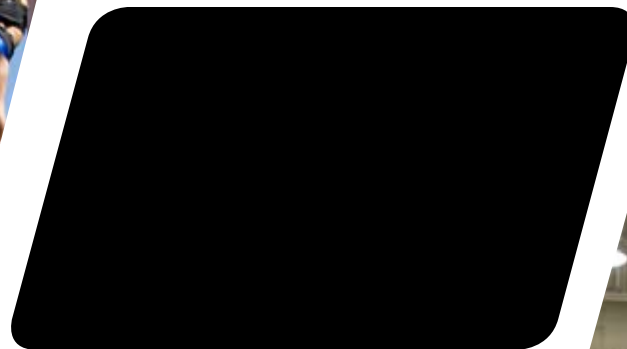


Q. Share your point of view on the Origins of Cheer Stunts, Pyramids, and Tumbling

A. **Partner Stunts** have evolved from a variety of sources; adagio dance, ice skating, acrobatic gymnastics, circus performances, and the creativity of the participants. In the beginning there were only a few stunts to select with similar mount and dismount techniques. Currently the difficulty of the mounts, dismounts and transitions are more challenging however the fundamentals and original stunts still represent the most often seen moves such as a liberty or extension. Many partner stunts can be seen today on the internet with varying degrees of ability, and a few mistakes, however in the beginning it was research into magazines, books or other periodicals which provided direction and historical data. An example is the split catch that was developed by Roy Schroeder and taught to one of his students, Cindy Davis in a Memphis State University Adagio class. Miss Davis an NCA college staff instructor recruited Roy to teach some of the staff the techniques for successful performance and it was introduced in the summer of 1975 to the NCA college training clinic participants conducted at the University of Southern Mississippi in Hattiesburg MS.

A. **Pyramids**, a group of seemingly connected partner stunts, grew from some of the same sources; acrobatic gymnastics, hand balancing, circus performances, chinese acrobats, pyramid competitions in Spain and of course the creativity of the student athletes and their leaders. The complexity of the pyramid today revolves around the mount and dismount, in the early days of collegiate competitions without a height limitation the opportunity to create high, and yes SAFE, pyramids reaching four-high was achievable with motion in all directions. A pyramid could open up in both directions, close, walk in a circle, perform a forward or backward tension drop, walk forward or backward, and yes, one even ran. That's right, ran, from one corner of the performance floor across to the opposite corner, three-high with a flip dismount off the top. Pyramids today are restricted in height due to injuries in 1986 which occurred about a week apart, one was off a mini-tramp and the other was tumbling, however CBS aired a one hour special program; "Cheerleading is it Worth it?" Once that program aired the insurance industry responded by issuing statements to their schools noting they would not insure any person performing off a mini-tramp, or involved in pyramids over 2.5 high. Tumbling & a mini-tramp accident caused the most radical change in the rules of "Modern Cheerleading" as the period 1975+ is sometimes called in advertising materials and other cheer publications.

A. **Tumbling** was a combination of teaching cheerleaders some of the basics of gymnastic tumbling and accepting less than competitive gymnastic levels of performance for the sidelines and on occasion a former gymnast would join a squad when the gymnastic team was disbanded at a school or injuries prevented them from competing. Today the variety of skill levels of competitive cheer student athletes can rival some of the "best floor routines" seen in almost all gymnastic competitions. In fact some Top Skilled student athletes are choosing cheer versus compete in gymnastics due to the number of collegiate scholarships available to current cheerleaders. In high school competitive cheerleading is the 9th most popular sport as measured by the number of competitors.



What is the **Stunts and Tumbling** Meet Format?

2-4 teams compete at a meet. A meet is made up of 6 events. Compulsories, stunts, pyramids, baskets, Tumbling, Team routine. Everything is competed head to head alternating from one team to the other, with real-time scoring and a running scoreboard. All skills have a pre-determined difficulty value and are scored solely on execution during the meet.

Compulsories: There are 4 heats in the compulsory event. (Stunt, pyramid, basket and tumbling) During each heat the teams perform the exact same skill. This allows the officials to compare apples to apples.

Stunt Event: 3 different heats where each team sends out 4 athletes to compete a 45 second stunt sequence to counts. Each heat had different requirements. i.e. heat 1 requires a release move. Heat 2 requires a twisting move.

Pyramid Event: Each team has 1 minute to perform three 2.5 high structures.

Basket Event: There are 3 heats in the basket event. Heat 1: has to include a laid out body position. Heat 2: is two synchronized baskets. Heat 3: open heat, can throw skill of choice.

Tumbling Event: Consists of 6 heats. Heat 1: synchronized quad pass. Heat 2: Synchronized triple pass. Heat 3: Synchronized duo pass. Heat 4: Solo aerial pass. Heat 5: pass has to consist of only 6 elements. Heat 6: open pass, skills of choice.

Team routine: 2 minute 30 second routine set to music. Routine is made up of up to 28 athletes.

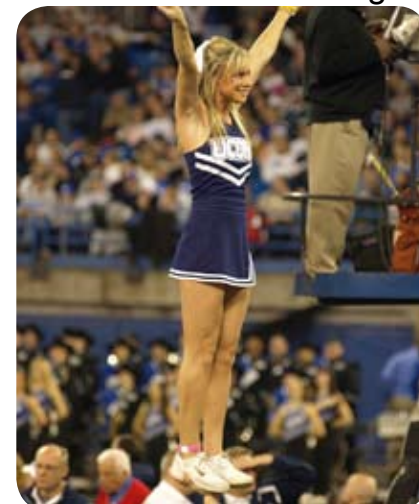
Highest score after all events wins the meet.

Vision

The vision of the National Collegiate Stunts and Tumbling Association is to provide leadership and governance for the sport of stunts and tumbling at the collegiate level based on fair and safe competition while continuing to expand opportunities for female athletes at the collegiate level.

Mission

The Mission of the National Collegiate Stunts and Tumbling Association is to bring the sport of stunts and tumbling to NCAA emerging sport status and eventually to a fully sanctioned NCAA sport.



Be sure to visit the National Collegiate Stunts and Tumbling Association website [here](#) to find FAQs and more information about the new governing body.

[Click here to check out this highlight reel showing off the University of Oregon's Stunts and Tumbling teams heats from each of the five rounds.](#)



Judge Rules Competitive Cheerleading Is Not A College Sport

U.S. District Judge, Stephan Underhill, has ruled, "Competitive cheerleading is not an official sport that colleges can use to meet gender equity requirements." As such, Underhill ordered Quinnipiac College to keep its women's volleyball team that it had planned to drop in favor of competitive cheerleading.



Under Title IX guidelines, an activity can qualify as a sport if it meets the following criteria: "It must have coaches, practices, competitions during a defined season and a governing organization. It must also have competition as its primary goal..."

Judge Underhill gave Quinnipiac College

60 days to submit a plan to keep its women's volleyball team through next season and comply with gender mandates.

News & Record, Greensboro, NC, July 22, 2010

IN MY OPINION By Herb Appenzeller

Many observers of Title IX believe that Judge Underhill's ruling is the first time a judge has decided a competitive cheerleading case. I am confused with his ruling because it appears that the competitive cheerleading program at Quinnipiac College does meet the stated requirements for Title IX compliance. Regarding the organization, Quinnipiac College and seven other schools formed a governing body, the National Collegiate Stunts and Tumbling Association, to govern and develop competitive cheerleading as a college sport. Because of the ruling, Quinnipiac College

"A sport governs the sport. The activity does not govern the sport."

Herb Appenzeller, editor of From Gym to the Jury, member of 8 sports hall of fame, author 24 books on risk management in sport

must access how to continue to develop its competitive cheerleading program and recruit women to complete its proposed 36-member team.

We will follow the controversy and the arguments that competitive cheerleading is not a sport. I believe it takes talent and skill to perform competitive cheerleading, that the women who participate in competitive cheerleading are athletes and that this status should have been recognized by Judge Underhill.

· From The Gym to the Jury. VOL 21, NO 3 PAGE 11 ·



Why Don't We Recognize Cheerleading as a Sport?

By Norma Nyhoff

On July 21, the American Association of University Women cheered a court decision announcing that cheerleading is not a sport. The *Biediger v. Quinnipiac University* case began with the university's decision to cut the varsity women's volleyball team and instead expand their club cheerleading squad into a varsity-level competitive team. The volleyball team's coach brought charges and won the case in a victory for the enforcement of Title IX. The rest is history -- or is it?

Why the decision that cheerleading isn't a sport? Quinnipiac lost the case for a reason -- its support-oriented cheer squad wasn't even close to upholding Title IX -- but that doesn't mean that other competitive cheerleading teams aren't in compliance.

In his ruling on the Quinnipiac case, Judge Stefan Underhill wrote that cheerleading didn't qualify as a sport because "the activity is still too underdeveloped and disorganized to be treated

as offering genuine varsity athletic participation opportunities for students."

Competitive cheerleading's obvious athleticism and difficulty aside, the activity is largely unregulated and disorganized because it isn't recognized as a sport. Currently, cheerleading is more of an industry than an organized athletic activity. Varsity Brands, Inc., a cheerleading equipment company that runs most championship events, has no motive to streamline or regulate cheerleading, especially when sloppy training and redundant competitions increase profits.

Granting cheerleading a place in the sports world will force the development of stricter regulations, official tournaments, and improved training and safety procedures -- important symbols of legitimacy for an activity that is often dismissed, I suspect, because it is traditionally dominated by women. Additionally, I can't help but wonder if cheerleading is denigrated even more than other 'feminine' athletics because its participants are typically not only women, but conventionally attractive, ones -- women that no one in mainstream society appears willing to take seriously.

Recognizing cheerleading as a sport with established NCAA safety and training regulations may also be key in reducing the horrifyingly high rates of cheerleading injuries. According to the 2009 Catastrophic Sports Injury Research report, 71 percent of all catastrophic injuries to female college athletes are due to cheerleading.

Cheerleading has a problematic history, but that doesn't mean that it can't empower girls and women as leaders, competitors and athletes. Judge Underhill's decision to keep competitive cheerleaders on the sidelines maintains the familiar precedent of women's activities and health coming in last place.

• [Nyhoff, Norma. 08/02/2010. NOW's Blog for Equality.](#)





Is Cheerleading a Sport?

By Patty Fisher

A court ruling last week regarding cheerleading and Title IX has me wrestling with my feminist values.

The case involved Quinnipiac University in Connecticut, one of a handful of colleges that treat competitive cheerleading as a varsity sport.

Cheerleading a sport, like basketball or soccer? My reflex is to stand up and shout: Hey, Hey, No Way!

I don't dispute that cheerleaders are athletes. They train hard and perform difficult lifts and tumbling routines. But their traditional place is on the sidelines looking perky and pretty while the real athletes play the real sports. The women's movement has been about getting women off the sidelines and into the game, in sports as well as business and politics.

Quinnipiac tried to convince U.S. District Court Judge Stefan Underhill that cheerleading should count as a sport under Title IX, the federal law that guarantees women equal access to educational opportunity. The school planned to cut its women's volleyball program for budget reasons but claimed that its competitive cheer team offered women a comparable chance to participate in sports.

women participating. And competitive cheer, which is separate from the sideline variety, has about as much to do with supporting guys on the field as fencing has to do with stabbing people to death. It's about strength, skill and teamwork. Teams are judged on their flips, basket throws and pyramid stunts.

But because competitive cheer is not a recognized sport, teams don't have the equipment, coaching or medical support other sports have. Archie says that's why cheerleading is the most dangerous women's sport, accounting for 65 percent of all catastrophic injuries in high school and college.

No protection

Archie created the foundation seven years ago after her daughter broke her arm practicing for her high school team. She was appalled to learn that Title IX didn't require schools to provide proper training and equipment, like floor mats, that would protect cheerleaders from injuries.

"Yes, they defy gravity," she said. "But if you know how to do it right and have a trained coach and access to proper medical care, then it takes a lot of risk out of it."

Archie blames feminists for keeping cheerleading from getting the support it deserves.

"The Title IX feminists think cheerleading is too feminine," she said. "They are afraid it would hurt other sports, like basketball and rugby. I find it ironic that Title IX opened doors to women athletes, but now they are confined to traditionally male sports." She has a point. Competitive cheer is as much a sport as gymnastics, which is recognized by Title IX.

We can't let cheerleading replace soccer. But if we want women to compete, why shouldn't they be able to compete in their own sports? That's equal opportunity.

• [Fisher, Patty. 07/28/2010. Mercury News.](#) •

"Whether I like it or not, cheerleading is a lot more popular than volleyball, with an estimated 4 million American girls and women participating."

A victory for women?

When I heard that the judge ruled against Quinnipiac, saying that competitive cheerleading wasn't organized enough to be a real sport, I saw it as a victory for women's rights. Then I had a talk with Kimberly Archie, founder of the National Cheer Safety Foundation. She told me my feminism was stuck in the 1970s. Whether I like it or not, cheerleading is a lot more popular than volleyball, with an estimated 4 million American girls and



Where Do We Go From Here?

- Change the name to “Stunts and Tumbling”
- Recognize the stunts and tumbling skill sets
- Support & endorse NCSTA
- Educate the media, policy makers, and the general public on the differences between sideline and stunts and tumbling
- Promote professional sport coaching and education
- Contact the Office of Civil Rights to support “Stunts and Tumbling” as a sport worthy of Title IX protection.

“ In 2009, cheerleading is a gymnastic activity, and why it is still called cheerleading is not quite clear. ”

-Dr. Frederick Mueller. Journal Athletic Training 2009 Nov-Dec; 44(6): 565-566.

Mission

The National Cheer Safety Foundation is a cheerleading safety organization dedicated to raising the bar in sport safety to reduce injury, disability, and death from the sport of cheerleading; and assist all who are affected by catastrophic cheerleading injuries.

The National Cheer Safety Foundation’s philosophy is to bridge the gap between the sport of cheerleading, the sports sciences, and the legal risk management arena. The National Cheer Safety Foundation’s mission is to provide the sport of cheerleading with the research and educational services needed to help maximize the enjoyment and safety of all who participate within the sport.

The National Cheer Safety Foundation’s Panel of Experts support the foundation by prudently disseminating proven research information and providing proper resources to help educate all who are responsible for implementing safe cheerleading programs. This information is essential to all who are responsible for training, coaching and administrating the sport of cheerleading.



Purpose

- Collect cheer injury data
- Cheer injury research
- Identify risk and protective factors
- Develop and test prevention strategies
- Promote these findings through cheer safety awareness campaigns
- Assure widespread adoptions
- Promote physical activity while minimizing the risks of injury
- Educate cheer parents about cheerleading safety
- Assist families who have suffered catastrophic financial and emotional losses due to cheerleading injuries

Visit us at www.nationalcheersafety.com for more information.

To report a cheer injury go to www.cheerinjuryreport.com

The Cheer Safety Experts™



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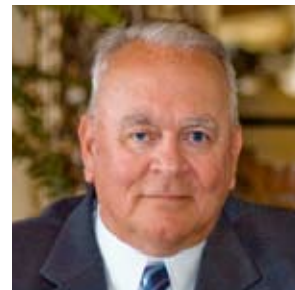
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*This is dedicated to all the
athletes whose untimely deaths
taught us "when you know better,
you do better".*



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