



# The Sport of Cheer: Portrait of an Athlete

*Roberta Konicki, Jane Dabney*

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Beneath the glitter, bows, smiles, cheers, jumps, flips, and holds of every cheerleader is an athlete that trained hard with their squad. You see the results in a well-choreographed performance and the huge smiles beaming from a team who nailed it. Cheerleading is a sport often looked at as an accessory to bigger games or as eye candy to spectators. What the public often fails to see is the sweat and tears that can go into putting a competitive performance together. The coaches who spend years training and honing their craft. The amazing parents who spend time shuffling dedicated cheerleaders to practices and competitions. Injuries. Hours of practice. Dedication. Through the collaboration and hard work of our talented group of international photographers, we've put together our portrait of an athlete. A look at what it means to be a cheerleader. The Sport of Cheer empowers and inspires young cheer athletes by illustrating the achievements gained through hard work, effort, and breaking through barriers and the commitment of cheerleaders, coaches, teams, programs and families from all over. Competitive cheerleading - Athletes who exhibit the ability that requires the strength of weightlifting, the balance and agility of gymnastics, the grace, coordination and showmanship of dance, and the mental stamina present in the most competitive sports. Strong bonds are built on a competitive cheer team with character, sportsmanship, leadership, dedication, and courage all equally important to the development of a team's core foundation. In the pages that follow, The Sport of Cheer celebrates the triumphs, challenges, and above all, the hard work and camaraderie of competitive cheerleaders by presenting a beautifully curated view of those who are committed to and passionate about cheer.

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