

# Morningside College

## CHEERLEADING TALENT ACHIEVEMENT AWARD

**FIRE UP, MUSTANGS!** Cheerleading promotes physical fitness and develops leadership skills. It requires self confidence and enthusiasm to effectively lead a sports crowd. Cheerleaders are self-motivated and dedicated to promoting school spirit. They manage their time well. Morningside's cheerleaders are often active on campus, serving as resident assistants, orientation student assistants, and student government representatives, just to name a few.

### **How many students does it take to cheer on the Mustangs?**

Morningside supports cheerleading squads for football and men's and women's basketball teams. Cheerleading squads are comprised of up to eight members each for the men's and women's basketball squads and up to ten members for the football squad. New in the 2006-2007 season was the men's J.V. basketball cheerleading squad, comprised entirely of freshman members. Male cheerleaders are frequently enlisted to complement each squad.

### **Cheerleading takes commitment.**

Cheerleading at Morningside is not a competitive sport, but it does require athleticism and regular conditioning. Cheerleaders are required to attend two-hour practices three times a week, in addition to personal aerobic and weight training. Football cheerleaders are expected to perform at every home football game. Men's and women's basketball cheerleaders are expected to perform at every home basketball game. Squad uniforms are provided courtesy of the college.

### **But that's not all...**

Morningside's cheerleaders aren't afraid to take the ball into their own hands. During the 2003-2004 season, squad members organized a spirit club comprised of parents and fans of Morningside athletes, dubbed the "Maroon Platoon." Cheerleaders sponsor the annual "Mr. Morningside" contest during homecoming festivities. During summer break, squad members host clinics for area high school cheerleaders, and some members have found part-time employment as cheerleading advisors and coaches for local high school cheerleading squads.

### **How do I become a part of a squad?**

Cheerleading squads at Morningside include both veteran and less experienced cheerleaders. Each season, roughly one-half of the cheerleaders are new members. Whether you have experience in cheerleading or dance, or simply want to try something new, cheerleading is open to anyone who cares to tryout. Tryouts for the football and basketball cheerleading squads are held each spring.