



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
CHEERLEADING

second edition



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STAYING HEALTHY THROUGHOUT THE YEAR DO YOU HAVE A PERFORMANCE OR TRYOUTS COMING UP?

by Beth Blose

Trying to stay healthy throughout the year is no easy task. Many cheerleaders and dancers think that avoiding sweets and getting enough rest alone are enough to get you through. However, nutritionists and coaches agree that there is a lot more to it.

Diet and nutrition are sometimes overlooked when it comes to the conditioning and training of both cheerleaders and dancers. As with any athlete, they are vital components to staying healthy, especially around performance or tryout time. To be a successful cheerleader or dancer, you have to maintain good coordination, high energy, and strong muscles. You also have to maintain a nutritious diet, exercise on a routine basis, drink lots of fluids to keep yourself hydrated, and get plenty of rest to keep your body in its best shape.

Proper food and fluid intake before any athletic activity will improve your endurance. It is suggested to eat three to four hours prior to a performance.

"A meal high in complex carbohydrates, like whole wheat pasta, whole wheat bread, baked potatoes, and yams, should be consumed before a performance or tryout," says Memphis Grizzlies Strength and Conditioning Coach Mike Curtis, M.Ed, CSCS, USAW. "During and after performances, a carbohydrate drink should be consumed to replenish energy stores and electrolytes lost. Within one or two hours after your performance, a meal moderate in complex carbohydrates should be consumed."

There should be a balance between your carbohydrate, protein, and fat intake. Curtis states that the best type of carbohydrates are complex carbohydrates,

