



PHOTOGRAPHY IAN STONE

TAKE A LEAP OF FAITH

GET FIT AND FABULOUS WHILE MASTERING THE ART OF TEAM SPIRIT AND TRUST WITH ONE OF THE CITY'S BEST KEPT SPORTING SECRETS...

Fly through the air, tumble, leap and cartwheel. Welcome to the world of cheerleading and what a rush it is.

This ultimate team sport, while American in origin, has a growing legion of devotees in Cairns.

And with our local basketball and football teams, there are ample opportunities to put your new-found skills on show.

But you needn't think it's only for former gymnastics aficionados – classes can start with the basics, so anyone is free to join and start from scratch.

Tamara Manning, who started Cairns' only cheerleading school four years ago, says it is the ultimate team sport because if one member is away, it impacts on the group performance.

"I came to cheerleading from gymnastics and there was no school in Cairns, so I started my own," Tamara says.

Countless hours of research, courses and training resulted in Awesome Cheerleading.

She manages training and performances of the cheerleading squads for Northern Pride and Cairns Marlins.

A mini squad, of youngsters aged between four and eight, is a popular drawcard at local games.

"It's all about fitness and friendship, because the girls do become really good friends," Tamara says.

Benefits include all-round fitness, cardio, strength and aerobic fitness.

"It takes a lot more than people realise but after each session they come back really excited and keen

to do more and learn more tricks," she says.

"You do need to be really strong, but that comes with time and practice. We don't move people on to the next level of tricks until they are absolutely safe with the level they're at."

Because it has a high risk reputation, safety is very important to Tamara and she insists on the highest level of training being undertaken by coaches and participants wearing the right shoes, no jewellery and clothing that won't catch.

But that's a small price to pay for such a fitness-induced rush.

find it...
WWW.AWESOMECHIEERLEADING.COM.AU OR PH 0402 225 630.

Tokunai Hair

Presents

Almost Alice

Mon 6th Sept 7pm

@ Velvet Underground

\$20 Tickets sold @ Door.



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