



Cheerleading at Morningside Getting fired up for the Mustangs!

Let's go Mustangs! Win tonight. Fight, Mustangs, fight!

The Morningside Mustangs need to get fired up. And to help do that, Morningside supports cheerleading squads for football and men's and women's basketball teams.

Cheerleading is one way to stay physically fit and develop leadership skills as you encourage and promote school spirit. It takes a great deal of self confidence and positive enthusiasm to effectively lead a sports crowd and have them respond. Cheerleaders must be self-motivated and be dedicated to promoting team spirit. They must also manage their time well. Morningside's cheerleaders are often active on campus, serving as resident advisors, orientation student assistants, and student government representatives, just to name a few.

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

Cheerleading squads are comprised of at least 15 members that cheer for the men's and women's basketball squads and 15 members for the football squad. Male cheerleaders are frequently enlisted to complement each squad.

Cheerleading takes commitment.

Cheerleading requires athleticism and regular conditioning. All cheerleaders are required to attend two-hour practices three times a week, in addition to personal aerobic and weight training. Football and men's and women's basketball cheerleaders are expected to perform at every home game.

But that's not all.

Morningside's cheerleaders aren't afraid to take matters into their own hands. During one season, squad members organized a spirit club comprised of parents and fans of Morningside athletes, dubbed the "Mustang Gang." 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, including several freshmen students. Whether you have experience in cheerleading or dance, or simply want to try something new, cheerleading is open to anyone who desires to try out. Tryouts for cheerleading are held in the spring and consist of a successful performance of a dance routine, a cheer, two chants, two jumps, and one stunt.

"Being a Morningside cheerleader is one of the best ways that I can support the Mustangs. I am able to make great friends by being involved in something all of us cheerleaders love to do. Everyone should find that activity that they want to get involved in. We all have a blast at every game, and I'm sure the crowd does too!"

Shelby Pomerence, sophomore, nursing major



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