

[https://www.usasf.net/files/USASF\\_Cheer\\_Rules\\_25-26.pdf](https://www.usasf.net/files/USASF_Cheer_Rules_25-26.pdf)

This source gives information about safety practices and risk management in cheerleading. It also gives basic rules and regulations of cheerleading. It explains how proper technique, trained supervision, and safe environments are important when teaching or practicing cheerleading skills. I chose this source because safety is a very important part of my project. Since I will be creating instructional cheer videos for beginners, the skills I demonstrate must be safe and follow the recommended guidelines. It helps me understand what precautions should be included in all my videos. One limit of this source is that it focuses on more team coaching and competition, instead of specific instructions for beginners, let alone online instruction.

<https://usacheer.org/?s=AACCA>

This source provides detailed information about proper cheerleading techniques, spotting methods, and ways to prevent injury. It explains the importance of proper training and supervision when attempting or performing cheer skills. I chose this website because it provides professional guidance from an organization that is dedicated to cheerleading safety and coaching education. This source is useful for my project because helps make sure that the skills I teach in my videos follow proper technique and safety standards. This information can also help me include warnings or safety tips when demonstrating things. One limitation is that it is written more for coaches, so it may be more advanced than what I need for my videos.

<https://cheerathletics.com/complete-guide-to-cheer/>

This provides an overview of cheerleading, including the history of the sport, basic skills, training techniques, the different types, and programs. It explains how the activity has changed over time from a crowd-leading and entertainment role into a competitive and athletic sport. I picked this source because it provides me important background information that helps me understand how cheerleading has progressed and why proper technique and safety are now so important. This will be useful for my project because it gives some context for skills or terminology I will be using in my videos. One limitation was that it focuses more on the history than on detailed instructions on how to perform certain skills.

<https://www.youtube.com/watch?v=O1wGCrxhtaM>

This is a video that demonstrates basic cheer motions. The instructor explains each motion step by step and shows the correct form, including arm placement, angles, and body position or posture. I chose this video because arm motions are one of the most important beginner skills in cheerleading, and they are a key part of my project. This video is useful because it gives a clear visual example that makes it easier to understand how each motion should look when done

correctly. It also helps me see how to break down each movement when teaching it to others or in my videos.

<https://blog.omnicheer.com/post/beginners-guide-to-tumbling-for-cheerleading/>

This source is a website that explains beginner tumbling skills like cartwheels, backbends, and basic handstands. It provides step-by-step instructions, tips for proper form, progression, and the importance of the skill. The site also emphasizes the importance of building strength and flexibility before trying more advanced skills. I chose this website because tumbling is an important part of cheerleading, and it is included in and a part of my project as one of the basic skills beginners could want to learn. This website is useful because it clearly breaks down each skill in a way that is easy to understand, which will help me create my own instructional videos.

<https://www.edutopia.org/article/using-videos-class-effectively/>

This article talks about how instructional videos can help teach skills and improve learning outcomes, especially for people who learn better visually. It explains that visual demonstrations, step-by-step explanations, and repetition can make learning more effective for beginners. I chose this source because my project's main focus is on creating instructional videos. This article helps explain why video is a powerful tool and how it can support and enhance learning when created effectively. It's useful because it gives insight into how I should make and structure my cheerleading videos so they are clear but still educational. One limitation is that it does not specifically address sports training.

Personal Interview- Gianni Dedmond, February 10th, 2026

This source is a personal interview with a cheerleading coach who has experience teaching beginner athletes. During the interview, Coach Gianni explained the importance of teaching proper technique before moving into more difficult skills. She also brought up common mistakes that beginners make, especially with jumps, tumbling, and arm placement. I chose this as a source because talking to someone who has real coaching experience gives insights in real time that websites or books. This is useful for my project because it helps me understand how coaches break down skills when teaching new athletes. The advice from this conversation will help guide how I explain and show skills in my videos. One limitation is that it reflects the experience and perspective of just one coach, so the teaching approaches may differ.

<https://www.youtube.com/watch?v=jDIF26-Uu2I>

This source is a video that explains how to perform a toe touch jump, which includes the proper technique and form. I chose this source because it is the most common jump, but also the jump that usually needs the most improvement, and it is an important part of cheerleading basics. It is useful because it visually shows the skill and breaks it down, which is essentially what I will be doing in my videos. One limitation is that it does not show the warm-ups and stretches that lead to this point in the process, which is what I will be including.

[https://www.youtube.com/watch?v=Y6F0\\_XtdOW4](https://www.youtube.com/watch?v=Y6F0_XtdOW4)

This source is a video that demonstrates beginner tumbling skills. I chose this source because tumbling is an important part of cheerleading at all levels and is relevant to my project. This is useful because it helps me identify what skills are considered beginner level and shows how they should be performed correctly. This will help me create my own videos with clear and effective demonstrations. But a limitation of the source is that it does not include detailed safety warnings or explain the risks of performing the skills incorrectly, which is important for beginners, especially when learning on their own.

<https://www.youtube.com/watch?v=prLv5uwUtuY>

This source is a video that explains how to build and design a website, including how to organize pages, add content, and create a welcoming and user-friendly layout. I chose this source because my project involves creating a website to host my instructional cheerleading videos. It is useful because it helps me understand how to structure my website so that users can find and navigate easily through different videos. This will improve the overall presentation of my project. One limitation of this source is that it mainly focuses on the technical setup and design process rather than the quality or effectiveness of the content of the actual website.