Emily Eddington  
Topic: University of Nebraska cheerleading controversy  
General Purpose: to persuade  
Specific Purpose: To make my audience believe that bans should not be placed on Cheerleading squads and all teams should be aware of proper safety Precautions.  
Thesis: It has been proven that cheerleading is not as dangerous as most sports, so if safety guidelines are properly followed, bans should not be put on stunting and tumbling.

I. Introduction  
A. Attention Getter: Are you aware that out of 3.3 million cheerleading Participants nationwide, less than one half of one percent have visited the emergency room? 
B. Motivation: When safety decisions are being made regarding cheerleading, the danger of many other sports is also taken into consideration. 
C. Thesis: It has been proven that cheerleading is not as dangerous as many other sports, so bans on tumbling and stunting should not be put into effect. 
D. Credibility: I have done much research on this topic through internet, magazines, newspapers, and news broadcasts. Being a cheerleader, this issue is also especially important to me so I have tried to stay as up to date with my information as possible. 
E. Specific Purpose: By the end of my speech I hope you will be convinced of the need to do away with the bans on stunts and tumbling and also 
F. Preview: Today I would like to tell you about the problems with this ban on stunting and tumbling at the University of Nebraska, as well as other schools nationwide, and then I will inform you about the options we have to help solve these problems.  
Transition: First, I will tell you about the problems that face the University of Nebraska as a result of the stunting and tumbling ban.

II. Problem  
A. Cheerleaders on squads that cannot stunt or tumble have fewer opportunities.  
1. Not allowing stunts and tumbling prevents squads from going to competition, and in some cases these competitions award money to the cheerleading funds of the winning schools.  
2. There are many individual cheerleading competitions that award scholarships, but even those require tumbling and people from schools such as Nebraska who have banned this skill cannot participate.  
3. Especially at larger schools with nationally recognized competitive programs, many new students are pulled into the university to tryout. When there were once many perspective cheerleaders enrolling at Nebraska to tryout, there will now be far less.  
   a. According to a March 12, 2002 article in the Daily Nebraskan found through Lexis Nexis, UNL cheerleader Josh Rangel says that cheerleading was one of his main reasons for coming to UNL and now without stunting, the talent level will go down.
4. American Cheerleader Magazine quotes Assistant Athletic Director Heidi Cuca from University of Nebraska as stating that, “There are no plans to change the support that the cheerleaders receive.”
   a. They failed to include that there will be no new coach hired for the squad, the squad will not attend camp, and they will not be competing. Not doing these things saves the University a great deal of money.

B. Evidence that supposedly supports the ban on stunts and tumbling does not take into consideration the unique aspects of cheerleading.
   1. American Cheerleader magazine states that in 1997 Mark R. Hutchinson’s study says that “more days are lost in cheerleading than in any other activity.”
      a. This is because in cheerleading every body part needs to be functional to perform a routine containing stunts, tumbling, jumps, and dance. In other sports you can still participate with some injury.
      b. Another reason to explain this is because cheerleading season is year round for many colleges, so there is a greater chance for sitting out when the sport lasts longer than others.
   2. Dr. Lonnie Albers, the Nebraska Director of Athletic Medicine did a study on the amount of injury treatments given at the university training room and he says that “10.8 percent were to cheerleaders.”
      a. Cheerleading is the only year round activity.
      b. It is difficult to return to cheering until completely healed.

C. Schools are not providing proper training and equipment.
   1. The AACCA sets up safety regulations, and they say that “The Cheerleading coach must be knowledgeable in proper training and safety procedures. Certification through the AACCA ensures that coaches have knowledge of safety practices and institution expectations.”
      a. Many schools do not provide a certified coach, many times it is just a supervisor or sponsor within the school.
   2. The AACCA also sets up a guideline requiring the use of an adequate Practice facility, and many teams do not have this available.
   3. Another AACCA rule involves using the proper progressions for Which basically means to not start right off with things too difficult for the teams ability level.

Transition: Now that I have told you about some of the problems regarding the ban placed on stunting and tumbling, you can find out about some possible Solutions.

III. Solutions
A. Everyone should stay more informed of statistics and information.
   1. Throughout my research involving cheerleading, there were many mistakes in the data.
2. There could also be mistakes regarding the safety of other sports, so everyone should stay more informed of where they stand on this topic.

B. Proper Coaching
1. Especially at the college level, the athletic department should require that the coach be safety certified by the AACCA.
2. By using Varsity.com, extensive searches can be done to locate someone in the area who is looking for a coaching job or a school that needs a coach. This is an easy way for the athletic department to stay in touch with possible coaches.

C. Proper facilities and equipment
1. Inspections of practice facility areas should be conducted by regional representatives of the AACCA or another cheerleading association.
   a. They would make sure that cheerleaders are using matted surfaces.
   b. Possibly provide funds to buy mats if the squad qualifies as a competitive stunting and tumbling program.

Transition: In order to prevent schools all over from banning stunting and tumbling, Cheerleading programs should put out an effort to abide by the existing Regulations set up by the AACCA.

IV. Visualization
A. Think about the athletic activity you are interested in. What would eventually come of this activity if participants did not have proper coaching, facilities to practice in, and guidelines and rules designed for safety are not being followed? This activity would eventually come to an end, or in the case of cheerleading, slowly diminished until it is not considered “athletic” at all. Even though many squads are following the rules, it only takes a few, or in the case of Nebraska, only one random mistake for stunts and tumbling to come to an end.

B. If all schools provided not only the cheerleaders, but other athletic programs with proper coaching, practice facilities, and guidelines and safety rules, athletic departments would not be so quick to jump to conclusions. Squads could keep on stunting and tumbling, competing, and progressing with the ability to earn championships and scholarships.

V. Conclusion
A. Underview: There are many problems that surround the ban on stunting and tumbling at the University of Nebraska, but if all the guidelines and rules can be followed, athletic departments will have less evidence to go on.

B. Restate Thesis: It has been proven that cheerleading isn’t as dangerous as most sports, so if guidelines are properly followed, bans should not go into effect.

C. Call to Action: In order to help make a difference in this stunting and tumbling controversy, you can visit the message boards at varsity.com where you can voice your opinions to those that are trying to solve these
problems. Also, if you would like to stay updated on sports injury information in general, visit sportsrehab.com where you can learn about statistics and studies involving the sports you play.

D. **Closure:** Knowing the facts, following the guidelines, and cooperation from the athletic department are things that are crucial in order for cheerleading including stunts and tumbling to continue. Make sure that you stay informed and voice your opinion about cheerleading and other sports, because it's better to be safe and well informed than left without the sports you love.