

COLLEGE CHEER

Balancing Academics and College Cheer

College cheer is a serious time commitment. How to thrive as a student and an athlete.

College cheer can be as demanding as a part-time job. Success means treating academics with the same discipline you bring to the mat.

Plan the semester like a season

Map practices, competitions, and travel against your class schedule early. Front-load work before heavy travel weeks.

Use your resources

Many athletic programs offer tutoring, study hall, and academic advising. Use them — the best athletes ask for help early.

Protect your recovery

Sleep and downtime aren't optional. Burning out helps neither your GPA nor your performance.
