

## COLLEGE CHEER

# Coed vs. All-Girl College Cheer: What to Know

*The two main college paths demand different skills. Here's how to figure out where you fit.*

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College programs generally compete as coed or all-girl, and the difference shapes the skills you'll need to bring.

### Coed cheer

Coed programs emphasize partner stunting — one base and one flyer. Athletes often need strong overhead stunting or elite flying skills.

### All-girl cheer

All-girl teams feature group stunting and pyramids similar to all-star. Tumbling and jumps are frequently emphasized.

### Choose to your strengths

Be honest about what you do best, and target programs whose style fits your skill set. Fit matters more than prestige.

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