

The Extension

One of the most common cheerleading stunts is the extension. This stunt requires teamwork, strength, and balance. A stunt group performing an extension consists of four key roles: the flyer, two bases, and a back spot. Each person has an important job in making sure the stunt is performed safely and correctly.

The flyer is the person lifted into the air. In an extension, the flyer stands on the hands of the bases while being held high above their heads. To stay balanced, the flyer must keep their legs tight, engage their core muscles, and lock their arms by their sides. If the flyer is not steady, the stunt can become shaky, making it difficult for the bases to support them.

The bases work together to lift the flyer. Each base holds one foot of the flyer, using strong arms and legs to push them up. The bases must communicate and move in sync to keep the stunt stable. If one base is off balance, the entire stunt can tip or fall.

The back spot is a critical part of the stunt. This person stands behind the flyer and helps lift by holding the flyer's ankles or calves. The back spot also keeps an eye on the stunt and is responsible for catching the flyer if they lose balance.

To safely bring the stunt down, the group performs a cradle dismount. In a cradle, the bases toss the flyer slightly into the air while the back spot helps guide them

down into a seated position. The bases catch the flyer securely, making sure they land safely.

The extension is a great stunt for building strength and teamwork. With practice, it can lead to more advanced stunts like the liberty or the basket toss. Cheerleaders must always focus on communication, technique, and safety to perform stunts successfully.

Answer these questions:

- 1. What is the main stunt described in the passage?**
- 2. What does the flyer do in an extension stunt?**
- 3. How do the bases help keep the stunt stable?**
- 4. What is the back spot's main job?**
- 5. What is a cradle dismount, and why is it important?**
- 6. Why do cheerleaders need strong communication during stunts?**

7. What could happen if the bases or flyer are not steady?

8. What are two more advanced stunts mentioned in the passage?