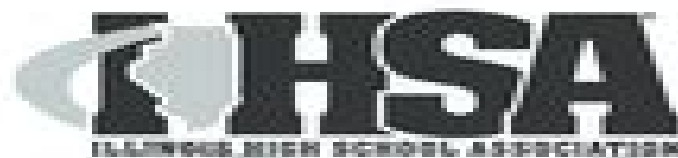


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# **Competitive Cheerleading Manual for Schools**



# Ihsa Cheerleading Manual

**Sebastian Brünink**

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