

The DTU Cheerleading Team Trains with the Appalachian State University Coach

As part of the Faculty Exchange program between DTU and Appalachian State University (ASU), Ms Catrina Wold, who has a Master's Degree in Exercise Science, is training the DTU Cheerleading team from October 28th to December 5th.



Ms. Catrina Wold and the DTU Cheerleading team in training

Cheerleading originated in the United States and is an intense physical activity based upon organized routines, including tumbling, dancing, jumping, cheering and stunts to keep spectators yelling for their teams. Cheerleaders can also enter many national or international competitions.

Founded in early 2013, the DTU Cheerleading team has added to the enjoyment of many DTU sport events. Ms. Catrina Wold is dedicating herself to improving the performance of the team. She said: *“Cheerleaders are a vital connection between the team and the spectators. They are there to help support their team and motivate the crowd. They help to create a positive and exciting environment, which is very important. Cheerleading is very stimulating for students in general. It’s a sport-based activity, so it gives them new things to learn, such as becoming a part of a team. The DTU cheerleading team is really expanding. Their hard work is paying off and they are becoming excellent representatives of the university and for Vietnamese cheerleading as a whole. I hope that they will soon be recognized at the national level.*



Ms. Catrina Wold and the DTU Cheerleaders

Le Thi Ha, of the K17 class of Accounting, has been a DTU Cheerleader since the team's inception and said: *"The choreographed movements of cheerleading keep us fit and active and improve our team-work and leadership skills. Cheerleading is a great way of bringing people together. I am very happy to be trained by Ms. Catrina Wold. She teaches us cheerleading and also its history and place in American culture, plus study tips. I learn a lot."*

By training hard the DTU Cheerleading team will be able to entertain spectators with amazing performances and hopefully contribute at the same time to the growth of cheerleading in Vietnam.

(Board of Website Editors)