

## Video

This is the video section of the website and contains a selection of videos from Sporting Dynamite training sessions as well as a selection of videos from the world of Cheerleading.

Please note these video's are for reference only and as some of the video's are from external sources they may or may not be up to Sporting Dynamite's exacting standards and as such may not reflect Sporting Dynamite training policies, standards or club ethics.

Please select a section from the menu on the left: viewing is at your discretion but whilst watching you must remember that all stunts and gymnastics need to be performed in a safe environment at Sporting Dynamite training sessions.

Please do not try any stunts or gymnastics at home.