



Ascension Eagles Cheerleading Impact 2022-2023 Season



our athletes report enjoying cheerleading & new experiences



93%

enjoy taking part in sport & exercise

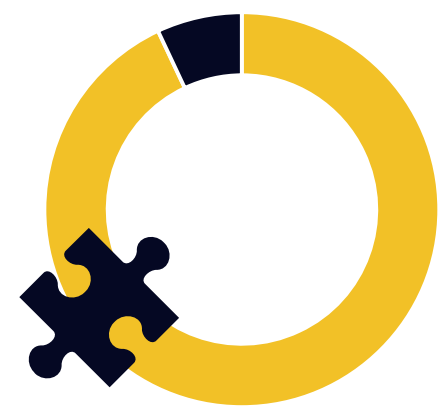
this includes the

57%

who don't necessarily find sport & exercise easy

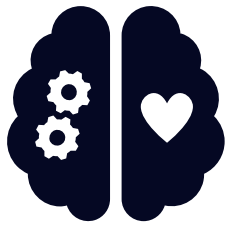
63%

of Athletes surveyed don't participate in other sport



93%

enjoy taking on new challenges



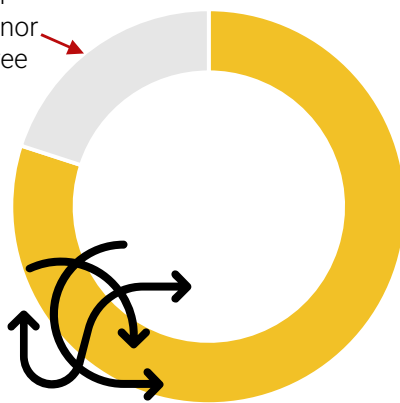
our athlete survey identified greater mental resilience



10%

reduction throughout the season of those reporting being worried about the future

neither agree nor disagree



80%

keep trying at difficult things to achieve them

neither agree nor disagree



70%

feel able to handle personal problems (an increase of 8% vs start of the season)



and our athletes show improved life skills through team-work

Good at listening to others



87%



4% vs start of season

Confident introducing themselves



73%



8% vs start of season

Find it easy to say what they mean



43%



9% vs start of season



I love AEC because through it I was able to become more physically healthy, and grow confidence, trust and skills



AEC and Talent Central means a lot to me as it has given me opportunities to fulfil my career goals and help me grow my passion for cheerleading and coaching

