



It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy,

Laura Vikmanis, Amy Sohn

Download now

[Click here](#) if your download doesn't start automatically

It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy,

Laura Vikmanis, Amy Sohn

It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, Laura Vikmanis, Amy Sohn

A forty-year-old cheerleader? When Laura Vikmanis, a single mom in Ohio, told friends that she wanted to be an NFL cheerleader, they said it would never happen. But she proved them all wrong. . . .

Laura Vikmanis has got spirit . . . and pom-poms, too! But before she stepped onto the field as the oldest cheerleader in the National Football League, she was sidelined by a bad marriage and the many responsibilities of stay-at-home motherhood. She finally got the courage to leave her husband and to ask herself something she had never asked before: What do I want to do? Remembering her teenage love of dance, she signed up for a pole-dancing fitness class, where she met a former cheerleader for the Cincinnati Bengals. When the woman suggested that Laura audition to be a “Ben-Gal,” Laura laughed her off but soon realized that the audition process could be a way of healing herself—and regaining her confidence. Her boots were made for walking—but also for stomping on a football field.

She tried out for the team next to girls young enough to be her daughters. Girls with tighter abs, fuller hair, no kids, and no crow’s-feet. After much adversity and multiple auditions, she finally made the team, becoming the oldest cheerleader in the League.

It's Not About the Pom-Poms follows Laura’s inspiring, funny, and eye-opening journey from demoralized divorcee to high-kicking Cincinnati Ben-Gal. Readers will cheer her on as she rediscovers her passion for dancing, takes hip-hop classes with twelve-year-olds, loses twenty-five pounds, discovers her abs, finds love again, and becomes a new kind of role model to her daughters. Laura also provides an inside look into the fascinating world of NFL cheerleaders—the grueling workouts, bad pay, twice-weekly weigh-ins, but, most important, the lifelong bond between the women, who do it all for the glory.

Leading with her heart, Laura Vikmanis faces adversity with her head held high as she learns in mid-life to take a flying leap. Powerful and uplifting, *It's Not About the Pom-Poms* shows that, no matter your age, it’s never too late to go, fight, and win!

From the Hardcover edition.



[Download It's Not About the Pom-Poms: How a 40-Year-Old Mom ...pdf](#)



[Read Online It's Not About the Pom-Poms: How a 40-Year-Old M ...pdf](#)

Download and Read Free Online It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, Laura Vikmanis, Amy Sohn

From reader reviews:

Joshua Ricker:

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite e-book and reading a e-book. Beside you can solve your condition; you can add your knowledge by the reserve entitled It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy,. Try to stumble through book It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, as your buddy. It means that it can being your friend when you truly feel alone and beside those of course make you smarter than before. Yeah, it is very fortuned in your case. The book makes you much more confidence because you can know every thing by the book. So , let me make new experience as well as knowledge with this book.

Thersa Davenport:

Don't be worry should you be afraid that this book will certainly filled the space in your house, you may have it in e-book means, more simple and reachable. This specific It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, can give you a lot of buddies because by you taking a look at this one book you have issue that they don't and make you actually more like an interesting person. This book can be one of one step for you to get success. This publication offer you information that probably your friend doesn't recognize, by knowing more than different make you to be great people. So , why hesitate? We should have It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy,.

Jody Vinson:

A lot of e-book has printed but it differs from the others. You can get it by world wide web on social media. You can choose the very best book for you, science, comedian, novel, or whatever through searching from it. It is referred to as of book It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy,. Contain your knowledge by it. Without departing the printed book, it could possibly add your knowledge and make an individual happier to read. It is most essential that, you must aware about book. It can bring you from one destination to other place.

Frances York:

Reading a publication make you to get more knowledge from that. You can take knowledge and information originating from a book. Book is prepared or printed or illustrated from each source in which filled update of news. In this modern era like today, many ways to get information are available for anyone. From media social similar to newspaper, magazines, science guide, encyclopedia, reference book, novel and comic. You can add your understanding by that book. Are you ready to spend your spare time to open your book? Or just searching for the It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest

Cheerleader--and Found Hope, Joy, when you essential it?

Download and Read Online It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, Laura Vikmanis, Amy Sohn #MK783ASX0HC

Read It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn for online ebook

It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn books to read online.

Online It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn ebook PDF download

It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn Doc

It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn MobiPocket

It's Not About the Pom-Poms: How a 40-Year-Old Mom Became the NFL's Oldest Cheerleader--and Found Hope, Joy, by Laura Vikmanis, Amy Sohn EPub