

What cheer shoes should I buy?

This is a question I get at the gym at least once a week. My child needs new cheer shoes, what should I buy?

My answer isn't typical. Many gyms will require you to purchase a specific shoe for their cheer program, others like us, will not. My first reply is to ask a question, what is your budget? My second question, is how old is the child athlete? The reason I ask these questions are simple, in today's marketplace there are all kinds of cheer shoes, and all generally are sufficient for a child's needs. However, all styles are not the same and many athletes will follow a specific name brand vs. a functional shoe. Some athletes will prefer a light weight shoe vs. a solid structure, especially if the athlete is a flyer or a heavy tumbler.

In my opinion, there are two specifically I will mention to customers. The first shoe is the Nfinity Evolution. <https://amzn.to/2Z967J3> (Amazon). The price is a higher end budget \$80.00+. The reason I personally recommend is that my daughter has cheered for the last 9 years in this shoe. She has been every position on the team from flying, to basing, to a back spot and she is generally a major tumbler on her teams. The shoe is a very lightweight and she feels very comfortable in tumbling with them. We have bought her a new pair about every year and half. Generally, it was a shoe size change or an upgrade to a cleaner shoe for competitions. We have found this particular shoe for adult sizes have run small. My child wears a 6.5 in shoes normally, but for this particular cheer shoe she is a 7.5. Adult sizes start at a size 4 and go to a size 14. I have heard the youth sizes are truer to actual size however; I do not have direct knowledge from my own experience.

The second cheer shoe I will recommend is Kaepa. <https://amzn.to/2HcrWNB> (Amazon). This is a budget friendly price \$35.00+. I have had many parents recommend this shoe, particularly for youth. The shoe is a bit sturdier but will still feel lightweight. This shoe is budget friendly so if your child athlete is younger and growing quickly, you will not spend a large amount on a shoe if you have to purchase a few in a year. Parents have also stated it holds up very well for the entire season. I have also been told that the shoe stays true to actual everyday shoe size which makes ordering a bit easier.

I am not saying that there are not other cheer shoes that are just as capable for an athlete; these are two in particular that we generally will recommend. That isn't to say the others are bad are not worth reviewing, every athlete wants a little different comfort level. The only caution I will provide is please do not purchase ones that have very thick soles and tracks on the bottom. This creates issues with kids working on stunts for all the athletes.

I hope you found this helpful.

Lisa Huck

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