

If You Love 'Bring It On,' You'll Love the New Lifetime Series 'Cheerleader Generation'

[Gabrielle Bernardini](#) 15 hours ago



Source: Lifetime

High-flying stunts, crazy flips, and injuries, the life of a competitive cheerleader is hard. While some may think cheerleading is just supporting the football team and other sports, to quote the great Torrance Shipman (Yes, it's a *Bring It On* reference), "Those are just practices for us."

[Cheerleader Generation](#) follows Lexington Kentucky's Dunbar High School coach Donna Martin and her daughter, Ole' Miss (University of Mississippi) head coach, Ryan O'Connor, as this mother-daughter duo try and compete for national titles.