

American Youth Cheer

A Guide to Junior Coaching Challenger Cheerleading



Hunterdon Huskies – 2012
Jenna Slusar – Gold Award

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Preface

Coaching a Contender Cheerleading squad is a blend of organization, communication, accountability, motivation, fun and love. Each of these components is crucial to have a successful program the coaches, administration and most importantly the participants and their families benefit from. As a Junior Coach you play a very important role in helping your Head Coach in all of these aspects. I hope this guide can help make everything run a little smoother and help you to become an integral part of your team. Use this as a reference to help your team become successful and be part of a stellar program. Add your ideas and experiences to this as a living document for all Contender Programs to improve and flourish.

Additions / Feedback can be provided to Jenna Slusar at
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BACKGROUND

Special Needs

"Some people come into our lives, leave footprints on our hearts, and we are never the same."

-Franz Peter Schubert

Needing a little extra help

Isn't every child/teen special ? We think so, but what do we mean when we say "kids with special needs" ? This means any child/young adult who might need extra help because of a medical, emotional, or learning problem. These children/young adults have special needs because they might need medicine, therapy, or extra help in school – stuff other kids don't typically need or only need once in a while

Maybe you know kids in your school who need a wheel chair or use braces when they walk. Those kids have special needs. They not only need the equipment that helps them get around, but they might need to have ramps or elevators available. They also might need to get a special bus to school – one that lifts them up into the bus so they don't have to get up the steps.

Kids who have an illness, such as epilepsy, diabetes, or cerebral palsy, would have special needs too. They might need medicine or other help as they go about their daily activities. Kids with sight problems might need Braille books to read. Kids with hearing or speech problems would have special needs too. A kid who has hearing trouble might need hearing aids to hear and speech therapy.

Kids with learning problems often have special needs. Kids with Down Syndrome might go to a regular school and might even be in your class. But they have special needs when it comes to learning, so an aide or special teacher is usually assigned to them to help.

All of these special needs that we have discussed so far, are noticeable when observing these kids. However, some special needs are hard to notice outwardly. For example, someone could have trouble with anxiety, but you wouldn't know it unless they told you about it. Privately their parents and teachers are working together to help them with the problem.

What's Life Like for a Special Needs Kid ?

Life can be extra-challenging for a kid with special needs. It might be harder to do normal stuff – like learning to read or, if a person has physical handicaps, just getting around school or the mall. The good news is that parents, doctors, nurses, therapists, teachers, coaches and others can help. The goal is to help kids be as independent as possible.

You can be a big help. How ? By being a friend. Kids who use a wheel chair or have lots of health problems want friends just like you do. But meeting people and making friends can be tough. Some kids might tease them or make fun of them. Be sure to tell a coach if you see someone being bullied or teased. That's a very lonely feeling.

Communicating Easily

Communicating clearly and concisely is always good. When working with your team of Special Cheerleaders, try and put yourself in their shoes. If they seem confused or are not doing what you ask – Assume it is your communication

issue – not theirs. Don't just repeat your request – but instead – try and ask it in a different way or approach the subject differently. Always ask for feedback and assess if they are progressing with you.

RECRUITING

“We are deeply touched and overwhelmed by the outpouring of warmth by the cheerleaders and their families, and we cannot thank all of you enough for allowing our daughter to be part of your group”

-- Hunterdon Huskies Contender Cheer Mom

Recruiting for the Contender Cheer team can take place all year long. Keep your eyes and ears open for any events or opportunities to share the wonderful experiences a Contender Cheer team has to offer.

Some common opportunities for sharing and distributing flyers and information about your team:

- Local Special Olympic events
- Information can be distributed thru the Schools. (Public and Special Program Schools)
- The Schools Special Services staff can often help with a list of Special Needs programs in the area that may already have participants that are involved in other sports.
- Word of Mouth. If you already have a team – family and friends are often the best way to spread the word and attract more participants.

Attached in Appendix A are some sample flyers for your use. They can be edited /enhanced to meet the specific needs of your team.

PRE-SEASON PREPARATION

“By failing to prepare, you are preparing to fail.”

-- Benjamin Franklin

- 1) Preparation for the season is one of the most important aspects of a successful season. There are many things a Junior Coach can do to help to prepare in the off-season.

Get the “lingo” down.

Appendix B has a full glossary of Cheer Terms.

- 2) Work with the coach on the competition routine.

Reviewing Novice Cheerleading routines on the internet or by previous teams is a great resource for ideas for your Challenger Routine.

Key Points:

- a) Make sure the motions are something that everyone can participate in
 - b) Ask the girls for any “special” motions or skills they may have that you would want to showcase
 - c) Be prepared to tweak the routine during practices to make it fun and manageable by the cheerleaders
- 3) Create the “Go To” list of sideline cheers

Appendix C has a great list of Sideline Cheers.

Some of the more simple cheers/chants are highlighted in yellow.

Those should be the first ones you teach your contender squad. The ones they learn quickly will be your “Go To” list. You want to target 3-5 cheers/chants that your team is comfortable with.

- 4) Work with the coach on practice guidelines for Junior Coaches and Parents. Here are some starters, but you should discuss these with your coach and tailor the guidelines to your squads needs.
 - a) Water Breaks are needed often. Use these breaks not only for a physical break for the participants, but also as a key time for the coaches to discuss any immediate adjustments needed in the practice to help it run smoother.
 - b) Junior coaches should always be focused on the contender participants. No distractions with phones, friends, or other technologies.
 - c) Arrive at practice on time so as not to distract or take away from a well-organized practice and to set a good example for the squad.
 - d) Stay a few minutes after practice to discuss any concerns or issues the coach may have about the squad, and to make any needed adjustments for the next practice.
- 5) Work with the other Junior Coaches and prepare a schedule of availability for the Head Coach. This schedule should be:
 - a) in Calendar Format
 - b) include all of the practices (Aug thru November or whatever is applicable)
 - c) include all of the games and competitions for the team
 - d) include Jr Coach availability for each practice, game, and competition. Work with your peers to ensure the head coach has the needed support for each event.

This calendar/schedule is a living document and should be kept up to date as your schedules and availability changes.

Make your head coach aware of any conflicts immediately, so that she can plan accordingly for the team.

- 6) Be sure to review the Participant list with your Head Coach. Discuss with your head coach all of the special needs for each participant. Do your homework and discuss with your head coach the special situation for each participant. Be prepared and investigate what will make these cheerleaders comfortable at practice and provide a “learning environment” for them to become a good cheerleader.
- 7) Discuss an Emergency Plan with your Head Coach. If he/she does not have one documented – help in documenting the Plan and be sure all Coaches and Jr Coaches are aware of the plan.

At a minimum always have a First Aid Kit, and have discussed 3 main roles with the Coach (1) who will remain w the injured cheerleader, (2) who will call 911 and direct the Emergency Personnel to the site, and (3) who will remain and take control of the rest of the squad.

A more detailed Emergency Plan should contain an established set of actions to follow in the event of a medical emergency during a practice or game.

The plan should identify:

- a) Who will provide emergency first aid, including using an automatic external defibrillator (AED) in the event a player or spectator goes into cardiac arrest.
- b) Who and how paramedics or Emergency Medical Services (EMS) will be called, with specific directions to give to EMS to where the game or practice is being held.

- c) Who will monitor non-injured members of the team during an emergency
- d) How parents and a player's family physician will be notified in the event of an emergency
- e) The plan should also make sure that Emergency medical devices are available, including:
 - i) AEDs
 - ii) Rescue inhalers, peak flow meters (or portable spirometers) for each athlete with asthma (in case of emergencies, a nebulizer should also be available).
 - iii) EpiPen® for those children with severe allergies are readily available at all times and that coaches are educated in their use
- f) Coaches/team moms/athletic trainers who are familiar with appropriate community resources, and have a fully functional telephone (mobile or cellular) available, pre-programed with emergency medical care access numbers.
- g) Emergency phone numbers and a list of medical conditions for each player are readily available at all practices and games.
- h) Emergency numbers at which players parent(s) or guardians can be reached in case of emergency
- i) Medical release/treatment authorization forms for every player.

Practice makes perfect.... This plan should be practiced early in the season and repeated often throughout the season.

PLANNING PRACTICES

“Practice makes Perfect.”

-- Unknown

As the saying goes – “Practice makes Perfect” – meaning -- a perfect practice is the first step to a perfect performance. From planning your practices to safety measures, your practice sessions are the basis for how your team will perform on the field and at the competitions. “Perfect” practices and “Perfect” performances mean a little different for our Contender Programs – but they can still be as easy as 1, 2, 3...

1. Adaptability and Flexibility.

Although it is good to have a plan going into the practice – being able to adapt to changes on the fly is required. Stay positive.
Focus on the participants and their desires and needs.
Remember FUN is a key component of our Contender Cheer Program.

2. Repetitive Learning

A simple structure to each practice can help the participants become familiar with the practice “routine” and feel part of the team.

Warm Up - use fun popular music to dance and warm up to. Let the girls choose.

Stretching – see Section FLEXIBILITY / STRETCHING exercises for some ideas.

Motion Techniques – see Section MOTIONS

Review Sideline Cheers – see APPENDIX C

Competition Routine – prepare your routine prior to the start of the season. Use videos from Novice Competition Routines to get ideas.

In general, one hour is an appropriate length for a practice. We found that when it ran longer, many of the girls were getting tired or finding it hard to concentrate.

3. Involving the Parents and Families

There are many ways to involve the parents and families into the program to help the participants to be comfortable and enjoy the season. Some of the ways we incorporated them that worked for our team:

- Frequent performances for the parents/families at the practices. Performances of the competition routine as well as any of the new cheers that they have learned.
- Helping to make signs and appropriate props for the Competition Routine.
- Competition day preparation. Goodie bags, Spirit bags and Spirit Signs for your sister teams, etc.

SKILLS AND DRILLS

T- together

E- everyone

A – achieves

M- more

MOTIONS

Motions are one of the basic foundations of Cheerleading and an essential skill for all Cheerleaders to master and more importantly keep mastered. So get back to the basics, follow these tips and put the magic in your motions.

Tips on Motions:

1. Sharp 'n Snappy - We've probably all heard this before when referring to motions, but what does it truly mean. It means your arms should be stiff and your muscles tight. Your transitions should be smooth, snappy and quick. You should punch your motions out with a lot of strength.
2. Never bend your wrists - Your wrists should never be bent, cocked or out of alignment with your arms.
3. Elbows - If you're in an extended motion, your elbows should be locked.
4. Arm placement - Your arms should always be slightly in front of you and level. Know exactly where the spot is to hit a motion and don't settle for anything else than that spot. Again, keep your arms stiff and muscles tight. Don't let your arms bounce or jiggle.
5. Shoulders - Your shoulders should be relaxed and not raised up like in a shrug.
6. Fists - Know in what direction your fist should be facing (Examples: In a High V your thumbs should be facing towards the crowd. In a Touchdown your thumbs should be facing away from the crowd). Always keep your thumb outside your fist. If ever in doubt, ask your coach.

7. Transition -Take the shortest distance to the next motion and wait until the last second to make it. Move quickly and precisely.

8. Synchronize your motions - Your motions should correspond with the syllables of the words in your cheer/chant or the count of your dance routines and stunts.

9. The clap or clasp motion - This simple motion is often overlooked. Your hands should be under your chin, your elbows in tightly and your fingers close together. It should look clean and neat.

Exercises to Improve Your Motions:

1. Arm Strengthening - Do arm strengthening exercises like push ups and weight lifting. They offer some great ways to improve the strength in your arms and shoulders. Good motions are made with strong arms.

2. Hit your motions quickly - Then hold it for about 30 seconds as tight as you can. One tip in the forum also mentions tightening your butt muscles when you do this. As that will tighten your other muscles.

3. Work in front of a mirror or video yourself - Stand in front of a mirror and watch as you hit your motions. Look for arm position, fist position and any extra unnecessary movements. Then close your eyes and hit the motion again. Open your eyes and look in the mirror to see how you did.

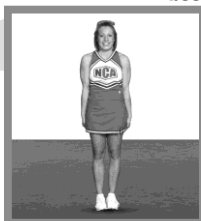
4. Even when practicing other things, be sure you're completing your motions. Don't get lazy and halfway do them. Always complete each motion to the end.

5. Practice with your squad - Coordinate your motions and make sure you're doing them in unison.

6. Most motions have an opposite or reverse corresponding motion. Be sure to practice both.

7. Use your imagination, you can combine motions. Try different and unique sequences. Be creative.

BASIC CHEER MOTIONS



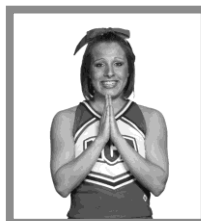
BEGINNING STANCE
Feet together, hands down by the side in blades



CHEER STANCE
Feet more than shoulder width apart, hands down by the side in blades



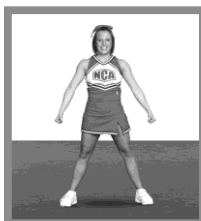
CLASP
Hands clasped, at the chin, elbows in



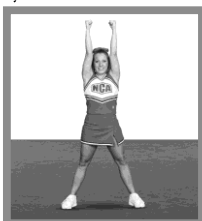
CLAP
Hands in blades, at the chin, elbows in



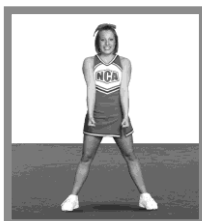
HIGH V
Arms extended up forming a "V", relax the shoulders



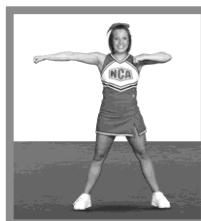
LOW V
Arms extended down forming a "V"



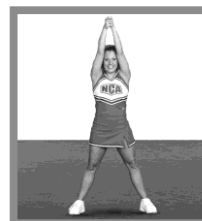
TOUCHDOWN
Arms extended straight and parallel to each other, fist facing in



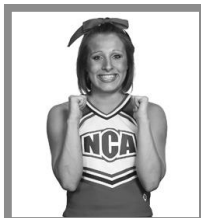
LOW TOUCHDOWN
Arms extended straight down and parallel to each other, fist facing in



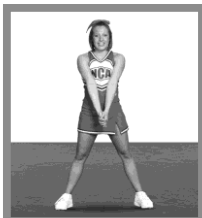
BOW AND ARROW
One arm extended to side with other arm bent at elbow in a half "T" motion



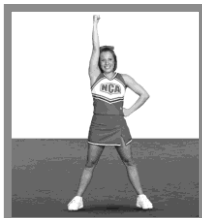
OVERHEAD CLASP
Arms are straight, above the head in a clasp and slightly in front of the face



TABLETOP
Arms bent at elbow, fists in front of shoulders



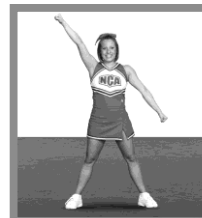
LOW CLASP
Arms extended straight down, in a clasp and slightly in front of the body



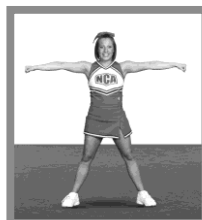
PUNCH
One arm extended straight up, one arm on hip, in a fist



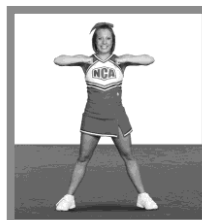
L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)



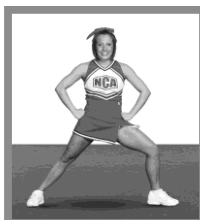
DIAGONAL
One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)



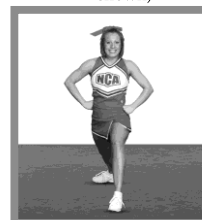
T MOTION
Both arms extended straight out to the side and parallel to the ground, relax the shoulders



HALF T
Both arms parallel to the ground and bent at the elbows, fists into shoulders



SIDE LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



FRONT LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other

FUN TRAINING GAMES

Using games to help your squad remember the cheer motions and the competition routine are a great way to have fun and still move the team forward.

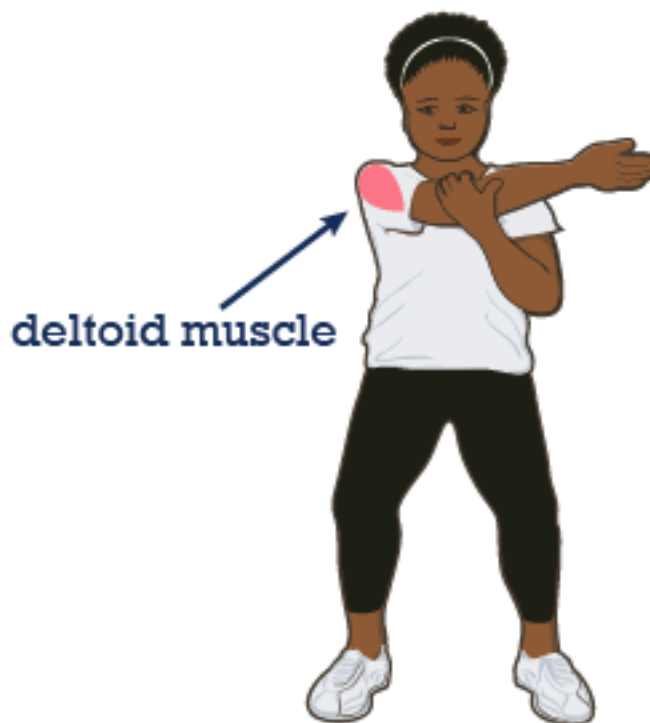
Some ideas for fun games

- Simon Says
- YMCA dance
- Putting the common cheer motions to a song.
- Freeze Dancing to warm up

FLEXIBILITY / STRETCHING EXERCISES

Stretching is important to help lengthen and loosen your muscles. People used to think that stretching was the first thing you should do before exercising. Now we know that you should warm up for 5-10 minutes by doing some light exercises and **then** you should stretch. The reason for this is that stretching cold muscles can directly contribute to pulled and torn muscles.

Here are some different kinds of stretches you can do after you've warmed up with light exercise:

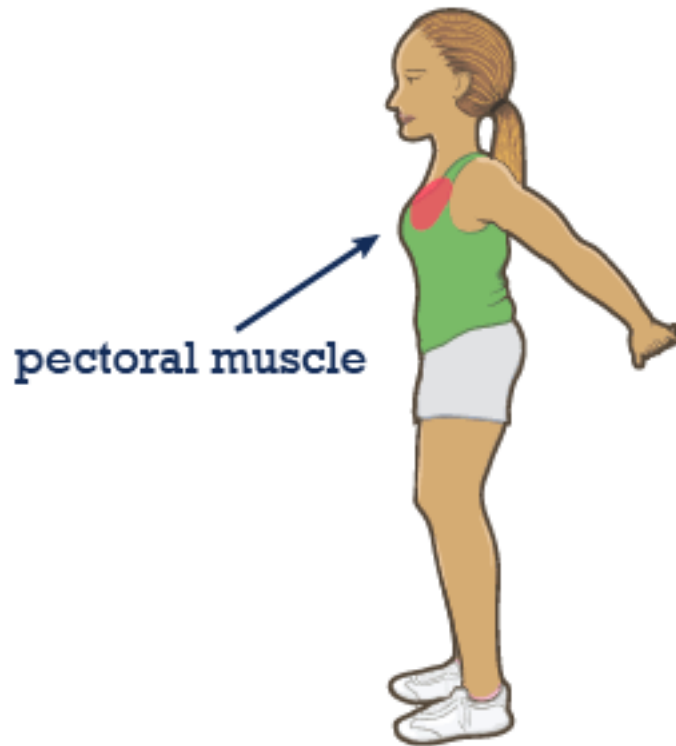


1) Cross shoulder stretch Stand up straight, with knees slightly bent. Place feet hip distance apart. Make sure toes are pointing forward. Keep shoulders even as you complete this stretch. Bend right arm at elbow joint, extend arm across chest. Place left hand on the right elbow to gently support the arm during this stretch. Feel the stretch in your right arm and shoulder. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold stretch for a count of 8. Repeat this stretch on opposite side, using right hand to stretch left arm and shoulder.

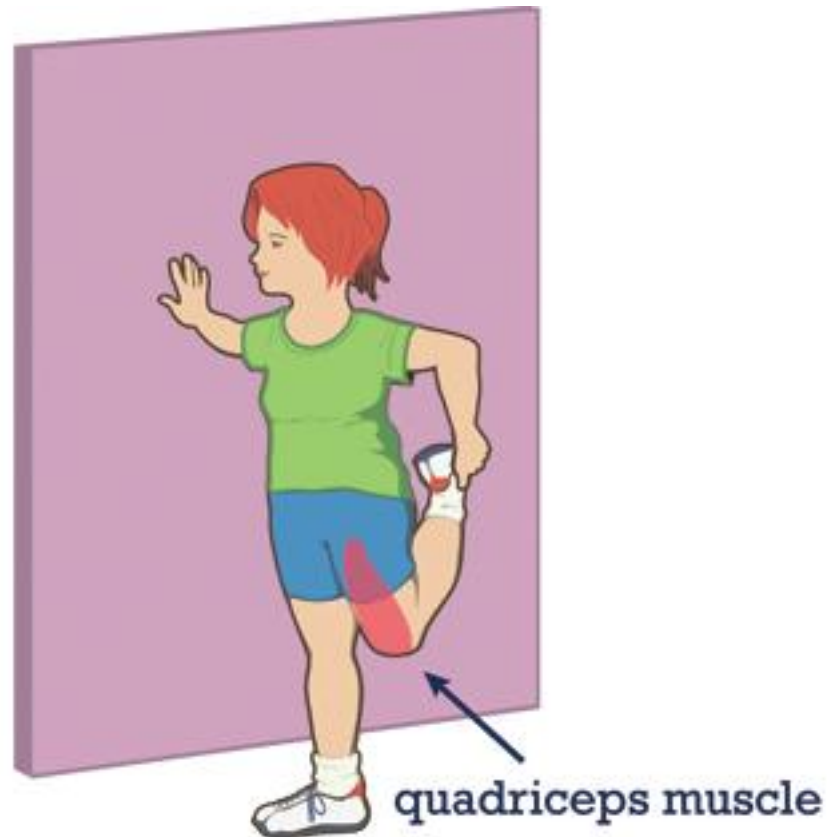
triceps muscle



2) Triceps stretch Stand up straight, with knees slightly bent. Place feet hip distance apart. Make sure toes are pointing forward. Keep shoulders even as you complete this stretch. Bend right arm at elbow joint, lift arm next to your head. Position right fingers so they touch the shoulder blade area. Place left arm across top of head, and place left hand on the right elbow to gently support the arm during this stretch. Feel the stretch in your right triceps. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold stretch for a count of 8. Repeat this stretch on the opposite side, using right hand to stretch left triceps.



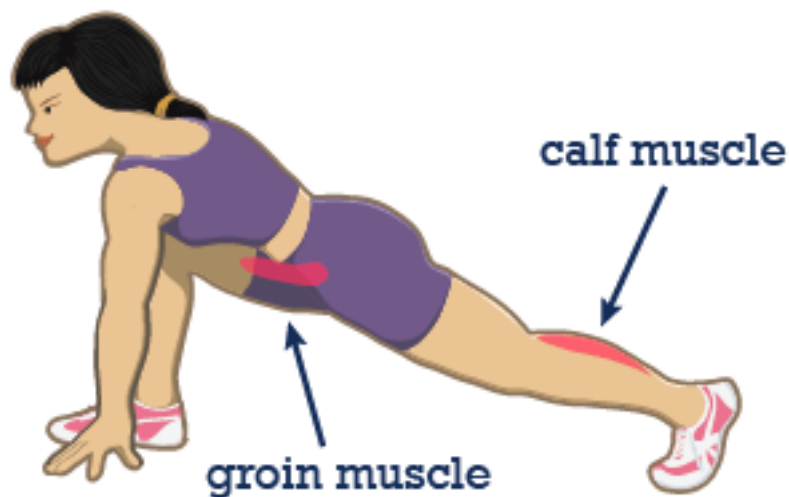
3) Chest Stretch Stand up straight, with knees slightly bent. Place feet hip distance apart. Make sure toes are pointing forward. Keep shoulders even as you complete this stretch. Place arms behind your back. Clasp your hands together, extending your arms behind your back and hold this position. Feel the stretch in your chest. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold stretch for a count of 8.



4) Quadriceps stretch Stand facing a wall, about 1 foot away from it. Keep yourself up by putting your right hand against the wall. Raise your left leg behind you and grab your foot with your left hand. Pull your heel slightly up toward your bottom, stretching the muscles in the front of your left thigh for 20 seconds. Keep your thighs close together to keep your knee aligned and stretch effective. Repeat the stretch with your right leg.

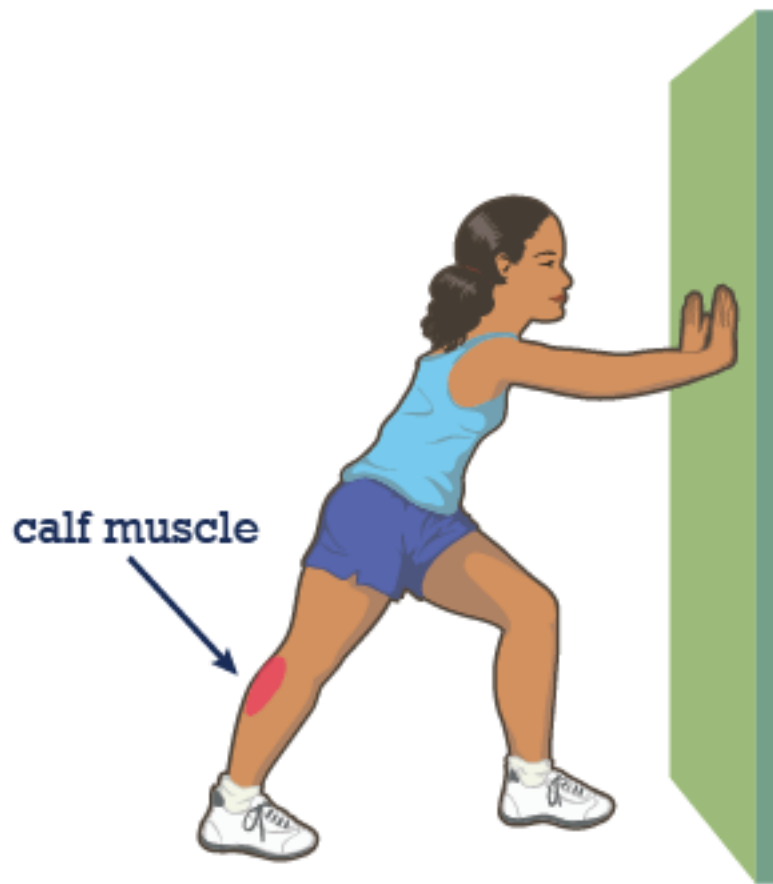


5) Hamstring stretch Lie down with your back flat on the floor, with both of your knees bent. Place your feet flat on the floor, about 6 inches apart. Bend your right knee up to your chest and hold onto your right thigh with both hands placed behind your knee. Slowly straighten your right leg, feeling slight stretching in the back of your leg. Hold the stretch for 20 seconds, and then repeat the stretch with your left leg.



6) Groin stretch Squat down and put both hands on the floor in front of you. Stretch your left leg straight out behind you. Keep your right foot flat on the floor and lean forward with your chest into your right knee, then move your weight back to your left leg, keeping it as straight as you can. Do not move your right knee farther than your right ankle. Hold the stretch for 20 seconds, and then repeat the stretch with

your right leg behind you.



7) Calf stretch Stand facing a wall, about 2 feet away from it. Keeping your heels flat and your back straight, lean forward and press your hands and forehead to the wall. Make sure your knee does not move forward of your ankle. Do this slowly. You should feel stretching in the muscles in the back of your lower legs, above your heels. If you need a bigger stretch, move your back farther away from the wall. Hold this position for 20 seconds and then relax. Repeat.

After you exercise, you need to cool down for about 5 to 10 minutes by doing some of the stretches you did to warm up.

GAME DAY AND COMPETITION CONSIDERATIONS

*“Courage doesn’t always roar. Sometimes it’s the quiet voice at the end of the day that says:
‘I’ll try again tomorrow’ ”*

- a friend

Prepare your team for what to expect on Game Days and Competition Days. Talk about the expected activities at the prior practice and explain exactly what their role will be. Key planning points for the event:

Uniform specifics (include clothing, hair, shoes, bows)

Provide insight into what is acceptable outerwear based on the weather

Plan for snacks/ meals if needed

Stay VERY flexible. If the weather is not looking good – it is not mandatory for your team to cheer. Remember, you want it to ALWAYS be a positive experience. Similarly, work with your coach to pick and choose the appropriate games to cheer at – based on location and weather.

For competition days, work with the organization to make the day go as smooth as possible for your cheer team. Allow the parents to be with you at all times to help keep the girls comfortable

Prepare a checklist for your team on things to remember for the day. Here are some things to start with on the checklist

- Provide details of the expected uniform.
- Provide direction on how you want the girls hair and what bow to wear

- Provide direction on nail polish and makeup
- Provide direction on food and water you expect the cheerleaders to bring
- Discourage bringing electronics
- Remind them to show good sportsmanship at all times
- Remind them – this is their day – have fun !

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APPENDIX A – Sample Brochures



Contender Cheer
Brochure1.docx

APPENDIX B – Glossary of Cheer Terms

Aerial	Used to describe a cartwheel without hands touching the ground or floor. Sometimes refers to a walkover or roundoff without hands.
All Stars	A Cheerleading squad that is not associated or affiliated with a school. .
Arabesque	One leg is down straight and the other is behind you almost at a ninety degree angle to your back.
Attack the Crowd	A technique used to get the audience involved in a cheer, dance or song.
Awesome	Similar to an elevator except the bases bring their hands to the middle and the climber's feet are positioned very close together. This is also known as a Cupie.
Back Handspring	Backwards jump onto your hands, then a quick push from your hands to your feet. Also known as flip-flop or flick-flack.
Banana	This is when you arch your back and reach upwards. You usually only do a banana when you are doing a combination jump or riding up a basket toss.
Base	This is the person/persons who remain in contact with the floor lifting the flyer into a stunt. Person/persons on the bottom of a stunt or pyramid.
Basket Toss	A stunt usually using 3 or more bases which toss the flyer into the air. Two of the bases have interlocked their hands. In the air the flyer may do any jump before returning to the cradle.
Briefs	Matching undies that are part of your Cheerleading uniform, worn under your skirt. Sometimes called bloomers, spankies, tights, or lollipops.
Buckets	Buckets are when you hold your arms straight out in front of you, with your fists facing down as if you were holding the handle of a bucket in each hand.
Candle Sticks	This is a cheer motion where you extend your arms out in front of you with your fists facing each other as if you were holding a lit candle in each hand.
Captain	The leader of a squad or team.

Chant	A short cheer, with simple arm movements. A short repeated yell. Usually done on the sidelines.
Cheer	A longer yell, that involves motions, pom poms, stunts, jumps, or tumbling.
Choreography	The set arrangement of dance steps and movements.
Coach	A person that instructs or teaches a performer, player, or team.
Competitions	An event where squads come to test their skills against others and compete for 1st, 2nd or 3rd place finishes.
Cradle Catch	An end movement where a base catches a flyer/flier after tossing her in the air. The base holds the flyer/flier under her thighs and around her back.
Cupie	One base holds up a flyer/flier with one hand. The bases arm is fully extended and both of the flyer's feet are in the base's one hand. Also known as a kewpie or awesome.
Deadman	when the flyer falls backwards or forwards out of a stunt. 3 or 4 people catch the flyer and could possibly push the flyer back up to the bases hands.
Dismount	A way to return the flyer to the floor after a stunt. Returning to the floor position after a routine or mount.
Double Hook	A jump where one leg is bent in front of you and the other leg is bent behind you, your arms are in a high V. Also known as a Pretzel, Abstract, or Table Top.
Elevator	Two bases each hold a different foot of one flyer. The feet are both held at shoulder level.
Execution	To perform a stunt or routine; The way in which a stunt or routine is performed. The form, style, and technique of a stunt or routine make up its execution.
Extension	One of the basic stunts. Two bases each hold one of the flyer's feet at their chest level and a spotter stands in back. From this position, you can move into a full extension. The full extension is where the bases' arms are straight, holding the flyer above their head

Facials	Cheerleaders can't compete with frowns on their faces! Facials help get the crowd excited and impress the judges big time! The goal is: make it look like your having the time of your life...even if you are so nervous or scared you want to leave...facial tricks that score big with judges are: winks, cheesy smiles, occasional sticking out the tongue, and bobbin your head up and down...hey it sounds stupid, but it helps soo much in a competition or game!
Flier/Flyer/Floater	The person that is elevated into the air by the bases; the person that is on top of a pyramid/stunt.
Full Extension	Two bases each hold one of the flyer's feet at their chest level and a spotter stands in back. From this position, the bases move into a full extension by raising the flyer with their arms up straight and holding the flyer above their heads. There are double based extensions and single based.
Handspring	Springing from your feet to your hands to your feet again. Used alone or in conjunction with other skills. There are forward and backward handsprings.
Handstand	Springing from your feet to your hands to your feet again. Used alone or in conjunction with other skills. There are forward and backward handsprings.
Heel Stretch	Same as a Liberty except your bent leg is held straight up with your hand. See Liberty.
Herkie / Hurkie	A cheerleading jump where one leg (usually your weakest) is bent towards the ground and your other leg (usually your strongest) is out to the side as high as it will go in the toe touch position. This jump is very similar to the Side Hurdler except for the position of the bent leg. There are right Herkies and left Herkies. In a right Herkie your right leg is straight with your left leg bent and the opposite is true for a left Herkie. Sometimes called a hurkie. Named after Lawrence "Herkie" Herkimer.
High V	A motion where both arms are locked and hands are in buckets, both arms are up forming a V.
Hurdler	A jump similar to the Herkie except your bent leg is level with your hip instead of pointing down. There are left Side Hurdlers and right Side Hurdlers. There is also a Front Hurdler, which is a completely different jump. In a right Side Hurdler, your right leg is straight and in the Toe Touch position; your left leg is bent, level with your hip and pointing forward.

Judge	The person or persons delegated to score you at tryouts or your squad at competitions.
Jumps	An action where both feet leave the ground; A coordinated placement of the arms and legs while the feet are off the ground. There are three parts to a jump; the prep/approach, the lift, and the landing.
JV	An abbreviation for Junior Varsity. Underclassmen.
K motion	A Cheerleading motion. One arm forms a High V and the other arm comes across your body. There are left and right K motions.
Kewpie	One base holds up a flyer/flier with one hand. The bases arm is fully extended and both of the flyer's feet are in the base's one hand. Also known as a cupie or awesome.
L motion	A Cheerleading motion. Both arms form an L shape. The up arm should have your pinky facing the crowd and the side arm should have your thumb facing the crowd. There are left and right L motions.
Liberty	A base holds up a flyer/flier with one of her feet in both of the base's hands. The flier's other leg is bent. There are also one armed Liberties. The arms can be in a high V or one arm in a high V and the other on your hip.
Mascot	An animal, object or person adopted by a group to bring them good luck or be symbolic of their association, organization, group or school.
Megaphone	A funnel shaped device used to amplify and direct your voice.
Motion	A set position of a Cheerleader's arms. Motions include T motion, L motion, K motion, hands on hips, diagonals, touchdown, daggers, High V, Low V, and variations of them.
Mount	When one or more people are supported in the air. Another word for stunt.
Peel Off/Reload	When a squad is divided into two or more groups to do the same motion, skill or step at different times. Usually used to give a good visual effect.
Pom Pom	A hand held ball of plastic strips connected by a handle
Pyramid	Multiple mounts or a group of stunts next to one another.

Roundoff	A basic beginner tumbling skill. Once perfected it is used as a setup for combination tumbling skills(back handsprings etc.)
Routine	A continuous show of talent in the squad by use of cheers, chants and dance steps. Can last from 2 min. 30 sec. up to 4 min. depending on the time limits of the competition or showcase.
Scorpion	While in a Liberty you grab the toe of your bent leg and bring it up to almost behind your head.
Sell it	A term used when facials or attitude is exaggerated to make the cheer, motion or dance step have more appeal.
Spankies	Another word for briefs or undies. Also called lollipops, bloomers, and tights.
Spotter	A person that stays in contact with the performing surface and watches for any hazards in the stunt or mount. The spotter is responsible for watching the flyer and to be prepared to catch her if she falls.
Squad	A small group of people organized for a specific purpose; An athletic team.
Stunt	Any skill or feat involving tumbling, mounting, a pyramid, or toss. Usually does not refer to a jump.
Suck it Up	When a cheerleader says suck it up, it means while a flyer is up in a stunt, to try to hold it and not fall.
T motion	A motion where the Cheerleader's arms form a T with the thumb side of her fists facing the crowd. There is a half or broken T where your elbows are bent and the pinky side of your fist is facing the crowd.
Table Top	A jump where it appears the Cheerleader is sitting in the air. This jump is sometimes referred to as an Abstract or Double Hook, depending on where you live. Sometimes the dagger motion is also called a table top.
Tick-Tock	This is when a flier switches feet in a stunt.
Toe Touch	One of the most widely used jumps in Cheerleading. A jump where your arms are in a "T" motion and your legs split to the sides, toes pointed with your knees up or pointed back. Hands do not touch the toes, as the name implies, but instead your hands try to reach to the insides of your ankles. You should keep your back straight, your head up, and rotate your hips to perfect this jump.

Touchdown	Cheerleading motion where both arms are held directly overhead, tight against the head/ears. Hands have palms facing each other, pinky side out.
Try Out(s)	The way to narrow down potential cheerleaders for a squad. Usually conducted by the coach and/or trained or accredited judges. Special skills are named by the coach to perform and be judged on individual performance.
Tuck	Jump where you bring both knees up to your chest. Can be used as a jump or for flipping.
Tumbling	Any gymnastic skill used in a cheer, dance, or for crowd appeal. Can be done as an individual or as a group in unison.
V motion	Cheerleading motion where both arms are up forming a V. Thumb side for fists faces the crowd.
Varsity	The main squad that represents a school, college or university. Upperclassmen.

APPENDIX C – Cheers/Chants

General Chants

B-E-A-T

Bx ExxAT

Beat those [Vikings]!

Huskies, Let's Rock It

Huskies let's rock it

Get up, Get up don't stop it!

Clap it High

Clap it high, Clap it Low

Come on Fans, Go Huskies Go!

Fight Blue, Fight White

Fight blue, fight white

Fight, fight tonight!

We're Here

We're here, to beat the [Colts!]

Little Blue, Little White

Little Blue, Little White

Little Blue Little White

Little Fight Fight!

Great Big G

Great big G

Great big O

Go Huskies go!

[Last time add: Let's go!]

Let's Get Fired Up

Let's get fired up

Go Huskies go

[Last time add: Let's Go!]

Go Go Get Um

Go, go get 'um

Go go we got 'um

Come on mighty Huskies

Stomp on 'um

Get In There, Get Tough

Get in there, get tough

Come on Huskies strut your stuff

Hot-To-Go

H-O-T-T-O-G-O

That Huskies team is hot to go

Say what, woo, hot to go

Say what, woo, hot to go

Sparkle and Shine

Come on everybody

Let's sparkle and shine

The mighty Huskies are

Looking fine

Awesome

A-W-E-S-O-M-E

Awesome, awesome, awesome are we

We Got the White

We got the white, the white

We got the blue, the blue

We got the team, the Huskie team, yea

Come On Mighty Huskies

Come on Mighty Huskies
You know where it's at
You gotta rock with the blue
And roll with the white

We're Big

We're big B-I-G
And we're bad B-A-D
And we're boss B-O-S-S
B-O-S-S BOSS

Whip 'Em

W-H-I-P
Whip 'em for victory
Whip 'em, Whip 'em good
Go Huskies
Whip 'em , Whip 'em good
Yee Haw!

Hey all You Huskies Fans

Hey all you Huskies fans
Stand up and clap your hands
Now that you've got the beat
This time let's stamp your feet
Now that you've got the groove
This time let's really move

Grab the V

Grab the V

Dot the I

Curl the C

T-O-R-Y

[Last time add: Victory!]

Go Go Huskies

Go go Huskies
Everybody yell go Huskies!

Hey Hey Here We Go

Hey, hey here we go
Hunterdon Huskies!

Who Rocks The House

Who rocks the house?
The Huskies rock the house
And when the Huskies rock the house
They rock it all the way down

Let's Go Blue

Let's go blue, let's go white!
Blue, white!

Here We Go Huskies

Here we go Huskies
Here we go!

B-E-A-T #2

Bx Ex Ax T
Come on Huskies
Beat the [Panthers]!

Huskies, Let's Go!

Huskies let's go, let's go
Go Big Blue!

Who are You Yelling For

Who are you yelling for?
Hunterdon Huskies!

Yell it, Louder Now

Yell it, Louder Now
Let's Go Huskies!

Hey Hey Here We Go GO

Hey, hey here we go
GO – BIG - BLUE!

When You're Up, You're Up

When you're up, you're up
When you're down, you're down
When you're up against the Huskies
You're upside down

We Are The Huskies

1 We are the Huskies
2 A little bit louder
3 We still can't hear you
4 Let's score more
[Last time add: HUSKIES]

Hey Hey, Let's Go Blue

Hey hey, let's go blue
Let's go, big blue

Scared

S-C-A-R-E-D
We got 'em scared, yeah
Shakin' in the knees

Catch That Wave

Catch that wave
Catch that Hunterdon Huskies wave

There's No Competition

There's no competition
Like the real competition
And the real competition
Is the Hunterdon Huskies, YEAH!

Tower of Power

We are the tower of power
Way above the rest
We are the best
And nothing less

One Double O

One double O
Is the way to go
So give it, 100 percent!

Aw Shucks

Aw shucks, Hey now
HUSKIES gettin' down
We got power, Jump back
Show 'em where it's at
Cuz' when it comes to winning
We're second to none
Cause we know, that you know
That we're number 1!!

G-O Yell Go

G-O Yell Go, Go

Be Aggressive

Be aggressive
B-E aggressive
B-E-A-G-G-R-E-S-S-I-V-E

Let Me Hear Your Huskie Spirit

Let me hear your Huskie spirit
(What did cha say)
Let me hear your Huskie spirit
(What did cha say)
I said a ooh ah ah, ooh ooh ah ah
I said a ooh ah ah, ooh ooh ah ah

Victory

You can do it
If you try
V-I-C
T-O-R-Y

Spirit

SP-IR-IT
Got the spirit
Let's hear it

Let's Get Physical

Let's Get Physical
Get down get tough get mean
Let's get physical
And roll right over that team

G-O Let's Go

G-O Let's Go
F-I-G-H-T Fight
W-I-N Win
Go Fight Win

Dynamite #1

Our team is dynamite, yea,
Our team is dynamite
And when you mess with dynamite, it
goes tick tick tick tick tick tick tick
BOOM dynamite, I said a BOOM
dynamite, I said tick tick tick tick tick tick
tick tick BOOM!

Big Blue

Big Blue
Big White
Fight Fight Fight

Red Hot

Red Hot
Our team is red hot
Our team is R-E-D red H-O-T hot
Once we start we can't be stopped
Say Hey Hey, Say Hey Hey

Victory, Victory

Victory, Victory
Let's repeat it
Victory, Victory
Let's repeat it
Never will we be defeated
Never will we be defeated
Let's Go HUSKIES!

Fight Fight Fight'em

Fight, Fight, Fight'em
Beat, beat, beat'em
Come on Huskies, Let's defeat'em

A-T-T-A-C-K

A-T-T-A-C-K
The Huskies are Back
A-T-T-A-C-K
The leaders of the Pack

Go Fight Win

Go Fight Win
Go Fight Win
Hunterdon Huskies
Go Fight Win

Up Up On Your Feet

Up up on your feet
Hunterdon Huskies can't be beat

Blue And White

Blue and White
Blue and White

Charge Up

Charge up that Huskie machine
Get it together and beat that team
Charge Up!

I Say Blue

I say Blue, you say white
Blue white
Blue white
I say number, you say one
Number one
Number one
I say Hunterdon you say Huskies
Hunterdon Huskies
Hunterdon Huskies
I say the, you say best, the best, the best

The Cookie Monster

The Cookie Monster says that the Huskies
are

The great big cookies at the top of the jar.

The Cookie Monster says that the

_____ are

The itty bitty crumbs at the bottom of the
jar.

The Cookie Monster is the referee,
whatever he says must be.

OFFENSE Chants

S-C-O-R-E

S C O xx R E, score Huskies score!

We Want a Touchdown

We want a Touchdown, xx
Go Huskies!

First and Ten

First and ten
Do it again, go, go!

Huskies Score

Huskies score xx six more!

Huskies Need a Touchdown

Huskies need a touchdown
Hey, move that ball!

T-O-U-C-H-D-O-W-N

T-O-U-C-H-D-O-W-N

Six More

Six more! Score Huskies Score

O-F-F-E-N-S-E

O-F-F-E-N-S-E! Huskies offense

M-O-V-E

M-O xx V-E xx
Move the ball to victory!

Get a 1st down

Get a 1st down
Get a touchdown
Stop the clock
Gotta get down

First and Ten #2

First and ten
Let's do it again

What do we want a TD

What do we want
A TD
What's that
A touchdown

Make That Point

Make that point
You gotta make that point

Hut Hut Hut Hey

Hut hut hut hey
We're fired up
And ready to play

Touchdown Chant

Bob, Bob, he's our man, let's give Bob a
great big hand!
[15 fast claps]

DEFENSE Chants

Go Go Get It

Go, go, get it, get it
Get back that ball!

Defense Get Tough

Defense
Get tough, get tough
Defense, get tough

Defense Get Tough

Defense, get tough
Hold that line!

Hold that Line

Hold that line, Huskies, hold that line!

Push 'Em Back

Push 'em, push 'em back,
Defense get tough!

Tighten Up that Line

Tighten, tighten up that line!

Way to go defense

Way to go defense, G-O

D D Defense

D D Defense!
Hold 'em, Huskies, hold 'em!

Hit Em Hard

Hit 'em! Hit 'em hard!
Yell defense, defense!

Push 'Em Back #2

Push 'em back, take 'em down
Defense, defense!

B-L-O-C-K

B-L-O-C-K block that kick!

Block That Kick

Block that kick defense
Block that kick

Push 'Em Back #3

Push 'em back
Push 'em back
Waaay Back

Hold That Line

Hold that line, you gotta
Hold that line

Block That Point

Block that Point
You Gotta
Block that Point

Block That Kick

Block that Kick
You Gotta
Block that Kick

T-A-K-E

T-a-k-e
Take that ball away