

2024 Tecumseh Arrows Youth Football & Cheer

(TAYFC)

CHEER INFORMATION HANDBOOK



Eligibility: Elementary students enrolled in Tecumseh Local Schools

Teams/Squads:

- Flag Football Cheer:
 - Grades K-2nd
 - Kindergarten permitted, however, parent/guardian need to take careful consideration
- Tackle Football Cheer:
 - 3rd Grade
 - 4th Grade
 - 5th Grade
 - 6th Grade

Cheer Head Coaches:

- **Flag:** Sarah Short - 937-269-4664
- **3rd:** Brandy Stewart – 937-505-7527
- **4th:** Sheldon Craig - 937-846-6328
- **5th:** Randi Coyle - 937-470-2379
- **6th:** Jamie Parks - 937-902-3600

Communication:

- **Website:** www.tayfc.com
- **Email:** arrowsyfc@gmail.com
 - Check the email you used to register
- **In-Person:** Cheer Director and Head Coaches are available 15 minutes before each practice.

TAYFC Board:

- See TAYFC Website

Accepted Methods of Payment

- **Cash**
- **Venmo (@TAYFC)**
 - It shows the Circle T logo and says “TAYFC Board”
 - Pay as *Family or Friend*
 - Click “Pay Without Confirming” when it asks for the last 4 digits of phone #
- **Check**
 - Payable to *TAYFC or Tecumseh Arrows Youth Football & Cheer*
 - Please *add cheerleaders name* in “Memo”
- **Receipts**
 - Take photo of order form as your receipt (**no refunds**)!

TAYFC – Cheer YouTube Channel



- Link: <https://www.youtube.com/@TecumsehArrowsYouthCheer>
- Once the season starts, we will start posting videos of all cheers, chants, and dances your child learns!

Communication

- **TAYFC Website:** www.tayfc.com
- **Email**
 - Ensure you check the email you used when you registered.
- **App:** TAYFC may require you to download an app for season communications. More info will be shared close to the season.

TAYFC – Required Documents for CHEER

Provide all required documents to a coach and the coach will provide to the TAYFC Secretary

- Physical (entire packet completed)
 - Including Lindsay's Law (Sudden Cardiac Arrest) & Concussion

The physician's office should have the required paperwork. If not, here is the link to sports physical document:

<https://www.ohsaa.org/medicine/physicalexamform>

TAYFC – Fundraisers

Subject to Change

- **Program Fundraisers:**
 - To ensure we can keep our program registration free or at a low cost, have the safest & enough equipment, and pay other season fees (i.e. pom poms, helmets, equipment, first aid kits, referees, field maintenance, etc), we do hold fundraisers throughout the season.
 - We ask that you participate to support this great program!
 - Past Examples:
 - Fish Fry/Hog Roast/Swim Party
 - Pepperoni Rollers
 - Arrow Cards
 - Bowling Night
 - Stronger Together event (hosted by the Tecumseh Strong organization)
 - Lottery Ticket Raffle (Ohio Pick 3 Evening Drawing)
 - Buy-Out Options explained during registration.
- **Cheer Specific Fundraiser**
 - Uniform/Other Items Fundraiser (Sponsor My Season)
 - Optional fundraiser to help collect money for your individual child's uniform and season costs.
 - Tumbling Fundraiser (Sponsor My Tumbling – Calendar)
 - Optional fundraiser to help collect money to pay for tumbling.

TAYFC – Volunteer Needs

- **All Games:**
 - Video/Pictures
- **Home Games:**
 - Concession Stand
 - Set-up
 - Clock/Scoreboard
 - Chain Gang
 - Clean up
- If you are willing to volunteer, please see a coach or any TAYFC Board member.

TAYFC – Cheer Camp

- **Dates & Times:** Exact date(s), time(s), and registration information will be provided once known.
- **What:**
 - The Tecumseh High School Cheerleaders typically host a Cheer Camp for the youth cheer programs in our school district.
 - TAYFC has *no control* over this camp, tshirt orders, etc. You will need to contract the high school coaches for any questions, comments, or concerns.
 - In the event the HS does not host, the TAYFC program will host camp.
 - The cheerleaders typically learn cheers, chants, band/fight song dance, and more.
 - Check the Tecumseh Arrows Athletic website periodically to see if the high school has posted camp info: [Tecumseh Arrows - Official Athletic Website – New Carlisle, OH \(tecumseharrowssathletics.com\)](http://tecumseharrowssathletics.com)
- **What to wear:**
 - There may be “themed” days but that information will be shared if/when it is know.
 - General Rule for wear:
 - T-shirt (sports bra, if needed)
 - Solid black athletic shorts
 - Athletic/Cheer shoes
 - Absolutely no flip flops, crocs, open-toed shoes of any kind, etc; if your child does not wear appropriate footwear, they will need to sit out due to safety
 - No jewelry (stud earrings acceptable)
- **Bring:**
 - Water

TAYFC – Practice Information

- **When:** Exact practice days & times will be communicated close to the season.
 - Example: 2 days per week – 6-7:30pm @ Tecumseh Middle School (outdoors)
 - Practice days/times subject to change during season for necessary accommodations and parents will be notified via proper communication channels
 - Examples: Clark County Fair, open houses, reduced due to start of school, rain make-ups, etc.
- **Location:** Tecumseh Local Middle School (side and/or behind; OUTDOORS)
- **Attendance:**
 - Practices are **mandatory**, this is a team sport; if you must miss, please let your Head Coach know prior to practice time and the reason for missing. Head Coach phone numbers are on front page of handbook and on TAYFC website.
 - Sick/Illness: If your child is sick/missed school due to sickness, please keep them home from practice.
 - Injury: If your child is injured, we encourage them to still attend practice, even if they have to sit so they can continue to learn and we with their teammates.
- **Parents:**
 - Your child needs the following to be prepared for practices:
 - Athletic wear (shirt, shorts/pants, socks, and shoes)
 - Absolutely no flip flops, crocs, open-toed shoes of any kind, etc; if your child does not wear appropriate footwear, they will need to sit out due to safety.
 - Hair up/out of face
 - No jewelry
 - Bathroom before practice
 - Water
 - Sunscreen
 - Bug Spray
 - Please help us encourage your child to refrain from using their cell phone during practice (i.e. during water breaks).
 - We encourage parents to stay and meet other parents in the program.
 - If you do not stay for practice, please arrive for pick-up at least 10 minutes prior to practice end time.
 - If you have other children in the program with a later practice time, you cannot leave your cheerleader by themselves. You must pick them when their cheer practice ends. Older siblings who are actively in practice cannot watch the cheerleader.
 - Coaches are not responsible for supervision of child outside of practice times.
 - Coaches will be available 15 minutes before practice to answer any questions.
 - Coaches are volunteering, please be respectful of their time and energy.

TAYFC – Game Information

- See season calendar for dates & times; we cannot release our season calendar until the league finalizes the game schedule!
- **Pre-Game:**
 - Please ensure your child is well hydrated, eats a healthy meal prior to game time, and is well rested as some games are very hot and sometimes long for our younger athletes
- **Arrival/Meet Time:**
 - Cheerleader ***must*** arrive ***30 minutes prior to game start time completely ready*** (uniform, shoes on, hair up with bow, water in hand, no jewelry, with Coach)
 - Recommend giving yourself extra time to factor in parking, walk to field, and allow child to use bathroom before meet time
 - No jewelry for safety! Cheerleader will be asked to remove jewelry and Coaches are not responsible for lost jewelry.
- **Bring:**
 - Water
 - Wear full uniform (bow, shell/shirt, skirt, briefs, no show socks, solid black athletic/cheer shoes)
 - Long-sleeved solid black shirt if below 70 degrees
 - Bring in TAYFC bag:
 - Clear Poncho: if rain is in the forecast
 - Solid black leggings: recommend bringing later in season as games get colder
 - Black Cheer Hoodie: purchased via TAYFC Spirit Wear sale!
- **Half-Time:**
 - Please feel free to come visit your child during halftime and ensure they have enough water
 - We will take a bathroom break (if needed)
 - They will not be released to run around as this is a time for them to sit & rest
 - Cheerleaders should not be getting candy and food during the game/halftime as in the past we have noticed their stomachs start hurting and/or they are late for the 3rd quarter; they need to eat before the game and they will receive a snack post-game
 - We may have the opportunity to do a halftime routine so we want to make sure we have all cheerleaders present
- **Post-Game:**
 - Please come to sideline to pick-up your child; we will not release them to find you
- **Game Locations:**
 - **Home:** Spitzer Stadium - 9830 W National Rd - New Carlisle, OH 45344 (Tecumseh High School)
 - **Flag Games:** Some will be at Spitzer Stadium and some may be on the Practice field behind the softball fields close to Spitzer Stadium. Unfortunately, there is no close parking and you will need to bring a chair & recommend bug spray.
 - **Away Games: The league does not release the final game schedule until closer to the season start. A list of away game addresses will be provided once known.**
 - **Some locations do not have bleachers so recommend keeping a chair(s) in your vehicle.**
- **Entry Fees:**
 - Most locations, including TAYFC, charge an entry fee, recommend bringing cash & we will do our best to communicate this prior to game time
- **Sick/Illness:** If cheerleader is sick, please keep them at home and let the head coach know they will not attend
- **Injury:** If the cheerleader is injured, we encourage them to still come and participate, if able
- Director will provide cheer roster to opponent prior to each game for cheerleader announcements

Cheer is a TEAM SPORT, please make every effort to ensure your cheerleader is present!

SPECIAL EVENTS

All information subject to change

TAYFC – Tumbling

- Tumbling is optional and may be taken at gym of your choice; providing information for Dayton Academy below as we have several TAYFC coaches and families who take classes at Dayton Academy.
- HIGH ENCOURAGED for those planning to try-out for middle and/or high school cheer.
- **Location:** Dayton Academy of Gymnastics & Dance: 5051 Nebraska Ave, Huber Heights
- **Register:**
 - Online: [HOME \(daytongymnastics.com\)](http://daytongymnastics.com)
 - Phone: 937-236-2100
- **Fundraiser:** May use calendar fundraiser to help offset the cost; Calendar and details on how to use it are under the “Tumbling” Dropdown on the TAYFC website.

TAYFC – Pee Wee Night at Tecumseh High School (THS) Football Game

- **Date:** See season Calendar for exact date
- **Time:** TBD; will be shared via appropriate channels once known
 - **Drop-off:** grassy area close to stadium entrance
 - **Pick-up:** by the Indian Head near front gate (Cheerleaders must be released to guardian after pre-game activities)
- **Entry Fee:** Spectators will have to pay for admission; cheerleaders are free
 - Purchase tickets in advance online: <https://www.tecumseh.k12.oh.us/TicketSales.aspx>
- **What:**
 - The TAYFC program is invited to a THS football game for “Pee Wee Night”
 - This is an **optional** event
 - Cheerleaders wear their uniform, walk along the track & get announced as well as go on the field to make a run-through tunnel for the high school football players before the game
 - Cheerleaders leave with parent/guardian after pre-game activities!

TAYFC – Heritage of Flight Parade

- **Date:** Typically the first weekend in October; check the season Calendar for exact date & time
- **Time:** Details will be shared via appropriate channels once known
- **What:** New Carlisle hosts an annual Heritage of Flight Festival which includes a parade (this is an **optional** event)
 - Wear uniform and bring candy to throw
 - Please explain to your child that we **lightly toss** the candy to the crowd and to spread it out as it is a long parade route
 - Recommend bringing a small blanket as we typically use a large truck with bales of hay
- **Route:** TBD; drop-off & pick-up location will be shared once known
 - Roads are blocked off early so it can be difficult to drop-off, please plan accordingly

TAYFC – Family Day

- **Date:** See season Calendar for date
- **Time:** TBD; will be shared via appropriate channels once known
- **What:** Each football player & cheerleader will have the opportunity to get a picture, walk across the 50-yard line and be announced with their family members (parents, grandparents, siblings) at the beginning of a home football game
 - TAYFC will collect the names of those attending prior to the event
 - TAYFC will have a specific line-up for us the day of the event

TAYFC – Pink Out

- **Date:** See season Calendar for exact date
- **What:** In support of Breast Cancer Awareness, we participate in a Pink Out game (or games) during the month of October.
- Cheerleaders will wear pink accessories of your choice (ex. bow, socks, etc) and a pink item provided with uniform.



CHEERS/CHANTS/FIGHT SONG



Not an all-inclusive list.

INTROs – CHECK

My Name is _____, check!

I am a cheerleader, check!

I cheer for the Arrows!

So check – me – out!

LETS GET FIRED UP

Let's get fired up,

Fired up for a victory!

WE'RE PSYCHED

We're psyched, we're here

We're ready to cheer

We're psyched, we're here

We're ready to cheer

BIG, B-I-G

We're big, B-I-G,

We're bad, B-A-D,

And we're Boss, B-O-S, B-O-S-S, Boss!

LET'S GO ARROWS, LET'S GO

Let's go Arrows, Let's (clap, clap)

DYNAMITE

Our boys are Boom Dynamite

Our boys are Boom Dynamite

Our boys are, tick, tick, tick, tick

BOOM DYNAMITE!

RED HOT

Our team is red hot, a hot hot

Your team is dead shot, a bang bang

Our team is on the ball

Get ready, to fall!

VICTORY

(one) Hey, Arrows!

(all) Hey, what?

(one) Hey, Arrows!

(all) Hey, what?

(one) How do you spell Victory?

(1/2) You split the V

(1/2) You dot the I

(all) You curl the C-T-O-R-Y

(all) That's how you spell Victory

(one) Spell what?

(all) Victory!

TOTALLY

Like totally, for sure

I just got a manicure

The sun, I swear

It's bleaching out my hair

Like 24, like 34, I don't even know the score

Go-go, fight-fight

Gee, I hope I look alright!

JAMMIN

We don't need music

We don't need a band

All we need are Arrow fans

Jammin' in the stands!

BUBBLE GUM

Bubble gum, bubble gum, Pop, pop

Bubble gum, bubble gum, Pop, pop

Our team, our team, is on top

Your team, your team, is Kerplop!

YELL

Y-E-L-L...Y-E-L-L

Everybody yell, Go Arrows

Woo, Woo, Go Arrows!

Wooooo!

BLACK ATTACK

Black Attack, everybody yell, BLACK ATTACK! (2x crowd rusher)

Black Attack, everybody yell, BLACK ATTACK!

Black Attack, everybody yell, BLACK ATTACK!

Black Attack, everybody yell, BLACK ATTACK!

D-O-W-N

Hey front row, hey what?

Hey front/back row, hey what?

Let me see you get down, no way!

Let me see you get down, okay!

D-O-W-N, let me see you get down, whoo!

D-O-W-N, let me see you get down, whoo!

GO ARROWS ATTACK

Go Red, Go Black

Go Arrows, attack!

BARN DOORS

Open up the barn doors and kick out the hay,

We're the girls from the USA, turn on the radio, what do you hear?

Elvis Presley singing a cheer

We will, we will, rock you down, shake you up, like a volcano will erupt

Mighty, Mighty Arrows, are here to say, we will rock you night and day!

BANG, BANG

Bang, bang, choo-choo train

Wind me up and I'll do my thing,

I can't, why not, cause my back is aching and my shoes are too tight

My hips are shaking from the left and to the right

Left (clap x4), Right (clap x4), Left (clap x4), Left – Right (clap x3)

BANG, BANG

Bang, Bang, choo-choo train
Come on Arrows do your thing!
Get it, get it, get it, get it,
Got it, got it, got it, got it
BOOM, and let it roll! (clap x5)

WE GOT SPIRIT

We got spirit
Deep down inside
So, bring it up
Don't let it hide!

JUMP SHAKE YOUR BOOTY

Hey Arrows, Hey Arrows are you ready?
We're ready!
Hey Arrows, Hey Arrows are you ready?
We're ready!
Toooooooooooooo, JUMP SHAKE YOUR BOOTY, JUMP JUMP SHAKE YOUR BOOTY
JUMP SHAKE YOUR BOOTY, JUMP JUMP SHAKE YOUR BOOTY

YOU, BE-WARE

This is Arrows territory, you BE-WARE!
This is Arrows territory, you BE-WARE!
This is Arrows territory, you BE-WARE!

T-E-C-U-M-S-E-H, LET'S GO

T-E-C-U-M-S-E-H, LET'S GO (crowd rusher)

ARROWS, GET TOUGH

T-O-U-G-H, Arrows, get tough!
T-O-U-G-H, Arrows, get tough!
T-O-U-G-H, Arrows, get tough!

COOKIE MONSTER

The cookie monster says that the Arrows are,
The great big cookie at the top of the jar.

The cookie monster says that the (other team) are,
The itty-bitty crumbs at the bottom of the jar.

AWESOME

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

We're awesome, awesome,

Totally!

BOOGIE DOWN

Hey, Arrows, Hey Arrows, are you ready?

We're ready!

Hey, Arrows, Hey Arrows, are you ready?

We're ready!

Toooooo, boogie, boogie, boogie down, boogie down (clap)

Boogie, boogie, boogie down, boogie down!

WE ARE THE BEST, THE BEST

A-R-R-O-W-S, we are the Arrows, oh yes,

And we are the best, the best!

SPIRIT BRITCHES

We've got spirit in our britches yes we do, yeehaw!

We've got spirit in our britches yes we do, yeehaw!

We've got spirit in our britches and it really, really itches

We've got spirit in our britches yes we do, yeehaw!

W-I-N

W-I-N, Fight to Win!

ALL THE WAY DOWN

All the way down, all the way down,

All the way down that field,

Hey!

GET ROWDY

Get rowdy, get tough! (clap, clap)
Get rowdy, get tough! (clap, clap)
Get rowdy, rowdy, get tough, get tough
Get rowdy, get rowdy, get tough!

ALL YOU GOTTA DO

All you gotta do is GO-GO-GO
All you gotta do is FIGHT-FIGHT-FIGHT
All you gotta do is WIN-WIN-WIN
GO-FIGHT-WIN (clap, clap, clap)

ALLIGATOR CROCODILE

Alligator, crocodile, let's get funky for a while
Mmm get funky, mmm, mmm, get funky
Crocodile, alligator, let's get funky now or later
Mmm get funky, mmm, mmm, get funky

WE MADE IT TO THE TOP

We made it to the top
We're solid as a rock
We can't be stopped
Because we're Hot, Hot, Hot!

MY LEMON LIME

My lemon lime, My tootie fruity
Arrows are going to kick some bootie
Say hey...Na-Na-Na, Say, Hey...Na-Na-Na
My back is aching and my shoe's are too tight, my body sways from left to right
Say hey...Na-Na-Na..., Hey...Na-Na-Na
Hit em high, Hit em low, Hit em in the Uh-Oh
Say hey...Na-Na-Na...Hey

GO GO

Go, Go
Beat, Beat
Victory and not defeat!

BIG G

Big G
Littl O

Go, Go!

WHO ROCKS THE HOUSE

Who rocks the house
I said the Arrows rock the house
And when the Arrows rock the house
They rock it all the way down

WE DON'T MESS AROUND

We don't mess around, No way
We don't mess around, Hey, Hey
We don't mess around, We just get down, down, down!

WE'RE NUMBER ONE

We're number one, not two, not three, not four
We're gonna win, not lose, not tie the score,
We're number one (clap, clap), we're number one (clap, clap)

WE CAN

We can, we can
We know we can
We can, we can, we must!
We can, we can, we know we can
(other team) bite the, DUST!

LEAN A LEAN

Two times four is half of sixteen
All for the Arrows to do the lean-lean
A lean-a lean-a lean-a lean- a lean lean
A lean-a lean-a lean-a lean- a lean lean
Four times six is half of forty-eight
All for the Arrows to do the shake-shake
A shake-a shake-a shake-a shake- a shake shake

WE ARE THE ARROWS

One...We are the Arrows
Two...A little bit louder
Three...We still can't hear you
Four...We are number one (start back at the beginning)

WE WILL

We will, We will
Rock you down
Shake you up
Like a volcano, we'll erupt
Mighty, mighty Arrows are here to say
We're gonna rock you night and day

RED IS THE COLOR

Red is the color
Black is the other
Ugh...They think their bad
Ugh...We know we're bad
Ugh...They think their bad
Go, Arrows, Go

A-T-T-A-C-K

A-T-T-A-C-K...The Arrows are back
A-T-T-A-C-K...attack, attack, attack

1-2-3-4

1-2-3-4, what do you think those cleats are for?
To Stomp 'em (clap, clap, clap)
To Stomp 'em (clap, clap, clap)

BIG FAT APPLE

Big fat apple, Skinny banana
Were the girls from Indiana
That's a lie, Now here's the truth
Were the Arrows and aren't we cute!

WE'RE #1 ALRIGHT, ALRIGHT

We say go, you say fight
Go, fight, go, fight
We say win, you say tonight
Win, tonight, win, tonight
We say number, you say one

Number, one, number, one
Go, fight, win tonight
We're number one alright, alright

LET'S GO

L-E-T-S-G-O
Let's Go
Let's Go

GET MEAN

Get mean
Get tough
Make them say they've had enough

LET'S GO ARROWS!

A-R-R-O-W-S, Let's Go Arrows!
A-R-R-O-W-S, Let's Go Arrows!
A-R-R-O-W-S, Let's Go Arrows!

LETS GET PHYSICAL

Let's get physical
Get down-Get tough-Get Mean
Let's get physical
We'll roll right over your team

FIGHT SONG

On Arrows, on forever more,
On Arrows, fight to raise the score,
We'll fight for red, we'll fight for black
With honor and with pride
We'll battle and we will not be denied.
Rah, Rah, Rah!
Fight on, fight for Tecumseh High,
Fight to win with all your might.
On Arrows colors true and bright,
Our symbol and our guide/pride,
Will lead us on the road to vic-to-ry! Hey!

OFFENSE CHEERS

A TOUCHDOWN ARROWS

We, we want, a touchdown Arrows

We, we want, a touchdown Arrows

We, we want, a touchdown Arrows

DOWN THE FIELD

Down...down...down the field

Raise...raise...raise the score

Down the field

Raise the score

Go Arrows Go

FIRST AND TEN

First and Ten

Do it again

Go Arrows Go

ALL THE WAY DOWN

All the way down

All the way down

All the way down the field

Hey

DEFENSE CHEERS

SACK THAT QUARTERBACK

Sack that Quarterback
Crash through that line

TAKE IT

Away, take it, take it, away,
Take it, take it, away take it, take it away (clap x3)

HEY HEY

Hey, Hey
What do you say
Take that ball the other way

PUSH 'EM BACK

Push 'em back
Push 'em back
Waaaayyy Back

HOLD THAT LINE

Hold that line, Arrows
Hold That line

TOUCHDOWN CHEERS

EXTRA EXTRA

Extra, Extra
Read all about it
The Arrows got a Touch down
And we're gonna shout it
A what? A Touchdown!
A what? A Touchdown!

TURN AROUND

Turn around
Touch the ground
We just scored
A TOUCHDOWN (front kick, high touchdown)

TD

T (T POSITION)

D (DAGGERS)
(CLAP, CLAP)
TOUCHDOWN (LOW TOUCHDOWN TO HIGH TOUCHDOWN)
(CLAP, CLAP)

ARCHIVED CHEERS:

HUSTLE

Hustle, Get to it
Come on Arrows, Let's do it

WE ARE THE ARROWS

We are the Arrows, And were number one
When were on the field, The other team runs
We will rock, They will run
And when it's done, We'll still be number one

EXPLODE

Explode
Ignite
Our Team is Dynamite

KNOCK EM

Knock em
Block em
Push em back
Through the line
To the Quarterback

STEP BACK

You might be good at basketball (basketball motion)
You might be good at track (track motion)
But when it comes to football (football motion)
You might as well step back (step back and hands out)
(clap , clap)
You might as well step back (step back and hands out)
(clap, clap)

UPSIDE DOWN

When you're up, you're up (high V and clap twice)
When you're down, you're down (low V and clap twice)
When you're messing with the Arrows (T and clap twice)

You're UP (high V)

SIDE (low V)

DOWN (T)

(clap, clap)

You're UP (high V)

SIDE (low V)

DOWN (T)

(clap, clap)

GO, GO, GO

Popcorn, blankets, hot cocoa (start in ready position, broken t, right K)

Arrows team, Go, Go, Go (left K, right punch, right punch, right punch)

Defense means we hold the line (clasp hands, overhead clasp)

Offense means it's time to shine (left bow and arrow to right bow and arrow)

Our boys are fast, never slow (tapletop, T)

Arrows team, Go, Go, Go (left K, right punch, right punch, right punch)

When our fans scream and shout (motion for fans to scream and shout)

You know it's time to lose all doubt (low clasp, left punch)

When our QB makes his throw (take one small step back with left foot and make throwing motion with right arm)

Arrow team, Go, Go, Go (left K, right punch, right punch, right punch)

WE ARE DYNAMITE

We are dynamite

Don't mess with dynamite

Hey, Hey, Hey

They are dynamite, too bad their fuse won't light

HEY RED

Hey red (clap, clap)

Hey black (clap, clap)

Hey team (clap, clap)

Fight back (clap, clap)

Hey red, hey black, hey team, fight back!

STEP UP

Step up, step Up, Introduce yourself

I said step up, step up, Introduce yourself

Tecumseh is our first name

-Yeah

Arrows is our last

-Uh Huh

We are Arrows cheerleaders

And we've got class

KAWASAKI

Arrows aren't bad
And they sure aint cocky
Going to run you over like a Kawasaki
A vroom vroom...beep, beep, beep, beep
A vroom vroom...beep, beep, beep, beep

H-U-S-T-L-E

H-U-S-T-L-E
Hustle Arrows can't you see
The only way to victory
Is H-U-S-T-L-E
Hustle Arrows Go!

KEEP GOING

Keep going
Don't stop, Don't stop
Cause we want Arrows
On Top

STAND UP

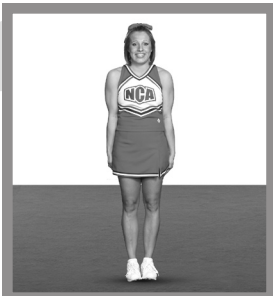
Stand up
Let's Cheer
Let 'em know
We're here
Stand Up
Let's Cheer
Let them know the Arrows are here

KEEP IT UP

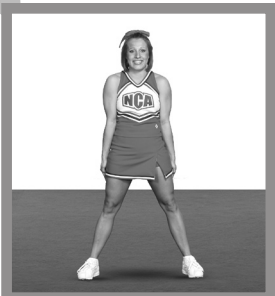
Let's keep it up
Let's keep it up
Let's keep that Arrows spirit up
Let's...Keep...It...Up

May be updated throughout season!

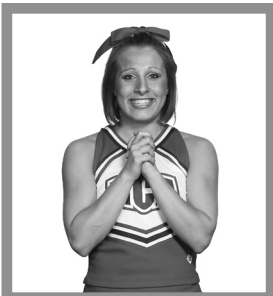
BASIC CHEER MOTIONS



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



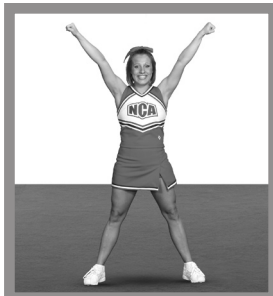
CHEER STANCE
 Feet more than shoulder width apart, hands down by the side in blades



CLASP
 Hands clasped, at the chin, elbows in



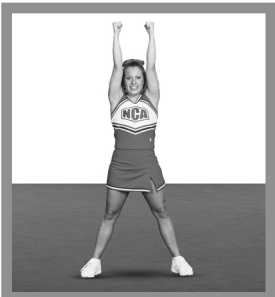
CLAP
 Hands in blades, at the chin, elbows in



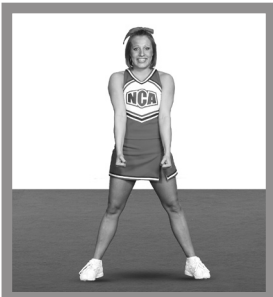
HIGH V
 Arms extended up forming a "V", relax the shoulders



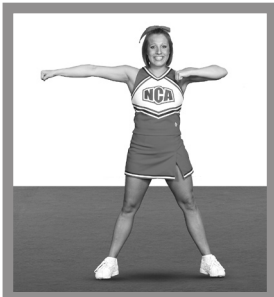
LOW V
 Arms extended down forming a "V"



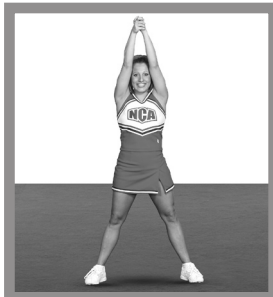
TOUCHDOWN
 Arms extended straight and parallel to each other, fist facing in



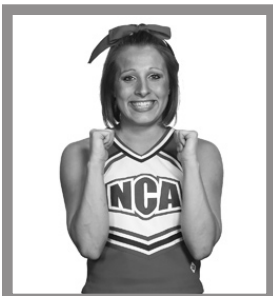
LOW TOUCHDOWN
 Arms extended straight down and parallel to each other, fist facing in



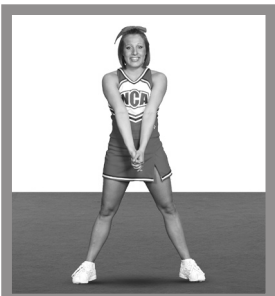
BOW AND ARROW
 One arm extended to side with other arm bent at elbow in a half "T" motion



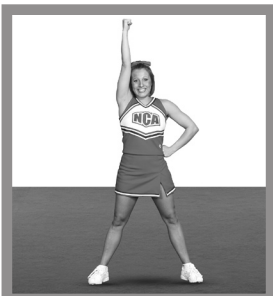
OVERHEAD CLASP
 Arms are straight, above the head in a clasp and slightly in front of the face



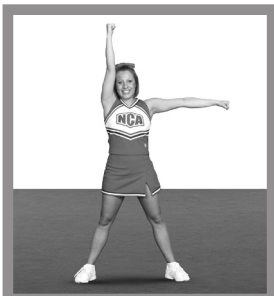
TABLETOP
 Arms bent at elbow, fists in front of shoulders



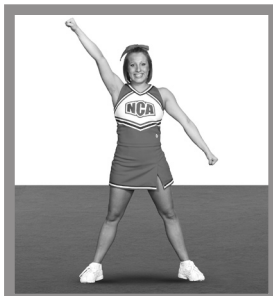
LOW CLASP
 Arms extended straight down, in a clasp and slightly in front of the body



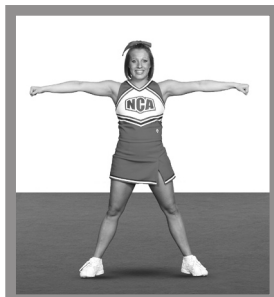
PUNCH
 One arm extended straight up, one arm on hip, in a fist



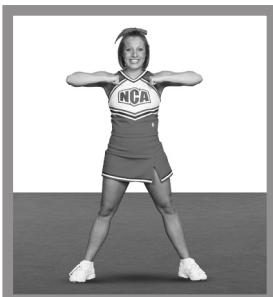
L MOTION
 One arm extended to the side with other arm extended in a punch motion, (Left L shown)



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

4 P's of MOTIONS

Posture: Proper stance and alignment are essential to motion execution. Stand up straight, with chest lifted and shoulders back. Tuck pelvis under to engage abdominal muscles. Avoid slumping, and keep your shoulders relaxed away from the ears.




Placement: When learning or practicing motions, ensure proper hand/arm placement. Each motion should feel comfortable and identical on either side. Make sure arms are completely locked out without hyper-extending the elbows. Wrists should be straight. Need extra help? Use a partner or a mirror to guide you.

Perfection: Once you've mastered placement, learn how to hit those motions perfectly every time. Repeating motion drills to counts or music can help you develop muscle memory. Include both sides of any motion created with one arm. Once you nail it, challenge yourself by building speed or changing the sequence.

Precision: Precision involves coordinating individual motions with a group. Arrange the team in a bowling pin formation, and start your motion drill. Repeat several times, focusing on hitting motions at the same time with the same placement. Add speed to make the motion drill more challenging.

Cheerleading Jumps volume 1

Cheerleading Jump Examples

 <p>Straight</p>	 <p>Tuck</p>	 <p>Spread Eagle</p>
 <p>Double Hook</p>	 <p>Herkey</p>	 <p>Front Hurdler</p>
 <p>Side Hurdler</p>	 <p>Toe Touch</p>	 <p>Pike</p>



Sponsor My Cheer Season

Tecumseh Arrows Youth Football & Cheer Program

Flag (K/1st-2nd) Grade Squads



Sponsor my T-Shirt (\$20)

Sponsor my Skirt (\$35)

Sponsor my Bag (\$25)

Sponsor my Left Sock/Shoe (\$25)



Sponsor my Bow (\$20)

Sponsor my Right Sock/Shoe (\$25)

Sponsor my Cold Weather Gear (\$50)

Donation of Your Choice (\$TBD- any amount)

Image & \$ values intended for fundraising purposes only and do not depict actual uniform or itemized prices.

- **Instructions:** This is an optional donation-based fundraiser. Share this document (print, post on social media, email, text) with family, friends, etc and kindly request donations to fund your athlete's season costs. The donations are collected by you & you use that money to pay for the items needed.
- **Uniform payment** is **due at time of fitting & order** (no exceptions) and includes the following (as needed, some cheerleaders may have items that still fit from last season):
 - **Bow:** everyone needs
 - **T-Shirt:** everyone needs
 - **Skirt with built-in brief:** same skirt as 2023 season, only need to order if you need a new size or have not cheered with TAYFC
 - **Personalized Drawstring Bag:** same as 2023 season, only need to order if its lost it or have not cheered with TAYFC
 - **Pink Out Game:** Pink Ribbon Sticker
- You will be responsible for purchasing the following separately (not included in TAYFC order) and may use funds collected by this fundraiser to purchase those items as well:
 - **Required:**
 - **Solid black athletic shoes and no-show socks** (Coaches can help with shoe recommendations, if needed)
 - **Cold Weather Gear:** Clear Poncho; Solid black long-sleeved shirt; Solid black leggings; Order black cheer hoodie during TAYFC Spirit Wear sale (for the rainy/colder games later in the season)
 - **Other season costs:** Volunteer and/or Program Fundraiser Buy-Outs; Picture Day, Entry into games; Special Events, when applicable
- Payment is due at time of uniform fitting (**no refunds**).
- Payment Options: Cash, Venmo (@Tayfc), Check (made payable to TAYFC)



Sponsor My Cheer Season

Tecumseh Arrows Youth Football & Cheer Program

3rd-6th Grade Squads



Sponsor my Shell (\$50)

Sponsor my T (\$20)

Sponsor my Bag (\$25)

Sponsor my Briefs (\$15)

Sponsor my Left Sock/Shoe (\$25)



Sponsor my Bow (\$20)

Sponsor my Skirt (\$50)

Sponsor my Right Sock/Shoe (\$25)

Donation of Your Choice (\$TBD- any amount)

Sponsor my Cold Weather Gear (\$50)

Image & \$ values intended for fundraising purposes only and do not depict actual uniform or itemized prices.

- **Instructions:** This is an optional donation-based fundraiser. Share this document (print, post on social media, email, text) with family, friends, etc and kindly request donations to fund your athlete's season costs. The donations are collected by you & you use that money to pay for the items needed.
- Uniform payment **due at time of fitting & order** (no exceptions) and includes the following (as needed, some cheerleaders may have items that still fit from last season):
 - **Bow:** everyone needs
 - **Shell:** same shell as 2023 season; only need to order if you need a different size, lost, etc or if you have never cheered with TAYFC
 - **Skirt:** same skirt as 2023 season; only need to order if you need a different size, lost, etc or if you have never cheered with TAYFC
 - **Briefs:** same briefs as 2023 season; only need to order if you need a different size, lost, etc or if you have never cheered with TAYFC
 - **Personalized Drawstring Bag:** same bag as 2023 season; only need to order if its lost or you have never cheered with TAYFC
 - **Pink Out Game:** Prink Ribbon Sticker
- You will be responsible for purchasing the following separately (not included in TAYFC order) and may use funds collected by this fundraiser to purchase those items as well:
 - **Required:**
 - **Solid black athletic shoes and no-show socks** (Coaches can help with shoe recommendations, if needed)
 - **Cold Weather Gear:** Clear Poncho; Solid black long-sleeved shirt; Solid black leggings; Order black cheer hoodie during TAYFC Spirit Wear sale (for the rainy and/or colder games later in the season)
 - **Other season costs:** Volunteer and/or Program Fundraiser Buy-Outs; Picture Day, Entry into games; Special Events, when applicable
- Payment is due at time of uniform fitting (**no refunds**).
- Payment Options: Cash, Venmo (@Tayfc), Check (made payable to TAYFC)

SPONSOR MY CHEER TUMBLING

TECUMSEH ARROWS YOUTH CHEER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	\$ value of your choice	<u>THANK YOU</u>		

INSTRUCTIONS: CHOOSE A DATE AND DONATE THAT AMOUNT
(EX. 15TH = \$15)

- ALL DONATIONS WILL GO TOWARDS TUMBLING COSTS
- GUARDIAN WILL PROVIDE PAYMENT OPTIONS TO FAMILY & FRIENDS (EX. CASH, VENMO, PAYPAL, ETC) AND USE THOSE FUNDS TO PAY MONTHLY TUITION

