

NORCO



JUNIOR ALL-AMERICAN FOOTBALL
HOME OF CHAMPIONS

2008

CHEER

HANDBOOK

if
it's
in
your
heart
it
shows
in
your
spirit!



MOTIONS

Remember:

- 1) All moves should be performed sharp. Imagine hitting a brick wall that is behind you.
 - 2) Wrists should not be cocked, but in a straight line with your arms. Thumbs should be on the outside of your fists, with your pinky fingers in back. Show your cinnamon rolls!
 - 3) Although you want to hit a brick wall, your arms should not be way behind you. You should be able to just barely see them out of the corner of your eyes when looking straight ahead.
 - 4) Shoulders should be relaxed for every motion, not up at your ears.
 - 5) Shortest distance- rather than swinging your arms around, up into your High V, bring your arms straight forward in front of yourself and hit. This is true for any motion.
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The following are the basic motions of cheerleading:



Ready Position

Hands behind back, feet shoulder width apart.



Lunge

Just look at the legs and body position. Left leg is bent at a 90 degree angle. The right leg is completely straight. Body and right knee are facing forward.



High V

Arms are at a 45 degree angle to the body. Pinky fingers are to the back.



Low V

Same as a High V, but arms are down.



T

Arms are at a 90 degree angle to the body. Pinky fingers are to the back.



Broken T

Same as a T, but arms are bent. Do not bring it forward. Pinky fingers are to the front.



Touch Down

Arms are straight up, in-line with the body. Bring arms to ears, not ears to arms. Pinky fingers are to the front.



Low Touch Down

Arms are straight down, in-line with the body. Arms should be tight to the body and slightly forward. Pinky fingers are to the back.



Daggers

Arms are bent, hugging the body. Pinky fingers are to the front.

The above moves can be combined to create several motions. The following are just a few examples of this:



Right L

Right arm is in a T and left arm is in a Touch Down. Left L would be the opposite of this.



Right Punch

Right arm is in a Touch Down and left arm is on hips. Left Punch would be the opposite of this.



Left Diagonal

Left arm is in a High V and right arm is in a Low V. Right Diagonal would be the opposite of this.



Left K

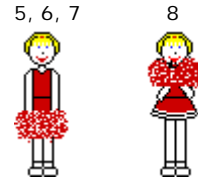
Left arm is in a High V and right arm is in a Low V across the body. Right K would be the opposite of this.

There are so many combinations, so be creative!

JUMPS

How To Jump

1) Start with your feet together and arms by your side. Count 5, 6, 7, 8. On 8 clasp your hands.



2) Count 1, 2. On 1 hit a high V, on 2 hold it there.



3) On count 3 swing your arms around in front of you so that they cross at your knees. At the same time bend at the knees.



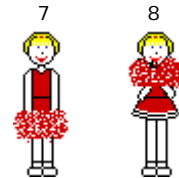
4) On count 4 jump up and hit your jump.



5) On count 5 whip your legs back together, landing with your knees bent and arms by your side. Hold this position for count 6.



6) On count 7 stand up and on count 8 clasp your hands.



Types of Jumps



Spread Eagle

Body is in an X with arms in a High V. Legs go out as far as they can without lifting the knees up to the sky. Knees should face forward.



Toe Touch

Arms are in a T. Legs rotate and the knees point to the sky. Eventually knees should point back, behind the jumper. While it is called a toe touch, do not reach for your toes. Keep a straight back and sit into the jump.



Left Side Hurdler

Left leg is in toe touch position. Right leg is bent with knee facing forward. Right Side Hurdler would be the opposite of this.



Right Front Hurdler

Right leg is straight, in front of the face. Left leg is bent with knee pointing down. Let your leg come to you. Don't go to it. Left Front Hurdler would be the opposite of this.



Left Herkie

Left leg is in toe touch position. Right leg is bent with knee facing down. Right Herkie would be the opposite of this.

Don't forget to point your toes!

EXERCISES AND STRETCHES

Stretches

- 1) Do crunches- the stronger your tummy is, the higher you can lift your legs. This is especially important for pikes.
- 2) Try doing this exercise before you do your toe touches. Sit on the ground in a straddle position. Not too wide or else it will hurt. Also, be sure that you sit up straight, don't slouch. Place your left hand in front of you and your right hand behind you. Lift your right leg up off the ground and turn your leg so that your knee is pointing backward. Switch hands and do the same on your left leg. Start easy on yourself, doing 2 sets of five on each leg. Slowly work up to doing more. I've found that this is the best exercise for improving toe touches.

CHEER LIST 2008

1. 1 – We are the Cougars, 2 – A little bit louder, 3 – We still can't hear you. We are number 1!
2. Cougars can do it, M – O – V – E move it!
3. A – T – T – A – C – K the Cougars are back. A – T – T – A – C – K the leaders of the pack. A – T – T – A – C – K attack, attack, attack.
4. T – D we want a touchdown.
5. T – A – K – E Take that ball away.
6. Push, Push em back, Push em back Big D.
7. Push em back. Push em back. Way back.
8. Defense Defense (clap, clap, clap, clap, clap, clap)
9. D – E – F – E – N – S – E Defense. (or offense)
10. Let's go Cougars. Let's go!
11. Fire it up. Fire it up. Shake it. Shake it. Shake it.
12. We want. 6 points
13. Cougars, don't take no ugh jive. Cougars, say we are alive!
14. When I say go – Say "Go Cougars" – Go! Go Cougars!

15. If you wanna go say go. "Go" If you wanna fight say fight. "Fight" If you wanna win then you better pitch in say "Go! Fight! Win!"
16. Tighten up that defense line – say Hold – That – Line.
17. We are the C – O – U – G – A - R – S We are the Cougars. We are the best.
18. Who rocks the house? The Cougars rock the house. And when the Cougars rock the house, they rock it up, and down, and all the way around. Who!
19. Boogie around. Victory get down.
20. Cougars in the front, let me hear you grunt. Ugh!
Cougars in the middle, give us just a little. Ugh!
Cougars in the back, show us where it's at. Ugh!
Cougars! Cougars! Ugh! Ugh! Ugh!
21. Go! Go! Everybody G – O! Yell big black let's go!
22. We've got spirit! Yeah! Yeah! We've got spirit! Yeah!
Yeah! We've got what what what what a what what
what what what what? We've got spirit!
23. Cougars don't take no – ugh – jive. Cougars – say we are alive!
24. We don't need no music. We don't need no bands.
All we need is Cougar fans. Jammin in the stands.
25. If you like it say go big black. Go Big Black!
26. This is – Cougar Territory!
27. Let's get a little bit rowdy! (up, down, up, up, down,
down, up, elbow, up, elbow, up, up, down) R – O – W
– aD – Y.

28. Tighten up that defense line. Say Hold. That. Line.
29. When I say go you say fight. Go! Fight! Go! Fight!
When I say win you say tonight. Win! Tonight! Win!
Tonight! When I say boogie you say down! Boogie!
Down! Boogie! Down! When I say all you say right.
All! Right! All! Right! Go fight win tonight, boogie
down all right all right!
30. Hey, Hey crowd. Get on your feet stand up and yell.
Go! Go Cougars!
31. G – O let me hear you say GO! GO! That's right unite
let me hear you say FIGHT! FIGHT! W – I – N let me
hear you say WIN! WIN! Together again let's hear it!
GO! FIGHT! WIN!
32. Hey let's fire it up! Say hey let's fire it up!
33. Turn on the power, turn on the jive, fire it up, let's go!
34. S – C – O – R – E we want a victory!
35. Sack that quarterback, crash through that line!
36. Go! Big Cougars! Fight! Uh-huh! Go big Cougars,
Fight big Cougars, do it do it, all right all right! Go big
Cougars!
37. Now's the time offense! Move that ball!
38. Cougars! Let's go! Let's Fight! Work it out, let's win
tonight! Orange, Black, White! Fight Cougars Fight!
39. Cougars unite! Fight! Fight! Fight!