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UNDERSTANDING THE CURRICULUM

RULE #1 TEACH EXACTLY IN THE ORDER AS IT IS OUTLINED!!!

RULE #2 READ ALL ANNOUNCEMENTS!!!

★ = NEW MOTION

● = ACTIVITY/GAME

A star (★) next to “drills”, “mounts”, etc. indicates new material. When demonstrating sit the students down.

Whenever you see a (●) next to a game/activity, turn to the Descriptive Manual. A description of how to do the game/activity will be written out for you. Note: it is extremely important that Instructors review their lesson plan prior to class - please be prepared for teaching by knowing what will be taught each week.

Motion Counts (*the number in parenthesis*) indicate the number of times students will execute a motion per your count. Example: (3) indicates 3 right diagonals, and switch to 3 left diagonals.

When teaching a new motion or combination of motions and you see (6): Demonstrate the motion or combination of motions in 2 sets of (3) While demonstrating say the name of the motion. Ask the students “What is this called?” Ask the students to follow you and do the motion (s):

A. Do the first 3 slowly - making sure the students are in correct form and using the correct hand, arm, or foot.

B. Do the next 3 with moderate speed and good form.

Incorporate previously learned and new motions into cheers, chants or routines. Learn words of chant only and shake poms or pom clap (pom clap = students with no poms will shake or clap their hands). The Instructor leads older students in performing previously learned motions to the chants and cheers listed.

When you see Jumpline have students form 2-3 lines (refer to Jumpline Activity in the Descriptive Manual).

Instructors are required to choreograph their own motions to chants, cheers & dance routines.

If you are assigned less than a 12-week schedule, please make the following substitutions

11	Weeks - Substitute	Week #10 With Week #11	& Week #11 With Week #12
10	Weeks - Substitute	Week # 9 With Week #11	& Week #10 With Week #12
9	Weeks - Substitute	Week # 8 With Week #11	& Week # 9 With Week #12
8	Weeks - Substitute	Week # 7 With Week #11	& Week # 8 With Week #12

TEACHING METHODOLOGY

1. Clear voice projection to parents (in back) and students in all rows.
2. Be aware; have eye contact with students in the back row as well as students to your left and right.
3. Line up students at the beginning of class with the tall students in the back, smallest in front, form 3-4 lines.
4. Face the students when teaching and always “Mirror” them when teaching a new move and when reviewing previously taught moves.
Example of “mirroring”: When students are performing a Right Diagonal; their right arm is up and the left is down. You- the Instructor (facing the students) will put your left arm up and your right arm down.
5. Sit students when demonstrating (teaching and reviewing) feet and leg positions, jumps and stances.
6. Sit students if you need them to re-focus their attention on you. When students are sitting they pay better attention.
7. Demonstrate new moves 3 times, demonstrate previously taught moves (quick review) 2 times.
8. Instructors should teach against a solid background. Students should have their backs to spectators, entrances, mirrors and windows.
9. Minimize verbal description and instruction- most people learn visually thus Instructors will provide demonstration and do all moves with students... facing them and mirroring.
10. Provide quick praise and quick corrective feedback.

TEACHING METHODOLOGY CON'T.

11. Provide as much individual praise with specific corrective feedback as possible, and quickly!
12. When having your students perform a new move to a count of (6), lead the students by having them do the 1ST 3 slowly, the next 3 with moderate speed and good form.
13. Establish classroom policy - "Pay attention while I am talking, all eyes on me when I am teaching and reviewing motions and positions, thank you!"
14. Instructors will place their manual on a chair, leaning it against the back, thus providing you with a clear view of the curriculum.
15. When forming lines for activities and the "Jumpline"; pick 2-3 students to be line leaders and direct the students verbally and physically into a line. Form lines of equal number, each line should not exceed 10 students. For large classes, form 4 lines, do this quickly - then sit students and explain and demonstrate the activity or Jumpline; quickly get the students up and active.

Time Frames for a 40-Minute Class

2 - 3 minutes: Stretching with music.

**1 - 2 minutes: Stretching without music.
Conduct beginning of class
announcements.**

**8 - 10 minutes: Teaching and reviewing
motions, etc.**

**5 minutes: Cheers and Chants to
motions.**

10 - 15 minutes: Routine.

3 - 5 minutes: Fun activity.

**1 - 2 minutes: Safety Tips, end of class
announcements, dismissal.**

Preparation for Registration

WEEK #1

All Instructors must arrive **at least** 60 minutes prior to the **first class time for weeks 1 and 2**. Beginning week 3, 30 minutes prior.

Set up three tables:

1. **The welcome table:** pens, registration slips, welcome flyers, class fee work sheet & “Make checks payable to AIM USA” check.
2. **The registration table:** for the registration of students and transaction of money. Pens, large envelope, equipment vouchers, class fee work sheet & “Make checks payable to AIM USA” sign.
3. **The equipment table:** for the display and distribution of equipment. The first week you will sell mostly pom poms. You can also display T-shirts. Separate items by size; leave items in their bag. Place all overstock of items behind the equipment table. Do not let parents rummage through your equipment; you or the parent helper should assist them.

PLACE BY YOUR TEACHING AREA:

- This course manual (place on a chair)
- Welcome flyer
- Program flyer with class times highlighted
- CD/tape player, extension cord, warm-up music, routine music
- 1 set of poms (for instructor’s use)
- Perfect attendance award
- Pin/necklace (bring a friend promotion)

XX RECRUIT PARENT HELPERS!

It is the instructor’s responsibility to recruit and train parent helper volunteers for each class.

XX Have students sit in the middle of the room (teaching area) during and immediately after registration. Ask parents to have a seat in the back of the room.

WEEK 1 BEGINNING CLASS ANNOUNCEMENTS

BEGINNING OF CLASS ANNOUNCEMENTS

1. "May I have everyone's attention please. Students please sit, and can I have all Spectators move to the back of the room. Thank you."
2. "Welcome to the AIM USA Pom and Cheer Program. The main goal of this program is to teach cheer and dance fundamentals, cheers and chants and fun routines. Students will gain confidence and self-esteem. This course will also prepare you for school team tryouts. Most importantly we are here to have fun and make new friends."
3. "I'd like to announce the class times. **If this class is overcrowded (over 30) announce: "I realize the class size is rather large. Thank you for this wonderful response to our program. We will reduce the size of this class by either adding another class time or asking some of you to take the class right after this one starting next week. I'll let you know by next week's class which it will be."**
4. "Next week I'll have a roster to record attendance, please bring your payment in an envelope with your child's first and last name, the date, and the amount enclosed *printed* on the front. This way, you won't have to wait in line, just give it to the parent helper at the table. If you have paid in full for the course, make sure that you stop at the registration table and tell the parents helpers that your child is here, we need to mark them off on the class roster. If you miss a class, you can make it up by taking two classes back-to-back, in one evening. If you are paying weekly, you will need to pay for that make-up lesson. Everyone with perfect attendance at the end of the session will be rewarded."
5. "Everyone should have received a cheer Welcome Flyer upon registering. Our office phone number is on it, give us a call if you have any questions."
6. "Parents, you are more than welcome to stay and watch the classes each and every week. I encourage you to do so, however, I will ask that you observe the no talking rule while I am teaching. I need the students to concentrate and pay attention to me at all times. If you have small children with you and they are causing a disruption, I will ask you to wait outside. Please do not take offense to this, I want to make this a positive learning environment. Thank you for your cooperation."
7. "Parents if you are not able to stay, please come back 5 minutes prior to the end of class to physically pick up your child."
8. "We will be using pom poms in class and in the routines, (show, pom), everyone should have their poms by the 4th week of class. I have the poms available for purchase at the equipment table. (Discuss the care of pom poms i.e. Keep out of direct sun, Fluffing instructions.)"
9. (Brief self-introduction), "students, my name is "Coach _____. "What's my name?"
10. "Okay, everybody up. Let's get started. Smallest/youngest students move close to me in the front, taller/older students in the back. Remember to line up in the same spot next week."

WEEK #1 - LEVEL ONE

Equipment by your teaching area: Pom Poms, CD/Tape player, music. Bring a friend promotion, Perfect Attendance Awards.

1. GREETING ANNOUNCEMENT

“Hi! is everyone ready to have a great time cheering? I need everyone’s attention, please all eyes on Coach _____, and lets get started! Stretch with me.”

2. STRETCH

2-3 minutes with music.

1-2 minutes without music.

While stretching without music: “We are going to have a lot of fun in this class. Cheerleaders are special people and each and every one of you are special. I am happy you are in my class. I would like you to start thinking about a group name or mascot name. In a couple of weeks we’ll vote on a name, OK?”

End stretch with students seated on floor.

“Please remain seated.”

Instructor stands.

3. “Is everyone ready to learn and have fun?”

Students respond: YES.

“I can’t hear you.” ...

Students respond: YES. Repeat 1 more time.

WEEK #1 - LEVEL ONE CON'T.

4. ★ **DRILLS – “HAND NIGHT” – “READY POSITIONS” (6)**

- CLAP, CLASP
- FIST, FLARES, BLADES
- BUCKETS, CANDLESTICKS
- READY/ATTENTION
- REST, HANDS ON HIPS
- HANDS ON BACK

5. **CHANT VS. CHEER**

- Chant: A short yell to get the crowd involved (saying over and over)
- Cheer: A longer yell done during half-time or breaks (said once)
- Offense = we have the ball.
- Defense = they have the ball.

6. **READY POSITION**

- “Before we begin a chant or cheer, we will always stand in a ready position, also known as attention.”
- Hands on Hips, “Ready OK”

7. **TEACH CHANT DEFENSE (6)**

(Legs apart shake poms from side to side, in a low v position, clap twice)

D-FENSE XX

D-FENSE XX

D-FENSE XX

(ASK PARENTS TO APPLAUD!) “THEY ARE DOING GREAT!!!”

8. **FUN ACTIVITY “COACH SAYS” (or your choice)**

- “COACH SAYS” (Like Simon Says, reviewing new hand movements)

WEEK #1 - LEVEL ONE CON'T.

9. END OF CLASS ANNOUNCEMENTS

Gather students near teaching area.

TO THE STUDENTS

1. **Show perfect attendance award to the students.** “This is a perfect attendance award. If you have perfect attendance at the end of the session you will receive this award! You can make up any missed classes by taking 2 classes back to back in the same evening.

2. **(If you have less than 15 in a class) - “Next week is bring a friend week”** (hold up Pin/necklace ect.). “Bring a friend to register for class next week and I’ll give you a free AIM USA _____ the following week!!”

TO THE PARENTS

3) “Every week I will give the students a safety tip. On the way home in the car, ask your child to repeat it, this helps to reinforce the safety tip. Also, help your child memorize the cheers and chants and practice them at home. For safety reasons come inside to pick up your child and please be on time.” **(Announce class times again per program flyer).**

4) “It is highly recommended that your child purchase poms right away, we will be using them each week. It is important they practice with our poms because your child needs to become accustomed to the weight, size, and handle positioning. The pom’s also need to be broken in. Please print your child’s name on the handle. We cannot be responsible for lost poms.”

5. “Next week I’ll have a roster to record attendance, please bring your payment in an envelope with your child’s first and last name, the date, and the amount enclosed printed on the front. This way, you won’t have to wait in line, just give it to the parent helper at the table. If you have paid in full for the course, make sure that you stop at the registration table and tell the parent helpers that your child is here, we need to mark them off on the class roster.”

6. Parents: “Thank you for coming. If you have any questions, I will have a few minutes after class.”

7. **If this class is overcrowded (over 30) announce: “I realize the class size is rather large. Thank you for the wonderful response. We will reduce the size of this class by either adding another class time or asking some of you to take the class right after this one. I’ll let you know by next week’s class which it will be.”**

Announcements continued on following page

WEEK #1 - LEVEL ONE CON'T.

End of Class Announcements con't.

TO THE STUDENTS

8. “Next week we’ll learn more cheer moves and another new chant. Practice everything I taught you today. Everyone looked great for your first class today. Give yourselves a big hand!

9. Safety tip: “how many of you watch television? While you are watching TV, I want you to be stretching, work on your flexibility! I don’t want anyone getting hurt so please help me and yourself by stretching at home.”

10. After class huddle: huddle students together, have them place one hand on top of another students, on the count of 1,2,3 everybody say AIM USA!!!!, HAVE ALL STUDENTS SIT IN THE MIDDLE OF THE FLOOR AND INVITE PARENTS TO COME UP TO PICK UP THEIR CHILDREN. “If your parent is not here stay seated and wait with me. “SEE EVERYONE NEXT WEEK!” .

WEEK #2 LEVEL ONE

All Instructors must arrive at least 60 minutes prior to the first class time. Because you will be having new students registering and purchasing Pom pons, set up your tables the same as in Week #1. Your equipment table should also have T-shirts display and sell items from week #2 to the end of the session.

PLACE BY YOUR TEACHING AREA:

- This course manual
- A program flyer to announce class times
- A welcome flyer to announce weekly registration procedures and information regarding make up lessons
- Pom pons
- Calendars (or hand out the third week)

WEEK #2 LEVEL ONE CON'T.

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

“Please keep your finger nails trimmed and manicured. As a cheerleader, we must look our best. Who practiced their hand and arm motions at home? Who stretched at home? GREAT!! When you take your poms out of the bag, they will need to be fluffed. By using the poms they will fluff naturally. However, I would suggest that you separate a few strands at a time, then shake the pom. Repeat this process, the pom will double in size. Do not get your poms wet and do not leave them in the hot sun. (Upon availability) I suggest you get one of our pom/tote bags to carry your poms in. Make sure you write your name on the baton handle in permanent ink.” “We can not be responsible for lost poms.

Because you will have new students tonight, briefly introduce yourself and AIM USA. Announce class times again.

If over 35 students, encourage certain students to attend the earlier or later classes, depending on their age and ability.

WEEK #2 LEVEL ONE CON'T.

2. REVIEW (3)

HANDS:

- Clap
- Clasp
- Flares
- Blades, Fist
- Buckets & Candlesticks
- READY POSITION “Ready OK”
- WHAT IS A CHANT AND CHEER

3. ★ DRILLS – “Arm Night” (6)

- HIGH AND LOW V
- T, ½ T
- DAGGERS, TABLE TOPS
- GOAL POSTS HIGH AND LOW
- PUNCH UP (R, L)
- DIAGONALS (R, L)

4. VOICE PROJECTION

- Ask students to sit, Coach stands.
- Explain Cheer Voice: “A cheer voice is a voice we use while chanting and cheering to make our voices sound loud. Our sound comes from our tummy so your throat won’t get sore”.
- Practice saying “Ready OK”, emphasize tummy movement

WEEK #2 LEVEL ONE CON'T.

5. ★ TEACH CHANT (3)

a) **Aim High:** (Or your choice)

AIM HIGH

REACH FOR THE TOP

AIM USA WILL NEVER STOP

6. FUN ACTIVITY “Learn the beat” (or your choice)

a) ★ ● Learn the beat of the music (marching and clapping in 8 counts.)

7. END OF CLASS ANNOUNCEMENTS

Gather students in teaching area

1. “Everyone did a wonderful job tonight. Give yourself a big hand!!! Next week we are going to begin to learn a routine and start to learn some jumps!! Also, next week we’ll talk about a group name or mascot name. I have the Poms at the equipment table if you haven’t gotten yours yet.”

Announcements continued on following page

WEEK #2 LEVEL ONE CON'T.

End of Class Announcements con't.

2. "Parents, please remember to put your class fee in an envelope at home, print your child's first and last name on the front, and drop it off at the registration table every week. If you paid in full, check in with the parent helper, make sure your child gets marked down on the roster. Thank you!"

STUDENTS

3. "Everyone needs to check in at the registration table every week to get your hand stamped."

4. "Remember you need to get your Poms by the 4th week."

5. "**It's time for our Safety Tip:** Let's talk about strangers. A stranger is anyone that you don't know, they don't have to be really mean looking with a long coat and dark sunglasses. A stranger can look just like me or your next-door neighbor. Remember a stranger is anyone that you don't know. Can a women be a stranger.....YES!!! How about teenage boys and girls, can they be strangers, YES!!!"

6. Hand out calendars.

7. *Class huddle: Have students turn and face their parents and chant: AIM USA we are the best, we stand out above the rest!.*" Sit students down, Parents you are now welcome to the floor to pick up your children. "If your parents aren't here stay seated" "GREAT CLASS SEE EVERYONE NEXT WEEK! Thanks for coming."

WEEK #3 LEVEL ONE

1. Display all equipment on the equipment table.
2. From week 3 on place your registration and equipment table together, end-to-end.
3. Remember to have parent helpers stamp each child's' hand as they check in.
4. Prior to beginning class, check to see that each student has a stamped hand. If a student does not, ask them to check in with the parent helper at the registration table.
5. From weeks 2 to end of session Instructors are responsible for choreographing cheers / chants taught in the lesson plan. Beginning week 3, students will begin to learn a performance routine. Instructors are required to choreograph 2 to 4 sets of 8 counts of routine each week. The music used in the routine should only be used while teaching the routine, do not use the routine music for warm-up, fun activity, etc. music for the dance routine must be approved by the office

Place by your teaching area:

- This course manual
- Teaching equipment; Pom Poms
- Competition routine music

WEEK #3 LEVEL ONE CON'T.

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

“Who remembered to check in at the parent helper today? Remember every time you come to class, you need to first go to the table and drop off your envelope or check in if you've paid in full. Have you been thinking about a group name? Let's hear a couple - great! - later we'll vote on a name.”

2. REVIEW – “Arms Night” (3)

- High and low V
- T, ½ T
- Daggers, Table tops
- Goalposts high and low
- Punch up (R,L)
- Diagonals (R,L)

WEEK #3 LEVEL ONE CON'T.

3.★ DRILLS – “LEG NIGHT” (6)

- TOGETHER
- APART
- CHEER LUNGE (Front, Side, Back)
- DIG
- STEP TOUCH
- ANKLE AND KNEE HOOK

4. ★ TEACH CHANT (6)

WE’VE GOT SPIRIT (or your choice)

WE’VE GOT SPIRIT
YES WE DO
WE’VE GOT SPIRIT
HOW ‘BOUT YOU

WEEK #3 LEVEL ONE CON'T.

5. ★ TEACH ROUTINE

Teach at pace conducive to learning. Start first without music. Once the class has learned 2 to 4 sets of 8 counts, have them practice it to the routine music two times. PRAISE STUDENTS!!!

6. FUN ACTIVITY

- Even Steven (or your choice)

7. END OF CLASS ANNOUNCEMENTS

STUDENTS

1. “Raise your hand if you have been practicing and stretching at home. Good for you!”
 - “Next week I want to see everyone’s hands raised
2. “Next week everyone should have their pom poms. We will be using them every week. Our poms are designed for children, they have a sturdy grip and are light weight.”
3. “Safety tip: Who has a secret family password, raise your hand. Don’t tell me what it is, it’s a secret. Now if Mom or Dad ever sends someone to pick you up from school, or the movies, this person should tell you the secret password, and they would only know it because Mom or Dad told them. Your safety tip this week is to decide on a secret family password with your parents.”
4. Vote on group name. Ask for three or four names. Announce each name. Ask students to clap for the name they like. The name which receives the loudest applause wins.
5. “Thanks for being a great class today, now remember, we are guests here and we need to keep this room and the bathrooms clean, so put all trash in the trash cans, don’t bring food or drinks in and help keep our room clean. Thank you! Parents: Thanks for bringing your child to class today.”
6. End of Class Huddle. Follow AIM USA dismissal procedure.

WEEK #4 LEVEL ONE

Every week you are required to have a complete equipment display table with a complete stock of equipment and extra merchandise available for immediate purchase.

Place by your teaching area every week:

- Course manual on a chair for your constant reference
- Pom poms
- Raffle envelopes & price list (check with office first)
- Warm-up music
- *Routine music

* Have you called the office to discuss your selection of routine music? The directors must approve all routine music. Your entire routine should be choreographed by the 5th week.

WEEK #4 LEVEL ONE CON'T.

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started.

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

While stretching... "Raise you hand if you play baseball, soccer, or basketball. Who rides their bike, roller skates? Great!! These stretches are good for those other sports too. Has everyone purchased their pom poms? If not please make sure to get them by next week. Make sure you follow the fluffing instructions and take good care of your poms." (Upon availability -" We also have a pom tote bag for sale, check it out!"")

2. REVIEW – “Legs Night” (3)

- Together, Apart
- Lunges
- Dig, Step touch
- Ankle and Knee Hook

3. ★ DRILLS – “Arm Night” (6)

- X, OVERHEAD, LOW, SIDE
- L, RIGHT/LEFT, UPSIDE DOWN, SIDE
- ½ HIGH AND LOW V
- THIGH SLAP FRONT AND SIDE
- LOW FRONT BLADES
- MUSCLEMAN

WEEK #4 LEVEL ONE CON'T.

4. ★ TEACH CHANT (6)

AIM USA (or your choice)

AIM USA

We are the best

We stand out above the rest!"

After you teach the class a chant:

Split students into groups of 5 to 10 forming 2-3 groups, each group will perform the chant for the others. Look for smiles, eye contact, voice projection and spirit. Provide positive and corrective feedback.

6. ★ TEACH ROUTINE

- a) Review routine learned last week
- b) Teach another 2 to 4 sets of 8 counts
ENCOURAGE & PRAISE STUDENTS!!!

7. FUN ACTIVITY

- a) ★ ● CLASS NAME AND MASCOT

WEEK #4 LEVEL ONE CON'T.

8. END OF CLASS ANNOUNCEMENTS

TO PARENTS AND STUDENTS (Check w/office before announcing)

“AIM USA sponsors a raffle each session where we will raffle a color TV and other prizes. This raffle is a great way for the kids to earn some of the equipment on the table without having to ask you for the money all the time. Inside the envelope are instructions plus raffle tickets. To participate in the raffle is simple. You simply go out and get support (\$) for the raffle tickets. Most people offer \$1.00 per ticket. All (\$) that you turn in goes towards any items you wish to buy; T-shirts, etc. You can ask neighbors, aunts, uncles, and grandparents if they want to give support (\$) for some raffle tickets.”

TO THE STUDENTS

“The top sales winner will receive a \$100 Toys R Us gift certificate or portable boombox stereo or a Walkman. Take the envelope home, read it with your parents and then go for it!”

“Now be safe and don’t go out by yourself. Make sure mom or dad are with you.”

“I will have extra raffle tickets here every week, so if you run out of tickets, let me know and I will give you another packet.”

“Parents, if you decide you don’t want to participate, please bring the envelope back next week.”

9. HAND OUT

1. Raffle envelope
2. Price list

10. SAFETY TIP:

“If you have your name on the outside of your jacket, or backpack, a stranger will see what your name is. Do strangers need to know your name?...no they don’t, so don’t put your name on the outside of anything.”

11. HUDDLE Follow AIM dismissal procedure.

WEEK 5 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

“Did everyone get raffle tickets last week? Who is trying to earn a tote bag or charm bracelet? Great!!! If you weren't here last week, let me know at the end of the class, and I'll give you some raffle tickets. Remember the student who brings in the most (\$) will receive a prize! Some students have earned everything from just participating in the raffle. Some students even bought their parents a T-shirt or hat!!! It's important to come to class looking neat and feeling refreshed. **This week I want everyone to trim your nails, brush your hair (100 strokes) before going to bed. Drink 6 glasses of water a day and get at least 8 hours of sleep every night. Next week I'll ask who did this.**”

2. REVIEW – “Arm Night” (3)

- X, L
- ½ High and low V
- Thigh slap front and side
- Low Front Blades
- Muscleman

WEEK 5 LEVEL ONE CON'T.

3. ★ DRILLS – “Jump Night” (6)

- APPROACHES:
 - *PLIE, POWER, REBOUND*
- PENCIL
- TUCK
- SPREAD EAGLE
- SPIRIT JUMPS

WEEK 5 LEVEL ONE CON'T.

4. ★ TEACH CHANT (3)

a) MIRROR MIRROR or your choice

Mirror mirror on the wall

Who's the best team of them all

Bulldogs (stomp, stomp, stomp, stomp)

Bulldogs (stomp, stomp, stomp, stomp)

Mirror mirror in the stands

Who's the best team in the land

Bulldogs (stomp, stomp, stomp, stomp)

Bulldogs (stomp, stomp, stomp, stomp)

Mirror mirror just for fun

Tell us who is Number One

Bulldogs (stomp, stomp, stomp, stomp)

Bulldogs (stomp, stomp, stomp, stomp)

WEEK 5 LEVEL ONE CON'T.

5. ★ TEACH ROUTINE

- a) Review routine learned last week.
- b) Teach another 2 to 4 sets of 8 counts.

6. FUN ACTIVITY

- a) ★ ● Jump Line (or your choice)

7. END OF CLASS ANNOUNCEMENTS

Sit students close to your teaching area:

SAFETY TIP:

“Never let strangers or even acquaintances take your picture or shoot a video of you. Some people lure kids and teenagers by claiming to be directors or moviemakers. If you want to have photos taken of you - have Mom or Dad take you to a nice, professional studio.”

Announcements continued on next page

WEEK # 5 LEVEL ONE CON'T.

End of Class Announcements con't.

PARENTS

c) End of class huddle. . . Spirit circle, thank parents, AIM USA dismissal procedure (reminder: Sit students down and announce to parents they make come out to the floor and pick up their child. Any student whose parent is not here, please stay seated. Good-bye until next week!)

WEEK # 6 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

"We are half way through this course. Everyone has been doing very well. Keep up the good work. If you have missed any classes, please take two classes back to back in the same evening. Make-up those missed lessons to get a perfect attendance award. (Some locations will have megaphone patches of various colors or it will be medals etc.)

"How many of you took care of your nails & hair this week? Who drank a lot of water, and did everyone get at least 8 hours of sleep each night? Great!!! Keep up the good work."

2. REVIEW – “Jump Night” (3)

- APPROACHES:
 - *PLIE, POWER, REBOUND*
- PENCIL
- TUCK
- SPREAD EAGLE
- SPIRIT JUMPS

WEEK # 6 LEVEL ONE CON'T.

3. ★ DRILLS – “Dance Night” (6)

- POINT/FLEX
- MARCHING
- PLIE / RELEVE
- CHASSE
- TURN OUT

4.★ TEACH CHANT

a) HEY YEAH? (3) “Or your Choice”

*(Split class into two groups - “Group 1” and “Group 2”.
Teach chants to class).*

Group 1: Hey _____? *(Use your city)*

Group 2: Yeah?

Group 1: Hey _____?

Group 2: Yeah?

Group 1: Show us how to get there?

Group 2: No way!

Group 1: Show us how to get there?

Group 2: Okay!!

Group 1: We stomp our feet and
Boogie to the beat
We turn around and we
Boogie on down

Group 2: They stomp their feet
They boogie to the beat
They turn around and
They boogie on down

Now, switch groups. The students that were Group 1 will now be Group 2.

WEEK # 6 LEVEL ONE CON'T.

5. ★ TEACH ROUTINE

- a) Review portions of routine learned last week
- b) Teach another 2 to 4 sets of 8 counts

6. ★ FUN ACTIVITY

- a) ● Hey Yeah Chant Rally (or your choice)

7. END OF CLASS ANNOUNCEMENTS

STUDENTS

- a) *Sit students close to your teaching area:*
- b) Safety tip: “Ask mom or dad to help you write down their phone numbers at work, and the phone numbers of relatives who live close to you. Put these important phone numbers by each phone in the house.”
- c) “Always lock the door (s) when you are at home, even if mom or dad are at home, be extra safe!”
- d) “When home alone or with your friends but no adults are at home, don’t open the door for anyone, even if they say it’s an emergency! Keep the door closed and locked and tell the stranger you will phone 911 for help. Remember, don’t open the door for anyone, mom or dad will use their key to get in.”
- f) Spirit huddle -- Follow AIM Dismissal procedure.

**DEAR INSTRUCTOR,
YOU ARE DOING A
GREAT JOB!!!**

HANG IN THERE!!

**YOU ARE HALF-WAY
THROUGH THE
SESSION!!**



WEEK #7 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

"I'm really enjoying being your coach every week. How many of you have thanked your parents for bringing you to class? This week your job is to do something nice for someone!"

2. REVIEW – “Dance Night” (3)

- POINT/FLEX
- MARCHING
- PLIE / RELEVE
- CHASSE
- TURN OUT

WEEK #7 LEVEL ONE CON'T.

3. ★ DRILLS – “Kick Night” (6)

- FRONT AND SIDE LOW
- FRONT AND SIDE WAIST
- FRONT AND SIDE SHOULDER
- KICK BALL CHANGE
- CROSS KICK

4. ★ TEACH CHANT (3)

a) TWO BITS (Or your choice)

Two bits, four bits

Hey, six bits a dollar

All for Cheerleaders

Stand up and holler (repeat 3 X's)

5. ★ TEACH ROUTINE

- a) Review portions of routine learned last week
- b) Teach another 2 to 4 sets of 8 counts

WEEK #7 LEVEL ONE CON'T.

6. ★ FUN ACTIVITY

- a) ● **CHEERLEADERS CHOICE** (or your choice)

7. END OF CLASS ANNOUNCEMENTS

STUDENTS:

- a) Sit students close to your teaching area:

Safety tip: “Tell your Mom or Dad if someone asks you to keep a secret! Even if you know the person, even if he/she is a neighbor, coach, relative or family friend, nobody should ask you to keep secrets!”

- b) “If someone makes you feel strange or weird, should you get away from that person?, Yes of course you should? Have confident posture and say “leave me alone”, or “don’t touch me”, or “I’m leaving.” Get away from anyone who makes you feel nervous or scared. After you are safely away from that person, talk to someone you trust, about it!”

PARENTS: (ONLY IF RAFFLE IS GOING ON THIS SEMESTER)

- c) “Don’t wait until the last minute to turn in your raffle tickets. Also, please practice with your child at least 10 minutes a day.”

- d) End of class huddle:

- 1) Spirit circle
- 2) AIM Dismissal procedure
- 3) Thank parents

WEEK #8 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

“I noticed some of you taking two classes, I'm glad you are making up your missed lessons! How many of you lay your clothes out the night before school? Good. I would like each of you to be organized and prepared. I would also like you to plan a nightly routine. After dinner and homework, plan what you want to wear to school, shower, brush hair, and teeth. Pick up your room and get to bed early. Try this for one week and then ask yourself if you feel better. I bet you will, and so will your parents. Now that you are a cheerleader, you must also learn to be responsible.”

WEEK #8 LEVEL ONE CON'T.

2. REVIEW

a. Review the following material in the order listed, students follow the Instructor in performing one of each.

<p><u>HANDS</u></p> <p>clasp clap flares blades bucket candlestick fist</p>	<p><u>ARMS</u></p> <p>table tops daggers t 1/2 t high v 1/2 high v low v 1/2 low v goal posts high goal posts low diagonals open (R,L) overhead clap overhead clasp x punch up (R,L) l (R,L) thigh slap front low front blades muscleman</p>	<p><u>LEGS</u></p> <p>together legs apart cheer lunge (r,l,f,b) stag dig lift</p>	<p><u>JUMPS</u></p> <p>pencil tuck (goalpost) tuck (highv) slaptuck slaptuck top slaptuck side spread eagle pep/spirit</p>
<p><u>READY</u> <u>POSITIONS</u></p> <p>ready/attention rest hands on hips ready t cowboy</p>	<p><u>KICKS</u></p> <p>low (front, side) waist kick (f,s) shoulder kick</p>		

WEEK #8 LEVEL ONE CON'T.

3. ★ DRILLS – “Mount night” (6)

Mounts:

- 1ST, 2ND, 3RD, BASE
- MERMAID SIT
- KNEE SITS
- BACK SITS
- LUNGE SIT
- PONY STRADDLE

4. ★ TEACH ROUTINE

- a) Review portions of routine learned last week
- b) Teach another 2 to 4 sets of 8 counts

5. ★ FUN ACTIVITY

- a) ● CHANT CONTEST (or your choice)

End of class announcements on next page

6. END OF CLASS ANNOUNCEMENTS

STUDENTS

- a) Sit students close to your teaching area. Safety tip: “Remind your Mom or Dad to test the smoke detectors at home. Make sure they work.”

- b) **SAFETY TIP** “Sit down with your family tonight after dinner, and plan an escape route out of your home. Be prepared in case there is ever a fire. You need two escape plans in case the fire blocks one of the ways out. Have a Plan “A” and a Plan “B.”

- c) Spirit huddle
- d) AIM Dismissal Procedure

WEEK #9 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

Visit with students.

2. REVIEW MOUNTS

Mounts: (3)

- 1ST, 2ND, 3RD, BASE
- MERMAID SIT
- KNEE SITS
- BACK SITS
- LUNGE SIT
- PONY STRADDLE

3. ★ DRILLS – “FORMATION NIGHT” (6)

- a) Straight Line
- b) Windows
- c) Parallel
- d) Ripple

WEEK #9 LEVEL ONE CON'T.

4. ★ TEACH CHANT (3)

- a) Explode (Or your choice)

Explode

Ignite

AIM USA

Is dynamite (*repeat 3 X's*)

5. ★ TEACH ROUTINE

- a) Review routine learned last week
b) Teach another 2 to 4 sets of 8 counts

6. ★ FUN ACTIVITY (3)

- a) ● Facial Expressions:
- a) Happy
 - b) Sad
 - c) Mad
 - d) Surprised
 - e) Confused or I don't understand
 - f) Serious
 - g) Attitude (*their choice of attitude*)

7. END OF CLASS ANNOUNCEMENTS

8. SAFETY TIP

“If some kids at school call you names and try to get you upset or fight, will you? NO, they are not worth it. Get away from them and go find your friends. Walk away with your head held high. You can also go to the library, school office, or someplace where other people will be. Tell yourself that you are special, and it doesn't matter what those kids think.”

STUDENTS

Sit students close to your teaching area.

End of class huddle:

- 1) Spirit circle
- 2) AIM Dismissal procedure
- 3) Thank parents

WEEK #10 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

Visit with students.

2. REVIEW – “FORMATIONS & CHANTS” (3)

- a) Straight Line
- b) Windows
- c) Parallel
- d) Ripple

3. CHANTS: (3)

- a) **AIM USA** (Or your choice)
AIM USA
we are the best
we stand out above the rest!”

WEEK #10 LEVEL ONE CON'T.

b) TWO BITS (Or your choice)

Two bits, four bits
Hey six bits a dollar
All for AIM USA
Stand up and holler

c) AIM HIGH (Or your choice)

Aim high
Reach for the top
AIM USA will never stop

3. ★ DRILLS

a) **MOCK TRYOUT ASSIGNMENT**

Divide class into groups of 3 to 4. Have them practice one of the 4 cheers as outlined in section 2. Tell them next week we will have a mock tryout in class. Each group will perform the chant of their choice. You will act like a judge and provide positive feedback. Tell the students you are looking for good form, voice projection, strength and smiles.

WEEK #10 LEVEL ONE CON'T.

4. ★TEACH ROUTINE

- a) Review routine learned last week
- b) Teach FINAL 2 to 4 sets of 8 counts

5. ★ FUN ACTIVITY

- a) ★ ● Pom Toss (or your choice)

6. END OF CLASS ANNOUNCEMENTS

SAFETY TIP “If someone makes feel strange or weird, should you get away from that person? Yes, of course you should! Stand tall and strong, keep your head high, be firm, and in a loud voice say, “LEAVE ME ALONE, or “DON’T TOUCH ME” or “I’M LEAVING”. Get away from anyone who makes you nervous, scared, strange or weird, and be sure to tell someone you trust about it.”

STUDENTS

Sit students close to your teaching area.

End of class huddle:

- 1) Spirit circle
- 2) AIM Dismissal procedure
- 3) Thank parents

WEEK #11 LEVEL ONE

GREETINGS AND ANNOUNCEMENTS

Hi everyone, I'm glad to see you tonight. Did you all check in? Good, let's get started!

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

Visit with students.

2. REVIEW ALL MATERIAL

3. ★ DRILLS (3)

RIPPLES

a) Rolloff

b) Fan

WEEK #11 LEVEL ONE CON'T.

4. ★ MOCK TRYOUT

Have the students sit in their assigned groups. Give them 5 minutes of practice time. Call up one group at a time, while the coach sits facing them. After each group performs their chant, coach provides encouragement and tryout tips.

5. ★ REVIEW FINAL ROUTINE

6. ★ FUN ACTIVITY

a) ★ ● FREEZE FRAME (or your choice)

7. END OF CLASS ANNOUNCEMENTS

SAFETY TIP: “Cyber Safety” “How many of surf the net? Always let your parents know if you find something scary or threatening on the Internet. Never give out your name, address, telephone number, password, school name, parent’s name, or any other personal information. Never agree to meet face to face with someone you’ve met online. Never respond to messages that have bad words or seem scary or just weird. Never send a picture of yourself to anyone with out your parent’s permission. If you receive threatening e-mail save it and tell your parents.

STUDENTS

Sit students close to your teaching area.

End of class huddle:

- 1) Spirit circle
- 2) AIM Dismissal procedure
- 3) Thank parents

WEEK #12 LEVEL ONE

“Welcome to the last class of the session. Tonight we will have a short class followed by a session review for the parents and friends. Immediately following, awards will be given for those achieving perfect attendance. Make sure you pick up the new class schedule for next session’s class.”

1. STRETCH

2-3 minutes with music.

1-2 minutes without music.

“Did everyone have fun this session? Great!!! I know I sure did! Thank you for being such wonderful students. How many of you plan to come back to class next session? Remember it begins again (refer to dates & times on flyer). I hope to see everyone return for the next session, we have new moves and routines to learn!

WEEK #12 LEVEL ONE CON'T.

2. REVIEW

- a) ● Coach says (utilizing any motions learned this session).

3. ★ DRILLS

“I’m going to show you a few new cheer motions, you will learn more like these when you return next session.”

- a) Brush clap
- b) Checkmark
- c) Low diagonal kick

4. LAST CLASS SHOW *(Students perform for parents)*

- a) ★● Chant Competition
- b) Perform Routine
- c) ● Jumpline (Pick the student’s favorites!)

5. AWARDS

- a) Present Perfect Attendance Award.
- b) Pictures

End of class announcements on next page

WEEK #12 LEVEL ONE CON'T.

6. END OF CLASS ANNOUNCEMENTS

STUDENTS

- a) Sit students close to your teaching area:
- b) Safety tip: “Who can tell me a safety tip you learned from this class this session? (get 2 or 3). “When you return next session I’ll have more new safety tips for you!”

TO STUDENTS AND PARENTS

c) “Once again, I have really enjoyed myself this session. Thank you for the opportunity to work with your child. They all did a super job. Next session students will learn more advanced cheerleading motions as well as new cheers & chants and a new routine too! Make sure you leave here today with the flyer for next session. If you have any questions I can see you after class or you may call the office.

- d) End of class huddle:
 - 1) Spirit circle
 - 2) AIM Dismissal procedure
 - 3) Thank parents

LEVEL 1 HAND POSITIONS

Blades Fingers together.

Bucket: Arms in T position, hands in fist, fingers on bottom, just like you were carrying a bucket.

Candlestick: Arms straight out in front of you, hands in fist, thumbs up, just as if you were carrying a candle in each hand.

Clap: Just like clapping hands, fingers together.

Clasp: Hands cup each other.

Fist: Thumbs on outside, fingers curled in , hand closed.

Flares: Fingers apart. also called jazz or pom hands.

LEVEL 1 ARM POSITIONS

1/2 high V:

From a High V bend arms, fists at shoulders.

1/2 low V

From Low V bend arms, fist at shoulders.

1/2 T

Bend arms in from T position.

Daggers

Arms bent with elbows down, fists in front of shoulders.

Diagonals (R,L)

Right diagonal; Right arm up, left arm down forming. diagonal

Left diagonal, Left arm up, right arm own forming diagonal.

Goal posts high:

Arms straight up overhead, close to ears, hands in fists.

Goal posts low

Arms straight down by sides, hands in fists.

High V:

Arms high overhead, making a V shape, hands in fists, or blades.

L (R,L):

Right L; left arm in high touchdown, right arm in T.

Left L; right arm in high touchdown, left arm in T.

Low front blades:

Both arms above thighs, hands in blades.

LEVEL 1 ARM POSITIONS CON'T

Low V

Arms low making an upside-down V.

Muscleman

Arms bent upwards from T 90° angles.

Overhead clap

Arms up overhead, like a goalpost, hands clap.

Overhead clasp:

Arms up overhead, like a goalpost, hands in a clasp.

Punch up (R,L):

Right punch up; right arm up over head, left hand on hip.

Left punch up; left arm up over head, right hand on hip.

T:

Arms straight out from shoulders.

Table tops:

Arms bent with elbows down, fists above head.

Thigh slap front:

Both arms above thighs, hands in blades, slap top of thighs.

X:

Arms bent at elbows, crossing over each other across chest.

LEVEL 1 LEG POSITIONS

Together:

Standing at attention, toes pointing forward.

Legs apart:

Feet are shoulder width apart, toes forward

Cheer lunge (right, left, forward, back):

Right lunge; in a wide stance, bend right leg and lean to the right side and keep left leg straight.

Left lunge; In a wide side stance, bend left leg and lean to the left side and keep right leg straight.

Forward lunge; In a wide forward stance, bend one leg and lean to the front and keep back leg straight.

Back lunge:

In a wide forward stance, bend one leg and lean to the back and keep front leg straight.

Stag:

Legs together, lift one leg up, bend at knee, toes pointed at calf level.

Dig:

Legs together, lift heel of one foot up keep toes pointed.

Lift:

Legs together, lift one leg out straight to the side about calf level.

LEVEL 1 JUMPS

Pencil:

Straight legs, high goalpost.

Tuck (goalpost):

Kick bottom, knees forward, arms in goalpost.

Tuck (HighV):

Kick bottom, knees forward, arms in High V position.

Slaptuck:

Kick bottom, knees forward, arms in a overhead clap.

Slaptuck top:

Arms in forward blades, slap thigh, feet kick bottom, knees forward.

Slaptuck side:

Just like the slaptuck top, except slap sides and arms go into a High V.

Spread eagle:

Make your whole body into an X and jump.

Pep/spirit:

Combination of any jumps in a sequence, with chanting.

LEVEL 1 READY POSITIONS

Ready/attention:

Legs together toes pointed, hands at side in blade position.

Rest:

Legs apart, hands on hip, head down with chin on chest.

Hands on hips:

Legs together toes pointed, hands on hips.

Cowboy:

Legs apart, arms bent with hands in front of pocket area.

LEVEL 1 RIPPLES

Rolloff

Students make a straight line (or any formation) and stand close to each other, the person on the end begins by bring her right arm up (keeping it there), then the next person, then the next, etc., until the you reach the last person in the formation. The last person in the formation then brings her arm down, then the next person brings her arm down, then the next etc., until you reach the person who began the rolloff.

Fan

Students make a straight line one student behind the next, so if you are looking at them straight-on you see the entire body of the first person in line only. Hands are at sides, the first person in line brings her arms and hands up over her head, when the first person has her arms and hands at shoulder level the person behind her begins to raise her arms and hands, then the next until you reach the end of the line. This motion continues creating an appearance of a fan.

LEVEL 1 KICKS

Low (front, side):

Use either leg, kick leg forward or to the side at calf level.

Waist (front, side):

Use either leg, kick leg forward or to the side at waist level.

Shoulder kick (front, side):

Use either leg, kick leg forward or to the side at shoulder level.

LEVEL 1 BRACING POSITIONS

1st base:

Legs apart, base leans forward with hands on knees.

2nd base:

Side lunge.

3rd base:

Front to back lunge.

LEVEL 1 MOUNTS/ DISMOUNTS

Mermaid sit:

One or two bases lying on tummies, chin resting on hands, legs bent with feet in air, mounter sits on bases feet.

Knee sit2:

Two people. Base on one knee, mounter sits on bases thigh.

Knee sit3:

Three people. Two bases on one knee, mounter sits on bases thighs.

Back sit2:

Two people. Base on hands and knees, mounter sits on bases back.

Back sit3:

Three people. Two bases on hands and knees, mounter sits on bases lower backs.

Lunge sit3:

Three people. Two bases lunge toward each other, mounter sits on bases knees.

Pony straddle2:

Two people. One base gets on hands and knees. Mounter straddles bases back.

Side sit2:

Two people. Base goes into a lunge. Mounter sits on bases thigh.

AIM USA

ALL PURPOSE CHANTS & CHEERS

1. DEFENSE

D-FENSE(clap, clap)
D-FENSE (clap, clap)
D-FENSE(clap, clap, repeat 3 X's)

2. SPIRIT

We got Spirit
Yes we do!
We go Spirit
how 'bout you! (repeat 3 X's)

3. HEY HEY HO HO

Hey Hey
Ho Ho
Come on team (clap, clap)
Let's go! (repeat 3 X's)

4. GO RED

Go RED
Go Blue (repeat 3 X's)

5. STAND UP AND CHEER

Stand up (X)
And CHEER (X)
The mighty Spartans
are here! (repeat 3 X's)

6. GO-FIGHT-WIN

Everybody Yell GO!
Everybody Yell FIGHT!
Everybody Yell WIN!
Everybody Yell GO-FIGHT-WIN
(repeat 3 X's)

7. CHEERLEADERS

C-HE-ERLEADERS oh yes
Cause we are the best Cheerleaders
C-HE-ERLEADERS oh yes
Cause we are the best Cheerleaders
(repeat 3 X's)

8. GO EAGLES

Go Eagles, GO GO GO
(repeat 3 X's)

9. AIM CHANT

AIM USA
We are the BEST
We stand OUT
above the REST (repeat 3 X's)

10. AIM HIGH

Aim high reach for the top
AIM USA will never stop!
(repeat 3 X's)

11. BIG RED

If you like it
Say GO BIG RED
GO BIG RED, (repeat 3 X's)

12. JAM

J-A-M
You got to JAM
J-A-M
You got to
Got to JAM (repeat 3 X's)

13. SHOW IT

Cats (X) You know it (X)
You're number one
So show it (X) (repeat 3 X's)

14. WHAT DO YOU SEE

Hey hey hey (X)
What do you see (X)
The Cats are looking
for a victory (X) (repeat 3 X's)

15. LOOK AT THE SCORE

Hey Hey
Look at the score
That's Okay
But we want more! (repeat 3 X's)

16. SCORE

S-C-O-R-E Score Cats Score
(repeat 3 X's)

- 17. LETS GO DEFENSE**
Lets Go Defense
Lets Go (repeat 3 X's)
- 18. GO DEFENSE GO**
Go Defense Go (repeat 3 X's)
- 19. TERRITORY**
This Is Panther Territory
So You Beware (repeat 3 X's)
- 20. SACK THAT QUARTERBACK**
Sack That Quarterback
Crash Through That Line
(repeat 3 X's)
- 21. DEFENSE, IT'S UP TO YOU**
Defense, It's Up To You
Guard Your Man
Don't Let Him Through (repeat 3 X's)
- 22. RED, SILVER**
Red, Silver
Go, Fight
A Panther Victory Tonight
(repeat 3 X's)
- 23. TACKLE**
T-A-C-K-L-E Tackle Tackle
(repeat 3 X's)
- 24. LIGHTENING**
Panthers Are Lightening
We're In Command
Panthers Are Lightening
CH-CH Bam-Bam
(repeat 3 X's)
- 25. COME ON PANTHERS**
Come On Panthers
You Can Do It
Lets Snap To It (repeat 3 X's)
- 26. PUSH'EM BACK**
Push'em Back Push'em Back
Way Back (repeat 3 X's)
- 35. COME ON PANTHERS**

- 27. TACKLE TACKLE WE GOT YOU**
Tackle Tackle We Got You
Way To Tackle (woo)
Way To Tackle (woo) (repeat 3 X's)
- 28. L-E-T-S-G-O**
L-E-T-S-G-O
C'mon Panthers Lets Go, Lets Go
Hey, Hey, Lets Go (repeat 3 X's)
- 29. ARE YOU READY TO GET STARTED**
Are You Ready To Get Started
Yes We Are (Say Twice)
I Say S-ST-START
Lets Start (repeat 3 X's)
- 30. WE'VE GOT SPIRIT**
We've Got Spirit
Deep Down Inside
So Bring It On Up
Don't Let It Hide (repeat 3 X's)
- 31. TAKE YOUR TIME**
Take your Time
Concentrate
You Can Do It
You're Great (repeat 3 X's)
- 32. ELEVATE YOUR MIND**
Elevate Your Mind
Get Yourself Together (2x)
Elevate Your Mind (woo)
Get Yourself Together (alright) (2x)
(repeat 3 X's)
- 33. HEY PANTHERS YEA**
Hey Panthers Yea (2x)
Say Let Me See You Get Down
No Way
Let Me See You Get Down
OK
D-O-W-N That's The Way We Get
Down (repeat 3 X's)
- 34. FIRED UP**
Lets Get Fired Up
And Shake Some Spirit Loose
(repeat 3 X's)
- 45. ENTHUSIASTIC**

Come On Panthers
Keep The Beat
Come On Panthers
XXX And Feel The Heat

36. **DEFENSE**
Say D-D-D Defense (repeat 3 X's)
37. **JAM**
J-A-M You've Got To Jam
J-A-M You've Got To Got To Jam
38. **SCORE**
S-C-O-R-E Score, Panthers Score
(repeat 3 X's)
39. **TOUCHDOWN**
How About A Touchdown
How 'Bout A Score
We Got Some, But We Want More
(repeat 3 X's)
40. **WIN**
Yell W (W)
Yell I (I)
Yell N (N)
Lets Win (repeat 3 X's)
41. **ROWDY**
Let's Get A Little Bit Rowdy
R-O-W-D-Y (repeat 3 X's)
42. **LEAN**
Lean To The Left (2x)
Freak To The Right (2x)
The Panther Team (2x)
Is Gonna Rock All Night
43. **GET THE BEAT**
Get The Beat
Get The Beat
Generate Some Spirit
Generate Some Heat (repeat 3 X's)
44. **WE'RE GONNA CLAP**
We're Gonna Clap Our Hands
We're Gonna Stomp Our Feet
We're Rocking To The Rhythm
Of The Panther Beat
Go Fight Win (repeat 3 X's)
54. **WE ARE THE PANTHERS**
1 We Are The Panthers

Boy Are We Enthusiastic
We Are Feeling G-O-O-D
(repeat 3 X's)

46. **WE'VE GOT THE BEAT**
We've Got The Beat That's Really Hot
Panthers Gonna Make Your Body Rock
(repeat 3 X's)
47. **4 + 4**
4 + 4 Is Half Of Sixteen
So Come On Everybody
And Do The Lean-A-Lean
(repeat 3 X's)
48. **WE SAY AIM**
We Say Aim You Say Cheer (repeat)
We Say # You Say 1 (repeat)
We Say Hey You Say Ho (repeat)
49. **OFFENSE**
O Double F ense
Offense, Offense (repeat 3 X's)
50. **LETS GO BIG O**
Lets Go Big O
Lets Go (repeat 3 X's)
51. **ATTACK**
A-T-T-A-C-K
The Panthers Are Back
A-T-T-A-C-K
Attack Attack Attack (repeat 3 X's)
52. **YOU MAY WANT IT**
You May Want It
But You Can't Have It
Why You Ask
Because We Got To Got To Have It
(repeat 3 X's)
53. **HEY**
Hey!
Hey You
Get Out Of Our Way
Because We're Here To Stay
(repeat 3 X's)
62. **MIRROR MIRROR**
Mirror mirror on the wall

2 A little Bit Louder
3 I Still Can't Hear You
4 More, More, More, More
1 (repeat 3 X's)

55. GET UP LETS GO

Get Up Lets Go
Let Your Spirit Flow
Release It From Your System
Let Your Spirit Show (repeat 3 X's)

56. DO IT

Do It Panthers
Go, Fight, Win (repeat 3 X's)

57. GO SILVER & RED

Go Silver & Red
The Panthers Are Out Of Sight
(repeat 3 X's)

58. LOOK ALIVE BIG 5

Look Alive Big 5 Look Alive
(repeat 3 X's)

59. VICTORY

V-I (4x)
C-T (4x)
O-R (4x)
Y Because We Like It Like That
(repeat 3 X's)

60. CHEERTIME

It's Cheertime, It's Cheertime
Up With Your Spirit
Up With Your Pride (repeat 3 X's)

61. KEEP IT UP

Keep It Up
Keep It Up
Keep That Panther Spirit Up
Keep It Up (repeat 3 X's)

Who's the best team of them all
Bulldogs (stomp X 4)
Bulldogs (stomp X 4)
Mirror mirror in the stands
Who's the best team in the land
Bulldogs (stomp X 4)
Bulldogs (stomp X 4)
Mirror mirror just for fun
Tell us who is Number One
Bulldogs (stomp X 4)
Bulldogs (stomp X 4)

63. HEY YEAH? (For groups)

Hey _____ yeah? (use any city)
Hey _____ yeah?
Show us how to get there
NO WAY!
Show us how to get there
OK!
We stomp our feet and
Boogie to the beat
We turn around and we
Boogie on down
They stomp their feet
They boogie to the beat
They turn around and
They boogie on down

64. GO GO BEAT BEAT

Go, go
Beat, beat
Never, never
Meet defeat
Go, go
Fight, fight
Win, win
TONIGHT

CHANTS & CHEERS CON'T.

- 65. DANGER ZONE**
We're with you defense
You're not alone
Their step-in' on our
Danger Zone
Get back - way back
Push 'em back - hey
Get back - way back
Push 'em back - hey
- 66. WE'VE GOT THE BEAT**
We are the Vikings (X)
We've got the beat (X,X)
So get on down (X)
And move your feet (X)
stomp - (X)
stomp stomp - (X)
stomp - (X)
Vikings - Vikings - Vikings
stomp - (X)
stomp stomp - (X)
stomp - (X)
Do it Do it Do it
- 67. SPIRIT & STEAM**
Lot's of spirit with plenty of steam
Puttin' it together for the Tiger team
Spirit Spirit Spirit (*keep repeating
Spirit faster and faster with bodies
going up and down like pistons*)
- 68. COOKIE MONSTER**
The Cookie Monster said
that the Cheerleaders are -
The great big cookies at the top
of the jar
The Cookie Monster said that the
Chargers are the itty bitty crumbs
(repeat 3 X's)
- 69. TWO BITS**
Two bits, four bits
Hey six bits a dollar
All for Cheerleaders
Stand up and holler
- 70. EXPLODE**
Explode
Ignite
AIM USA
is dynamite!
- 71. FIGHT – SCORE – WIN**
F-I-G-H-T Fight Panthers Fight
S-C-O-R-E Score Panthers Score
W-I-N Lets Win Again
- 72. GO – FIGHT – WIN**
Everybody Yell go, Go
Everybody Yell fight, Fight
Everybody Yell win, Win
Lets Yell It
Go, Fight, Win
- 73. FANS IN THE STANDS**
Panther Fans In The Stands
On 1 Everybody Yell Go
1, Go!
Panther Fans In The Stands
On 2 Everybody Yell Fight
1,2 Fight
Panther Fans In The Stands
On 3 Everybody Yell Win
1,2,3, Win
Everybody on 3, Yell Go, Fight, Win
1,2,3, Go, Fight, Win
- 74. MIGHTY**
The Mighty Panthers Are Here
This Is Our Year
Straight To The Top
We Can't Be Stopped
- 75. HEY, ITS US**
Hey, Its Us
The Team That Stays On Top
#1 All The Way
The Panthers Are Here To Stay

- 76. AIM HIGH**
Aim High Means Victory
Any Way You Spell It
V-I-C-T-O-R-Y (xx)
Yell It
- 77. UNIQUE**
Unique! Alive!
Panthers Have Got That Jive
With Silver & Red
We're Moving To A Victory Tonight
- 78. BEAT THAT TEAM**
B-E-A-T Beat That Team
Show Those (tigers) We're Supreme
Lets Go Panthers (xxx)
Go Team
- 79. MOVE IT**
Move It Panthers
Hey Lets Fight
Strive For A Victory
Win! Tonight!
- 80. YELL**
Yell For The Panthers
Go! Fight! Win!
Yell For The Panthers
Win Again
- 81. FEEL THE HEAT**
Feel The Heat
Get Ready To Compete
Prepare For Defeat
The Panther Team Will Not Be Beat

- 82. FANS ON THE RIGHT**
Fans On The Right Yell Go, GO!
Fans on The Left Yell Panthers, PANTHERS
Do It Again, Everybody Join In
Yell Go Panthers, GO PANTHERS!
- 83. HEY! WE'RE HOT**
Hey! We're Hot
We're #1 On Top
Victory, Success (xx)
Oh! Yes!
- 84. WE'RE HERE TO FIGHT**
Red & Silver, We're Here To Fight
Come On Panthers Lets Win Tonight
Yell Beat Those Tigers,
(Beat Those Tigers)
1,2, (xx) 3Lets win!
- 85. IT'S TIME TO FIGHT**
Hey, Hey It's Time To Fight
Everybody Yell Red & Silver
(red & silver)
Hey, Hey Lets Do It Again
Everybody Yell Go, Fight, Win
(go, fight, win)

AIM USA POM AND CHEER DESCRIPTIVE MANUAL / FUN ACTIVITIES

1. COACH SAYS:

Just like Simon Says, using cheer motions. Ex. Coach says High V, or High V, those that did the High V without you saying Coach Says, must sit down. Play the game until you have a few left standing, give those a hand who remain standing. Play one more time.

2. POM RACE:

Divide students into two teams tall to short. All students put poms down beside their feet except front person. Take front persons one pom and pass behind head to next person. Team that gets pom to end first is winner. They can do the same by passing the pom between their legs.

3. SHOW WHAT YA KNOW:

Divide students into groups of 2 to 4. Groups perform for class by demonstrating any motion they have learned. Students within a group simultaneously demonstrate.

4. PEP/SPIRIT RUNS:

Divide students into groups of 2 to 4. Students run across the floor and perform any and as many jumps and chants they can remember.

5. CIRCLE NAME GAME:

In a circle, one at a time, students take one step into circle doing a jump or motion stating their name.

6. POM TRICKS:

- a) Place poms in crease of elbow, pop pom up and catch
- b) Throw 1 pom to neighbor, exchanging poms, repeat with 2 poms.
- c) Throw 1 pom up, turn, then catch it.
- d) Using 1 pom, Right punch front position with red pom, pivot backwards, leaving pom and grabbing with left hand.

7. HEY YEAH CHANT RALLY:

Divide students into two groups. Each group selects a name. Perform Hey Yeah Chant. Refer to cheer & chant section in manual.

8. JUMP CONTEST:

Who can jump the highest, longest, best form.

9. FREEZE FRAME:

Turn music on. Have all students dance with poms and when music is turned off, all students freeze in position that they were in when music stopped.

10. GUESS MY MOOD:

Each student selects a partner. Each student gets 1 minute to have their partner guess what mood they are in by using facial expressions.

FUN ACTIVITIES CON'T.

11. JUMP LINE PRACTICE:

Put students into 2 or 3 lines. Have 1st. student in each line jump. When finished students go to end of line.

12. JUMP RACE:

Do the same as above except make it a race. Team 1 against Team 2 etc. First line done are the winners. Have teams select names. Students must demonstrate spirit and support to others.

13. SPIRIT CONTEST:

Split into 2 teams. Each team performs a chant previously learned in class, or they can use the Spirit cheer.

14. NAME GAME:

Pick a few leaders. Each runs to a different person and asks the students for her name. Leader say 5 times "Staci (pause) Staci (pause) Staci, Staci, Staci while jumping back and forth. Staci then hooks onto leaders' waist and they go to next person to do the same thing. They repeat but now each leader turns around to announce the next person's name. They continue to repeat the name 5 times. The team with the most members wins.

15. MUSIC WIPEOUT

Have students use cheer motions. Play music for different length's of time then turn off. Anyone still moving is eliminated and sits down. Continue playing music and turning off until you have only one or two students left standing.

16. BE THE COACH

Give students words to a chant. Divide students into groups. Students make up their own motions, then perform for class.

17. MAKE UP YOUR OWN CHEER (outside of class)

Students can make up their own cheer. This activity is done at home. Student will perform cheer for class. Student will receive a ribbon for her effort

18. CHEER CHEER POM

Just like duck duck goose, expect when a student is picked, she must run around the circle using cheer motions while trying to catch the tagger.

19. CHANT COMPETITION

Divide the class into 3 to 4 groups. Each group yells a chant. The group who is the loudest wins.

20. CHEERLEADERS CHOICE

Students get to pick what ever fun activity they want to do.

FUN ACTIVITIES CON'T.

21. FORMS CONTEST

Around week 8 this fun activity is appropriate. Coach sits in a chair and students sit facing coach. Pretend you are in a ring. Leave about 10 feet from coach to students. Coach calls up 2 or 3 students at a time and asks them to perform motions per the forms contest handout. Students will place 1st through 4th. Coach gives constructive input and positive praise.

22. SPIRIT CIRCLE

After class and after coaches important announcements, students huddle together and can say whatever they like. Something to show spirit and team togetherness.

23. POM TOSS

Students find a partner. If there is an odd number 3 will work fine too. Students toss poms back and fourth. First using one pom, then add two, then add three, then add 4. You can get creative, students can toss pom, turn a complete circle and catch the pom.

24. EVEN STEVEN

This is a partner activity. Ask students to find a partner. One student gets into a right lunge, the other student gets into a left lunge. Their knees must touch and the top of their thighs must be even. Have students hold their position for 10 seconds, then try to go lower without wobbling. After a minute have the students switch sides, (this activity prepares them for mounts to come).