

Mustang Cheer



2021

EXPECTATIONS AND GUIDELINES

The cheer squad *requires* positive character traits from each of their cheerleaders in the areas of **Faithfulness, Dependability, Willingness, Commitment, Attitude, Respect, Cooperation, Unity, Cheerfulness, Discipline, Diligence, Honor, Integrity and Service.**

The Brazos Valley Mustang Cheer Squad has a sign-up process for both squads as well as a "Mock Try-Out" to allow the girls to experience what that process is like just like other school cheer programs. The goal of this is to also encourage each athlete to strive to work toward mastering the skills needed to be an excellent cheerleader.

Cheer staff has the right to limit the number of cheerleaders on the squad/team and to only select girls that will enhance the squad and its ministry on the above character traits.

ALL cheerleaders will **present* themselves in a way that will glorify God, and represent the Brazos Valley Mustangs and the squad in a Godly manner. (*present- this is the overall attitude and action of the cheerleader; it includes dress and behavior).

ALL cheerleaders will respect and honor their parents as God tells us in His Word. Ephesians 6:1-2 "Children, obey your parents in the Lord, for this is right. Honor your father and your mother" (Failure to do so could result in disciplinary action. In other words, your parents can request you be benched- this includes school work too. The "benching" will serve as one of your official benching.)

ALL cheerleaders must have a willing heart to work at practice and the games.

ALL cheerleaders will respect their fellow teammates and only speak in public and private what is edifying and encouraging to lift each other up.

ALL cheerleaders will respect and honor ALL the adults that are in authority over them. (Failure to do so will result in disciplinary action.). This includes cheer staff.

ALL cheerleaders will respect and honor the facilities that we practice and play in.

ALL Cheerleaders and parents will be required to sign a commitment and medical form at the beginning of the season.

IMPORTANT DATES

Monday, April 19th – 2021 Season Parent & Player Meeting

May 3rd – 14th: Mon, Wed, Fri – Mandatory Mustang Cheer Spring Training

August 4th – 6th – Local Overnight Cheer Camp

Tuesday, August 10th – Fall Practice Begins 3pm-5pm Austin's Colony Park

****Violation of any of these requirements may result in dismissal/ termination from the cheer squad.**

Cheerleader Warm-ups/Stretching

Warming up:

Before you do anything else, you should start your practice with an active warm up. Warm ups will get your blood flowing and help loosen up your muscles, preparing them for an effective stretch.

Ideas for warming up:

- Running
- Skipping
- Jumping rope
- Jogging backwards
- Karaoke (not the singing kind) 😊

Your entire warm up should take about eight to 10 minutes to perform, and should make you feel a little tired, but loosened up.

Stretching:

Hold each stretch for 20 to 30 seconds before moving on to the next exercise. All-in-all, a stretching routine may take between five and 15 minutes.

Stretches may include:

- Standing Hamstring Stretch: Spread your legs wide. Reach to one side and grasp your ankle with one or both hands
- Inner Thigh Stretch: From the straddle position bend one leg until you are sitting on the back of your bent foot.
- Runner's Stretch: Step one leg backward into a low lunge, bending the front leg so that the knee and shin are at a 90-degree angle. Lower the hands to the floor,
- Hamstring Straddle Stretch: Sit on the ground and spread your legs wide. Reach to one side and grasp your ankle with one or both hands.
- Hurdler Stretch: Sit on the ground in a Herkie position. Reach to your extended leg and grasp your ankle with one or both hands.
- Work your abs and hip flexors by lifting straight leg up in counts of 10.
- Right/Left/Center Splits: Using your hands to support your weight, slowly lower your body into each split.
- Triceps Stretch: Stretch the back of your arm by reaching one hand up and behind your head to touch the center of your back while you grasp that elbow with your opposite hand. Pull downward to feel the stretch.
- Back and Shoulder Stretch: Reach one arm in front of your body and across your chest; grasp that arm above the elbow with your opposite hand and pull toward your body.
- Quad Stretch: Bend one knee backward and grab that ankle with the hand on the same side; balance yourself and pull your ankle toward your body.

Strength Exercises

Exercises:

Get your endurance up. Cheerleaders are required to cheer in front of crowds for an entire game - sometimes up to two hours. Try and do an endurance activity for up to 30 minutes a day to strengthen your heart!

Endurance exercises include:

- Running
- Jumping rope
- Running bleachers at a football field (bonus because it also works on leg strength)
- Speed Walking
- Biking
- Swimming laps

Start core exercises. Your core (low back and abdominal regions) is one of the most important areas to work for a cheerleader. Your core helps you to have good posture as well as increase your jump height.

Core exercises include:

- Crunches
- V-ups
- Bicycle crunches
- Planks
- Burpees
- Superman

Work on leg strength. Your legs will be important for stunting, jumps and basic cheer/dance moves.

Leg exercises include:

- Lunges
- Squats
- Plie Squats
- Rockets

Don't forget your arm exercises: Your arms are very important whenever doing sharp motions, tumbling, or stunts.

Arm exercises include:

- Weighted Military Press, Clings, Triceps Extensions, Biceps Curl, Lateral "T" Raises
- Triceps Dips
- Push Ups - Ground & Wall
- Reverse Plank
- Arm Circles

Cheerleading Jumps

Increasing your strength:

- **Leg Explosions:** This exercise helps with height and leg strength. Start with your feet together. Take a slow dip so until your knees reach a ninety-degree angle. Explode into the air without using your arms. As you land, absorb gently absorb back into your starting position. Start with three sets of five controlled jumps and work up to executing fifteen in a row.
- **Sitting Toe Touches:** This exercise isolates the hip flexor and abdominal muscles that lift legs into the jump position. Start by sitting on the floor in a tuck position. Balanced with your feet slightly off the floor and your arms in "daggers". Quickly lift your legs and arms to all the way to the toe touch position. Once you've hit it, snap back to your starting position as quickly as possible. It may take a few tries to find your balance. Once you get the hang of it, focus on keeping your toes pointed, your legs straight, and your back upright. Again, start with three sets of five and work up to fifteen reps in a row.
- **Straddle Lifts:** This exercise also isolates the hip flexors. Start on the floor in a straddle position. Place your hands on the floor in between your knees. Lift one leg a two inches off of the floor for a count of two and then set it back down. Keep your leg straight and your toe pointed. Repeat with the other leg. Do these five times (approximately 10 seconds on each leg). Work up to holding each leg twice for a count of five, and then once for a count of ten. Eventually, you may lift both legs at once.
- **Fire Hydrant:** From a standing position, extend your bent Herkie leg flat out beside your hip.

How to perform the Jumps:

- **The Preparation** - After you count 5, 6, 7, 8, on the first 1, 2 bring your hands into a "clasp" right under your chin and hold them there for those two counts. On 3, 4, proceed to a "High-V" and hold that motion for those two counts. **The Lift-Off** - The jump is executed on counts 5 and 6. Swing your arms from the "High-V" motion around in front of your head, crossing over and then pulling straight out or up into the designated motion, depending whether the motion that goes with the jump is a "T", "daggers", or "touchdown". Use the swinging motion to get height, and push off with your legs. Your arm motions and the actual jump need to be synchronized. **The Landing**- On the 7 count, your feet should hit the floor. To make sure you land smoothly and cleanly, make sure both of your knees are bent after the jump when you hit the floor. This also helps prevent injuries and makes for more successful jumps. Once you successfully land your jump, hit the "clean" motion on the 8 count.

JUMPS:

- **Toe-Touch**

In a toe-touch jump, make sure your hips are turned out, and your knees and the laces of your shoes are facing up towards the sky. Remember, proper technique is more important than height. You never want to develop bad habits that you may not be able to fix. Also, don't bring your chest forward when doing a toe-touch jump. Just because it's called a toe-touch jump doesn't mean you actually touch your toes - your arms should be in a T position for this jump. You want to bring your legs to your arms or above, not your arms to your legs.

- **Herkie**

Depending on which leg you chose, one leg should be extended out to the side just as you would in a toe-touch jump with your knee and the laces of your sneaker facing upwards. Your other leg should be bent to the side with your heel facing to the back. Your arms should be in a "T" motion.

- **Hurdler**

A hurdler is almost like a herkie, except your lead leg is in front of you and parallel to your upper body. Your knee is bent to the backside similar to the herkie. Your arms go in a "Touch Down" motion. This is a more advanced cheerleading jump..

OFFENSE CHEERS


- 📣 *Touch*, Touch, Touch, Touchdown
- 📣 S-C-O-R-E *Score* Mustangs Score
- 📣 *Move that ball* on down the field Mustangs, Let's score! (3 RIPPLES)
- 📣 M-O-V-E. Move that ball (3 RIPPLES)
- 📣 *Touchdown* is what we want, first down is what we need, let's go, and fight tonight, and win the victory. (3 RIPPLES)
- 📣 O F F - E N S E, *Offense*.
- 📣 Mustangs, who ya rootin' for? Yell it out let's *Raise That Score*. Yell red, black and white. Red, black and white. Mustangs, who ya rootin' for? Yell it out let's raise that score, yell fight mustangs fight. Fight, mustangs fight. Red, black and white. Fight, Mustangs, fight. Repeat end 2x
- 📣 *T to the O* to the UCH, touchdown, go red! (2 RIPPLES)
- 📣 *Down the Field*, down the field, move the ball, score 6. (2 RIPPLES)

DEFENSE CHEERS


- 📣 GO, G-O, *Get the ball* and Go
- 📣 T-A-K-E *take that ball away* (clap, clap)
- 📣 H-O-L-D Hold that Line (3 RIPPLES)
- 📣 *Take it*. Take it. Take that ball away. (2 Ripples)
- 📣 Mustang Defense, *Get Tough*.
- 📣 D - E F - E N S E, *Defense*.
- 📣 B L O C K, block that kick. (3 RIPPLE)

GENERIC CHEERS


- M-U-S-T-A-N-G-S (clap clap)
- Mustangs* unite. (clap) Fight, Fight, Tonight (slap, clap)
- 📣 Red, Black, and *White*. FIGHT. FIGHT. FIGHT. (3 Ripples)
- 📣 Go, Go! Fight, Fight! (clap clap clap) *To Win*
- 📣 G-O. *Go Big Red*. G-O. Let's go!
- 📣 *Brazos Valley*, Shout it now let's hear you say, Go Big Red. (Clap) Go Big Red. Brazos Valley, Shout it now let's hear you say, Beat those ----- (Clap) Beat those ----- Brazos Valley Shout it now let's hear you say, Go. Fight. Win. (4 x)
- 📣 Go Big *Red and Black*, go big red.
- 📣 The Mustangs are here, prepare for the fight. We're back and we're better, the red, black, & white. Get up. Get ready. We'll show you how it's done. The Brazos Valley mustangs, are *#1*.
- 📣 *Let's Go Let's Get 'Em*. Go go get 'em mustangs, let's go let's get 'em. (2 RIPPLES)
- 📣 Brazos Mustangs, let's *Get Loud*. Yell for the colors that make you proud. Yell red, black, and white. Red, Black, and White. Brazos Mustangs, let's get loud. Yell for the team that makes you proud. Yell fight, Mustangs, fight. Fight, Mustangs, fight.
- 📣 *Get on up*, are you ready? Are you ready to fight? Let's here it for the Mustangs. Let's win, tonight. Get on up, are you ready. Are you ready to fight? Let's hear it for the Mustangs,


 the red, black, and white. The red, black, and white


CHANTS

 *Go, (x) big red, let's go (x slap x xx)*
Fight, (x) big red, let's fight (x slap
x xx) Win, (x) big red, let's win (x
slap x xx) (2 RIPPLES)

 *Go, Go, Go Mustangs*

 *We want a victory, yell go*
mustangs go.

 *Come on crowd, shout it out, yell*
red, black and white. Red, Black
and White

 *Here we go, mustangs, here we*
go (xx)

 *Go, Mustangs Go (xxx)*

 *Let's go Mustangs, let's go (xx)*

 *Fight Mustangs, Fight (xxx)*

 *Defense Mustangs, Defense (xx)*

 *Mustang Defense (xx-xxx)*

 *De-Fense (xx)*

 *De-De-De-Defense*

 *Red, Black, and White*

Let's Win Win Tonight

We are the Mustangs (xxx)

The Mustangs

 *Offense Mustangs (xx-xxx)*

 *O-ffense (xx)*

 *1st and 10 Mustangs, Go Fight*

Win

 *TD (xx) Touchdown (2 RIPPLES)*