Cheer It Up!

Pep rallies don’t have to happen in a gym. You can have your own! Invite your friends over for a pep-rally themed party!

Here are some ideas to get you started!

1. Get everyone in the spirit with some fun invitations, like the ones included here!
2. Pump up the party with the CHEER! Confessions of a Wannabe Cheerleader kit. It has cheers, the perfect cheer music mix, and spirit signs.
3. What’s a pep rally without fun games? We’ve got a couple that are sure to win you some fans!
4. Don’t forget to hydrate! Stock up on sports drinks (and healthy snacks) to keep your cheerleaders jumping.
5. Create a mascot and choose your team colors for decorations. Pink and purple? Red and blue? Silver and gold? It’s up to you—it’s your party!
6. Show your spirit! Have your friends show off their favorite teams by wearing their team’s colors.
7. Don’t forget the CHEER! Confessions of a Wannabe Cheerleader books; they’ll give you the extra boost of inspiration you want!

Available wherever books are sold!
Go Team!

We've got spirit, yes, we do!!!

You're invited to a CHEER! pep rally!
Where:
When:
Top Ten Cheers!

Get the crowd off their feet with these cheers!

1) We’re ready to start!
   We’re ready to go!
   But first we’d like
   To say hello!
   From (go down the line of
   cheerleaders’ names)!

2) T-N-T
   T-N-T
   (Team Mascot) got that T-N-T
   T-N-T
   That’s all we need
   To blow your mind

3) Victory, Victory
   That’s our cry!
   Victory Victory
   That’s our pride!
   Split the V!
   Dot the I!
   Curve that C-T-O-R-Y!

4) Cookie monster says that
    the (Team Mascot) are
    The great big cookies at the top of the jar!
    Cookie monster says that the
    (Opposing Team Mascot) are
    The itty bitty crumbs at the bottom
    of the jar!

5) (Team Mascot) are ready
   (Team Mascot) are smooth
   (Team Mascot) will take control
   And stomp all over you!

6) People in the front:
   Let me hear you grunt!
   People in the middle: Shake it just a little!
   People in the back: Show us where you’re at!
   People in the stands: Jump up and clap
   your hands!
   Go (Team Mascot)!

7) Fire it up! (clap twice)
   Get on up! (clap twice)
   Fire it up, and up, and up, and up!
   (stomp twice)
   (repeat)

8) We’ve got the power to
   We’ve got the power to
   We’ve got the power to
   (clap once) Whoop you!

9) Hey, all you (Team Mascot) fans
   Sittin’ on your rumps
   Stand up and give
   Your neighbor a bump
   Bump dee bump
   Bump, bump dee bump!
   Bump dee bump
   Bump, bump dee bump!

10) Your favorite cheer!
Create your own cheer mix with songs that will really get you fired up! Need some inspiration? Here are a few to get you started!

1. “Whoomp There It Is” by Tag Team
2. “Eye of the Tiger” by Survivor
3. “We Will Rock You” by Queen
4. “Who Let the Dogs Out” by Baha Men
5. “Hawaii 5-0” theme song

Want to add something extra to your cheer mix? Choose a song that will really get the crowd going and create a team dance routine!

For an extra challenge, turn it into a CHEER! Confessions of a Wannabe Cheerleader competition! Divide into teams (how about the Grizzlies vs. the Titans?) and see who can put together the best routine. To really pump up the pressure, give the teams a time limit!

Don’t forget: Show your spirit by cheering on the other team, too!
Design the Perfect Uniform!

Think you have Madison’s flair for fashion design?

Divide into teams and, using only the items on the supply list below, create your own *CHEER!*-tastic cheerleading uniforms!

Supply list

**The basics:** Paper, tape, markers, blank t-shirts

**The flair:** Twisted ties, ribbon, glue, glitter, feathers, stickers

How did you do? Would the Titans want to wear your uniforms? And would you let them???
Can You Cheer?

Remember when Madison and the other Grizzlies had to make up a cheer for the Math League?

Using the list below for inspiration, write down activities on slips of paper that don’t traditionally have cheerleaders and put them in a basket. Feel free to add a few more if you think of some good ones! Have everyone draw a paper slip from the basket, set the timer (for one minute or five), and see how many people can come up with a cheer for the activity they selected before time runs out!

To play, you’ll need a basket, paper, pens, and a timer.

Here are some activity suggestions to get you started:

★ Bowling
★ Chess club
★ Debate team
★ Golf
★ Chemistry League
★ Tennis
★ Quiz/Academic Bowl

rahhrahh!

LET’S GO!

Grizzzzzz!