



“Smile, Sparkle & Shine”

2018 Millard United Cheer Handbook

Rules

1. MU Cheerleaders should **always smile!** Parents & Cheerleaders should refrain from saying anything negative about each other. This is a no-tolerance rule and we will enforce it to the point of dismissal with no refund if it is a problem. While in uniform, cheerleaders will adhere to the strictest standards of good sportsmanship and conduct.
2. Please be on time – for both dropping off at start times & picking up. Contact your coach if you will miss a practice, game or activity. Especially if you have RSVP'd

Practices - Practice, Practice and Practice some more!

1. Cheerleaders should wear their MU Cheer Practice shirt with shorts, athletic pants or skorts and white athletic shoes and socks. Alternate Shirt could be team mascot shirt. Hair should be in a ponytail with Practice Bow. No jewelry, no gum. Water/Sports drinks required. Cell phones must be muted.
2. If a Cheerleader misses practice, she may attend a different squad practice night or use her handbook/watch the video online to learn new material prior to attending a game.
3. Captain(s) can be promoted/demoted by Cheer Coaches. Captain will be in charge during warmups & other duties as assigned. Cheerleaders will also be awarded the “Spirit Leader Megaphone” weekly (it will not go home).

Games/Events – Please see Website for list of 2018 Season Activities Dates & Game Themes

1. Cheerleaders should arrive 30 minutes prior to listed start time for warm-ups, review & Pre-Game Activities.
2. Game/Event Uniforms include: white athletic shoes, white ankle socks, squad skirt, shell, poms & bow. No jewelry, no gum. Water/Sports drinks required. Cell phones must be muted.
3. Note: Some Events girls will be asked to wear their MU Cheer Practice shirt instead of their squad uniform.
4. On cold/rainy days please wear white leggings, sweatpants or tights.

TEAM WEBPAGES/MUS APP: UTILIZE THESE FEATURES TO STAY UNFORMED FOR EVENTS, GAMES, ETC! SOME DATES ARE STILL BEING FINALIZED.

IMPORTANT: A PHYSICAL MUST BE ON FILE BEFORE THE CHEERLEADER MAY BEGIN PARTICIPATION

All MU Cheers

We Are

We are Millard
 Couldn't be prouder
 If you can't hear us
 We'll yell a little louder

W-I-N

W-I-N
 Win “team name” win

We've Got Spirit

We've got spirit, yes we do
 We've got spirit, how 'bout you?

Get Excited

Millard United
 Let's turn up the heat & get excited

Offense

Offense, That's Right
 Move the ball, Let's win the night

Defense

D-D-D
 defense

Yell It

Yell it
 Yell it louder now
 Yell for Millard

Millard Power

Millard has the power
 Millard has the heat
 Millard has spirit
 To knock you off your feet!

Hello Cheer

H-E-L-L-O
 We're the _____ we say hello
(Each cheerleader says her name)
 We all say “hello”

G-O

G-O
 Let's go (team name)
 G-O let's go

Fans

Fans, Let's hear you yell
 Go big “color”
 Go big “color”

Start Tinis Cheers

Rock the House

Who rocks the house
 The (team name) rock the house
 And when we rock the house
 We rock it all the way down
 Down to the ground

History

Let's make History
 (Team Name) take that Victory!

YELL

Y-E-L-L
 Yell for the (team)

Charging In

M-U-S is here to win
 Step Aside we're charging in!

Shake It

Shake it to the left
 Shake it to the right
 Shake it up, shake it down
 Let's win tonight!

Start Minis Cheers

Fight

F-I-G-H-T
 Fight (team) Fight

Hey There

Hey there crowd, Let's get loud
 The (team) are mighty proud

Smile, Sparkle, Shine

Smile, Sparkle, Shine
 Gets them every time so
 Smile, Sparkle, Shine

1234

1 we are the (team)
2 a little bit louder
3 we still can't hear you
4 more, more, more

Jump Around

Jump around
Scream and shout
Millard United spirit
is what it's all about

We, We want

We, We want
A touchdown (team)

Come On Crowd

Come on crowd
Let's hear it, hear it
Get on your feet
And cheer it, cheer it

Luck

Let's go (team) stand on up
Yell it loud to give us Luck

Hey Cheerleaders

Hey Cheerleaders (Hey what)
Show me how to get down (No way)
Show me how to get down (OK)
You stomp your feet
And boogie to the beat
And turn around
And touch the ground
And wiggle it just a little bit (*repeat 3x*)
(*say "everybody" before 2nd*)
(*"one more time" before 3rd*)

Hustle

Hustle X
Get to it X
"Team" X
Let's do it

Start JV Cheers

First Down

First down, second down,
Third down, score!
Come on team,
Show us some more!

Tell a Story

When we tell a story
We tell the whole wide world
This is (team name)" territory
Woo woo yeah
Woo woo yeah

Dominate & Devastate

We'll dominate & devastate
We'll blow you away – OOH!
We are the (team name)
And we're here to stay

Aruba

Hey all you (team name) fans
Let me hear you Clap your hands
Now that you go the beat
Let me see you stomp your feet
Now that you've got the groove
Let me see your body move
Aruba-A-A-A-Aruba-A-A

Rockin in Stands

We don't need no music
We don't need no bands
All we need are (team name) fans
Rockin' in the stands

Defense 2

Knock 'em down, Roll 'em around
Come on defense work

Messing Around

Put your hands up
Make some sound
Millard United ain't messing around

We Want 6

Let's go (team) run that ball
We want 6

Fired Up

We're Fire Up
We're Sizzlin'
We're Turning up the Heat
But when it comes to football
Our Team Can Not be Beat

Go Crazy

Come on fans don't be lazy
Kick up your heels and go crazy

Out of Way

We said to move
Get out of our way
The (team name) are here
And we're ready to play

Might

Crowd stand up and yell with might
Let's go (team name) (team color 1) and white

Score

S-C-O-R-E
Score (team) Score

Start Varsity Cheers

Blow Your mind

What's the word in the passing hour?
Keep them charged with the (team) power
Shove that ball
Hold that line
The (team name) team will blow your mind!

Rock You

We will, We will, Rock you (repeat 2x)
Rock you down, Shake you up
Like a volcano, About to erupt
The mighty (team), Are here to stay
We'll rock you all night, We'll rock you all day
We will, We will. Rock you (repeat 2x)

Noise

Touchdown, touchdown, Let's go boys
You make the touchdowns,
we'll make the noise

Upside Down

When you're up you're up
When you're down you're down
When you're up against the (team)
you're upside down

See that Score

See that score
We want more

Yelling For

Who are you yelling for?
Stand up and yell once more
(team) (clap, clap, clap) (team)

Jump

Jump, jump
Get it, get it
(team) let's win it, win it

Pump

Pump, pump, pump it up (repeat)
Pump that (team name) spirit up (repeat)
Say what, Say pump it up (repeat)

Touchdown

T-O-U-C-H-D-O-W-N
Touchdown (team name)

Our Custom

B-E-A-T, beat 'em, beat 'em
B-U-S-T bust 'em, bust 'em
Beat 'em, bust 'em
That's our custom
So, come on (team name/short)
Re adjust 'em

Hey

Hey Hey
Let's Go, Let's Fight
Number one "color" and white!

Stand up

Stand up
It's time to shout
Come on fans
Yell it out
Let's go (team name)