

Maple Valley Raiders
Cheer Competition Record

South King County Jr. Football League
And
Cascade Jr. Football League

1996 -South King County	<i>Maple Valley -1st in Dance</i>
1997 -South King County	<i>Maple Valley 1st in Dance 2nd All Around</i>
1998-South King County	<i>Maple Valley 1st in Stunt 2nd All Around</i>
1999 -South King County	<i>Maple Valley 1st in Dance 1st All Around</i>
2000 -Cascade Jr. Football	<i>Maple Valley Team Spirit Award</i>
2000 -Cascade Jr. Football	<i>Maple Valley 1st in Dance 1st All Around</i>
2001 -Cascade Jr. Football	<i>Maple Valley 1st All Around</i>
2002 -Cascade Jr. Football	<i>Maple Valley 2nd in Dance</i>
2003 -Cascade Jr. Football	<i>Maple Valley 1st in Dance, 1st All Around</i>
2005-Cascade Jr. Football	<i>Maple Valley 2nd in Dance</i>
2006-Cascade Jr. Football	<i>Maple Valley 2nd All Around</i>
2007- Cascade Jr. Football	<i>Maple Valley Team Spirit Award & 2nd in Cheer</i>
2008- Cascade Jr. Football	<i>Maple Valley Team Spirit Award & 1st All Around</i>
2009- Cascade Jr. Football	<i>Maple Valley 2nd All Around</i>

2010 Maple Valley Raiders Cheerleading Rules

Maple Valley Junior cheerleading program goals are to balance the competitive aspect of championships with a fun learning atmosphere. Cheerleaders will learn team work and leadership skills as well as instill confidence. Each girl will learn the basics of cheerleading including side line cheers, chants and stunts. When preparing for cheer championships we will learn more intense cheers, stunts and dances, while still having fun.

CJFL Cheer Championships is our end of the season competition with the other three franchises in the Cascade League. (Puyallup, Sumner and Enumclaw) Each Year we look forward to Cheer Championships. It provides us a great opportunity to show case what we have learned throughout the season. All cheerleaders who wish to participate will perform as one big team in a dance, cheer and stunt routine. Judged by, Washington State Cheer Judges Association. *If you choose not to participate in championships, practice goes from 3 days a week to 1 day a week in October, and you will not be eligible for Varsity or Jr. Varsity the following year.*

Attendance

In order for us to have a quality cheer program and to support all of our members we ask that all cheerleaders commit to the program. Practices are usually 4-5 times a week in August, practices will be 3 times a week in September and possibly 3-4 times a week October–November as we gear up for championships. These practices will also be just for those girls participating in championships. Games are usually Saturdays and some Sundays except for during football playoffs and championships you may be required to cheer both days. It is important that cheerleaders understand the responsibility and commit to the program in order to participate.

If a cheerleader is not well enough to practice, they should stay home and rest. It is important to get well! Please DO NOT send your child if they are not well enough to practice.

Absences are excused for emergencies or illness and a parent note must be given, unexcused absences include shopping, the fair, skating parties etc.

Once you have signed the Cheer Championship Participation contract, and we have started “championship practices” you are only allowed 3 absences. Once we place you in your formation and stunting group it is hard to practice if you’re not available to participate.

Behavior

1. All Cheerleaders are expected to be friendly and courteous to everyone! Respect everyone with Maple Valley Jr. Football and Cheer and maintain cooperative attitude with coaches.
2. Smile, look happy and be supportive, even if your team is not winning.
3. Support other cheerleading squads while at practices, games or competitions. There’s to be no negative comments about another squad’s performance or cheers. Even if they are negative to you; coaches will handle this situation. Do not handle adverse situations yourself-go immediately to your coach or one of the directors
4. Only registered cheerleaders and the coaching staff will be allowed on the practice field. For safety reasons we ask that all questions be asked before or after practice so that coach time can be spent with the cheerleaders.

5. Please no friends' or siblings at practices. Liability insurance does not cover any one not enrolled in the program.

Behavior Continued

6. During a game please get permission to leave the field. You must return from breaks promptly and be on the field prior to the start of the second half
7. Remember you are representing MVJF&C on and off the field and therefore you should be conducting yourself in a positive manner at practice, games or MVJF&C events. Use of profanities, inappropriate language, or inappropriate attire, will not be tolerated.
8. PLEASE NO STUNTING OR TUMBLING AT ANY TIME UNLESS DIRECTED BY THE CHEER STAFF- this includes cartwheels, etc. Not adhering to this rule will result in immediate discipline.
9. Discipline will include strength training or conditioning, during practice will be at the end of practice during games and at games will be during half time.

Practice Wear is to include cheer shoes, shorts and t-shirts. **No** jean shorts or capri's. If not in appropriate shoes and clothing you will not be allowed to practice due to safety reasons!

Uniform

1. A complete uniform will be provided to you by MVJF&C. This will consist of a Crop, Shell, Skirt, Socks, Briefs, Hair Ribbon, Poms and Rain jacket. Each cheerleader is required to purchase the designated style of cheer shoes for the season. The crop, socks, briefs and hair ribbon are yours to keep. A limited supply of these items will be available to purchase at replacement cost if needed.
2. If a cheerleader shows up to a game without COMPLETE uniform, she will be asked to sit out.
3. For Safety hair is to be pulled back during all practices, games and cheering events. Ribbons and/or scrunchies to match uniform (royal blue, white and /or gold) or as designated by coaching staff.
4. Nails are to be kept short. You should not be able to see the nails from the palm side of your hand. No artificial nails or nail polish may be worn at anytime. This is for safety reasons. The coaching staff will have clippers available if needed.
5. Your cheer shoes MUST BE kept clean for games and performances! Cleaning instructions or suggestions will be given to you after shoes have been designated.
6. ABSOLUTELY NO JEWELRY! Please do not receive any new piercing .All jewelry must be removed before practice or games. This includes any rings, bracelets, or body jewelry, or metal barrettes. This is for safety reasons. Coaches are not allowed to hold any jewelry or valuables. If something must be worn for medical or religious reasons and simply cannot be taken off, it must be taped down and a medical release form must be signed by the parent. Please consult Coach or Director.
7. Cheerleaders are NOT allowed to wear their uniform to school, Halloween etc! Uniforms are to be worn for games, performances and dress rehearsals. OR as otherwise directed by the cheer directors.

UNIFORM POLICY

1. There will be a uniform hand out day scheduled in July. ONE PARENT MUST BE PRESENT TO SIGN FOR A UNIFORM ON HAND OUT DAY. If the child's parent is not present the cheerleader WILL NOT receive her uniform.
2. Uniform turn in day will be scheduled following Cheer Championships. Turn in day and time to be determined. Shell, Skirt, and Pom's are property of MVJF&C and must be turned in on turn in day to receive your \$25.00 cash deposit. It is VERY IMPORTANT that each uniform be cleaned and dried prior to the turn in day. Please turn in your uniform after it is properly cleaned, or you will receive a \$50.00 cleaning fee. The cheer staff will inspect the uniforms for cleanliness and damage and the appropriate fees will be assessed. DO NOT DROP YOUR UNIFORM OFF AND LEAVE!
3. Anyone not turning in any part of your uniform will be charged full replacement cost of each item. IF YOU HAVE A PROBLEM WITH YOUR UNIFORM PLEASE INFORM THE CHEER STAFF IMMEDIATELY SO THE PROBLEM CAN GET FIXED BEFORE TURN IN DAY.

REPLACEMENT COST: Shell	\$150.00
Skirt	\$150.00
Poms- set of 2	\$ 50.00

4. Uniforms need to be cleaned on a weekly basis after it has been worn.

Uniform Washing Instructions

Please read and follow the care instructions below to keep your uniform in the best condition possible for future cheer seasons. **ALTERATIONS ARE STRICTLY PROHIBITED!** You can move a button on the back of your skirt but it has to be returned to the original/close position. **YOU** will be required to pay the full reimbursement cost of the uniform if the uniform is altered in any way.

If your uniform does not fit correctly see your coach!

1. Machine wash, Uniform SEPERATELY in a large load setting with a high volume of water.
2. Cold water rinse- little if any fabric softener.
3. **DO NOT USE BLEACH OR DETERGENT WITH BLEACH!**
4. REMOVE PROMPTLY
5. **HANG TO DRY! DO NOT PUT IN DRYER!**

***DO NOT
DRY CLEAN!***

Practice

All practices subject to change!

1. Practice begins August 2nd for the Varsity from 6:00-8:00 pm at Tahoma Middle School tennis courts. Practices on Monday are for Varsity only, occasionally JV will be included.
2. Practice for all cheerleaders will begin on August 5th from 6:00-8:00 at Tahoma Middle School tennis courts. Monday, Tuesday, Wednesday, and Thursday. (August only until championships begin then TBA for Mondays) **See the calendar for any changes.**
3. All Cheerleaders will have short breaks throughout practice. Please have your child bring a light snack, and drink. (please label drink containers) Please remind your child to throw out their garbage and collect all their belongings each night. Items left behind will be thrown out each night.
4. Practice will be moving to TMS gym on Sept. 7th and practices will be from 5:30-7:30pm. No food or drink will be allowed in the gym.
5. October 11th – end of season practice locations TBA.
6. For the safety of each child Cheerleaders are **REQUIRED** to remain in the practice area until they are released to a parent or carpool guardian. (a note must be on file to whom your child can be released too) **CHEERLEADERS WILL NOT BE ALLOWED TO CROSS THE MAIN ROAD.**
7. Please pick up your cheerleader on time. All coaches volunteer a tremendous amount of time and also have families they need to get home to, so please extend the courtesy of being prompt.
8. Cheerleaders are required to wear tied tennis shoes and appropriate athletic workout clothing to practice. **NO pants, jeans, or anything that may drag under shoes. NO HEELS, PLATFORMS, SANDALS OR SLIP ON SHOES**
9. For Safety reasons, if an athlete shows up without the appropriate attire they will not be allowed to participate.
10. All athletes are required to complete a warm up routine before every practice and game to prevent injury. Cheer practice will start promptly each night, so if your child is late, they will be required to complete the warm up routine before joining the others in practice.
11. Please encourage your child to practice the techniques at home that are taught at practices each night. (stretching, cheers, chants, arm motions, and jumps)
12. Extra help is always available! Please do not hesitate to ask a Coach or Cheer Director if your child needs help with anything! A Varsity cheerleader should be available each night for this purpose.
13. **Mascots-** No matter how excited they are to come to practice and how independent we think they are two hours can be overwhelming. **We REQUIRE a parent to be on the premises during practice incase they can't cope.**

Game Procedures

1. All Cheerleaders are required to be at the field 30 minutes prior to the start of their game to allow for warm ups. Cheerleaders cannot participate until they have completed their warm up routine at the field. If you arrive late, you may have to wait until half time to join in with the rest of the squad.
2. If a cheerleader shows up to a game without **COMPLETE** uniform (crop, socks, briefs, poms, and rain jacket if needed) she will be asked to sit out.

Game procedures cont'd

3. Each cheerleader will cheer with their designated squad and game time.
4. In order to keep the uniform clean during game days please do not allow your cheerleader to eat our drink in their uniform. If you will be staying to watch other games please have your cheerleader change into street clothes to prevent the uniform from being damaged.
5. With courtesy and respect to the opposing cheerleaders; our cheer squads are not allowed to call the same cheer that the other team just performed. Cheerleaders also will not be allowed to call a cheer while the other team is in the middle of cheering. If this happens stop immediately and return to ready position. If there is a problem with the opposing team calling cheers during ours, the coach will handle this
6. When a football player is down on the field due to an injury, ALL CHEERLEADERS will stop cheering immediately and kneel with one knee on the ground until the player has stood up or left the field. All cheerleaders will clap and chant "Give that boy a hand" until he leaves the field.
7. At half time the cheerleaders will perform a cheer for the opposing team and go through a hand shake line. The opposing team will perform a cheer for our squad as well. Cheerleaders will have the remainder of the half to use the restroom and get a quick snack. Make sure to cover your uniform with a jacket or such not to get food on your uniform. It is the responsibility of the cheerleader to keep the eye on the game clock and be back on the field in ready position by the start of the second half.
8. Parent participation during games. Many of our cheers call for audience participation and nothing thrills the girls more than to see their parents, friends etc. do the cheers with them. It is instant feedback that they are doing their job. So please don't disappoint get in there and cheer.
9. In order to wear optional clothing items (sweatshirts, sweat outfits) during games all athletes will need to have the same items. We do this to maintain the proper cheer image and spirit.
10. We do our best to accommodate team requests, please note that our main focus is to make sure the teams are equal in size and a variety of ages. Siblings of football players will receive priority placement on their siblings coordinating cheer teams. With one exception the Varsity cheer team will be the only cheerleaders cheering for the Pee Wee football team.

Volunteer Opportunities

1. In order to grow the program we need Volunteers at each home game and special events. At all home games help is needed in the concession stand and on the field. All positions except Set up (Varsity) clean up (Bantams) volunteers will work the game before your cheerleaders. This is done so that you may be able to watch your cheerleader during their game. We ask that you arrive 15 minutes prior to the game of your assigned team.

Varsity game time 9:00	Volunteer Arrival time 8:00 to set up
Midgets' game time 10:45	Volunteer Arrival time 8:45
89ers' game time 12:30	Volunteer Arrival time 10:30
Sweet Peas game time 2:15	Volunteer Arrival time 12:15
Bantams game time 3:45	Volunteer Arrival time 2:00

2. Volunteers are also needed during practices to work in the concession stand. See a board member if you can help.
3. There are special fundraising events through out the year that your help is needed. All these events bring in much need revenue so that we may purchase new equipment etc.

CJFL Cheer Championships

CJFL Cheer Championships is our end of the season competition with the other three franchises in the Cascade League. (Puyallup, Sumner and Enumclaw) Each Year we look forward to Cheer Championships It provides us a great opportunity to show case what we have learned throughout the season. All cheerleaders who wish to participate will perform as one big team in a dance, cheer and stunt routine. Judged by, Washington State Cheer Judges Association.

1. Cheer Championships will be held **November** 13th 2010 (place and time to be determined at a later date.)
2. Each parent of a cheerleader will be required to sign a contract regarding their child's participation in cheer championships.
3. In order for all of our cheerleaders to have the best opportunity to succeed at Championships, all cheerleaders are asked to attend all practices and be committed. Attendance is VERY important while preparing for championships and the attendance rules will be STRICTLY ENFORCED.
4. Practices in September 14th thru November will be mandatory for those participating in championships and will possibly be 4 times a week.
5. *There will be a modified schedule during October for those not participating in championships, during these practices cheerleaders can help make signs for the games and practice cheers for the games.*
6. During September, October and November participants must agree not to miss more than three (3) practices. With the understanding that missing practices can result in not being able to participate in championships. (Extenuating circumstances may be reviewed and approved by the directors) It is also the responsibility of the cheerleader to learn what they missed.
7. Each cheerleader works very hard preparing for Championships. **Practice during this time takes a lot of commitment, dedication and hard work, so please talk with your child before signing the contract for participation to make sure the stress of competition will not be overwhelming for you our your child.**
8. All dress rehearsals are mandatory.

Maple Valley Junior Cheer CHAMPIONSHIP AGREEMENT

Championships are scheduled this year for November 13th 2010 location TBD. This form is an opportunity to indicate whether or not your cheerleader will be participating in Championships. In order for all our cheerleaders to have the best opportunity to succeed at Championships, all cheerleaders will be required to attend all practices and be committed to your team. This a very exciting time for the cheerleaders and we are looking forward to everyone's participation. If Championship's is not an option for your cheerleader, we look forward to your continued participation the remainder of the season.

Starting Tuesday September 14th 2010 practices will be mandatory for those participating in Championships and for those who are not participating in Championships will only be required to come to practice on Thursdays. Please keep in mind that we may add practices the closer we get to Championships. Please indicate your decision below:

- Yes, I will be participating in Championships. I agree to give it my all and attend all practices. I agree not to miss more than 3 practices. If I miss more than 3 practices I know I can be removed from my stunting group/not be able to participate in Championships. If I miss practice, it is my responsibility to learn what I have missed outside of practice.
- No, Unfortunately I am unable to participate in Championships for the 2010 season.

Athletic activities are inherently dangerous. Accidents can happen and risks of serious injury do exist. Your signature indicates that you have been advised of the risk and that injuries can occur during this activity, and that you will not hold Maple Valley Junior Football and Cheer Association, Board of Directors, Coaches, and Volunteers and agents harmless for any and all costs claims, awards, judgments and or attorney fees for damages arising out of or in any way resulting from or brought by voluntary participation in the sporting activities. You also agree to pay for all medical care arising from the above named sport.

Cheerleaders Name: _____

Team: _____

Cheerleaders Signature: _____

Parent Signature: _____

Date: _____

Form Due Thursday, Sept. 2nd 2010

INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions and tumbling. All physicals must be on file in the school before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind or chew gum when cheering including practices and games.
15. Always have your hair pulled back from your face and shoulders/
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Do not stunt or tumble when game is in process.
19. Never show off.
20. Take all activities seriously.
21. Do not participate in cheerleading if you are sick.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

Parent _____

Date _____

Cheerleader _____

Date _____

Need's to be signed and returned no later than Thursday August 12th 2010

Handbook Acknowledgement

Need's to be signed and returned no later than Thursday August 12th 2010

I _____ parent of _____ have read and acknowledge receipt of the 2010 MVJF&C Cheer Handbook. I understand that practice times and location changes are possible throughout the season.

I _____, cheerleader of Maple Valley Raiders, have received my handbook and will promise to have a good time. To share my feelings of happy times and to let it be known if I have a problem or need extra help in learning the cheers and dances.

Thank you, for participating in MVJF&C.

Parent's Signature

Date

WARM-UP ROUTINE

MAPLE VALLEY JUMPING JACKS

RIGHT LEAN

RIGHT ½ FLAT BACK

RIGHT NOSE TO KNEE

CENTER

LEFT NOSE TO KNEE

LEFT ½ FLAT BACK

LEFT LEAN

RIGHT LUNDGE

RIGHT SPIDERMAN

RIGHT SPLITS

LEFT LUNDGE

LEFT SPIDERMAN

LEFT SPLITS

STRADLE RIGHT TOES POINTED

STRADLE LEFT TOES POINTED

STRADLE MIDDLE

FLEX

BEAUTY QUEEN RIGHT

BEAUTY QUEEN LEFT

BUTTERFLY

PIKE POINT TOES

BUM STRETCH RIGHT

BUM STRETCH LEFT

SUMO

RIGHT ARM ANKLE

RIGHT ARM OVER HEAD

LEFT ARM OVER ANKLE

LEFT ARM OVER HEAD

FLAMINGO RIGHT

FLAMINGO LEFT

ARM MOTIONS

HIGH V

T

BROKEN T

LOW V

HIGH V

HIGH TOUCHDOWN

DAGGERS

BLADES

LOW TOUCHDOWN

CANDLESTICKS

BUCKETS

RIGHT PUNCH

LEFT PUNCH

PRACTICE ALL JUMPS

MOTIONS

Remember:

- 1) All moves should be preformed 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 swirlies!
- 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.
- 6) Practice in front of a mirror. You may feel like you're doing the moves correctly, but you may not be.

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

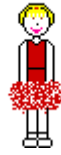
Same as a T, but arms are bent. Do not bring it forward. Pinky fingers

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 is 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.

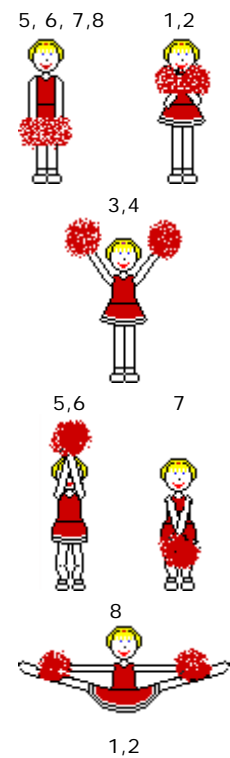
JUMPS

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 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.
- 3) Increase the strength in your legs so that you can jump higher. One way to do this is run up and down stairs. Now that's a good work out!
- 4) Place a piece of tape as high up as you can reach on a wall in your house. Jump up 100 times and touch the place on the wall above the tape. Do this 50 times with the right hand and 50 times with the left hand.
- 5) Practice- they can only get better! Try doing three jumps in a row with no prep in between: jump, land, jump, land, jump, land.

How To Jump

- 1) Start with your feet together and arms by your side. Count 5, 6, 7, 8. On 1, 2 clasp your hands.
- 2) Count 3, 4 On 3 hit a high V, on 4 hold it there.
- 3) On count 5, 6 swing your arms around in front of you so that they cross at your knees. 7 At the same time bend at the knees.
- 4) On count 8 jumps up and hit your jump.
- 5) On count 1 whip your legs back together, landing with your knees bent and arms by your side. Hold this position for count 2.





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.



Pencil

Jump straight up.

Tuck

Jump straight up and tuck knees to body

ACTION ACTION

ACTION ACTION WE WANT ACTION
A-C-T (ECHO)
I-O-N (ECHO)
ACTION ACTION WE WANT ACTION

AIN'T NOTHING TO IT

THERE AIN'T NOTHING TO IT
THE WAY WE DO IT
IT'S SO EASY TO LEARN
BOOM BOOM BOOM
STOMP YOUR FEET, GET IN THE BEAT
GO AHEAD AND BURN, CHH CHH- YEAH

ALIVE

RAIDERS DON'T TAKE NO (PAUSE) JIVE
RAIDERS, SAY WE ARE ALIVE

ARE YOU READY FOR MAPLE VALLEY

ARE YOU READY FOR MAPLE VALLEY
CUZ WE ARE READY FOR YOU XXX

ATTACK

A-T-T-A-C-K THE RAIDERS ARE BACK
A-T-T-A-C-K WE'RE LEADING THE PACK
A-T-T-A-C-K ATTACK ATTACK ATTACK

BE AGGRESSIVE

BE AGGRESSIVE
B-E AGGRESSIVE
B-E A-G-G-R-E-S-S-I-V-E
(3 TIMES)

BEST

RAIDERS ARE THE BEST, THE BEST OF ALL THE
REST
WE GOT THE STYLE THAT'LL MAKE YOU SMILE
WE GOT THE BEAT THAT'LL MAKE YOU STOMP
YOUR FEET

SO "UM" CHECK IT OUT, "UM" "UM" CHECK IT
OUT
"UM" CHECK IT OUT "UM" "UM" CHECK IT OUT
RAIDERS ARE THE BEST
THE BEST OF ALL THE REST

BIG

WE'RE BIG B-I-G
AND WE'RE BAD B-A-D
AND WE'RE BOSS
B-O-S
B-O-S-S
BOSS

BLUE AND GOLD ATTACK

BLUE AND GOLD ATTACK-THE RAIDERS ARE
BACK
WE'VE GOT THE MIGHT TO DO IT RIGHT
RAIDERS WIN TONIGHT

BOOM

WE DON'T NEED NO MUSIC
WE DON'T NEED NO BAND
ALL WE NEED IS RAIDER FANS JAMMIN' IN THE
STANDS
I SAY A BOOM CHICKA BOOM -I SAY A BOOM
CHICKA BOOM
I SAY A BOOMA CHICKA ROCKA CHICKA ROCKA
CHICKA BOOM
I SAY HOLD ON WAIT A MINUTE
LET'S PUT SOME BOOM IN IT-SOME BOOM IN
IT
HOLD ON WAIT A MINUTE LETS PUT SOME
BOOM IN IT-SOME BOOM IN IT
SOME BOOM IN IT

CHEERLEADER SPIRIT

CHEERLEADER SPIRIT FEEL IT IN YOUR HEAD
UM, CHECK IT OUT, UM UM,CHECK IT OUT
CHEERLEADER SPIRIT FEEL IT IN YOUR
SHOULDERS
UM, CHECK IT OUT, UM UM,CHECK IT OUT
CHEERLEADER SPIRIT FEEL IT IN YOUR HIPS
UM, CHECK IT OUT, UM UM,CHECK IT OUT

CHEERLEADER SPIRIT FEEL IT IN YOUR FEET
UM, CHECK IT OUT, UM UM,CHECK IT OUT
CHEERLEADER SPIRIT FEEL IT ALL OVER
UM, CHECK IT OUT, UM UM,CHECK IT OUT

CRAVE

SPIRIT IS WHAT WE CRAVE
WHOOO.....CATCH THE WAVE

F-I-G-H-T WITH POWER

F-I-G-H-T,WITH POWER
STRENGTH AND MIGHT
FIGHT, RAIDERS, FIGHT- YOU SAY IT
FIGHT, RAIDERS, FIGHT – FIGHT
RAIDERS FIGHT

FIRED UP AND READY TO GO

FIRED UP AND READY TO GO
THE MAPLE VALLEY RAIDERS WILL TAKE
CONTROL
BE THE BEST GET IT DONE
THE MAPLE VALLEY RAIDERS ARE NUMBER ONE

GET DOWN, GET FUNKY, GET LOOSE

GET DOWN, GET FUNKY, GET LOOSE
AND GROOVE TO THE BEAT
GET YOUR WHOLE BODY MOVIN
AND START WITH YOUR FEET
FEET 2,3,4 HIPS 2,3,4 ARMS 2,3,4
SHOULDERS 2,3,4, THAT'S IT 2,3,4
GET DOWN, GET FUNKY, GET LOOSE

G-O

G-O
LET'S GO RAIDERS
G-O
LET'S GO
(REPEAT 3X)

GO, FIGHT, WIN

XX XXXXX XXX
XX XXXXX XXX
GO
XX XXXXX XXX
FIGHT
XX XXXXX XXX
WIN
GO ,FIGHT, WIN

H-E-L-L-O

We're here today to say hello
From us to you
We send the best
We wish you luck and nothing less.

From..... (say your name)

HEY CHEERLEADERS

HEY CHEERLEADERS- HEY WHAT
HEY CHEERLEADERS –HEY WHAT, HEY WHAT
HOW DO YOU SPELL YOUR VICTORY
WE SPLIT OUR 'V' -WE DOT OUR 'I' -WE CURL
OUR 'C-T-O-R-Y'
CROWD COPIES
THEY SPLIT THEIR 'V' THEY DOT THEIR 'I'
THEY CURL THEIR 'C-T-O-R-Y'

HEY, CROWD

HEY, CROWD
HERE'S WHAT WE WANT
VICTORY FOR THE RAIDERS
VICTORY FOR THE RAIDERS
V-I-C-T-O-R-Y
VICTORY FOR THE RAIDERS
VICTORY FOR THE RAIDERS

HEY EVERYBODY GET ON YOUR FEET

HEY EVERYBODY GET ON YOUR FEET
HEY EVERYBODY LET'S GO
YELL MAPLE.....VALLEY
YELL MAPLE.....VALLEY
GO RAIDERS... GO RAIDERS GO!

HEY GO TEAM

HEY GO TEAM, GO GO TEAM
HEY GO TEAM, GO GO TEAM
HEY GO TEAM, GO GO TEAM
HEY GO TEAM X

HEY HEY HERE WE GO

Hey Hey here we go
Here we go
Yell MVJF **
MVJF **
(TOE TOUCH) Better than the rest
We're MVJF
Proud and true
We're the Gold White and Blue
C'mon Crowd
Yell it Loud Gold White and Blue
Let's hear it Gold White and Blue
C'mon Gold White and Blue
(TOE TOUCH) Maple Valley Raiders
We're proud to cheer for YOU

HEY LET'S SHOUT IT

HEY LET'S SHOUT IT
THERE AIN'T NO DOUBT ABOUT IT
SPIRIT
WE GOT SOME
LET'S FACE IT
WE'RE AWESOME

HOT TO GO

WE'RE H-O-T -T-O- G-O
THE RAIDERS ARE HOT TO GO
AWOOSHKA- HOT TO GO
AWOOSHKA -HOT TO GO

JAM WITH THE GOLD

RAIDERS (STOMP, STOMP, CLAP)
YOU KNOW THAT WE'RE BOLD
YOU GOT TO ROCK WITH THE BLUE
AND JAM WITH THE GOLD

JIVE

RAIDERS DON'T TAKE NO (PAUSE) JIVE
RAIDERS SAY WE ARE ALIVE

LEAN TO THE LEFT

LEAN TO THE LEFT -LEAN TO THE RIGHT
STAND UP, SIT DOWN
FIGHT FIGHT FIGHT

LEFT LEFT

LEFT, LEFT- LEFT ,RIGHT, LEFT
L-E-T-S-G-O LET'S GO, LET'S GO
L-E-T-S-G-O LET'S GO

MOVE IT DOWN THE FIELD

MOVE IT. DOWN THE FIELD
YELL GO RAIDERS GO!
(REPEAT 3 X)

ONE WE ARE THE RAIDERS

ONE WE ARE THE RAIDERS
TWO, A LITTLE BIT LOUDER
THREE, WE STILL CAN'T HEAR YOU
MORE, MORE, MORE ,MORE

OUR TEAM IS WHAT

OUR TEAM IS WHAT- DYNAMITE
OUR TEAM IS WHAT -DYNAMITE
OUR TEAM IS – TICK TICK TICK TICK
BOOM – DYANMITE

MY BACK ACHES ,MY SKIRTS TOO TIGHT
MY HIPS SHAKE FROM LEFT TO RIGHT
SAY 'UM' CHECK IT OUT- RAIDERS GOT THE
POWER
SAY 'UM' CHECK IT OUT- RAIDERS GOT THE
POWER

L-E-T-S -G-O

LET'S HEAR IT

WE -ARE THE RAIDERS
AND, WE -ARE THE BEST
YES
M-V-J-F
WILL SHINE ABOVE THE REST
LET'S HEAR IT
BLUE (ECHO)
GOLD (ECHO)
BLUE AND GOLD

MAPLE VALLEY BEAT

CLAP YOUR HANDS XXX
STOMP YOUR FEET XXX
LISTEN TO THE RHYTHM OF THE MAPLE
VALLEY BEAT
IT GOES
STOMP CLAP CLAP CLAP CLAP LAP CLAP CLAP
CHEST CHEST CLAP LAP LAP LAP LAP CLAP
CLAP
(REPEAT 2X- FINISH WITH ONE CLAP)

POWER TO THE HOUR

MORE POWER TO THE HOUR
MORE BOUNCE TO THE OUNCE
WE ARE THE RAIDERS
AND WE'LL UGH -KNOCK YOU OUT

POWER TO WHUP YOU

WE'VE GOT THE POWER TO
WE'VE GOT THE POWER TO
WE'VE GOT THE POWER TO -WHUP YOU

RAIDERS IS OUR NAME

RAIDERS IS OUR NAME, FOOTBALL IS OUR
GAME
GO-GO RAIDERS- GO-GO RAIDERS
BLUE IS OUR COLOR , GOLD IS THE OTHER
GO- GO RAIDERS – GO – GO RAIDERS

RAIDER POWER

RAIDER XX POWER XX

YELL IT XX LOUDER XX
RAIDER-XX
POWER-XX
YELL IT-XX
LOUDER-XX
RAIDER POWER YELL IT LOUDER-
RAIDERS!

RAIDERS PUT YOUR HANDS UP

LET'S GET FIRED UP
RAIDERS PUT YOUR HANDS UP
OOH, OOH OOH, OOH,
CLAP CLAP CLAP

RAISE YOUR HANDS

RAISE YOUR HANDS, STOMP YOUR FEET
SNAP YOUR FINGERS- CUZ THE RAIDERS CAN'T
BE BEAT

RALLY

WE'RE GONNA GET YOU OFF YOUR SEAT
WE'RE GONNA GET YOU ON YOUR FEET
LET'S RALLY YA LET'S RALLY
R..... A..... L..... L -Y XXXX

ROCK THE FLOOR SHAKE

ROCK, ROCK THE FLOOR SHAKE – SHAKE
HEY ROCK, ROCK THE FLOOR SHAKE – SHAKE

ROLL

RAIDERS (PAUSE) ARE ON A ROLL
ON TOP AGAIN – STRONG AND MEAN
YOU KNOW – OUR TEAM WILL
W -I- N
W -I- N
W -I- N

ROWDIE

R-O-W-D-I-E
THAT'S THE WAY
WE SPELL ROWDIE
ROWDIE
LWT'S GET ROWDIE
WHOOO!

SET THE PACE

HEY..... RAIDERS
SET THE PACE
WE'RE GONNA XXX
ROCK THIS PLACE

SHAKE THAT SKIRT

GIMME A 'G' (ECHO) 'G'

GIMME A 'O' (ECHO) 'O'
I SAID A WHOOSH, SHAKE THAT SKIRT
GIMME A 'F' (ECHO) 'F'
GIMME A 'I' (ECHO) 'I'
GIMME A 'G' (ECHO) 'G'
GIMME A 'H' (ECHO) 'H'
GIMME A 'T' (ECHO) 'T'
FIGHT RAIDERS FIGHT
I SAID A WHOOSH, SHAKE THAT SKIRT
GIMME A 'W' (ECHO) 'W'
GIMME A 'I' (ECHO) 'I'
GIMME A 'N' (ECHO) 'N'
WIN RAIDERS WIN
I SAID WHOOSH, SHAKE THAT SKIRT
GIMME A GO (ECHO) GO
GIMME A FIGHT (ECHO) FIGHT
GIMME A WIN (ECHO) WIN
GOT FIGHT WIN
I SAID WHOOSH AND THAT'S THE END

SIZZLIN

WE'RE FIRED UP WE'RE SIZZLIN
WE CAN'T BE STOPPED
SO COME ON MIGHTY RAIDERS
LET'S TAKE IT TO THE TOP

SPIRIT IT TAKES YOU HIGH

SPIRIT IT TAKES YOU HIGH
IT TAKES YOU HIGH, HIGH , HIGH ,HIGH,
WHOO, TAKES YOU HIGH

STAND UP AND SHOUT

STAND UP AND SHOUT
FOR THE BLUE GOLD AND WHITE
THE RAIDERS ARE BACK
WITH VICTORY IN SIGHT
YEAH!
SO STEP BACK CROWD
AND WATCH US CHEER
CUZ MAPLE VALLEY RAIDERS
ARE NUMBER ONE THIS YEAR

SUPER GREAT

WE'RE S-U-P-E-R
SUPER IS WHAT WE ARE
WE'RE G-R-E-A-T
WE'RE GREAT AS GREAT CAN BE
WE'RE SUPER GREAT UH HUH, UH HUH
SUPER GREAT, UH HUH

SUPER TOUGH

SUPER TOUGH IS WHAT WE ARE
S-U-P-E-R

SUPER TOUGH IS WHAT WE ARE

TROUBLE

WE'RE FROM MAPLE VALLEY
WE'RE TROUBLE WITH A CAPITAL 'T'
WE'RE
T-R-O-U-B-L-E
SO YOU BETTER NOT MESS WITH ME
BECAUSE
(REPEAT)

TRUCKIN

'T'
T -R -U (WHOO – HOO)
T-R-U-C-K
KEEP ON TRUCKIN' ALL THE WAY

TWO TIMES TWO

TWO TIMES TWO TIMES FOUR IS SIXTEEN
ALL FOR THE RAIDERS STAND UP AND LEAN
A LEAN LEAN LEAN LEAN LEAN LEAN WHOO
A LEAN LEAN LEAN LEAN LEAN LEAN WHOO
FIVE TIMES FIVE IS TWENTY – FIVE
ALL FOR THE RAIDERS STAND UP AND JIVE
A JIVE JIVE JIVE JIVE JIVE J..JIVE (ECHO)

V-I-C

V-I-C
(STOMP-CLAP-STOMP—STOMP-CLAP)
T-O-R-Y
(STOMP-CLAP-STOMP—STOMP-CLAP)
VICTORY
(STOMP-CLAP-STOMP—STOMP-CLAP)
MAPLE VALLEY FIGHT
(CLAP CLAP CLAP CLAP)

WE DON'T MESS AROUND

WE DON'T MESS AROUND NO - NO
WE DON'T MESS AROUND NO – NO
WE DON'T MESS AROUND – WE JUST GET
DOWN
XX XXX- GO XX XXX – RAIDERS!
XX XXX- GO XX XXX – RAIDERS!

BOOGIE... DOWN, BOOGIE...DOWN
GO FIGHT WIN TONIGHT
BOOGIE ALRIGHT.....

WE'VE GOT THE BALL

WE'VE GOT THE BALL –SO LET'S GO, LET'S GO
WE'VE GOT THE BALL SO.... LET'S GO

WHEN I SAY GO

WHEN I SAY GO – YOU SAY FIGHT
GO..... FIGHT
GO..... FIGHT
WHEN I SAY WIN – YOU SAY
TONIGHTWIN.....TONIGHT

WHIP IT

W-H-I-P
WHIP IT TO VICTORY
WHIP IT WOOOO
WHIP IT GOOD

WHO ROCKS THE HOUSE

WHO ROCKS THE HOUSE
THE RAIDERS ROCK THE HOUSE
AND WHEN THEY ROCK THE HOUSE
WE ROCK IT ALL NIGHT LONG

W-I-N

RAIDERS- LET'S GO
LET'S GO FOR A WIN
YELL IT, SPELL IT
W-I-N W-I-N W-I-N

YELL

Y-E-L-L
EVERYBODY YELL
MAPLE VALLEY XX
WE'RE NUMBER ONE XX
(ECHO)

1 2 3 4

WHAT DO YOU THINK THOSE CLEATS ARE
FOR?
STOMP 'EM
HEY HEY
STOP 'EM
HEY HEY
REPEAT 2X

BLEACHER MANIA

Blue Gold and White WITH POMS

HOLD 4 COUNTS

Blue (ch ch ch)

Gold (ch ch ch)

White (ch ch ch)

BLUE GOLD AND WHITE

RAIDERS YOU KNOW WE ARE THE BEST

BETTER THAN THE REST

YES

BLUE GOLD AND WHITE

Blue (ch ch ch)

Gold (ch ch ch)

White (ch ch ch)

BLUE GOLD AND WHITE

RAIDERS YOU KNOW WE ARE THE BEST

BETTER THAN THE REST

YES

Blue gold and white

Raiders you know we are the best

Better than the rest

YES

Blue gold and white

YEAH

Dominate Devastate

Dominate Devastate we'll blow you away (blow)

We are the Raiders and we're here to stay

GO FIGHT AND WIN

GO GO GO GO RAIDERS FIGHT FIGHT FIGHT

FIGHT RAIDERS WIN WIN WIN WIN RAIDERS

GO FIGHT AND WIN

GO GO GO GO RAIDERS FIGHT FIGHT FIGHT

FIGHT RAIDERS WIN WIN WIN WIN RAIDERS

GO FIGHT AND WIN

(MOVING) GO GO GO (CLAP CLAP)

FIGHT FIGHT FIGHT (CLAP CLAP) WIN WIN

WIN(CLAP CLAP)

GO FIGHT AND WIN

GO GO GO GO RAIDERS FIGHT FIGHT FIGHT
FIGHT RAIDERS WIN WIN WIN WIN RAIDERS
GO FIGHT AND WIN

WHO ROCKS THE HOUSE

HOLD 8 COUNTS

WHO ROCKS THE HOUSE ?

I SAID THE RAIDERS ROCK THE HOUSE AND

WHEN THE RAIDERS ROCK THE HOUSE THEY

ROCK IT ALL THE WAY DOWN

WHO ROCKS THE HOUSE?

I SAID THE RAIDERS ROCK THE HOUSE AND

WHEN THE RAIDERS ROCK THE HOUSE THEY

ROCK IT ALL THE WAY DOWN

RED HOT

Our team is Red Hot our team is hot hot

Our team is Red Hot we can't be stopped

stopped

Our team is

R-E-D

RED

H-O-T

HOT

Once we start we can't be stopped

Red Hot our team is HOT HOT

Our team is Red hot we can't be stopped

stopped

Raiders

SPIRIT CHANTS

ARE YOU READY TO WIN

ARE- YOU READY
ARE YOU READY
TO WIN
YEAH

B-E-A-T

B-E-A-T BEAT EM, BEAT EM

BIG "G" LITTLE "O"

BIG "G" XX
LITTLE "O" XX
BIG "G" LITTLE "O"
LET'S GO

EXCITEMENT AND ENERGY

EXCITEMENT AND ENERGY
ALL THE WAY TO VICTORY

JAM

J-A-M JAM, JAM
J-A-M WE GOT TO, GOT TO JAM

JUMP SHOUT

JUMP SHOUT
LET THAT SPIRIT OUT

KEEP IT UP

KEEP IT UP, KEEP IT UP
KEEP THAT RAIDER SPIRIT UP
KEEP IT UP

LETS GET FIRED UP

LET'S GET FIRED UP

DEFFENSE CHANTS

FIRST AND TEN

FIRST AND TEN – DO IT AGAIN
THAT'S THE WAY WE LIKE IT
WE LIKE IT

FIRST DOWN-TOUCH DOWN

FIRST DOWN-TOUCH DOWN
STOP THE CLOCK
WE GOT TO GET DOWN

GET THAT BALL

GET THAT BALL
TAKE IT AWAY
LET'S GO THE OTHER WAY, THE OTHER WAY

BLUE AND GOLD EXPLODE

BLUE AND GOLD
GET READY TO EXPLODE

COME ON, COME ON LET'S GO

COME ON, COME ON LET'S GO
LET'S GO RAIDERS
COME ON, COME ON LET'S GO

DYNAMITE

WE ARE DYNAMITE
SAY WE ARE DYNAMITE
HEY, HEY , HEY , HEY
(REPEAT)

(CROWD) WE ARE FIRED UP

PUMP IT UP

SPIRIT IT ROCKS
SO PUMP IT UP-DON'T STOP

THAT'S THE WAY

THAT'S THE WAY- UH HUH, UH HUH,
WE LIKE IT – UH HUH, UH HUH

WAY TO GO

WAY TO GO RAIDERS – WAY TO GO

WE ARE PROUD OF YOU

WE ARE PROUD OF YOU
SAY WE, ARE PROUD OF YOU
HEY, HEY, HEY, HEY!

GET THAT POINT

GET THAT POINT RAIDERS
GET THAT POINT

GET TOUGH OUT THERE

GET TOUGH OUT THERE
GET TOUGH RAIDERS
GET TOUGH
GET TOUGH

HUSTLE

H-U-S-T-L-E
HUSTLE RAIDERS HUSTLE

MOVE IT

RAIDERS GET TO IT
M-O-V-E- MOVE IT

PUSH THROUGH

PUSH THROUGH-PUSH THROUGH
PUSH THROUGH THAT LINE

PUT A LITTLE POWER TO IT

COME ON RAIDERS YOU CAN DO IT
PUT A LITTLE POWER TO IT
SCORE XXX, SCORE XXX

TOUCHDOWN

WE WANT -XX
A TOUCHDOWN -XX

DEFENSE CHANTS

DEFENSE 2-3-4

DEFENSE 2-3-4 BACK EM UP 2-3-4
DEFENSE 2-3-4 BACK EM UP 2-3-4
ARE YOU READY TO WIN

DEFENSE CLAP

DEFENSE XX
DEFENSE XX
DEFENSE XX

FIRED UP-GET TOUGH!

FIRED UP-GET TOUGH
FIRED UP GET TOUGH
LET'S WIN

HOLD THAT LINE

HOLD THAT LINE RAIDERS
HOLD THAT LINE

PUSH EM BACK

PUSH EM BACK – PUSH EM BACK
WAY BACK

SACK THAT QUARTERBACK

SACK THAT QUARTERBACK
KNOCK HIM ON HIS
CHHH, CHHH, CHHH

S-C-O-R-E-

S-C-O-R-E
S-C-O-R-E RAIDERS S-C-O-R-E

THAT'S OKAY

THAT'S OKAY-THAT'S ALRIGHT
STAY RIGHT IN AND
FIGHT FIGHT FIGHT