



A COMPREHENSIVE GUIDE TO PROVIDING THE BEST LEAGUE EXPERIENCE!

DEVELOP SKILLS | STRENGTHEN CHARACTER | HAVE FUN



FLAG FOOTBALL CHEER CHEER BOOK

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SECTION 1

COACHING ESSENTIALS

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→ Goals For The Season

The goal of our sports ministry is:	
Success looks like:	
Success in our sports ministry is measured by:	

→ What You Do Matters

Thank you for coaching this season! You are about to influence the lives of families for the next several weeks but don't worry. This league and Upward Sports provide the tools you will need for the journey, even if you are new to a sport.

Matthew 5:13-16 - You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

→ Your Role in Sports Ministry

As a coach, you play a vital role in the sports ministry to cheerleaders and families. You are on the front lines of what takes place this season.

Sports ministry requires that the sport and ministry are both done with excellence as you give your best effort in teaching the sport and caring for people through ministry opportunities. Your league is not "just an Upward league" or "just a church league." Sports ministry is your chance to provide the best youth sports experience in your community and demonstrate the gospel to the families you serve.

HEBREWS 12:1-2 READS:

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer, and perfecter of our faith.

COACH THIS SEASON?	

→ An Upward Sports Coach

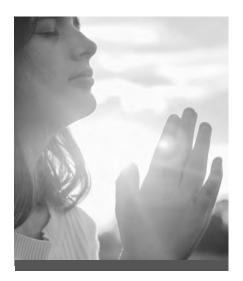
Whether you are a first-time coach, veteran coach, or somewhere in between on the coaching journey, there are five crucial things to do as an Upward Sports coach.

FIVE KEYS TO COACHING:

- Be organized to teach Take time to teach the fundamentals through organized and detailed practices. Refer to the practice plans for drills and look to enhance each participant's skill development.
- 2. Lead the practice devotion Coaches lead a devotion, discussion, and prayer during practices using the devotion materials. If you need help, let the league director or coach commissioner know, as they are ready to provide support.
- **3. Communicate with parents** Parents on the team want you to communicate with them. Send a weekly email, text, or both to let parents know how the team is doing and remind them of upcoming events.
- 4. Instill teamwork, a competitive spirit, and a growth mindset
 - Help your participants learn how these work together.
 - ◆ Teamwork involves valuing others and showing appreciation for them to achieve a common goal.
 - ♦ A competitive spirit is about doing your best in all situations during practice and at games.

- A growth mindset focuses on growing and improving at each opportunity so that small improvements lead to more significant change as they compound over time.
 There is always growth potential.
- **5. Follow the Circle of Affirmation** Support game day officials by being their biggest fans and following the Circle of Affirmation on game days. Following the Circle of Affirmation will provide families with a positive experience and show we value people as God's creation.

As a coach, invest time in giving your best while considering Genesis 1:27 and Genesis 2:7. Realize that God created the participants you are coaching and those around you. As image-bearers of God, we should treat everyone with the love that God treats them, as you promote the discovery of Jesus.



GENESIS 1:27

"So God created human beings in his own image. In the image of God he created them; male and female he created them."

GENESIS 2:7

"Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person."

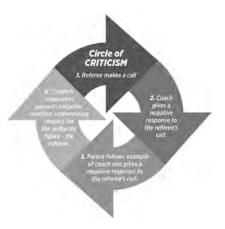
→ Circle of Affirmation

GAME DAY ATTITUDE

Choosing the right game-day attitude is a key to being an effective Upward Coach. Actions and reactions on the field can either open or close the door to ministry. The Circle of Criticism and the Circle of Affirmation are simple diagrams that illustrate the results of a coach giving a referee either negative or positive feedback.

Coaches and referees work together as a unified team. Coaches have the opportunity and the responsibility to stop the Circle of Criticism by starting the Circle of Affirmation.





The Circle of Affirmation goes beyond the referee. A coach's affirmation of cheerleaders inspires encouragement and praise from parents, family members and other cheerleaders. Practicing the Circle of Affirmation makes the game a better experience for everyone.

→ Three Layers of Coaching

The three coaching layers are essential to understand the dynamics of coaching a team. They include a cheerleader, the team, and the coach.

THE CHEERLEADER

A coach will need to observe each cheerleader's skill level and teach accordingly. You may have a wide range of skill levels, with cheerleaders who have experience and skill and some who have never participated. Work one-on-one with cheerleaders and give them direction on individual skills to try at home. Celebrate success as they develop and be patient with their mistakes.

A TEAM

As you coach everyone, you must also bring the cheer team together. Cheerleaders must learn how to work well with each other. The team concept changes as participants become more mature, advance in age, and can focus on others and not just themselves. Help them communicate with each other by using participants' names and showing them how to encourage each other will help them come together as a team.

THE COACH You must prepare for practice and games to coach a team. Coaches should be willing to invest the time it takes to be ready to lead. Spend time reviewing practice plans and thinking about backup plans so that you can move forward if something isn't working. Take time to check the Scouting Report section of the practice devotion and spend time praying for your team.

→ Interacting with Cheerleaders and Parents

As you are in a coaching role, people watch how you respond at practices and games and how you lead the team. Your interactions influence the atmosphere of the league, if a family will return next season, and the league's and your ability to conduct ministry.

INTERACTING WITH CHEERLEADERS

Interacting with cheerleaders is pivotal for a coach. This coaching opportunity may place you as someone's first-time coach. In sports ministry, you have the chance to impact someone for eternity.

Here are ten tips on interacting with your cheerleaders.

- Greet each cheerleader by name as they arrive.
- Always be mindful of speaking on a level that the cheerleader can understand.
- ◆ Tell participants the details of what you are teaching, show them what you are teaching, have them do it, and then apply it.
- Focus on one skill at a time as you teach so that cheerleader can learn each one thoroughly.
- ♦ Recognize differences in skill levels so that you can help each cheerleader improve.
- Be familiar with the devotion and allow time for discussion.

- Hold a ten to fifteen-minute meeting with parents at the end of the first practice to set expectations and answer questions.
- When distributing stars on game days, give specific reasons each star is earned. Don't underestimate the value of recognizing cheerleaders!

What about distracted and disruptive participants?

A challenge for coaches is what to do with distracted or disruptive participants. Here are four things to understand in these situations that will help.

- **1.** Understand that children have short attention spans. Be patient.
- 2. Cheerleaders come into practice and, like coaches, are influenced by things that have already occurred during the day. Greet them by name to welcome them into a new environment, so they know you see them.
- **3.** Maintain engagement by cutting down on lines and lectures. To do this, ask parents to help run a drill, so there are multiple stations.
- **4.** Praise desired behavior right away, use the cheerleader's name, and let them know how it helps everyone. Other cheerleaders will recognize this and follow.

If undesirable behavior continues, address it with the cheerleader and parent so that the cheerleader doesn't disrupt a learning environment. Let the parent know that you need their help, as they may be able to offer insight into working with their cheerleader.

INTERACTING WITH PARENTS

Start the season by getting to know your cheerleaders' parents and families. Include parents in your first post-practice huddle. Here are a few tips for interacting with parents.

- ◆ Introduce yourself to parents, share expectations, and explain why you are coaching.
- ♦ Share your contact information.
- Each week take time to have a conversation with one family.
- Encourage parents to have fun working on skills at home with their cheerleaders.
- ♦ Be ready to step into any spiritual conversation with parents and talk about what you teach during devotion time.
- Demonstrate care and concern for cheerleaders, so parents know you are looking out for their cheerleaders.
- Be organized and prepared for practice. Parents want to know you value their time by coaches being prepared and organized.
- ◆ Communicate one time per week through email, text, or both. Keep it short and simple.

After you receive your roster, contact the parents right away. Families are eager to hear from you, and it cuts down on the number of calls and emails a league director has to spend time answering.

→ Create a Positive Culture

A positive culture is one of safety, learning, and fun. A team's attitude and mindset often mirror that of its coach. Use the beginning of the season to set a tone of positivity through the weeks ahead.

- Set expectations of behavior and communicate them with cheerleaders and parents.
- ♦ Start and end each practice on time.
- Encourage cheerleaders to support each other by cheering for teammates.
- View mistakes as teaching opportunities, not a chance to be critical at the moment.

One practical way to create a positive team culture and teach communication is to establish a team huddle at the end of practice. Have cheerleaders circle up and include the coach. The coach can talk about things done well in practice.

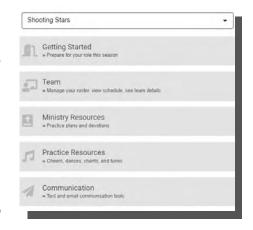
Next, have cheerleaders look to the person on their right, use their name, and offer something they saw someone do well in practice. Continue around the circle until everyone has had a chance to speak. The topic could be different at each practice, such as something the cheerleader would like to improve on their own, something they appreciate about the other person or something they would like to see the team accomplish at the next game.

→ Coach Resources and Tools

Many resources are available to help you provide a great experience for your team, plan and efficiently use your time this season.

MYUPWARD.ORG -

This is the primary tool for you as a coach. The league director will send you an invitation to access resources on MyUpward.org.
After you accept the invitation and create a username and password, you can also create an icon on your



home screen when accessing from a mobile device.

- Getting Started includes how-to videos and other resources to help you this season.
- Team area helps you manage your roster and see participant information and the schedule for practices and game days.
- Ministry Resources Practice plans and devotion material are in this area.
- Practice Resources provide video demonstrations for cheers, dances, chants,

- ◆ Communication is where you will find email and text capabilities, as well as attaching a link to the team page.
- ♦ **Star Distribution** helps you to manage game day stars.

DEVOTIONS - Weekly devotion content for your practices is located on MyUpward.org under the "Practice Resources" and can also be found in the Coach Playbook.

GAME DAY STARS - Use these stars on game day to highlight each cheerleader's contributions during the game. The Star Distribution Form can be found in the Appendix of the Coach Playbook.

GOSPEL VIDEO - Sent out from the league director to families to share a video version of the gospel message with them during the season.

GREEN PRACTICE STARS -Use these stars at practice to encourage participation in the practice devotion, scripture learning, or the goals your league has outlined for the devotion content.

PRACTICE CARDS - The practice cards show the Bible verse associated with the weekly devotion. Depending on the devotion track, you will hand out cards every week or only at designated weeks noted in the devotion.

PRACTICE PLANS - Use the practice plans found on MyUpward.org under the "Practice Resources." These can be printed out before practice or used directly from your mobile device.

SEASON CELEBRATION - Celebrate the season with your team. Your league may have individual team parties or a league-wide celebration.

TEAM PAGE - Share the team page with your team to give them access to the practice and game schedule. The team page also includes your contact information and a team roster. The team page link is available to send from the communication area of the mobile view of MyUpward.org.

Team Pages can be accessed on MyUpward.org through the "Team" tab. A link to the Team Page will be under the team name and division.



UPWARD.ORG/COACH - Helps you learn more about sharing the gospel using the 3 Circles.

→ Play with Purpose

A coach can help develop not only a cheerleader but a person. That person has a long-term impact on the community, their family, and eternity. You coach, and they play with purpose. This relationship develops someone through a cheerleader development model that is remembered by the acronym M.A.S.S.

DEVELOPMENT MODEL = M.A.S.S.

As an Upward Sports Coach, you play a major role in encouraging your participants mentally, athletically, spiritually and socially as they participate on your squad.

This approach is based on Luke 2:52: "And Jesus grew in wisdom and stature and in favor with God and man."



MENTALLY

Mental development for young athletes is a byproduct of the weekly practices and games where cheerleaders participate. They grow in confidence, courage, decisionmaking, and cognitive self-regulation.

- ◆ Confidence As participants learn and improve their skills and confidence will increase. Cheerleaders then gain the courage to attempt new skills and recognize that mistakes are a part of the experience that they can overcome.
- Decision-Making The intricacies and complexities of sports, help train young athletes on making correct decisions. Through observation and repetition, cheerleaders improve their muscle memory and learn when and how to make individual and team decisions.
- ◆ Cognitive self-regulation Through practice and repetition, cheerleaders learn to self-regulate emotions and gain focus. The attention span of a young athlete increases as they age. Through sports, they enter various experiences where they learn to narrow their focus from a broad range to a specific individual focus and team responsibilities in the pursuit of attaining goals.



Athletic development compounds through small improvements over time. Cheerleaders learn and grow in their sport to achieve long term growth

◆ Exercise: In a recent State of Play report, the Aspen Sports Institute reported only 24% of youth ages 6 to 17 engage in at least 60 minutes of physical activity per day, down from 30% a decade earlier. With many kids spending over 6 hours in front of screens each day (TVs, computers, phones/tablets), the desire to get out and be active is waning.

How can you tell if a child is getting proper exercise? Sweat. Sweat requires constant activity with little "downtime." Practices should have drills that allow for continuous movement using various muscle groups. Avoid cheerleaders standing in lines when possible. Keep practice fast-paced and fun, allowing for water breaks and short periods of rest.

- ◆ Physical Development: Physical development has enormous benefits for children, including stronger bones and muscles, improved heart and brain health, and lowered risk of diseases such as diabetes and cardiovascular disease. Participants may learn fundamental movements that allow them to run, jump, throw, catch, balance, and change direction. Basic moves will help participants enjoy a variety of sports and begin a path to physical literacy.
- Fun: The key to getting kids interested in physical activity is by making it fun. Sports do just that, provided the coaches in charge are focused on the development of the athlete. Practices should teach the game using fun and safe methods.



Spiritual growth is an essential part of sports ministry. You play a vital role in the spiritual development of cheerleaders on your team and help them discover a sense of self and a sense of purpose. This development happens in various ways.

- Practice devotions By guiding discussion around the practice devotions each week, you plant seeds of discovery within the minds and hearts of young athletes.
 Remember to guide every practice devotion conversation back to the Gospel and what Jesus has done for us.
- Relationships Jesus demonstrated the importance of taking an interest in people and relationships he had with them. Building relationships requires coaches to take a genuine interest in families and their cheerleaders. Talk about what participants are learning during devotions so parents can connect with their children on spiritual topics.
- ◆ Your Example Be ready to step into opportunities God provides during practices, games, and your communications to demonstrate and share the gospel message.



SOCIALLY

Participants develop socially by learning how to work as a team, communicate, and serve others through a sport.

- Teamwork: Through team sports, children learn how to interact with peers and adults in positive ways. These include numerous opportunities for "selfless" behavior, focusing all mental and physical efforts towards the goals of the team. Participants learn how to navigate relationships, encourage others, and recover from mistakes.
- ◆ Communication: Cheerleaders learn how to communicate in complex social situations with teammates and competitors. This learning carries over to other areas of life, helping them communicate in school, at home, and in other environments.
- **Serving**: Serving others becomes a critical component for social development in team sports. Children learn to share, encourage teammates, and give their best effort to help the team and not just themselves.

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→ Invest in the team by preparing for practice

Your investment shows in the results each week. There are detailed practice plans for each week of the season found on MyUpward.org. These plans have been designed for each age group and include age-appropriate skill development and devotion material that progress through the season.

As the season continues, you may need to modify the plans based on what takes place in practices and the game. Be sure to always focus on the fundamentals of the sport. As you become more experienced, you may begin to include other resources for practice. Be sure to use the weekly devotion material as you design a practice.

Coaches are named as the top reason why parents and cheerleaders decide whether to return each season. Parents want to see organized and detailed practices.

→ Practice Breakdown

- WELCOME AND GAMES Start practice on time. Use
 this opening time early in the season to incorporate
 learning games and as the season progresses, give
 encouragement from the previous game. This will also be
 a time to quickly review what will be covered during the
 practice. (1-5 minutes)
- ♦ WARM-UPS AND STRETCHING (5-10 minutes)

- ◆ REVIEW AND FUNDAMENTALS This time is used to review basic fundamentals of cheer and previously learned material. This time may increase during the season as the amount of material they learn increases (10-20 minutes)
- ◆ PRACTICE DEVOTIONS Devotion time is where you continue ministry and share a lesson from the Bible. Take time to teach and listen. (8 minutes)
- NEW MATERIAL Incorporate new cheers, chants, or a dance. Learning one routine may stretch over a number of practices. It's also okay to modify these as you need for your specific squad. (20-25 minutes)
- ◆ POST-PRACTICE MEETING Review and encourage practice at home. (2-5 minutes)

Don't forget to connect with families after practice.

→ Practice Outlines

On the following pages you will find basic **practice outlines**. For a more detailed weekly **Practice Plan** login to MyUpward.org.

PRACTICE 1 See MyUpward.org for a detailed weekly Practice Plan.	
Welcome and Games (5 min)	Select a Welcome game to play (see page 38)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (10 min)	 K5-2nd Grade Motions: High Touchdown, Low Touchdown, High V, Low V, T Motion, Right L, Left L, Clasp (see pages 44-51)
	 Teach the proper jump form and a Spread Eagle Jump. (see pages 54-56)
	 3rd Grade and Up Motions: High Touchdown, Low Touchdown, High V, Low V, T Motion, Right L, Left L, Clasp, Right Diagonal, Left Diagonal, Broken T, Candlesticks, Daggers, Right Punch, Left Punch, Clap (see pages 44-51)
	 Teach the proper jump form and a Spread Eagle Jump. (see pages 54-56)
Practice Devotion (8 min)	Practice 1 (see page 102)
New Material (20 min)	K5-2nd Grade ♦ Motion Drill 1 (see page 52)
	♦ Chant: Select 1 Basic Level (see pages 73-76)
	3rd Grade and UpMotion Drills 1 & 2 (see page 52)
	♦ Chant: Select 1 Intermediate Level (see pages 77-79)
Post Practice Huddle	Remind your squad about skills learned at practice
(5 min)	 Update parents email addresses, phone numbers
	 Hand out welcome letter and info on upcoming practice times

PRACTICE 2See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 38)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (10 min)	 K5-2nd Grade ♠ Review motion drill, chant, and jumps ♠ Teach a Tuck Jump (see page 54-56) ♦ Teach the following motions: Right Diagonal, Left Diagonal, Broken T, Candlesticks, Daggers, Right Punch, Left Punch, Clap (see pages 44-51) 3rd Grade and Up ♠ Review motion drills, chant and jumps ♦ Teach a Tuck Jump (see page 54-56)
Practice Devotion (8 min)	Practice 2 (see page 104)
New Material (20 min)	 K5-2nd Grade Motion Drill 2 (see page 52) Cheer: Select 1 Basic Level (see pages 59-62) 3rd Grade and Up Cheer: Select 1 Basic Level (see pages 59-62) Dance: Select 1 Intermediate Level and learn the first 2 eight counts (see pages 91-94)
Post Practice Huddle (5 min)	 Remind your squad about skills learned at practice Distribute practice cards at the end of practice and explain both sides of the card Give out green practice star. Cheerleaders can display these on their megaphones or cheer poster.

PRACTICE 3See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 38)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (10 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review motion drills, chants, and jumps ♦ Teach a Toe Touch (see page 57)
	 Encourage your cheerleaders to use their cheer voices and to smile
Practice Devotion (8 min)	Practice 3 (see page 107)
New Material (20 min)	K5-2nd Grade ◆ Chant: Select 1 Basic Level (see pages 73-76)
	 Dance: Select 1 Basic Level and learn the first 2 eight counts (see pages 87-90)
	3rd Grade and Up♦ Chant: Select 1 Intermediate Level (see pages 77-79)
	 Dance: Same Intermediate Level from the previous week and learn the last 2 eight counts (see pages 91-94)
Post Practice Huddle	Encourage practice at home
(5 min)	Give out green practice star

PRACTICE 4See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 38)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (10 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review cheers, chants, dance routines, and jumps ♠ Remind cheerleaders to show spirit after a cheer or dance ♠ Teach a Herkie Jump (see page 57)
	• Teach a Herkie Jump (see page 57)
Practice Devotion (8 min)	Practice 4 (see page 110)
New Material (20 min)	 K5-2nd Grade ◆ Chant: Select 1 Basic Level (see pages 73-76) ◆ Dance: Same Basic Level as last week and learn last 2 eight counts (see pages 87-90)
	 3rd Grade and Up Chant: Select 1 Intermediate Level (see pages 77-79) Dance: Select 1 Intermediate Level and learn first 2 eight counts (see pages 91-94)
Post Practice Huddle (5 min)	 Remind your squad about skills learned at practice Give out green practice star Remember to spend time after practice building relationships with families

PRACTICE 5
See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 38)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (10 min)	 K5-2nd Grade and 3rd Grade and Up ◆ Review cheers, chants, dance routines, and jumps ◆ Review cheer or dance and incorporate smiling and showing spirit after each routine
Practice Devotion (8 min)	Practice 5 (see page 113)
New Material (20 min)	 K5-2nd Grade ◆ Chant: Select 1 Basic Level (see pages 73-76) ◆ Dance: Select 1 Basic Level and learn the first 2 eight counts (see pages 87-90)
	 3rd Grade and Up Chant: Select 1 Intermediate Level (see pages 77-79) Dance: Same Intermediate Level from last week and learn the second 2 eight counts (see pages 91-94)
Post Practice Huddle (5 min)	 Encourage practice at home Distribute practice cards at the end of practice Give out green practice star Remind parents about upcoming practices and games

PRACTICE 6See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (1-5 min)	Start on time and offer encouragement from the last game
Warm-up and Stretch (5 min)	Warm-up and Stretch (see pages 40-43)
Review and	♦ K5-2nd Grade and 3rd Grade and Up
Fundamentals (15-20 min)	 Review all material learned and brush up from your game notes
Practice Devotion (8 min)	Practice 6 (see page 116)
New Material	K5-2nd Grade ♦ Chant: Select 1 Basic Level (see pages 73-76)
(20-25 min)	
	 Dance: Same Basic Level from last week and learn second 2 eight counts (see pages 87-90)
	3rd Grade and Up ♦ Cheer: Select 1 Advanced Level (see pages 68-71)
	♦ Chant: Select 1 Advanced Level (see pages 80-84)
Post Practice Huddle	• Remind your squad about skills learned at practice
(2-5 min)	Give out green practice star

PRACTICE 7 See MyUpward.org for a detailed weekly Practice Plan.	
Welcome and Games (1-5 min)	Start on time and offer encouragement from the last game
Warm-up and Stretch (5 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (15-20 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review all material learned and brush up from your game notes
Practice Devotion (8 min)	Practice 7 (see page 119)
New Material (20-25 min)	 K5-2nd Grade Cheer: Select 1 Basic Level (see pages 59-62) Chant: Select 1 Basic Level (see pages 73-76) 3rd Grade and Up Cheer: Select 1 Advanced Level (see pages 68-71) Chant: Select 1 Advanced Level (see pages 80-84)
Post Practice Huddle (2-5 min)	Encourage practice at homeGive out green practice star

PRACTICE 8 See MyUpward.org for a detailed weekly Practice Plan.

See Plyopward.org for a detailed weekly Flactice Flair.	
Welcome and Games (1-5 min)	Start on time and offer encouragement from the last game
Warm-up and Stretch (5 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (15-20 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review all material learned and brush up from your game notes
Practice Devotion (8 min)	Practice 8 (see page 122)
New Material (20-25 min)	 K5-2nd Grade ◆ Chant: Select 1 Basic Level (see pages 73-76) ◆ Dance: Select 1 Intermediate Level and learn the first 2 eight counts (see pages 91-94) 3rd Grade and Up ◆ Chant: Select 1 Basic Level (see pages 73-76) or Advanced Level Chant (see pages 80-84) ◆ Dance: Select 1 Advanced Level and learn the first 2 eight counts (see pages 95-98)
Post Practice Huddle (2-5 min)	 Remind your squad about skills learned at practice Distribute practice cards at the end of practice Give out green practice star

PRACTICE 9See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (1-5 min)	Start on time and offer encouragement from the last game. (Continue thinking about how you want to end the season.)
Warm-up and Stretch (5 min)	Warm-up and Stretch (see pages 40-43)
Review and Fundamentals (15-20 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review all material learned and brush up from your game notes
Practice Devotion (8 min)	Practice 9 (see page 125)
New Material (20-25 min)	 K5-2nd Grade ◆ Cheer: Select 1 Basic Level (see pages 59-62) ◆ Dance: Same Intermediate Level as last week and learn the second 2 eight counts (see pages 91-94) 3rd Grade and Up ◆ Cheer: Select 1 Basic Level (see pages 59-62) or Advanced Level (see pages 68-71) ◆ Dance: Same Advanced Level as last week and learn the second 2 eight counts (see pages 95-98)
Post Practice Huddle (2-5 min)	 Encourage practice at home Distribute practice cards at the end of practice Give out green practice star

PRACTICE 10See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (1-5 min)	Start on time and offer encouragement from the last game	
Warm-up and Stretch (5 min)	Warm-up and Stretch (see pages 40-43)	
Review and Fundamentals (15-20 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review all material learned and brush up from your game notes 	
Practice Devotion (8 min)	Practice 10 (see page 128)	
New Material (20-25 min)	 K5-2nd Grade ◆ Chant: Select 1 Basic Level (see pages 73-76) ◆ Chant: Select 1 Intermediate Level (see pages 77-79) 3rd Grade and Up ◆ Chant: Select 1 Advanced Level (see pages 80-84) ◆ Dance: Select 1 Advanced Level and learn the first 2 eight counts (see pages 95-98) 	
Post Practice Huddle (2-5 min)	 Remind your squad about skills learned at practice Give out green practice star 	

PRACTICE 11See MyUpward.org for a detailed weekly Practice Plan.

See Hyopharaising for a detailed weekly Flactice Flair.		
Welcome and Games (1-5 min)	Start on time and offer encouragement from the last game.	
Warm-up and Stretch (5 min)	Warm-up and Stretch (see page 42-45)	
Review and Fundamentals (15-20 min)	 K5-2nd Grade and 3rd Grade and Up ♠ Review all material learned and brush up from your game notes 	
Practice Devotion (8 min)	Practice 11 (see page 131)	
New Material (20-25 min)	 K5-2nd Grade ◆ Chant: Select 1 Basic Level (see pages 73-76) ◆ Chant: Select 1 Intermediate Level (see pages 77-79) 3rd Grade and Up ◆ Chant: Select 1 Basic Level (see pages 73-76) ◆ Dance: Same Advanced Level as last week and learn the second 2 eight counts (see pages 95-98) 	
Post Practice Huddle (2-5 min)	 Encourage practice at home Give out green practice star Remind parents about upcoming final game 	

♦ NOTES

→ Welcome and Games

Always welcome your cheerleaders by name as they arrive. Prepare a fun warm-up routine where they move and do motions as they count to a beat. This is an activity you may need to lead so cheerleaders get the hang of your warm-up routine.

Warm-up routines are available in the practice plans on MyUpward.org. These routines will help cheerleaders to get moving.

ICE BREAKERS

Use these activities as part of the welcome time at your first two or three practices as you get to know your squad.

- ◆ Cheerleading Simon Says This game is played just like the traditional game of Simon Says except that the things Simon says to do are cheerleading-related. For example, you could say "Simon says, 'Do a High V!'" or "Simon says, 'Do a toe touch!'" You could also let the cheerleaders take turns being Simon. This game encourages the learning and improvement of motions and jumps.
- ◆ Cheerleader Tic-Tac-Toe Set up nine chairs in three rows. Divide the squad into X's and O's. Just like in regular tic-tac-toe, the X's and O's alternate, except they sit in the chairs instead of drawing it out on paper. Ask questions about the rules of the sport you are cheering for. The cheerleaders must raise their hands to answer. If they answer correctly, they sit on one of the chairs. The first team to get three in a row diagonally, vertically, or horizontally wins.

- ◆ Name Game (Equipment needed: Five small balls or use poms) First have cheerleaders stand in a circle and tell everyone their name. Next have them create a pattern by throwing one ball. Prior to throwing the ball, each cheerleader has to say the name of the person to whom they are throwing it. The ball must be thrown to every person in the circle one time. The last person to receive the ball will throw it back to whoever began the pattern. Once the pattern is established, try speeding it up and see how quickly you can complete the pattern while still saying the names prior to throwing the ball. After they have mastered the speed, try adding balls to see how many you can get going at the same time. This is a great ice-breaker game that helps in learning names.
- Line Up Divide the squad into two groups which will compete against each other to complete the challenge. Challenges could be lining up according to birthdays, alphabetically by first name or last name, age, or other criteria. Then try the same challenges without talking.
- ♦ **Shoe Game** Have everyone take off their shoes and put them in a pile in the middle of the room. Mix the shoes up. Divide the cheerleaders into two groups. See which group can find their shoes and put them on first. When they have their shoes on, the team done first must quickly sit on the floor.

→ Cheerleading Fundamentals

Being prepared for practice is imperative. You will need to not only know what to teach, but how to teach it. In the following pages, you will find specific skills to aid you as you prepare. Refer to MyUpward.org for visual demonstrations of each of the items covered in this section.

WARM-UPS AND STRETCHING

Warm-up exercises and stretching are necessary before any sports activity. Prior to each practice, use the following guidelines to lead your squad:

- Choose fun music and choreograph your own warm-up routine.
- ♦ Warm-up first and then follow with stretches.
- Play a fun game with commands and stay in motion. Have a cheerleader help you lead.

Here are some warm-up activities that you can use. Weekly practice plans include warm-up activities or you can choose to add music, move to the beat, and create a warm-up activity you will use at the start of each practice.

- ◆ Arm circles: Hold arms out in a T-motion and circle them 10-20 times.
- High Knees: With hands in front and waist high, lift knees up and alternate between knees. Vary speed as desired. 10-20 times.
- ♦ Hops: These can be done in one spot or moving forward. They can be done on one foot or both feet 10-20 times.
- ♦ Jumping jacks: 20-30
- ◆ Log Step: With both feet on one side of an imaginary log, high step sideways with one foot and then the other to cross over the log. Vary speed and repeat 10-15 times.
- ◆ Lunges: From a standing position, large step forward while keeping the back foot in place without the knee touching the ground. 10-20 times.
- Push-ups: 5-15 allowing as needed for a modified version with knees on the ground.
- Running: One minute around the room. If you have limited space, run in place and change the pace.
- ♦ **Shoulder circles**: With arms by your side, lift your shoulders and take them back down, creating a circular motion 10-20 times.

- Side lunge: Feet wider than shoulder width apart, keep one leg straight while the other bends into a squat position. Keep your back flat, chest up and rear out behind you. Alternate sides. 10-20 times.
- ◆ Trunk twists: From a standing position, twist back and forth 10-20 times to loosen the back.

Stretching is a vital part of cheerleading because good flexibility helps prevent muscle injuries. Stretching should be done after warm-up activities and before every practice and game. Below are some stretches you can perform.

- Neck Stretch: Sit or stand with arms by your side. Tilt
 head to the right and hold for eight seconds, then tilt
 head to the left and hold for eight seconds.
- ◆ Triceps Stretch: Bring one arm up beside your head, bending it at the elbow while reaching across with the other arm and hold. Repeat using other arm.
- ♦ **Biceps Stretch:** Reach one arm out straight in front of you with palm facing up. With the other hand gently push down until you feel a slight stretch in your bicep.
- **Shoulder Stretch**: Reach one arm across your chest, holding it at the elbow with opposite hand. Reverse.
- ♦ Hug: Reach as far as you can and wrap your arms around your chest giving yourself a hug.

- ◆ X Stretch: With feet slightly wider than shoulder width apart, stretch your arms and hands up and out, forming an X with your body. Reach high and stand on your tip-toes.
- Quadriceps Stretch: Support yourself against a wall or stationary object. Pull one heel up behind your body and hold. Repeat with other heel.
- Hamstring Stretch: Sit on the floor with right leg straight out in front. Bend left leg and cross it over the right one.
 Pull the left knee across your body toward opposite shoulder. Reverse.
- Pike Stretch: Sitting with feet straight in front of you and together, put both hands straight up above your head and then slowly bend forward to reach your toes.
- ◆ Calf-Muscle Stretch: Lean toward and support yourself against a wall while keeping your leg straight. Press your heel to the floor. Reverse and stretch other calf muscle.

MOTIONS

Learning motions properly ensures that routines will be done precisely and accurately. Motions that are sharp, tight, and clean are essential for all cheerleaders. Use this section as a reference for routines

When practicing motions, make sure your cheerleaders follow these guidelines:

- Keep motions in front of you: If you hit a motion properly, you should be able to see your arms and fists in your peripheral vision while looking forward (with the exception of a Touchdown motion).
- Watch arm levels: Keep shoulders relaxed. A T-motion should be leveled and a High V or Low V should look like a "V", with locked elbows and straight arms and no bent elbows.
- Use proper fists direction: The thumb should always be on the outside of the fingers, but should not extend above the knuckles. The side of the fist facing the crowd depends on the motion being performed. For example, the index-finger side faces out for a high V-motion.
- ♦ Keep wrists flat (avoid bent or cocked): Your wrists should be perfectly flat, as if they were extensions of your arms.
- Use proper hand placement for claps: Keep elbows in and clasped hands right below your chin.
- Maintain sharpness with motions by not bouncing, swinging, or inserting extra movements.

When your cheerleaders are learning a new routine, cheer, chant, or jump, have them practice sharp motions. The way they practice is the way they will perform on game day.



Bow and Arrow
One arm is in a Broken T while
the other arm is in a T motion.
(Pictured is a Right Bow and
Arrow.)



Buckets Both arms extended forward with hands in a fist and back of the hands facing up.



Broken T Similar to the T motion with both elbows bent inward and fists to chest. Can be specific to either arm by only using half of the Broken T.



Candlesticks

Arms are straight out,
parallel to each other and
the floor. Fists should face
inward, as if holding a
candle in each hand.



Clap Similar to a clasp, but hands are flat against each other. This is one of two clapping positions.



High Clasp Arms are straight, above the head in a clasp and slightly in front of the head.



Clasp Hands are held together below the chin. This is one of two clapping positions.



Dagger Bend both arms at the elbow. Hold arms parallel to each other and tight to the chest.



DiagonalOne arm is in a High V
position while the other is in a Low V position. (Pictured is a Right Diagonal.)



K Motion
One arm raised at an angle with the other arm at an angle across the body.



Hands Behind Head Hands behind the head with fists touching.



L Motion
Raise one arm to a T
motion. Extend the other
arm straight up by the ear.
(Pictured is a Left L.)



Lunge Front leg is in front with knee bent and back leg straight with foot sideways.



O motion Hands over the head with the right hand grasping the left wrist. Left hand is in a forward facing fist.



Side Lunge
Front leg is forward with knee
bent, in line with the ankle. Back
leg is straight. Front and back
lunge are another variation of
this stance.



Ready Position
Feet are positioned shoulderwidth apart while hands
rest on hips. This will be the
position in which most cheers
are called.



Right Punch Left arm rests on the hip. Right arm is extended straight up by the ear. Both hands are in fists.



Squat Feet
Together
Feet together, high squat
position with hands on
knees, elbows out, and head
down.



Squat Feet Apart Feet wide in a squat position with hands on knees, elbows out, and head down.



T Motion
Extend both arms out to the side of your body to create a T shape. Hands are in tight fists, with arms forward enough to be seen out of the corner of your eyes.



High Touchdown *Extend both arms straight up by your ears. Hands are in fists.*



Low Touchdown

Extend both arms straight
down.



High V
Both arms are raised at an angle to create a V shape.
Hands are in tight fists with arms forward enough to be seen out of the corner of your eyes.



Low V
This is similar to the High V, but both arms are lowered to create an upside-down V shape. Hands are in tight fists, with arms forward enough to be seen out of the corner of your eyes.



Left High VRight arm rests on the hip.
Left arm is extended at a 45
degree angle to the side.
Both hands are in fists.

Right
V
or
Left V
can be
low or
high
and use
only half
of the V
with the
other
hand on
the hip.



Right High V Left arm rests on the hip. Right arm is extended at a 45 degree angle to the side. Both hands are in fists.

→ Motion Drills

The purpose of these motion drills is to help cheerleaders put their knowledge of motions to counts and rhythms. Cheerleaders who know every motion often forget the placement and sharpness when performing. Encourage them to make the transition from one motion to the next look sharp, clean, quick, and simple.

Start with a slow 8 count so that each motion is correctly performed with each count. Once cheerleaders get the hang of the motion, you can increase the speed of the count. Below are two 8-count drills that include a series of motions.

MOTION DRILL 1	MOTION DRILL 2
1. Touchdown	1. Right Diagonal
2. Low Touchdown	2. Left Diagonal
3. High V	3. Broken T
4. Low V	4. Candlesticks
5. T-motion	5. Dagger
6. Right L	6. Right Punch
7. Left L	7. Left Punch
8. Clasp	8. Clasp

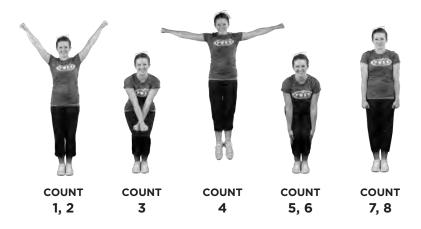
→ Jumps

Jumps are another key element of cheerleading. Performing jumps will help build your stamina, endurance, and flexibility. The following drills will help your cheerleaders to improve the height and form of their jumps. Focus on one jump per practice and encourage your cheerleaders to perform jumps at games after a cheer, chant, or dance routine. As you teach, stress good form over height of the jumps.

Visit MyUpward.org for video demonstrations of all jumps. Shown on the next two pages are examples of how to properly perform jumps. Note that the instructional videos use the intermediate counts found on page 57. Some cheerleaders may find it easier to use the basic counts for jumps.

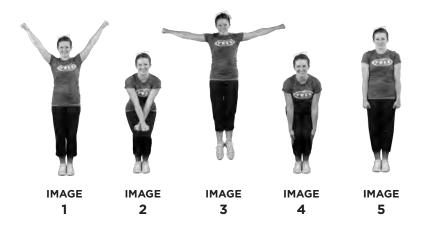
Cheerleading Counts (Basic)

- **1.** To begin the jump, stand in a clean position. Your feet should be together with your arms at your sides.
- 2. While in this position, you will count "5,6,7,8"
- **3.** Next, on count "1," bring arms into a High V as pictured. Hold the High V on count "2"
- **4.** On count "3," you will prepare to jump by swinging your arms down. As you bring your arms down, your knees should bend and your arms cross.
- 5. Count "4" is when you hit your jump.
- **6.** Land on count "5" with your feet together and arms held at your sides. Hold this for count "6"
- 7. On count "7," stand in a clean position and hold for count "8"



Cheerleading Counts (Intermediate)

- **1.** To begin the jump, stand in a clean position. Your feet should be together with your arms at your sides.
- 2. While in this position, you will count "5,6,7,8"
- 3. Next, clasp on count "1,2"
- **4.** On count "3,4" bring arms from clasp into a High V (Image 1)
- **5.** On count "5" you will prepare to jump by swinging your arms down. As you bring your arms down, your knees should bend and your arms cross. (Image 2)
- **6.** Hit your jump on count "6" (Image 3)
- **7.** Land on count "7,8" (Image 4)
- 8. Stand on count "1" (Image 5)



Note: Instructional videos on the Upward YouTube Channel use these counts.

Spread Eagle

Help cheerleaders perfect their overall jump form by teaching this drill with Spread Eagle first before moving to another jump.

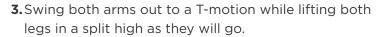
- 1. Arms in a High V and feet together.
- **2.** Swing arms around. Slightly bend your knees, placing your weight on the balls of your feet.
- **3.** Swing arms out and around to a High V, keeping your back straight. Spread legs with toes pointed, knees facing forward.
- **4.**Squeeze legs together for a "feet together" landing with arms by your side.
- **5.** Stand up with feet together and hands on hips or hands by your side.

Tuck Jump

- 1. Arms in a High V and feet together.
- **2.** Swing arms around. Slightly bend your knees, placing your weight on the balls of your feet.
- **3.** Keep legs squeezed together and back straight while bringing your legs up to your chest. Hit a T-motion or a High V with arms.
- **4.**Squeeze legs together for a "feet together" landing with arms by your side.
- **5.**Stand up with feet together and hands on hips or arms by your side.

Toe Touch

- 1. Arms in a High V and feet together.
- **2.** Swing arms around. Slightly bend your knees, placing your weight on the balls of your feet.



- **4.**Squeeze legs together for a "feet together" landing with arms by your side.
- **5.** Stand up with feet together and hands on hips or arms by your side.

Herkie

The example shown is for a right herkie:

- **1.** Arms in a High V and feet together.
- **2.** Swing arms around. Slightly bend your knees, placing weight on the balls of your feet.
- **3.** Swing right arm out to a T-motion, placing the left arm on your hip while lifting the right leg out to the side as high as it will go. Keep the left leg into a hurdle position to the side and slightly behind your body.
 - **4.**Squeeze legs together for a "feet together" landing with arms by your side.
 - 5. Stand up with feet together and hands on hips.



All cheers, chants, and dance routines provided in this book are also demonstrated on MyUpward.org. You can also find cheers, chants, and dance routines from previous seasons on the Upward Sports YouTube page.

→ Cheers

It's time to get loud and to have some fun! This section will provide you with a base of cheers to use during the season. Squads are not required to use all the cheers and chants provided in this book. Squads are encouraged to create their own cheers, too! If you do create your own cheers, remember to keep them positive and uplifting. Visit MyUpward.org for video demonstrations of all cheers.

When teaching cheers, follow these guidelines:

- 1. Teach the words first.
- **2.** Have cheerleaders repeat until everyone is familiar with the words.
- 3. Teach the entire cheer, chant, or dance.
- **4.**Review slowly, but still focus on sharp and precise motions.
- **5.**Once everyone has the overall knowledge, practice the cheer at full speed. Look for correct motion placement and sharpness, while emphasizing squad synchronization from the very beginning.
- 6.Do not move on without first perfecting technique.

Claps are to be done in the CLASP position unless otherwise noted.

Teach cheerleaders to end each cheer, chant, and dance routine by showing spirit!

Encourage them to yell things such as, "Go, Upward!" "Let's go!" and other similar phrases. Have them practice three to four short phrases after every cheer.

HEY UPWARD

WORD	МОТІОП	
Hey	Squat and shuffle poms	
Upward	Step back right, right punch	
Give me a	Feet together and clap	
U, P	Step right, right high V	
- PAUSE -	Clap	
U, P	Right high V	
- PAUSE -	Feet together and clap	
Hey	Squat and shuffle poms	
Upward	Step back right, right punch	
Give me a	Feet together and clap	
W, A	Feet apart, High V	
- PAUSE -	Clap	
W, A	High V	
- PAUSE -	Feet together and clap	
Hey	Squat and shuffle poms	
Upward	Step back right, right punch	

	WORD	MOTION
(cont.)	Give me a	Feet together and clap
	R, D	Step left, left high V
	- PAUSE -	Clap
	R, D	Left high V
	- PAUSE -	Feet together and clap
	Upward	Clap
	- PAUSE -	Clap
	Together	Step forward and candlesticks
	let's hear it	Step and daggers
	U, P	Step right, right high V
	- PAUSE -	Feet together and clap
	W, A	Feet apart, High V
	- PAUSE -	Feet together and clap
	R, D	Step left, left high V

LET'S GET UP, UPWARD FANS

WORD	MOTION	
Let's Get	Step right foot forward, daggers	
Up	Step left foot together with right, touchdown	
- PAUSE -	Jump, overhead clap	
- PAUSE -	Jump, overhead clap	
Up	Right high V	
Ward	Broken right high V	
Fans	Right high V	
Yell	Clasp	
Let's	Daggers	
Go	Right punch	
Let's	Daggers	
Go	Right punch	
Now Get	Step right foot forward, daggers	
Loud	Step left foot together with right, touchdown	
- PAUSE -	Jump and overhead clap	
- PAUSE -	Jump and overhead clap	
Up	Right high V	
Ward	Broken right high V	
Fans	Right high V	
Yell	Clasp	••

cont.)	·> Let's	Daggers
	Win	Left punch
	Let's	Daggers
	Win	Left punch
	One More	Step right foot forward, daggers
	Time	Step left foot together with right, touchdown
	- PAUSE -	Jump and overhead clap
	- PAUSE -	Jump and overhead clap
	Up	Right high V
	Ward	Broken right high V
	Fans	Right high V
	Yell	Clasp
	Let's	Daggers
	Go	Right punch
	Let's	Daggers
	Win	Left punch
	Let's	Daggers
	Go	Right punch
	Let's	Daggers
	Win	Left punch

UPWARD CAN'T BE BEAT

WORD	MOTION
Get Up	High Clap with feet together
- PAUSE -	Hold
Clap	Clap and step forward
Your Hands	Clap
Get Up	High Clap with feet together
- PAUSE -	Hold
Stomp	Daggers and stomp with right foot
Your Feet	Daggers and stomp with left foot
Yell It	Roll poms and step to the right
Loud	Daggers with feet together
Yell It	Roll poms and step to the left

ont.) Proud		Daggers with feet together
	Upward	Punch with right foot forward
	Can't Be	Dagger
	Beat	Low V
	- PAUSE -	Hold
	Can't Be	Dagger
	Beat	Low V

YELL IT PROUD

WORD	MOTION
Upward, - PAUSE -	Sit in a T, broken T, hit T again
Yell it proud	Feet together in high O
Yell	Low O
Blue*	Feet apart, right T
and	Clap
White	Left T
- PAUSE -	Clap
Blue*	Right T
and	Clap
White	Left T
- PAUSE -	Feet together and clap
Upward, - PAUSE -	Sit in a T, broken T, hit T again
Yell it proud	Feet together in high O
Again	Swing to a low O
Yell go	Step forward, sit in low V
Fight	Stand in a broken T

Cont.) Win Sit in high V -PAUSE - Go Step forward, sit in low V Fight Stand in a broken T Win Sit in high V -PAUSE - Feet together and clap Blue* Feet apart, right T and Clap White Left T -PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T Win Sit in high V		WORD	MOTION
Go Step forward, sit in low V Fight Stand in a broken T Win Sit in high V - PAUSE - Feet together and clap Blue* Feet apart, right T and Clap White Left T - PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T	(cont.)	·> Win	Sit in high V
Fight Stand in a broken T Win Sit in high V -PAUSE - Feet together and clap Blue* Feet apart, right T and Clap White Left T -PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		- PAUSE -	Feet together and clap
Win Sit in high V - PAUSE - Feet together and clap Blue* Feet apart, right T and Clap White Left T - PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		Go	Step forward, sit in low V
- PAUSE - Feet together and clap Blue* Feet apart, right T and Clap White Left T - PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		Fight	Stand in a broken T
Blue* Feet apart, right T and Clap White Left T - PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		Win	Sit in high V
and Clap White Left T -PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		- PAUSE -	Feet together and clap
White Left T - PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		Blue*	Feet apart, right T
- PAUSE - Feet together and clap Go Step forward, sit in low V Fight Stand in a broken T		and	Clap
Go Step forward, sit in low V Fight Stand in a broken T		White	Left T
Fight Stand in a broken T		- PAUSE -	Feet together and clap
		Go	Step forward, sit in low V
Win Sit in high V		Fight	Stand in a broken T
·		Win	Sit in high V

*adjust for current season colors

DOWN THE FIELD

WORD	MOTION	ĺ
HEY CROWD	Right punch	(с
- PAUSE -	Arms by side and dip	
IT'S TIME	High V	
TO GET	Jump	
LOUD	Land	
- PAUSE -	Clap and stand	
TO THE RIGHT	Right T and step to the right	
YELL	Broken right T and dip	
MOVE	Right punch with right foot in front	
THAT	Right dagger	
BALL	Right punch	
- PAUSE -	Clap	
MOVE	Right punch with right foot in front	
THAT	Right dagger	
BALL	Right punch	
- PAUSE -	Clap with feet together	

tt.) TO THE LEFT	Left T and step to the left
YELL	Broken left T and dip
DOWN	Low touchdown with left foot in front
THE	Daggers
FIELD	Left punch
- PAUSE -	Clap
DOWN	Low touchdown
THE	Daggers
FIELD	Left punch
- PAUSE -	Clap with feet together
HEY CROWD	Hands on hips
- PAUSE -	Clap
ALTOGETHER	Swing arms in behind head
MOVE	Right punch and step forward
THAT	Right dagger
BALL	Right punch

(cont. on next page)

DOWN THE FIELD (cont.)

WORD	MOTION
- PAUSE -	Clap
DOWN	Low touchdown
THE	Daggers
FIELD	Left punch
- PAUSE -	Clap
MOVE	Right punch and step forward
THAT	Right dagger
BALL	Right punch
- PAUSE -	Clap
DOWN	Low touchdown
THE	Daggers
FIELD	Left punch

EVERYONE ALL AROUND

WORD	MOTION
To The Right	Left K with feet apart
Yell	Clap
Go Go Go	Left low V - break - left low V
- PAUSE -	Clap
Go Go Go	Left low V - break - left low V
- PAUSE -	Clap with feet together
To The Left	Right K with feet apart
Yell	Clap
Fight Fight Fight	Right low V - break - right low V
- PAUSE -	Clap
Fight Fight Fight	Right low V - break - right low V

cont.)	·>- PAUSE -	Clap with feet together
	Every	Broken low V
	One	Low V
	All	Swing arms in and dip
	Around	High clap above head with feet apart
	Yell Win Win Win	Low V - break - low V
	- PAUSE -	Clap
	Win Win Win	Low V - break - low V

THE GIRLS FROM UPWARD

	1	
WORD	MOTION	
The Girls	Clap and pop right knee	
- PAUSE -	Clap and pop left knee	
From Upward	Clap and pop right knee	
- PAUSE -	Clap and pop left knee	
We Want	Right High V	
To Say	Break high V	
Hello	Right High V	
- PAUSE -	Hold	
Meet	Hands behind head with feet together	
Our Team	hands on hips	
Ready	High touchdown on toes	
Set	Daggers	
Go	Hands on hips and step back	
Hi	Shuffle poms in a squat	
I'm Rachel	Punch and stand	
Hi	Shuffle poms in a squat	
ľm Katilyn	Punch and stand	

(cont.)	·> ні	Shuffle poms in a squat
	l'm Sarah	Punch and stand
	Н	High touchdown with feet apart
	E	Daggers
	L-L	Right L
	0	O with feet together
:	The Girls	Clap and pop right knee
	- PAUSE -	Clap and pop left knee
	From Upward	Clap and pop right knee
	- PAUSE -	Clap and pop left knee
	We Want	Right High V
	To Say	Break high V
	Hello	Right High V and shake pom

WITH ALL YOUR MIGHT

(cont.)

WORD	MOTION
DEFENSE	Right arm across body
- PAUSE -	Right high V
DEFENSE	Left arm across body
- PAUSE -	High V with feet together
BE STRONG WITH YOUR	Jump
MIGHT	Stand
- PAUSE -	Clap
COME ON	Shuffle poms
CROWD	Clap
HELP 'EM	Clap above head
OUT	Clap above head
LET'S GO	Right low V pump
HOLD TIGHT	Left high V
- PAUSE -	Clap

	LET'S GO	Right low V pump
	HOLD TIGHT	Left high V
	- PAUSE -	Clap
I	DEFENSE	Shuffle poms
	- PAUSE -	Clap
[DEFENSE	Clap above head
	- PAUSE -	Clap above head
	HOLD	Bow & arrow
	EM	Swith bow & arrow
	WITH ALL YOUR	Low clasp
	MIGHT	High V with feet apart

GET UP AND YELL

WORD	MOTION		
	Clap		
Get	Step back		
Up	Kick right leg and high V		
And	Squat and daggers		
Yell	Feet apart and right punch		
- PAUSE -	Clap		
Orange*	Right high V		
- PAUSE -	Clap		
Orange*	Right high V		
- PAUSE -	Feet together and clap		
Get	Step back		
Up	Kick right leg and high V		
And	Squat and daggers		
Yell	Feet apart and right punch		
- PAUSE -	Clap		
Blue	Left low V		
- PAUSE -	Clap		
Blue	Left low V		
- PAUSE -	Feet together and clap		
Get	Step back		

	WORD	MOTION
(cont.)	· > Up	Kick right leg and high V
	And	Squat and daggers
	Yell	Feet apart and right punch
	- PAUSE -	Clap
:	White	High V
	- PAUSE -	Clap
	White	High V
	- PAUSE -	Feet together and clap
	Hey	Clap high
:	Hey	Clap low
	Get Up	Clap
	Yell	Clap
:	Orange*	Step forward and right high V
	Blue	Left low V
:	White	High V
	- PAUSE -	Clap
:	Orange*	Step forward and right high V
	Blue	Left low V
	White	High V
•		

*adjust for current season colors

GO UPWARD

WORD	MOTION	
Hey	Dip and daggers	
Fans	Feet apart and T motion	
- PAUSE -	Clap	
To the right	Sit and right high V	
To the right	Sit and right high V in ripple	
Yell	Dip and right dagger	
Go	Feet apart and right punch	
- PAUSE -	Clap	
Go	Right high V	
- PAUSE -	Clap	
Hey	Dip and daggers	
Fans	Feet apart and T motion	
- PAUSE -	Clap	
To the left	Sit and left high V	
To the left	Sit and left high V in ripple	
Yell	Dip and left dagger	

(cont.)	WORD	MOTION
·····>	Upward	Feet apart and left punch
	- PAUSE -	Clap
	Upward	Left high V
	- PAUSE -	Clap
	Hey	Dip and daggers
	Fans	Feet apart and T motion
	- PAUSE -	Clap
	Yell it loud	Clap high or low O
	Yell it loud	Clap low or high O
	Go	Step forward and right high V
	- PAUSE -	Clap
	Upward	Left high V
	- PAUSE -	Clap
	Go	Right high V
	- PAUSE -	Clap
	Upward	Left high V

LET'S ROCK N' ROLL

WORD	MOTION
This side	Step right and right T
- PAUSE -	Step and clap
Let's rock	Step back and low V
Yell	Step together and clap
Upward	Step forward and right punch
- PAUSE -	Right dagger
Don't stop	Right high V
- PAUSE -	Clap
Upward	Right punch
- PAUSE -	Right dagger
Don't stop	Right high V
- PAUSE -	Feet together and clap
This side	Step to the left and left T
- PAUSE -	Step and clap
Let's roll	Step back and circle poms
Yell	Step together and clap
Win	Step forward and left high V

	WORD	MOTION
(cont.)	- PAUSE -	Break left high V
	Win	High V
	- PAUSE -	Clap
	Win	Left high V
	- PAUSE -	Break left high V
	Win	High V
	- PAUSE -	Feet together and clap
	Everybody	Feet apart and high V
	- PAUSE -	Hands to side
	Let's rock	Squat and low V
	And roll	Feet together and circle poms
	Yell Upward	Step right and right punch
:	- PAUSE -	Right dagger
	Don't stop	Right high V
	- PAUSE -	Clap
	Win	Left high V
	- PAUSE -	Break left high V
	Win	High V

TOUCHDOWN, SCORE SIX

WORD	MOTION
Heeey	Shuffle poms in a squat
Upward	Punch and stand
Cheer	Low V and step to the right
On	Clasp
Your Team	Low V and step to the left
Yell	Clasp
Move	Left buckets in a left lunge
That	Bow & arrow
Ball	T
- PAUSE -	Hold
Move	Left buckets
That	Bow & arrow
Ball	Т
- PAUSE -	Clasp with feet together
Touchdown	High touchdown in a right lunge
- PAUSE -	Hold
Score	Daggers

(cont.)

· >	- PAUSE -	Hold
	Touchdown	High touchdown
	- PAUSE -	Hold
	Score	Daggers
	Six	Punch
	- PAUSE -	Clasp with feet together
	Come On	High V
	Team	Swing
	- PAUSE -	Toe touch jump
	Let's	Land
	Get To It	Hands by side and stand
	Move	Left buckets in a left lunge
	That	Bow & arrow
	Ball	Т
	- PAUSE -	Clasp with feet together
	Touchdown	High touchdown in a right lunge
	- PAUSE -	Hold
	Score	Daggers
	Six	Punch

→ Chants

Chants are shorter than cheers and are recited 3 times. However, the crowd is usually a good indicator of when to end a chant. In the next few pages, you will find fun chants that are designed for all age divisions. *Visit MyUpward.org* for video demonstrations of all Chants.

When learning and teaching chants:

- Learn the words first.
- Repeat the chant until everyone is familiar with the words and rhythm.
- Learn the motions.
- ♦ Practice it at a full speed and with sharpness.

Always look for correct motion placement and sharpness, while emphasizing team synchronization. Do not move on to a new chant without perfecting technique.

FIRST DOWN

WORD	MOTION
First	Clasp
Down	Low V
First	Clasp
Down	Low V
Upward Let's Score a	Clasp
Touch	Squat, right dagger
Down	Stand up, right punch

REPEAT 2 MORE TIMES

GET TOUGH DEFENSE

WORD	MOTION
D	Clap with feet apart
D	Extend clap in front of chest
Defense	Clap
- PAUSE -	Nod
Get Tough	Right punch and stand
- PAUSE -	Right dagger
Get Tough	High V
- PAUSE -	Hold
REPEAT 2 MORE TIMES	

GO FIGHT WIN

WORD	MOTION
Take It	Jump feet apart, daggers
To The Goal	High Touchdown
Go	Right T across chest and shake pom
Fight	Forward candlestick and shake pom
Win	Right T and shake pom
- PAUSE -	Hold

REPEAT 2 MORE TIMES

GO GREEN AND GOLD

WORD	MOTION
Go	Ready position
Green*	Right T
Go	Clasp
Gold*	Left T
- PAUSE -	Clasp
C'mon	Clasp
Fans Yell	Clasp
Green and	Right T
Gold	Left T
REPEAT 2 MORE TIMES	

^{*}Adjust for current season colors

GO UPWARD GO

WORD	MOTION
	Feet together and clap
Upward	Feet apart, right punch
- PAUSE -	Squat and clap
Take	Feet together, right punch
Con-	Right dagger
Trol	Right punch
Go	Ripple side lunge with K (1)
Upward	Ripple side lunge with K (2)
Go	Ripple side lunge with K (3)
- PAUSE -	Feet together and clap

REPEAT 2 MORE TIMES

GO UPWARD TEAM

WORD	MOTION
Stand	Dip and daggers
Up	Stand and Touchdown
- PAUSE -	Dip and Clap
And scream	Step and sit into High V
- PAUSE -	Step back and clap
Go	Broken T and step forward
Upward	Cross wrists in front
Team	High V
- PAUSE -	Step back and clap
REPEAT 2 MORE TIMES	

HOLD 'EM UPWARD

WORD	MOTION
Hold Em	T in a back lunge
- PAUSE -	Broken T and turn
Hold Em	T and turn into a back lunge
Upward	Nod
- PAUSE - - PAUSE -	Left high clap twice
- PAUSE - - PAUSE -	Right high clap twice
DEDEAT 2 MODE TIMES	

.....

OFFENSE

WORD	MOTION
0	O motion
0	O motion down
0	O motion
Offense	High V
REPEAT 3 MORE TIMES	

OUR TEAM IS AWESOME

WORD	MOTION
Α	Right high V and step to the right
W	Broken right high V
Ε	Right high V
- PAUSE -	Clap with feet together
S	Left high V and step to the left
O-M	Broken left high V
Ε	Left high V
- PAUSE -	Clap with feet together
Awesome	High clap
- PAUSE -	High clap
Awesome	Low clap
- PAUSE -	Low clap
Our team is	Roll arms at Broken T level
Awesome	High V
- PAUSE -	Clap

STAND UP

WORD	MOTION
Hey	High V
- PAUSE -	Clasp
Go Upward	Low V
- PAUSE -	Clasp
Stand up	Daggers
And yell	Touchdown
Go	Clasp
Upward	Clasp

REPEAT 2 MORE TIMES

UPWARD SCORE SIX

WORD	MOTION
Touchdown	Right daggers and sway to the right
- PAUSE -	Left daggers and sway to the left
Touchdown	Right high touchdown and sway to the right
- PAUSE -	Left high touchdown and sway to the left
Upward	Clap and squat
- PAUSE -	Hold
Score Six	High V with feet apart
- PAUSE -	Hold
REPEAT 2 MORE TIMES	

UPWARD TEAM HAS SPIRIT

WORD	MOTION
Shout It Out	Right low V in a squat, left arm bent behind head
Let's Hear It	Left low V in a squat, right arm bent behind head
Upward Team	Low V / High V and shake poms
Has Spirit	High V / Low V and shake poms
- PAUSE -	Hold
REPEAT 2 MORE TIMES	

WE ARE

WORD	MOTION
We	Right foot forward, left foot back, arms back
Are	Switch feet, arms front
- PAUSE -	Switch feet, overhead clap
- PAUSE -	Switch feet, overhead clap
Upward	Feet apart, high V
REPEAT 2 MORE TIMES	

DEFENSE GET TOUGH

WORD	MOTION
Come on	Wave to the right
Crowd	Wave to the left
Get Fired	Pump and step back
Up	Pump
Defense	Swing arms down and step feet together
- PAUSE -	Hands behind head
Get Tough	Muscle Pose
- PAUSE -	Clap

REPEAT 2 MORE TIMES

FIRST AND TEN

WORD	MOTION
First	Daggers in a squat
And Ten	High touchdown and stand
Upward	Low V with feet apart
Fans	Clasp
Yell Go	High V
Fight	Swing arms in
Win	Low v with feet together
- PAUSE -	Hold

REPEAT 2 MORE TIMES

FIRST DOWN (RIPPLE CHANT)

•	
WORD	MOTION
First	(Ripple 1) Feet together
Down	(Ripple 1) Lunge, low V (hold)
First	(Ripple 2) Feet together and stand on toes, clasp
Down	(Ripple 2) Low V
Upward Let's Score A	Touchdown
Touch	Squat, right dagger
Down	Stand, right punch

MOVE THAT BALL FOR A T.D.

REPEAT 2 MORE TIMES

WORD	MOTION
М	Daggers and step to the right
0	Right punch
- PAUSE -	Clap twice with feet together
V	Daggers and step to the left
E	Left punch
- PAUSE -	Clap twice with feet together
MOVE	Right broken T and step to the right
THAT BALL	Pump again and step to feet together
FORAT	T and step to the left
D	Left punch and step to feet together
PAUSE	Hold

MOVE THAT BALL OFFENSE

WORD	MOTION
М	Hands by side / Hands behind head with feet apart
0	Hands behind head / Hands by side with feet apart
V	High V / Low V with feet together
E	Hands by side
Move That	Roll poms and step to the inside
Ball	Forward buckets with feet together
Offense	Roll poms and step to the outside
- PAUSE -	Forward buckets with feet together

REPEAT 2 MORE TIMES

OFFENSE SHAKE 'EM OFF

WORD	мотіол
SHAKE	Shuffle poms to the right
SHAKE	Shuffle poms to the left
SHAKE 'EM	Shuffle poms to the right
OFF	Hands on hips with feet apart
OFFENSE	0
SHAKE	Shake poms down with feet together
OFF	Hands on hips in a back lunge
- PAUSE -	Clap with feet together

REPEAT 2 MORE TIMES

PUSH 'EM BACK

WORD	MOTION
Defense	Forward candlesticks and step back in a squat
- PAUSE -	Hands behind head in a squat with feet together
Attack	Low V with feet apart
- PAUSE -	Clap
Push 'Em Back	Right low V with a right squat
- PAUSE -	Hold
Push 'Em Back	Left high V with feet together
- PAUSE -	Hold

REPEAT 2 MORE TIMES

SCORE SIX (RIPPLE CHANT)

WORD	MOTION
Score	(Ripple 1) Step back with right foot, right candlestick across body
Six	(Ripple1) Right high V (hold)
Score	(Ripple 2) Step back with right foot, right candlestick across body
Six	(Ripple 2) Right high V
Take that	Step out and clasp
Ball and	Clasp
Score	Clasp
Six	High V

STOP THAT BALL

WORD	MOTION
UPWARD	L and step to the right
- PAUSE -	Right broken T and left hand behind head with feet together
DEFENSE	Right T and step to the right
- PAUSE -	Clap with feet together
STOP THAT	Spin to the left
BALL	Punch with feet together
- PAUSE -	Clap

REPEAT 2 MORE TIMES

TOUCHDOWN, TOUCHDOWN

WORD	MOTION
WE	Low V and hop with left foot in front
WANT	Clap and switch feet
A TOUCHDOWN	Low V and switch feet
- PAUSE -	Clap with feet together
TOUCHDOWN	High touchdown with feet apart
- PAUSE -	Daggers and dip
TOUCHDOWN	High touchdown with feet together
- PAUSE -	Clap

REPEAT 2 MORE TIMES

UPWARD LET'S GO-GO

WORD	MOTION
G	Clasp
G	Right punch
0	Т
0	High O
Upward	Clasp
Let's	Clasp
Go	Pump to a right high V*
Go	Pump right high V

REPEAT 2 MORE TIMES

YELL W-I-N

ION

REPEAT 2 MORE TIMES

^{*} To pump your arm, bring it to a broken right high V and immediately back to a right high V

^{*} To "stack" a broken T, bring both motions of the broken T in, with the right arm above the left arm.

BREAK THROUGH DEFENSE

WORD	MOTION
В	Right punch with feet apart
R	Right arm across body and dip
E-A	High Clasp and stand
K	K and dip
BREAK	Broken T with feet together
THROUGH	Buckets and step forward pump
- PAUSE -	Broken T pump
DE-	Buckets and pump
FENSE	Broken T with feet together
- PAUSE -	HOLD
REPEAT 2 MORE TIMES	

DEFENSE COME THROUGH

WORD	MOTION
UPWARD	High clap and hop
- PAUSE -	High clap and hop again
YOU KNOW	Right bucket and dip
WHAT	Broken T and stand
TO DO	Clean arms by side
- PAUSE -	Clap
DEFENSE	Shuffle poms
- PAUSE -	Clap
COME THROUGH	High V with feet apart
- PAUSE -	Clap with feet together

DEFENSE SHUT THEM DOWN

WORD	MOTION
SHUT	High touchdown with feet apart
SHUT	Swing around to low touchdown and dip
SHUT 'EM	Swing to high touchdown with feet together
DOWN	Break both arms by side and stomp
DEFENSE	Right dagger with left hand behind head
SHUT 'EM	Right punch
DOWN	Break right arm by side and stomp
- PAUSE -	Clap and stand
REPEAT 2 MORE TIMES	

FIGHT FOR THE VICTORY

WORD	MOTION
F	Low V and step back
1	Right arm across stomach and left arm behind back
G	High V
Н	Break high V and squat
Т	High V with feet together
Fight	Swing arms in
For	Hands behind head
The Vic-	Punch and step forward
to-	break punch to a dagger
ry	Punch
- PAUSE -	Hold

REPEAT 2 MORE TIMES

FIRST AND TEN

WORD	MOTION
HEY	Right broken T and step to the right
HEY	Pump right broken T
GO DE-	Bucket swing around with feet together
FENSE	Broken T and dip
FIRST	High V with foot in front
PAUSE	Roll arms while foot slides around
AND TEN	Low V with foot behind
PAUSE	Clap with feet togther
REPEAT 2 MORE TIMES	

HOLD THAT LINE

WORD	MOTION
Н	Right T across body
0	Right broken T and bring right leg up
L	Left Buckets and right leg steps back
D	High touchdown and turn
Hold	Low touchdown
That	Broken T
Line	T
- PAUSE -	Hold
REPEAT 2 MORE TIMES	

REACHING FOR #1

WORD	MOTION
Upward	K and side lunge
- PAUSE -	Feet together and clap
Has	Step forward right and low V
Just	Break low V
Begun	Low V
Reaching	Hop and clap above head
- PAUSE -	Hop and clap above head
For number	Step back and right dagger
#1	Stand and right punch, hold

REPEAT 2 MORE TIMES

STARS GOTTA HYPE IT UP, HYPE IT UP

WORD	MOTION
Hype it up	High V, break, high V
Hype it up	Step forward, low V, break, low V
Stars or (Upward)	Stand up and clap above head
Gotta	Squat and clap low
Нуре	Stand and daggers
lt up	Right punch
REPEAT 2 MORE TIMES	

TAKE IT TO THE GOAL LINE

WORD	MOTION
OFFENSE	O with feet apart
- PAUSE -	Swing and dip
DON'T WASTE	O with feet together
YOURTIME	Low V
TAKE IT	Clap and hop with right foot in front
TO THE	Clap and switch feet
GOAL	Break into a T with feet together
LINE	Break into a T
- PAUSE -	HOLD
REPEAT 2 MORE TIMES	

TOUCHDOWN, GO UPWARD

WORD	MOTION
Т	T and step forward (ripple 1)
D	Daggers and spin bringing feet together (ripple 1)
T	T and step forward (ripple 2)
D	Daggers and spin bringing feet together (ripple 2)
Touchdown	High touchdown on toes
- PAUSE -	Daggers and squat
Go Upward	High V with feet apart
- PAUSE -	Hands by side with feet together

REPEAT 2 MORE TIMES

UPWARD, LET'S WIN

WORD	MOTION
First And	Low V with feet apart
Ten	Clap
Do lt	Swing O down and around
Again	High O with feet together
Upward	Low V
- PAUSE -	Clap
Let's Win	Punch
- PAUSE -	Hold
REPEAT 2 MORE TIMES	

UPWARD SIX MORE

WORD	MOTION
UPWARD	T and step forward
- PAUSE -	Daggers and turn
LET'S RUN	Touchdown and step forward
LET'S SCORE	Daggers and turn
UPWARD	T with feet apart
- PAUSE -	Right broken T and left hand behind head with a dip
SIX MORE	Right T and left hand on hip with feet together
- PAUSE -	Clap

REPEAT 2 MORE TIMES

Dance Routines

(POM, TIMEOUT, AND HALFTIME)

After your cheerleaders have learned enough cheers and chants to provide a significant base to use during each game, consider teaching them a dance routine that can be performed at halftime or during the season celebration. *Visit MyUpward.org for video demonstrations of all Dance Routines*. Here are some points to consider as you prepare to teach dance routines:

- ♦ If a routine involves poms, be sure to teach placement.
- Evaluate your squad's performance. If there is a step too difficult for your group, simplify it before continuing. The goal is to master clean and simple routines.
- ♦ Consider teaching two 8 counts per practice. Review each one until everyone has learned the routine and it looks synchronized. Continue to teach the rest of the routine at your next practice.
- ♦ Once the cheerleaders have learned the entire dance routine, make necessary corrections to improve motions and motion placement. The best way to do this is to count aloud, "Five, six, seven, eight, one" and have your squad freeze on count "one." Make the necessary corrections and repeat the drill for "one" again. Do not go on to count "two" until everyone has correctly performed count "one." Repeat for count "two." When everyone has learned count "two," add that to count "one." Repeat the process for the entire routine until it is perfected.
- Allow half of your squad to watch while the other half performs the dance routine. This is a great way to encourage your cheerleaders. The encouragement from their own teammates will inspire and excite them for their big performance.

→ Types of Dance Routines

There are three types of dance routines outlined on the following pages, including Pom, Halftime, and Time Out Dances.

POM DANCE: Pom dances are eight 8 counts that can be performed during one-minute timeouts or for halftime. Pom dances are three 8 counts of cheer motions followed by one more 8 count of transitions repeated twice for a total of eight 8 counts. Pom dances include formation changes, level changes, and ripples in a cheer-motion style with poms.

HALFTIME DANCE: Halftime dances are eight 8 counts that can be performed during one-minute timeouts or for halftime. Halftime dances are four 8 counts of unique dance motions that are repeated twice for a total of eight 8 counts. Halftime dances include level changes, footwork, and floor work in a dance style.

TIME OUT DANCE: Timeout dances are the simplest of all dances and can be performed during 30-second timeouts. The intro to all timeout dances begins with one 8-count clapped out, followed by one 8-count dance that is repeated three times for a total of four 8 counts. Timeout dances include level changes and ripples in a dance style.

Feel free to modify cheers, chants, and dances to fit the skill level of your group.

BETTER WITH YOU

EIGHT COUNT 1	MOTION
1	Pony with right punch
2	
3	Pony with left punch
4	
5	Feet apart and circle around in buckets
6	
7	
8	Poms on left hip

EIGHT COUNT 2	MOTION
1	Pop right foot and point with right arm
2	
3	Rock hips
4	
5	Right arm in a T with left foot back
6	
7	Continue with ripple
8	

	EIGHT COUNT 3	MOTION
(cont.)	·· > 1	Step and circle poms
	2	
:	3	Squat to left knee
:	4	
	5	Pump poms to the right
	6	Pump poms to the right
	7	Pump poms to the right
:	8	Clean

EIGHT COUNT 4	MOTION
1	Switch line in right bow-n-arrow
2	
3	Left bow-n-arrow
4	
5	Swing poms around
6	
7	Stand with poms behind head
8	
F.	PEPEAT FIGHT COUNTS 1-4

REPEAT EIGHT COUNTS 1-4 ONE MORE TIME Pop right foot and point with right arm

MOVE WITH US

EIGHT COUNT 1	MOTION
1	Right low V
2	
3	Swing right pom in
4	
5	Right low V with left pom on elbow
6	
7	Left low V with right pom on elbow
8	Poms on left hip

EIGHT COUNT 2	MOTION
1	Poms up by hips and step forward
2	
3	Shuffle poms and step back
4	
5	Low V with right knee popped
6	
7	(Ripple 2)
8	•…

	EIGHT COUNT 3	MOTION
(cont.)	· > 1	(Ripple 3)
	2	
	3	Swing poms in
	4	
	5	Poms behind head
	6	
	7	Shake hips
:	8	Shake hips

Clean with poms by side Transition in T and shake poms	EIGHT COUNT 4	MOTION
Transition in T and shake poms	1	Clean with poms by side
	2	
1	3	Transition in T and shake poms
	4	
5 Transition in broken T and shake poms	5	Transition in broken T and shake poms
6	6	
7 Stop and hit daggers	7	Stop and hit daggers
8	8	
AFTER TRANSITION, REPEAT EIGHT COUNTS 1-3	AFTER TI	RANSITION, REPEAT EIGHT COUNTS 1-3
END Right pom in front of chest	END	Right pom in front of chest

VIBIN

EIGHT COUNT 1	MOTION
1	T and step left foot across
2	
3	Poms up by hips and step forward
4	
5	Candlesticks and step back
6	
7	Daggers and turn
8	Poms on left hip

EIGHT COUNT 2	MOTION		
1	Right T and left dagger		
2			
3	Left T and right dagger		
4			
5	High touchdown and turn		
6			
7	Squat with feet together (Ripple 2 begins)		
8		• • • • •	

	EIGHT COUNT 3	мотіол
(cont.)	1 رٍ⊷	(Ripple 2 ends) (Ripple 3 begins)
:	2	
:	3	(Ripple 3 ends)
:	4	
:	5	Right pom bent and left pom on hip
:	6	
	7	Left pom bent and right pom on hip
:	8	Clean

EIGHT COUNT 4	MOTION
1	Poms on hips with feet together
2	
3	Transition shuffling poms
4	
5	Continue transition shuffling poms
6	
7	Poms on hips with feet apart
8	
AFTE	R TRANSITION, REPEAT EIGHT COUNTS 1-3

END Poms behind head and left knee popped

EIGHT COUNT 1	MOTION
1	Dip in daggers
2	
3	Stand in a touchdown
4	
5	Step to the right and circle poms
6	
7	Step together in a broken T
8	Poms on left hip

EIGHT COUNT 2	MOTION	
1	Step in a diagonal	
2		
3	Sit in a low left clasp	
4		
5	Stand and break	
6	Sit in a low left clasp	
7	Step back and break clasp	
8		• • • •

	EIGHT COUNT 3	мотіол
(cont.)	·> 1	Step out and shake right pom across body
:	2	
	3	
	4	Broken T over left hip
	5	Sit in a right high V (ripple 1)
	6	Sit in a right high V (ripple 2)
	7	Sit in a right high V (ripple 3)
	8	

EIGHT COUNT 4	MOTION
1	Feet together and circle poms behind head
2	
3	Clap
4	
5	Shuffle poms and switch lines
6	
7	
8	
	REPEAT EIGHT COUNTS 1-4 ONE MORE TIME
END	Step back with hands on hips looking up

HEY

EIGHT COUNT 1	MOTION
1	Dip in a right dagger
2	Stand in a left dagger
3	Feet apart and cross wrist
4	
5	T
6	
7	Cross arms and rock to the right
8	Cross arms and rock to the left

EIGHT COUNT 2	MOTION
1	Squat to the right and shuffle poms
2	
3	Turn and pump right clasp
4	Pump left clap
5	Pump high right clasp
6	Pump high left clasp
7	Turn in left candlesticks
8	

	EIGHT COUNT 3	MOTION
(cont.)	→ 1	Step and swing poms
	2	Feet together with poms behind head
:	3	Feet apart in left candlesticks
	4	
	5	Windmill to floor (ripple 1)
	6	
	7	Windmill to floor (ripple 2)
:	8	Clean

EIGHT COUNT 4	MOTION
1	Windmill to floor (ripple 3)
2	
3	Stand with poms on hips
4	
5	Cross arms and switch lines
6	
7	Alternate high and low Vs
8	Clean
	REPEAT EIGHT COUNTS 1-4 ONE MORE TIME

Pop left knee with poms behind head

END

INTERMEDIATE LEVEL DANCE ROUTINE

MUST BE THE KICKS

EIGHT COUNT 1	MOTION
1	Feet apart in a broken T
2	
3	Dip to a right low V
4	Dip to a left low V
5	Feet together in a broken T
6	Т
7	Squat
8	

EIGHT COUNT 2	MOTION
1	Cross feet and wrist
2	
3	Step out with poms behind head
4	
5	Right arm across body (ripple 1)
6	Right arm across body (ripple 2)
7	Right arm across body (ripple 3)
8	

	EIGHT COUNT 3	MOTION
(cont.)	· > 1	Step back in daggers
:	2	Kick right foot in front candlesticks
	3	Squat in daggers
	4	Clean
	5	Clap and switch lines
:	6	Clap again
:	7	Kick left foot back
:	8	Clean

EIGHT COUNT A	MOTION
-4	
1	Daggers
2	Switch lines in a touchdown
3	Shake poms down
4	Clean
5	Swing poms around
6	Step in alternating high and low Vs
7	Alternating high and low Vs
8	Feet together and clap
REPEAT EIGHT COUNTS 1-4 ONE MORE TIME	
END	High V in levels

PARTY TIME (special halftime dance)

EIGHT COUNT 1	MOTION
1	Hug and step back with right leg
2	
3	Shake hips
4	Shake hips
5	Step forward and pump arms
6	Step forward and pump arms
7	Turn and cross hands
8	Hands behind head with feet together

	EIGHT COUNT 3	мотіон
(cont.)	1	Squat with feet together (to the right)
	2	
	3	Hands on hips with feet apart
	4	
	5	Turn and squat with left hand on right knee and right hand behind head
	6	
	7	Clap
:	8	Clap

EIGHT COUNT 2	MOTION
1	Bow & arrow
2	
And	Switch bow & arrow
3	Switch bow & arrow again
4	
5	Palms in front of shoulders
6	
7	Pump
8	Pump again

EIGHT COUNT 4	MOTION
1	Daggers and step back so feet are together
2	Clean and slightly dip
3	Right high V with palm open
4	Left high V with palm open
5	Swing right arm in with left hand on hip
6	Swing right arm out with left hand on hip
7	Wrap right arm around head and squat
8	Clean
AFTER T	RANSITION, REPEAT EIGHT COUNTS 1-4
END	Hug and step back with right leg

RISE UP (special halftime dance)

EIGHT COUNT 1	MOTION
1	Hug and squat
2	
3	Т
4	Roll right arm in
5	
6	Swing arms in
7	Hands behind head
8	

EIGHT COUNT 2	MOTION
1	Snap with feet apart
2	
3	Lean to the right
4	Lean to the left
5	Squat over right knee
6	Hands on hips
7	Head twirl
8	

	EIGHT COUNT 3	MOTION
(cont.)	· > 1	Low touchdown and squat
	2	Broken T and stand (feet apart)
	3	Right knee in and out
	4	Head nod
	5	Step to the left and swim
	6	Clean
	7	Step to the right and swim
	8	Clean

EIGHT COUNT 4	MOTION
1	Slap and step
2	Clasp and step
3	Wrap arms head and turn
4	Clean
5	Walk with hands behind back
6	
7	Turn and right high V pump
8	Right high V pump
AFTI	ER TRANSITION, REPEAT EIGHT COUNTS 1-4
END	Cross arms and pose

HEY DJ

EIGHT COUNT 1	MOTION
1	Step and cross right pom
2	Step together and cross left pom
3	Cross feet in a muscle pose
4	Feet apart in a muscle pose
5	Left dagger
6	Right dagger
7	Right pom over face
8	Right muscle pose

EIGHT COUNT 2	MOTION
1	Clean with poms by side
2	
3	High touchdown and pop right knee
4	Break into low touchdown and pop left knee
5	Hands behind head and step back
6	Kick with a low V
7	Clean with poms by side
8	Clap

(cont.)	EIGHT COUNT 3	MOTION
	→ ₁	Pop feet apart and swing poms to the right
	2	Broken T
	3	Swing poms to the left
	4	Broken T
	5	T
	6	Squat with right pom on knee and left pom behind back (Ripple 2 begins)
	7	(Ripple 2 ends) (Ripple 3 begins)
:	8	(Ripple 3 ends)

EIGHT COUNT 4	МОТІОМ
1	Shuffle poms in circle formation
2	
3	Connect with right pom with left pom on hip
4	
5	Left pom in a high touchdown
6	
7	Shuffle poms and return back into formation
8	Clap
AFT	ER TRANSITION, REPEAT EIGHT COUNTS 1-3
END	Cross arms

KIND OF LOVE

EIGHT COUNT 1	MOTION
1	Step to the right with right arm across body
2	Left foot behind in a right L (ripple 2 starts)
3	Step and swing right arm (ripple 3 starts)
4	O with right foot behind
5	(finish ripple 2)
6	(finish ripple 3)
7	Sit to right in a O
8	

EIGHT COUNT 2	MOTION
1	Sit in low V
2	Break and sit in low V
3	Stand with poms behind head
4	Poms on hips
5	Step with left arm across body
6	Turn and punch right arm up
7	Squat
8	Stand

	EIGHT COUNT 3	MOTION
(cont.)	→ 1	Pump to the right
	2	Pump to the left
:	3	Step with right arm forward
	4	Turn in a liberty with a left T
	5	Poms in a left touchdown (ripple 1)
	6	Poms in a right touchdown
	7	Squat over right knee (ripple 2 starts)
	8	

EIGHT COUNT 4	MOTION
1	(ripple 3 starts)
2	
3	Finish ripple squatting right knee
4	
5	Switch lines and shuffle poms
6	
7	Poms on hips
8	
	REPEAT EIGHT COUNTS 1-4 ONE MORE TIME
END	Step back while shaking right pom down

TO THE BEAT

EIGHT COUNT 1	MOTION
1	Step forward in a right diagonal
2	Break
3	Switch break
4	Left diagonal
5	Shake poms
6	Squat feet together
7	(Ripple 2)
8	(Ripple 3)

EIGHT COUNT 2	MOTION
1	Break and cross poms
2	Chin up
3	Lean to the right
4	Lean to the left
5	Low V to the right
6	Low V to the left
7	Feet together and wrap right pom behind head
8	Switch and wrap left pom behind head

	EIGHT COUNT 3	мотіол
(cont.)	→ ₁	Feet apart with right high V and left in a dagger
	2	Left high V and right in a dagger
	3	Right low V and left in a dagger
	4	Turn with left arm in a broken T and right pom by side
	5	High touchdown swing around while stepping feet together
	6	To a squat (Ripple 2 begins)
	7	(Ripple 2 ends) (Ripple 3 begins)
	8	(Ripple 3 ends)

EIGHT COUNT 4	мотіон
1	Pony and cross poms
2	
3	Pony and hit low V
4	
5	Pony and hit a high touchdown
6	
7	Break and clean into new formation
8	Clap
AFTER T	RANSITION, REPEAT EIGHT COUNTS 1-3
END	Feet apart with poms up by hips

WARRIOR

EIGHT COUNT 1	MOTION
1	Feet apart in a K
2	Step behind in a right hand V
3	Circle pom around head
4	
5	Switch lines in a right candlestick
6	Left candlestick
7	Right candlestick
8	

EIGHT COUNT 2	MOTION	
1	Step back in daggers	
2	Turn	
3	Cross feet in a broken T	
4	Turn	
5	Т	
6	Shake poms to the left	
7		
8	Squat over left knee	

	EIGHT COUNT 3	MOTION
cont.)	· > 1	Stand in left buckets
	2	Break right arm
	3	Left buckets
	4	Circle right arm (ripple 1)
	5	Circle right arm (ripple 2)
	6	Circle right arm (ripple 3)
	7	Squat in a clap
	8	

EIGHT COUNT 4	MOTION	
1	Step back with right foot and poms on hips	
2	Kick right leg in a high V	
3	Clean	
4		
5	Switch lines and hit a low V	
6	Clap	
7	Low V	
8	Clap	
REPEAT EIGHT COUNTS 1-4 ONE MORE TIME		
END	Step back in a right punch	

SECTION 3

PRACTICE DEVOTIONS

BIBLICAL VIRTUES

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→ Devotions

As an Upward Coach, you are not only teaching skills for the sport but also values for life. The devotion time allows you to teach the character of Christ through biblical virtues. This season will focus on virtues which are taught in your practices and are highlighted by Bible verses. The chart below is designed to assist you as you organize and prepare for your devotions. It shows the biblical virtues and verses for each group of practices.

PRACTICE NUMBER	BIBLICAL VIRTUES	VERSE
Week 1	Perseverence	No Key Verse this week.
Week 2	Endurance	God blesses those who patiently endure testing and temptation. JAMES 1:12A (NLT)
Week 3	Endurance	God blesses those who patiently endure testing and temptation. JAMES 1:12A (NLT)
Week 4	Endurance	God blesses those who patiently endure testing and temptation. JAMES 1:12A (NLT)
Week 5	Determination	"So let's not get tired of doing what is good." GALATIANS 6:9A (NLT)

PRACTICE NUMBER	BIBLICAL VIRTUES	VERSE
Week 6	Determination	"So let's not get tired of doing what is good." GALATIANS 6:9A (NLT)
Week 7	Determination	"So let's not get tired of doing what is good." GALATIANS 6:9A (NLT)
Week 8	Good News	If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ROMANS 10:9 (NLT)
Week 9	Perseverence	I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. PHILIPPIANS 3:14 (NLT)
Week 10	Perseverence	I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. PHILIPPIANS 3:14 (NLT)
Week 11	Perseverence	I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. PHILIPPIANS 3:14 (NLT)



Scouting Report | Coaches, here's an inside look at this week's devotion.

- Background: This season, our devotions will focus on three virtues—endurance, determination, and perseverance—with perseverance being the overall theme.
 This first devotion will help the athletes on your team consider why it's important not to give up and to keep going in the face of adversity. This is an essential tool in their toolbelt for life and faith in God.
- Big Picture: For more insight, read Psalm 37:23-24; Isaiah 41:10. If you don't own a Bible, you can download the YouVersion Bible App for free.



- Encouragement: The theme of perseverance is present throughout
 the Bible, from Noah to the apostles. You could even say that one of the main
 stories of the Bible is God helping His people persevere in the face of constant
 adversity. The good news for us is that God's promises are not limited to the
 pages of Scripture. They extend to us. He will be with us through the trials we
 face in life.
- Coach's Question for Reflection: Do I give up easily, or am I someone who perseveres?

Practice Devotion | Share This With Your Team

Bottom Line: It's important not to give up.

This season, we're going to be talking about endurance, determination, and perseverance. All of these virtues are about not giving up when life gets hard.

There are many situations in life where it is important not to give up. If you give up a lot in sports, you probably won't be a very good player. You probably won't win many games. But if you don't give up, you will practice harder and become a better player. You probably won't win every game, but you'll be much more successful than if you don't try.

At school, if you give up, don't study, don't pay attention, and don't do your homework, you won't learn things that are important for you to know to be able to grow up, graduate, and get a good job or go to college. But if you don't give up, you can learn important and interesting things. You can find what you're passionate about and prepare for your future. Even when school is hard, there are people who can help you. Not giving up might mean asking for help when you're struggling.

Even with something like drawing a picture, building a LEGO masterpiece, or learning a new video game, it's important not to give up. Because if you give up, you'll never accomplish what you set out to do. But if you don't give up, you'll eventually do what you hoped to do when you started.

When it comes to following God, it's also important not to give up. You see, following God is not always easy. Sometimes, we run into tough circumstances where it's easier to do the wrong thing than obey God. Sometimes, we pray and pray for something, and God doesn't give us the answer we want. Sometimes we feel like we keep messing up, and we'll never be able to live the way God wants us to live. But the Bible, God's word to us, tells us not to give up. It tells us that God is always with us and that we can always trust in Him. God is faithful. That means He will never let us down. So even when life is hard, even when following Him isn't easy, we can stick with it and not give up because we can trust in Him and know He wants the best for us and will help us.

There are a couple of verses in the Bible that say this: "The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand." (Psalm 37:23-24, NLT)

God cares about you and every detail of your life. He wants to hold you by the hand and guide you, even through the hard times when you might stumble. Another verse says God walks beside us even in the darkest valleys. Perseverance is about deciding to keep going even when things get hard because you remember that God is by your side. God cares about you and is by your side no matter what challenges you face, big or small. Trust in Him, and don't give up.



God, we are so excited for this season. Thank You for our team. Open our minds and hearts to learn about You and to trust You more. Teach us to have endurance, determination, and perseverance. We love You, Lord. Amen.



Scouting Report | Coaches, here's an inside look at this week's devotion.

- Background: The first virtue we'll look at this season is endurance. The difference between endurance and perseverance is subtle but thought-provoking. Endurance is about withstanding difficult circumstances. Perseverance is about persistence in pursuit of a goal. Endurance is getting through. Perseverance is keeping on. But endurance is not a lesser virtue. It makes perseverance possible. Really, you can't have one without the other. Before World War II, the British government produced motivational posters with the now-famous phrase, "Keep calm and carry on." Keep calm is endurance. Carry on is perseverance. It takes both to come through adversity on the other side.
- Big Picture: For more insight, read James 1:12-18.
- Encouragement: All these virtues are as valuable for you as they are for the young athletes on your team. Consider what God might want to teach you about endurance, determination, and perseverance this season, and be open to learning and growing in these areas.
- Coach's Question for Reflection: What comes to mind when I think of endurance?

VIRTUE

ENDURANCE is staying strong in tough situations.

KEY VERSE

God blesses those who patiently endure testing and temptation.

James 1:12a (NLT)

Bottom Line: I can stay strong even when things don't go my way.

For the next few practices, we're going to be talking about endurance. Can anyone tell me what endurance means? (Let athletes answer.)

One way to understand endurance is to think about what an endurance athlete does. An endurance athlete is someone who does a particular athletic activity for a really long time. They might run, bike, or swim long distances without a break. Marathon runners, long-distance swimmers, and cyclists on the Tour de France are all endurance athletes. Think about what they have to endure. We all know that running, cycling, or swimming for a long time starts to hurt. Your legs start to ache. You might get cramps or blisters. Your lungs start burning. An average person might quit when this happens, but an endurance athlete keeps going. They train to be able to push through and keep going despite the pain.

That's what endurance is. It's staying strong in tough situations. It's putting up with suffering because it will make you stronger and because you have confidence that you can get to the other side okay.

When it comes to our faith in God, endurance is about getting through tough times without giving into temptation, without getting a bad attitude, and while trusting in God. Christians can endure because they know that God is with them, and they have hope that no matter what they have to go through, it doesn't change their future. They will end up in heaven with God.

Are you ever tempted to quit when something doesn't go your way? Do you let a cut or a bruise make you stop playing? Do you get a bad attitude when something isn't easy? Have you ever used a bad situation as an excuse for doing something you shouldn't have done?

God wants us to stay strong even when things get tough. That means still doing what's right in tough situations. That means staying focused on Him and not having a bad attitude. That means treating others well even when you're not having a good day. That doesn't mean you shouldn't have emotions or stand up for yourself. But it does mean you shouldn't let bad circumstances change who you are.

That's what endurance is all about. Endurance is staying strong in tough situations. In James 1:12 (NLT), it says, "God blesses those who patiently endure testing and temptation." It doesn't mean the hard things go away, but it does mean that you'll be better off in the end because you refused to give up. When we're down a bunch of points, the referee misses the foul, or you fall and think you can't keep going, I want to challenge you to push yourself. You can keep going even if things aren't going your way! But this isn't just true in a game.

Having endurance means finishing that school project even when something breaks or doesn't work the first time. It's choosing to be kind even if the other person doesn't return that kindness. It's doing the right thing, even when everyone else makes a different choice.

I promise you can stay strong, even when you want to quit, when it gets tough, or when things don't go your way. As teammates, we can encourage each other, too. But there is someone even greater and stronger who can help us. And that's God! He is with you in every moment.

Discussion Questions

(K-2nd Grade)

- When something doesn't go your way, what do you usually do? Does it make you
 want to work harder or give in?
- · We usually think easy is best. Why might something that takes hard work be good?

(3rd-6th Grade)

- Can you think of a time when you saw someone keep going when you thought they
 would quit? What happened?
- · What do you think of when you think of endurance?

(7th Grade and up)

- · What do you think of when you think of endurance?
- · Why is it worth it to endure tough situations?

LET'S PRAY

Heavenly Father, thank You for the chance to be a part of a team. Help us to remember to keep doing the right thing. We want to stay strong in tough situations. Thank You for loving and for caring about each one of us. Amen.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 2" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



- Background: This devotion will look at the biblical figure of Joseph as an example of endurance. Joseph's attitude and actions in the face of much hardship are a good blueprint for what biblical endurance should look like. As far as we know, Joseph didn't let his situation get him down. Instead, he did his best to follow God in the situation he was in. He resisted temptation. He used his gifts to help others. He worked hard to do well at the tasks he was given. The purpose here is to help the athletes on your team get an idea of what it actually looks like to endure well.
- · Big Picture: For more insight, read Genesis 37, 39-50.
- Encouragement: "Why was Joseph so great? He was great because of his faith in God, which manifested itself in a magnanimous attitude toward others and his magnificent attitude toward difficulties. A strong faith leads to a good attitude. When those two essentials are in place, troubles become challenges to face not reasons to quit." Charles R. Swindoll, Joseph: A Man of Integrity and Forgiveness
- Coach's Question for Reflection: When have I had to endure a difficult season of life? Did anything good come out of it?

VIRTUE

ENDURANCE is staying strong in tough situations.

KEY VERSE

God blesses those who patiently endure testing and temptation.

James 1:12a (NLT)

Bottom Line: I can stay strong because it's worth it.

The Bible tells us about a guy named Joseph. Joseph had eleven brothers, but he was his dad's favorite. His brothers were so jealous that when Joseph was just a teenager, they sold him to traveling tradesmen and told their dad that a wild animal had killed Joseph. Joseph was taken far away to a new country surrounded by strangers and had to work for one of them as a slave. At one point, Joseph was accused of doing something wrong (even though he was innocent) and thrown into prison. He suffered for many years before he was finally able to be free. Joseph became an influential leader and ended up saving many lives during a famine. Eventually, Joseph was reunited with his family and forgave his brothers.

Joseph had to endure a lot. He wasn't perfect, but one of the most impressive things about Joseph is that even though he found himself in terrible circumstances, he was able to stay true to who he was. He did his best to do what was right, to help others, and to give his all in everything he did. He could do this because he trusted in God and knew God was with him. When Joseph forgave his brothers, he even said this: "You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people." (Genesis 50:20, NLT) Joseph realized that everything he had endured was worth it in the end. He wasn't angry or bitter. He was grateful that God had brought him through it and used him to help others.

When we are hurting, it's hard to stay strong. It's hard to keep trusting in God. It's hard to think about what good might come out of what we're going through. But, like Joseph, we can endure. We can stay true to who we are. We can do our best to do what's right. We can help others even when we're hurting. We can give our all. Why? Because God is with us, and He can work everything out for good.

Maybe you started at a new school where you didn't know anyone, but you ended up being exactly the friend that someone else needed. Maybe you had a really hard time understanding something in math class, but because you had to work hard to learn it, you were able to help your little brother with it when he got to that lesson. Maybe you broke your arm and couldn't play sports for a while, but you got to spend more time with your family instead.

God can bring good things out of tough situations when we endure.



Discussion Ouestions

(K-2nd Grade)

- · How do you think Joseph was able to stay strong during all he went through?
- · What is something hard that you've had to endure?

(3rd-6th Grade)

- · What is something hard that you've had to endure?
- · Why is it worth it to endure difficult situations?

(7th Grade and up)

- · Have you ever kept doing the right thing even though no one else was? What happened?
- · Why is it worth it to endure difficult situations?

God, thank You for the story of Joseph. Please help us to endure the difficult situations in our lives. Bring good things out of the hard times. We trust You, Lord. Remind us that You are with us and that You will always help us. Amen.



- Background: Sometimes, the difficult things we must endure in life are not of our own design-they are just challenges that come with living in a broken world. But other times, we must endure the siren call of our sinful nature: temptation. Refusing to give in to sin is one way we are called to follow Jesus. It is part of the Christian's mandate to endure. Jesus endured targeted temptation from Satan in the wilderness right after He was baptized and His identity as the beloved Son of God was revealed. This story is reminiscent of the Old Testament stories of Adam and Eve and the Israelites wandering in the wilderness. Unlike these other biblical figures, Jesus stood firm. He trusted God completely. He didn't give in to any of the devil's lies or schemes (such as twisting the meaning of Scripture in Matthew 4:6). The temptations Jesus faced here could fall into three major categories of sin as listed in 1 John 2:16 (NLT): "a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions." In His enduring, Jesus was able to empathize with us. "This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin." (Hebrews 4:15, NLT)
- Big Picture: For more insight, read Matthew 4:1-11; Hebrews 2:17-18; Hebrews 4:14-16.
- Encouragement: "Jesus experienced temptation more strongly than anyone else because he never gave in and sinned. The temptation always remained before him." (Craig L. Blomberg, *The New American Commentary: Matthew*) When you find yourself nearly overwhelmed by the temptation you're enduring, think instead about what Jesus endured on your behalf. Remember that His Spirit is with you and can give you the strength to endure.
- Coach's Question for Reflection: Do I endure and fight against temptation? Or do I give in easily?

VIRTUE

ENDURANCE is staying strong in tough situations.

KEY VERSE

God blesses those who patiently endure testing and temptation. James 1:12a [NLT]

Bottom Line: I can stay strong because God is with me.

For the last couple of weeks, we've been talking about endurance. What does endurance mean? (Pause for responses.) Endurance is staying strong in tough situations.

Did you know that Jesus had great endurance? Before He started His earthly ministry, Jesus went into the wilderness to pray and fast. To fast means to go without food in order to focus on God. He fasted for 40 days. That's a lot of enduring right there! But then things got even more difficult. The devil came to tempt Jesus.

The devil wanted to get Jesus to stop trusting in God. He said, "'If you are the Son of God, tell these stones to become loaves of bread.' But Jesus told him, 'No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God." (Matthew 4:3b-4, NLT) Even though Jesus was extremely hungry, He didn't give in.

The devil tempted Jesus two more times. He tried to get Jesus to test God and show off His power. The devil even tried to get Jesus to bow down and worship him. But each time, Jesus refused. He didn't give in. Instead, He fought against the devil's lies and temptations by quoting from the Old Testament. Jesus endured, and He didn't sin. In fact, He never sinned.

God wants us to follow Jesus' example and stand strong against the lies and temptations of the devil. Part of endurance means not giving in to sin when you're really tempted to do things your way instead of God's way. Like Jesus, we can stay strong in these moments. When you are tempted to lie to your teacher, disobey your parents, or say something hurtful to a classmate who said something hurtful to you, remember that God is with you and wants you to stay strong. Like Jesus, you can memorize Bible verses and bring them to mind in those challenging moments.

When you are tempted to say something mean, you can remember that Jesus said, "Love each other. Just as I have loved you, you should love each other." (John 13:34b, NLT)

When it's easier to disobey your parents rather than obey them, you can remember that God said to "Honor your father and mother." (Exodus 20:12a, NLT)

When you feel afraid or tired or like you can't keep going, you can remember what God said in Isaiah 41:10 (NLT): "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand,"

Just as God was with Jesus when He faced temptation and helped Him stay strong. God is with you in the tough moments. He can help you stay strong. He can help you endure.

Discussion Questions

(K-2nd Grade)

- When was a time when you were tempted to do something wrong? What happened?
- · How does knowing God is always with you make you feel?

(3rd-6th Grade)

- · When was a time when you were tempted to do something wrong? What happened?
- · How does it help you to know that when you do the right thing, you are never alone? What is one way you can help yourself remember that God is with you?

(7th Grade and up)

- · What does this story tell us about Jesus?
- How does it help you to know that when you do the right thing, you are never alone? What is one way you can help yourself remember that God is with you?

Heavenly Father, thank You for reminding us that we are never alone. We can stay strong and keep doing the right thing because You are with us. Help us to withstand temptation. Please bring Your words to mind when we need them most. Amen.



- Background: The apostle Paul wrote Galatians as a letter to a disunified church. When he tells them not to get tired of doing what is good, he likely has in mind how they are to treat one another within the church. It's true that we often take our frustrations out on those we are closest to—our families or even our church families. Imagine Paul's call for determination to do good in that context. Can you be determined not to snap at your spouse after a long day at work? Can you be determined to apologize to your children when you make a mistake? Can you be determined to listen well to the over-sharer in your small group at church when they ask for prayer? Can you be determined to encourage your pastor on a regular basis rather than taking his service for granted? The examples are endless. That's why Paul says we should do good whenever we have the opportunity.
- Big Picture: For more insight, read Galatians 6:1-10.
- Encouragement: "Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too." Philippians 2:1-4 (NLT)
- Coach's Question for Reflection: Am I truly determined to do good to the people around me?

VIRTUE

DETERMINATION is deciding it's worth it to finish what you started.

KEY VERSE

"So let's not get tired of doing what is good." Galatians 6:9a (NLT)

Bottom Line: I want to be determined to do good.

When swimmer Michael Phelps was eight years old, he wrote down some goals on a piece of paper. At the top, he wrote, "I would like to make the Olympics." Further down the page, he wrote, "I will accomplish these goals by concentrating hard, working hard, and coming to every practice."

Michael stuck to what he wrote down on that paper. Just six years later, he qualified for the Olympics at age 15. He didn't win any medals that year, but he kept working hard. At the next Olympics, Michael won six gold medals and two bronze medals. But he wasn't done yet. Four years later, Michael won eight gold medals. That's the most gold medals anyone has ever won at a single Olympic Games. After that, Michael competed in two more Olympic Games, winning more medals. By the time he retired from swimming, Michael Phelps had won a total of 28 Olympic medals—more than any other athlete in history.

At eight years old, Michael had something we all need: determination. He set goals, made a plan to reach them, and then followed through. It led him to amazing success. And for the next few weeks, we're going to be talking a lot about determination and why it's important when it comes to following God.

There are some verses in the New Testament of the Bible that say this: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone." (Galatians 6:9-10a, NLT)

These verses tell us that we should be determined to do good. If we don't give up on doing what's right and good, we will "reap a harvest of blessing." A harvest is when farmers finally pick the crops they've been growing all season. The Bible says that doing good will eventually lead to an awesome harvest. When we do good, more good will follow. That doesn't mean it will always be easy. Determination is all about working hard and keeping your mind set on what you want to accomplish, no matter what comes your way. And what does God want us to be determined to do? He wants us to be determined to do good!

What does that look like? When you can choose between something selfish and

something that will help someone else, do good! When you are tempted to disobey your parents instead of doing what they asked you to do, do good! When you notice that a teammate doesn't get the ball much, and you have the chance to let them make a play, do good! And don't just do good one time; keep doing good every day! That's determination.

Discussion Ouestions

(K-2nd Grade)

- · What is something you did because you were determined to do it?
- · Why is it important not to give up on doing good?

(3rd-6th Grade)

- How do you think Michael Phelps was able to accomplish everything he did?
- · Why does doing good take determination?

(7th Grade and up)

- When have you seen someone do something that took a lot of hard work and determination? Did it inspire you?
- · Why does doing good take determination?

LET'S PRAY

God, we love You. We want to show determination in doing good. Help us to keep doing the right thing—not because we have to, but because we want to show others that Your way is the best way. Amen.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 5" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



- Background: For Christians, determination does not mean just powering through on our own. God will help us live in a way that honors Him. He wants to help us. Today's devotion highlights some of the ways God prepares us to live with determination to do the things we believe are important. Ephesians 6:10-17 introduces the imagery-heavy idea of the armor of God. "Paul's description of the Christian armor is much like the standard armor of a Roman foot soldier and would have been quite familiar to people throughout the Roman World." (John B. Polhill, Paul and His Letters) This is how God equips us to live for Him. In the context of the passage, the spiritual realm is also in play. This is not just how we stand firm for God in our daily lives. It is also how we are able to stand and fight against the spiritual forces of the devil that we cannot see. God has given us everything we need for victory—especially since Jesus has already won the ultimate victory over evil.
- Big Picture: For more insight, read Ephesians 6:10-17; 1 Thessalonians 5:1-11.
- Encouragement: A lot of determination comes down to the small choices we
 make every day. Do the decisions you make line up with your goals? Like putting
 on armor for a battle—or even dressing for a regular day—preparing yourself to
 live with truth, righteousness, peace, faith, etc., will help you be ready to make
 the right decisions that align with your goals.
- Coach's Question for Reflection: How would my life look different if I consciously chose to "put on" the armor of God every day?

VIRTUE

DETERMINATION is deciding it's worth it to finish what you started.

KEY VERSE

"So let's not get tired of doing what is good." Galatians 6:9a (NLT)

Bottom Line: God gives me what I need to keep going.

Let's think about professional football for a few minutes. When those athletes go out on the field, they need protection. They wouldn't play without their helmet and pads. They need to cover their head, shoulders, and legs in case they get hit or tackled by an opponent. The guys on the other team are there to take them down, so if they don't put on those pieces of equipment, they could easily get hurt.

Today, I want to take a look at a part of the Bible that talks about some spiritual armor or protection that God provides to each of us who choose to follow Him. Last practice, we talked about being determined to do good. But we don't have to do that alone! God wants to help us, so He gives us this protection as we go about trying our best to live with determination. In Ephesians 6, we read about some of these pieces of spiritual armor we can put on.

There's the belt of truth. That's remembering what we know is right from the Bible and from God's Spirit in us. That's like that voice inside you that you hear telling you what's good and true and right.

Next up, we wear the body armor of righteousness. This is the armor that covers your chest. That's the choices we make every day to do things God's way, which is always the best way.

On our feet, we lace up shoes of peace. That means having confidence and peace from God so that you're ready to tell others the good news about Jesus.

We also hold the shield of faith, which is our belief that God is with us and will help us stand up against the enemy who wants us to do the wrong thing.

Then we have the helmet of salvation. That's the fact that when we believe in Jesus, we are saved by Him and belong to God's family. A helmet is very important on the football field and in battle. It's even more important in everyday life that we believe in Jesus!

Finally, there's the sword of the Spirit, which is the word of God. Knowing what God has said in the Bible and being led by God's Spirit will help us stand up against an enemy, just like having a real sword in battle.



God knows it's not always easy to keep going with determination. He knew we would need protection. That's why He sent Jesus, His Spirit, and the Bible to guide us as we make decisions. I'm so thankful that God gives us what we need so that we can keep going as we follow Him. We can pray and ask God to help us put on each of these pieces of armor every day.

Discussion Questions

(K-2nd Grade)

- What would happen if a football player went out on the field without his helmet or pads on?
- · Why do you think God wants to help us as we follow Him?

(3rd-6th Grade)

- How does knowing that God is with you (just like the armor a soldier wears into battle) help you stand up and do the right thing?
- · Which of the pieces of the armor of God do you have guestions about?

(7th Grade and up)

- What does the imagery of suiting up like you're going out into a pro football game or onto a battlefield help you understand about following God?
- · What does putting on the armor of God have to do with determination?

LET'S PRAY

God, thank You for the ways You protect and prepare us for following You. We want to be determined to do good and honor You. Remind us that You are with us and that You always give us what we need. We love You. Amen.



- Background: In our final devotion on determination, we'll look at the determination of Jesus to do what He was sent to earth to do. Mark 10:45 and Luke 19:10 are just two of numerous instances in the Gospels where Jesus refers to Himself as the "Son of Man." This is most likely a reference to Daniel 7:13-14 (NLT) in the Old Testament: "I saw someone like a son of man coming with the clouds of heaven . . . He was given authority, honor, and sovereignty over all the nations of the world, so that people of every race and nation and language would obey him. His rule is eternal—it will never end. His kingdom will never be destroyed." Even in His preeminence and exaltation, Jesus came to humbly serve, sacrifice, and save. He came to seek us where we were. And He did so. His life and ministry were intentional and resolute. We, in turn, should seek to have this kind of commitment to the mission He has given us to follow His example and make disciples.
- Big Picture: For more insight, read Mark 10:35-45; Luke 19:1-10; Daniel 7:13-14.
- Encouragement: "Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne." Hebrews 12:1-2 (NLT)
- · Coach's Question for Reflection: Am I determined to follow Jesus' example?

VIRTUE

DETERMINATION is deciding it's worth it to finish what you started.

KEY VERSE

"So let's not get tired of doing what is good." Galatians 6:9a (NLT)

Bottom Line: Jesus was determined.

For the last few practices, we've been talking about determination. Raise your hand if you can tell me what determination means. (Let athletes answer.)

Today, we're talking about one of the greatest examples of determination: Jesus. The first four books of the New Testament—called the Gospels—tell us all about Jesus' time on earth and show us just how determined He was to do what God had sent Him to earth to do.

To be determined, you need to have a goal or something you're working toward, right? So, what was Jesus working toward? There are a couple of verses where He explains just that. Both times, Jesus calls Himself the Son of Man. In Mark 10:45 (NLT), He says, "For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." In Luke 19:10 (NLT), Jesus says something similar: "For the Son of Man came to seek and save those who are lost."

Jesus came to earth to seek us, to serve us, and to save us by giving up His life for us. He was determined to do these things, no matter what. Everything He did was to meet these goals. He sought us by coming to earth to live as one of us. In His ministry, He would seek people out to talk to them and show them love—often people no one else noticed. He called His disciples by saying, "Follow Me!" and inviting them to join Him.

When it came to serving, Jesus healed people, forgave people, helped people, and even fed people. Then, through His death on the cross, He did give up His life for us and made a way for us to be saved from sin and death. He didn't turn away from any of these things, even though they weren't easy. He kept seeking and serving. He kept going until He saved us. That's some determination!

Next practice, we'll talk even more about what Jesus did for us, but right now, I want you to think about why Jesus had the determination He did. It was because this was part of God's plan and because He loved us so much that He would go through even the most difficult things for us. When we are struggling to stay determined to follow God, we can remember everything Jesus did for us. We can be inspired to keep going because we are grateful for His great love for us.

Discussion Questions

(K-2nd Grade)

- · What was Jesus determined to do?
- · How does that make you feel?

(3rd-6th Grade)

- · How did Jesus show determination?
- · How does Jesus' determination inspire you?

(7th Grade and up)

- · How did Jesus show determination?
- · What's one way that you want to be more determined to follow God?

LET'S PRAY

Heavenly Father, thank You for Jesus and His determination to seek, serve, and save us. Thank You for sending Him. Teach us to be determined to follow You and to tell others about the lengths You went to for us. We love You. Amen.



This week's devotion includes a gospel presentation.

- Background: This important devotion builds on the concept of Jesus' determination from the last practice to more fully flesh out the good news that He came to save us from sin and death. God didn't send Jesus to earth on a whim. Jesus didn't accidentally find Himself condemned to die. His life and mission were intentional, with the grand goal of our salvation and restoring our relationship with God. Think about the lengths God went to in order to bring us back to Him. This is what you want to communicate to the athletes on your team. God loves them so much that He orchestrated all this for them. They don't have to try to earn their salvation—and they can't. But they can face anything life throws at them when their hope is in Jesus.
- Big Picture: For more insight, read Romans 10:9-10; John 3:16-17; John 19-20.
- Encouragement: "Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross." Philippians 2:6-8 (NLT)
- Coach's Question for Reflection: Do I truly believe that Jesus went through everything He did in order to save me?

VIRTUE

The GOOD NEWS is that Jesus died on the cross to save us from our sins.

KEY VERSE

If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Romans 10:9 (NLT)

Bottom Line: Jesus came to rescue us from sin and death.

Last practice, we talked about how determined Jesus was to seek us, serve us, and save us. Earlier this season, we talked about how Jesus endured temptation and didn't sin. Jesus went through a lot during His time on earth, but He always kept going. He persevered. Why? He did it for you and for me.

You see, none of us are perfect. We do things our way instead of God's way. This is called sin. Sin is anything you think, do, or say that is disobedient to God. Because God is holy and perfect, our sin makes it impossible for us to have a relationship with Him. No matter what we do, no matter how hard we try, we can't fix our relationship with God on our own. The Bible tells us that the consequence of sin is death and separation from God.

The good news is that God still loves and cares about us. He wants to have a relationship with us. So He sent Jesus, His Son, to earth to live among us and to show us how much He loves us. The Bible says, "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." (John 3:16, NLT)

Jesus lived a perfect life and never sinned. He taught us and showed us a lot about who God is. But some people didn't like the things Jesus did and said. He was sentenced to die on a wooden cross. It was a terrible, painful death. But Jesus was determined to follow God and save us. Jesus endured all the pain for us, and when He died, He took our place and paid the price for our sins.

Then, three days later, God raised Him from the dead! He defeated sin and death. Jesus appeared to many of His followers, then returned to heaven, where He is still alive today!

So what does all this mean for us? The Bible says, "If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:9, NLT)

We can be rescued from sin and death through Jesus. Our broken relationship with God can be fixed when we believe in Him and ask Him to forgive us for our sins. Because of what Jesus did, when you trust in Him to save you, He will! When you believe in Jesus, you will live forever in heaven with Him after you die!

Think about how much Jesus loves you and wants a relationship with you. He did it all for you. Because He kept going and didn't give up, we are able to keep going and not give up. We are able to have hope for the future because of Jesus.

If you have questions or want to talk more about what all this means, I'd be happy to talk with you after practice.

LET'S PRAY

God, thank You for loving us so much that You sent Jesus to rescue us. Thank You that we can have a relationship with You through Him. Forgive us for our sins. Help each of us to trust in Jesus to save us. We love You, Lord. Amen.

If someone has questions about following Jesus, let your League Director know and ask them about the follow-up process for your league. You can also let the parents know their child is asking questions. If the family does not attend church, this would be a great opportunity to invite them to come to church with you.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice8" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



- Background: Our final virtue this season is perseverance. Perseverance combines endurance and determination to enable you to keep going until you accomplish what you set out to do. One of the words most commonly translated as "perseverance" in the New Testament is the Ancient Greek word hupomone. Thayer's Greek Lexicon defines hupomone as "steadfastness, constancy, endurance" and "the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest trials and sufferings." The athletes on your team will learn that perseverance is possible with God's help.
- Big Picture: For more insight, read Philippians 3:12-14; Isaiah 41:10; Psalm 23.
- Encouragement: Due to its beautiful words of comfort, Psalm 23 is perhaps the
 most famous psalm in the Bible. It compares God to a shepherd who is with us
 and cares for us as we journey through life. Take a few moments to read and
 reflect on Psalm 23. What does it teach us about perseverance?
- Coach's Question for Reflection: Do I trust that God is always with me and will help me keep going?

VIRTUE

PERSEVERANCE is pressing on even when life gets hard.

KEY VERSE

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Philippians 3:14 (NLT)

Bottom Line: I can persevere because God is with me.

Raise your hand if you like to run laps. What about running on a trail? I know we spend a lot of time running here. Some people love running, and some people think it's awful, but either way, it's hard work! And there are definitely times when you want to quit. That's when you need to have perseverance. That's what I want to talk about today. Perseverance is pressing on even when life gets hard. Let me repeat that: perseverance is pressing on even when life gets hard.

So far this season, we've talked about endurance and determination. Perseverance goes with both of these other virtues. You need both endurance and determination to persevere. If you're trying to run a marathon, which is 26.2 miles long, you have to be able to endure pain. It hurts! You also need determination. Because if you don't want to cross the finish line, you'll just give up. Perseverance is kind of like both of those things together. You're able to endure, and you're determined, so you keep going. You don't give up. If you make it all the way to the end of a marathon, you've got some awesome perseverance!

But perseverance isn't just needed in physical activities. We need perseverance in life, too—especially when it comes to making wise choices. When it comes to doing the right thing, do you ever want to give up? I know for me, it can be hard to do the right thing when it seems like no one else cares about what's right or when I'm the only one making the wise choice. Do you ever feel that way? Maybe you're the only one listening when the teacher is talking. Maybe you're the only one being honest. Maybe you're the only one being patient. Maybe you're the only one showing compassion.

When you want to quit, remember the importance of perseverance. Refuse to give up, even when it gets hard. Because guess what? Even if you feel like you're all alone, that's not really true. You're not alone. God is always with you. There's a Bible verse that says this: "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." (Isaiah 41:10. NLT)

God sees every choice you make, and He is so pleased when you choose to do the right thing. When life gets hard, remember God is with you. Ask Him to give you the strength you need to keep going, to keep running, to keep doing the right thing both on and off the field.

I know it can be hard. And when things get hard, it seems like the best thing to do is just give up. But when you decide to persevere, your faith will grow. Your trust in God will increase as you learn to look to Him for help when you just don't think you can keep going. When life gets hard, think about perseverance and remember that God is with vou.

Discussion Questions

(K-2nd Grade)

- · Why is it important for us to persevere when things get tough?
- · What might help you remember God is with you?

(3rd-6th Grade)

- · When you feel like quitting, what keeps you going?
- · What might help you remember God is with you?

(7th Grade and up)

- · When you feel like quitting, what keeps you going?
- · Is there someone who encourages you to persevere in tough times? What do they qo2

Heavenly Father, we know that You are always with us. In every situation, no matter where we are, we are never alone because You are here! This week, we'll have opportunities to show perseverance. When we're tempted to quit or give up, remind us that You are with us. Please help us to trust You and keep going. Thank You, God. Amen.

> Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 9" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



- Background: This devotion is intended to give players a practical example of perseverance, especially in their relationships with others. Before we get to Peter's question in Matthew 18:21-22, Jesus talks about how to confront a believer living in sin, so the forgiveness they are discussing is not without accountability. However, it is still forgiveness that goes above and beyond. In Peter's day, "The rabbis taught that a Jew should forgive a repeated sin three times, but after that there need be no more forgiveness . . . Peter suggested seven times and probably felt very magnanimous doing so." (Thomas L. Constable, Constable's Notes) Jesus showed Peter that his concept of generous forgiveness wasn't even close to the overflowing forgiveness Jesus had in mind. The parable that follows this exchange further illustrates the importance of forgiveness. The truth is, a lot of persevering in love requires forgiving others both their big offenses and tiny flaws over and over again.
- Big Picture: For more insight, read Matthew 18:15-35; Ephesians 4:1-4; Romans 5:1-11; 1 Corinthians 13:1-7.
- Encouragement: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance." – 1 Corinthians 13:4-7 (NLT)
- Coach's Question for Reflection: Do I easily lose patience with people? Do I ever give up on people instead of persevering with them?

VIRTUE

PERSEVERANCE is pressing on even when life gets hard.

KEY VERSE

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. Philippians 3:14 (NLT)

Bottom Line: I can persevere in loving others.

Last practice, we talked about perseverance, which is pressing on even when life gets hard. We learned that we can persevere because God is with us.

One of the big ways God wants us to persevere is in how we treat others. God loves all people and wants us to love everyone, too. He wants us to treat others as we want to be treated. He wants us to be kind, generous, and gentle. But this isn't always easy, is it? People can be annoying or even mean. It can sometimes take a lot of effort to keep loving people.

But God is patient with us, and that can inspire us to be patient with others. Romans 5:8 says, "But God showed his great love for us by sending Christ to die for us while we were still sinners." God didn't wait until we were easy to love to send Jesus to save us. He sent Jesus while we were still sinners and still rebelling against Him.

A big part of persevering in loving others is forgiving them when they do something that hurts you. There was one time when one of Jesus' disciples, Peter, asked Jesus a question. "Then Peter came to him and asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No, not seven times,' Jesus replied, 'but seventy times seven!'" (Matthew 18:21-22, NLT)

Peter thought he was being really generous by offering to forgive someone seven times, but Jesus' answer made his answer look pretty bad. Jesus said we should be able to forgive someone seventy times seven times! That's 490 times! That's a lot of forgiving. And what Jesus really meant by saying that big number was that you should keep on forgiving. Your forgiveness shouldn't run out. We all make mistakes, and Jesus wants us to persevere in forgiving one another.

Ephesians 4:2 (NLT) says, "Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love." Another translation of this verse says we should be "bearing with one another in love." That means we need to put up with each other because we love each other!

Think about it. When do you need to have perseverance in loving other people? When

your little brother or sister is annoying you? When someone cuts in line in front of you? When a friend is having a bad day and says something mean? When your parents ask you to do something you don't want to do? When a teammate gets to play the position you wanted to play?

God wants us to keep pressing on and loving others, even when it's difficult.

Discussion Ouestions

(K-2nd Grade)

- · Why is it important to forgive?
- · How can you show love to your family? Your friends? Your classmates?

(3rd-6th Grade)

- · Why do love and forgiveness sometimes take perseverance?
- · Why is it important to keep on loving and forgiving others?

(7th Grade and up)

- · How can God's patience with us help us be patient with others?
- · Why is it important to keep on loving and forgiving others?

LET'S PRAY

God, thank You for being patient with us, for loving and forgiving us. Help us to extend that patience, love, and forgiveness to other people. Help us not to give up on loving others, even when it's hard. Help us to persevere. Amen.



- Background: Last practice, we talked about persevering in loving others. People require perseverance. But people can also help contribute to our perseverance. We can encourage one another to keep going. You never know how much a kind word might mean to someone. It might be just what they need to keep going. There is a reason the Bible refers to the church as the body of Christ. Just like the human body works together to keep a person alive and thriving, the body of Christ works together to honor Christ and to continue His work on earth. We are all part of this body and ought to do our best to build each other up.
- Big Picture: For more insight, read 1 Thessalonians 5:11; Hebrews 10:23-25; 1 Corinthians 12:12-27.
- Encouragement: Think about what it does for you when someone is encouraging
 or helps you when you need it. Take a few minutes this week to write an
 encouraging note to someone else.
- Coach's Question for Reflection: How can I be more encouraging to the people in my life?

VIRTUE

PERSEVERANCE is pressing on even when life gets hard.

KEY VERSE

I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Philippians 3:14 (NLT)

Bottom Line: I can help others persevere.

You know what I love to hear? I love it when I hear you all saying things to encourage each other during practice. (Give them some examples.) When you say things like that, it makes your teammates want to keep going and persevere. Remember, that's what we've been talking about—perseverance! Perseverance is pressing on even when life gets hard.

I'll bet you can all think of some times this season when you've wanted to give up. Maybe the other team was way ahead of us. Maybe all the players didn't show, and you didn't get to sub out of the game. Or maybe you got frustrated with each other, and you had to work through it if we were going to come together as a team. It's so tempting to quit when things get tough.

Here's where being part of a team is really awesome. We're at our very best when we encourage one another. You can help someone else persevere and stick with it, even when you're tired, too.

You can always encourage others to keep going. Let me give you just a few examples. You can help your little brother practice riding his new scooter. You can encourage a teammate when they're tired or nervous. You can help your mom or dad with dinner when they've had a hard day at work. Everybody has their moments when they just want to quit. Think about how you can help them persevere. Because you might need some help when you want to quit later on, too.

When life gets hard, remember you can help others persevere. That's a big part of being a team player. And it's what God wants us to do. The Bible says we should "encourage one another and build each other up." (1 Thessalonians 5:11a, NLT) God will always be there to help us, but He wants us to help others, too.

Discussion Questions

(K-2nd Grade)

- · When life gets tough, what kinds of things can make you feel like giving up?
- · What is something encouraging you can say to a teammate?

(3rd-6th Grade)

- Can you tell us about someone who has encouraged you to keep going? What did they do?
- · What is something encouraging you can say to a teammate?

(7th Grade and up)

- Can you tell us about someone who has encouraged you to keep going? What did they do?
- · Why do you think encouragement can help us persevere in hard times?

LET'S PRAY

God, we know that You are a mighty and powerful God. You never get tired! But we do get tired sometimes, and when that happens, we're tempted to give up. Help us to remember to encourage each other and help each other persevere. Thank You for a great season and a great team. Amen.

Note for Game Day: If your league uses the Upward star stickers to encourage players, use that as an opportunity for your team to encourage one another. Let each player give a teammate a sticker and an encouraging comment this week after the game.

♦ NOTES

SECTION 4

GAMES

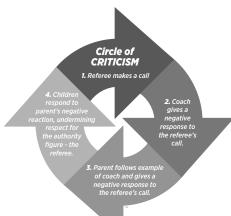
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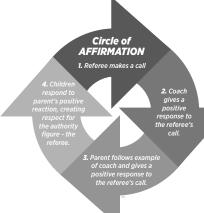
→ Circle of Affirmation

GAME DAY ATTITUDE

Choosing the right game day attitude is a key to being an effective Upward Sports Coach. Actions and reactions on the field can either open or close the door to ministry. The Circle of Criticism and the Circle of Affirmation are simple diagrams that illustrate the results of a coach giving a referee either negative or positive feedback.

In Upward Sports, coaches and referees work together as a unified team. Coaches have the opportunity and the responsibility to stop the Circle of Criticism by starting the Circle of Affirmation.





The Circle of Affirmation goes beyond the referee. A coach's affirmation of participants inspires encouragement and praise from parents, family members and other participants. Practicing the Circle of Affirmation makes the game a better experience for everyone.

Upward Cheer Format

- All cheers should be encouraging and avoid negative terms like kill or destroy.
- ◆ Teams may cheer for a different team each week.
- Upward Sports recommends you avoid tumbling and stunting as part of your cheerleading program if you do not have proper equipment and qualified coaches.
- ♦ In most cases, like age groups will be cheering together.

→ Game Day Stars (*if included in your Team Box)

If your league is using Game Day Stars, you will have an Award Stars booklet These multi-colored stickers are given to each cheerleader at the end of every game. Star presentation should be an exciting time. Encourage parents to cheer as stars are distributed to each cheerleader. Make specific points why each participant receives a particular star. Notes you or your assistant coach take during the game should be used during this time as you encourage their efforts.

TIP: Find a location off the field and take your time with this activity after the game. Encourage participants to display the stars they receive on their posters or megaphones. Here is a list of the game day stars and what they represent.



DISTRIBUTING GAME DAY STARS

Star presentation is a special time for every cheerleader. When distributing these stars, make it fun by:

- ♦ Inviting parents and other spectators to meet at a specific area away from where the game took place.
- ♦ Giving specific reasons why each cheerleader received their star.
- Applauding each child as they receive their star.

The Star Distribution Form can be found on MyUpward and in the back of your coach playbook. Use this form to track which stars participants receive each week. Avoid giving cheerleaders the same star each week and make an attempt to award each cheerleader all five stars throughout the season.

Note: The green practice star should be awarded to every cheerleader who participates in the weekly practice devotion time.

CHEER COMPETITION

If you're interested in hosting a competition in your league, get together with your league director and discuss the possibilities. To help answer any questions you may have, as well as provide step-by-step instruction in carrying out a first-class cheer competition, visit the Cheer Director page on MyUpward.org.

CHEER SHOWCASE

An Upward Cheer Showcase is a great way to highlight cheerleaders on game day. This is a fun event that takes place on a game day in place of a flag football game. It is a way to celebrate and encourage cheerleaders while showing what they have learned throughout the season. If you are interested in incorporating a Cheer Showcase on one of your game days, review the resources found on MyUpward.

→ The Season Celebration

The Season Celebration event provides another opportunity to celebrate with your cheerleaders and connect with their families. Since your attendance at this event demonstrates your love and support for your cheerleaders, all coaches should attend. Your league director may provide each team with an end-of-season gift to give out at the Season Celebration.

→ Game Day Format

Game day for Upward Cheerleaders is an exciting time. Cheerleaders have practiced, learned, and are ready to cheer in front of spectators, players, and coaches. Here are some helpful reminders to make game day a great experience and ensure that, as a coach, you are prepared.

- Game Preparation: Use the "Game Day Plan" from the back section of this book to write out a plan for your squad's game day. There is a form for each individual game day. Use the form to plan out warm-ups and stretches for your squad. List which cheers, chants, or other routines you plan to have the squad perform during the game, between periods, and at halftime. You can also use this form to make notes for game day stars. The key is to have an active squad and to help them have fun so that they can develop mentally, athletically, physically, and socially.
- ◆ Warm-up: Instruct cheerleaders to arrive 15 to 20 minutes before their scheduled game time to warm up and stretch before cheering. e your Game Day Plan form to prepare a warm-up routine and list of stretches. Have an assistant coach along with a cheerleader lead the squad in stretching. After warming up, the cheerleader can select from the list of stretches. Giving cheerleaders leadership roles helps them to feel comfortable leading a group and helps them to develop mentally and socially.
- Introductions: Your league may include player and cheerleader introductions. Check with your cheer director for the protocol of participant introductions. Cheerleaders should go first and can then form a tunnel for players

to run through. Your cheer director may have a form for you to list cheerleader names for introductions before the game. You can rotate the list each week so that a different cheerleader goes first.

- ◆ Pre-Game Prayer: Be sure to include your cheerleaders in the pre-game prayer with all players, coaches, and referees before the start of the game.
- ◆ During the game: Make sure that cheerleaders are active throughout the game, and are part of the game day experience. Cheerleaders should perform in an area designated specifically for them, while the game is taking place. You can allow a specific cheerleader or a rotation of cheerleaders to call out the next cheer or chant from a list you have prepared ahead of time. It's ok to repeat cheers and chants as your squad develops favorites.
 - Be alert: Cheerleaders should be alert to the action taking place on the field to protect themselves from an out of bounds ball or player coming their way.
 - Be organized: Encourage cheerleaders to place their poms on the ground as a marker for their position in the lineup. This reminder helps them look uniform on game day.
 - Be flexible: Cheerleaders can switch to a different location at halftime if two games are taking place side by side.
- Between periods: This is a great time to have cheerleaders perform during the game. A quick routine of less than one minute is appropriate between periods.

Work with game officials to alert you when there is an end of a quarter.

- Halftime: Halftime allows for a longer dance routine or a couple of cheers or chants. Make sure to consult with your cheer director to know what will take place at halftime. There may be a devotion or interactive activity to engage the fans. Cheerleaders are one of the highlights of halftime activities.
- After the game: Gather cheerleaders and their families away from the game so that you can hand out Game Day Stars to highlight cheerleaders' efforts using the Award Star Booklet. Having an assistant coach is helpful as they can take notes and determine which star each cheerleader receives
 - Take time: After all of the game day activities, make sure to take time to interact with your families. This time after the events are ideal for engaging with one family and recognizing the growth you are seeing in their cheerleader. Try and do this with each family throughout a season.

Let's Go! Take time during practice to make signs and posters cheerleaders can use on game day.

SECTION 5

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UPWARD CHEER Star Distribution Form

Use a pencil to record the color of the star that cheerleaders receive each game.

Cheerleader's Name	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8

Blue (B): Effort

Red (R): Leadership

Gray (Gr): Cheers

Gold (Go): Spirit

White (W): Christlikeness

NOTES:

NOTES	

Find tools online at MyUpward.org to teach the sport and share the gospel.

Accept the invitation from your League Director to MyUpward.org and have access to:

- Team roster
- Practice and game schedule
- Practice plan and devotion material
- Videos for practice
- Communication Tools
- Game day management
- Tutorial videos

