

A COMPREHENSIVE GUIDE TO PROVIDING THE BEST LEAGUE EXPERIENCE! DEVELOP SKILLS | STRENGTHEN CHARACTER | HAVE FUN



# BASKETBALL CHEER COACH CHEER BOOK

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**SECTION 1** 

## COACHING

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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.

OACH THIS SEASON?	
	10
	10
	10
	10
	10
	100
	10

### → An Upward Sports Coach

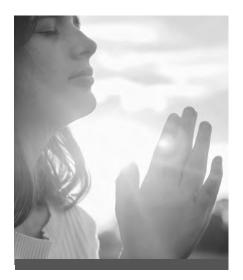
Whether you are a first-time coach, veteran coach, or somewhere in between on the coaching journey, there are five crucial things to do as an Upward Sports coach.

### **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."

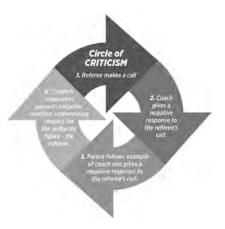
### **→** Circle of Affirmation

### **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.

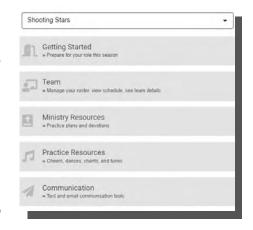
Next, have cheerleaders look to the person on their right, use their name, and offer something they saw someone do well in practice. Continue around the circle until everyone has had a chance to speak. The topic could be different at each practice, such as something the cheerleader would like to improve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

**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 Cheerbook.

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

**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.



### **ATHLETICALLY**

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.

♦ NOTES	

### **SECTION 2**

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Dance Routines89

### → 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 (especially a dance) 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.

<b>PRACTICE 1</b> See MyUpward.org for a detailed weekly Practice Plan.		
Welcome and Games (5 min)	Select a Welcome game to play (see page 39)	
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 41-44)	
Review and Fundamentals (10 min)	<ul> <li>K5-2nd Grade</li> <li>Motions: High Touchdown, Low Touchdown, High V, Low V, T Motion, Right L, Left L, Clasp (see pages 47-53)</li> </ul>	
	<ul> <li>Teach the proper jump form and a Spread Eagle Jump. (see pages 56-58)</li> </ul>	
	<ul> <li>3rd Grade and Up</li> <li>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 47-53)</li> </ul>	
	◆ Teach the proper jump form and a Spread Eagle Jump. (see pages 56-58)	
Practice Devotion (8 min)	Practice 1 (see page 112)	
New Material (20 min)	K5-2nd Grade ♦ Motion Drill 1 (see page 54)	
	♦ Chant: Select 1 Basic Level (see pages 76-79)	
	3rd Grade and Up ◆ Motion Drills 1 & 2 (see page 54)	
	• Chant: Select 1 Intermediate Level (see pages 80-84)	
Post Practice Huddle	Remind your squad about skills learned at practice	
(5 min)	<ul> <li>Update parents email addresses, phone numbers</li> </ul>	
	<ul> <li>Hand out welcome letter and info on upcoming practice times</li> </ul>	

### PRACTICE 2

See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 39)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 41-44)
Review and Fundamentals (10 min)	<ul> <li>K5-2nd Grade</li> <li>Review motion drill, chant, and jumps</li> <li>Teach a Tuck Jump (see page 56-58)</li> <li>Teach the following motions: Right Diagonal, Left Diagonal, Broken T, Candlesticks, Daggers, Right Punch, Left Punch, Clap (see pages 47-53)</li> <li>3rd Grade and Up</li> <li>Review motion drills, chant and jumps</li> <li>Teach a Tuck Jump (see pages 56-58)</li> </ul>
Practice Devotion (8 min)	Practice 2 (see page 114)
New Material (20 min)	<ul> <li>K5-2nd Grade</li> <li>Motion Drill 2 (see page 54)</li> <li>Cheer: Select 1 Basic Level (see pages 61-64)</li> <li>3rd Grade and Up</li> <li>Cheer: Select 1 Basic Level (see pages 61-64)</li> <li>Dance: Select 1 Intermediate Level and learn the first 2 eight counts (see pages 97-102)</li> </ul>
Post Practice Huddle (5 min)	<ul> <li>Remind your squad about skills learned at practice</li> <li>Distribute practice cards at the end of practice and explain both sides of the card</li> <li>Give out green practice star. Cheerleaders should display stars on their megaphones or cheer posters</li> </ul>

### See MyUpward.org for a detailed weekly Practice Plan. Select a Welcome game to play (see page 39) Warm-up and Stretch (see pages 41-44) K5-2nd Grade and 3rd Grade and Up • Review motion drills, chants, and jumps ♦ Teach a Toe Touch (see page 59) ♦ Encourage your cheerleaders to use their cheer voices and to smile

(20 min)	
	3

**Welcome and Games** 

Warm-up and Stretch

(5 min)

(10 min)

(10 min)

(8 min)

Review and

**Fundamentals** 

**Practice Devotion** 

**New Material** 

### ♦ Chant: Select 1 Basic Level (see pages 76-79) • Dance: Select 1 Basic Level and learn the first 2 eight

### counts (see pages 91-96) 3rd Grade and Up

### • Chant: Select 1 Intermediate Level (see pages 80-84)

• Dance: Same Intermediate Level from the previous week and learn the last 2 eight counts (see pages 97-102)

### **Post Practice Huddle** (5 min)

Encourage practice at home

Practice 3

(see page 117)

K5-2nd Grade

**PRACTICE 3** 

• Give out a green practice star

### PRACTICE 4

See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 39)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 41-44)
Review and Fundamentals (10 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>♠ Review cheers, chants, dance routines, and jumps</li> <li>♠ Remind cheerleaders to show spirit after a cheer or dance</li> <li>♠ Teach a Herkie Jump (see page 59)</li> </ul>
Practice Devotion (8 min)	Practice 4 (see page 120)
New Material (20 min)	<ul> <li>K5-2nd Grade</li> <li>Chant: Select 1 Basic Level (see pages 76-79)</li> <li>Dance: Same Basic Level as last week and learn last 2 eight counts (see pages 91-96)</li> <li>3rd Grade and Up</li> <li>Chant: Select 1 Intermediate Level (see pages 80-84)</li> <li>Dance: Select 1 Intermediate Level and learn first 2 eight counts (see pages 97-102)</li> </ul>
Post Practice Huddle (5 min)	<ul> <li>Remind your squad about skills learned at practice</li> <li>Give out a green practice star</li> <li>Remember to spend time after practice building relationships with families</li> </ul>

### **PRACTICE 5**

See MyUpward.org for a detailed weekly Practice Plan.

Welcome and Games (5 min)	Select a Welcome game to play (see page 39)
Warm-up and Stretch (10 min)	Warm-up and Stretch (see pages 41-44)
Review and Fundamentals (10 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>♦ Review cheers, chants, dance routines, and jumps</li> <li>♦ Review cheer or dance and incorporate smiling and showing spirit after each routine</li> </ul>
Practice Devotion (8 min)	Practice 5 (see page 123)
New Material (20 min)	<ul> <li>K5-2nd Grade</li> <li>◆ Chant: Select 1 Basic Level (see pages 76-79)</li> <li>◆ Dance: Select 1 Basic Level and learn the first 2 eight counts (see pages 91-96)</li> <li>3rd Grade and Up</li> <li>◆ Chant: Select 1 Intermediate Level (see pages 80-84)</li> <li>◆ Dance: Same Intermediate Level from last week and learn the second 2 eight counts (see pages 97-102)</li> </ul>
Post Practice Huddle (5 min)	<ul> <li>Encourage practice at home</li> <li>Distribute practice cards at the end of practice</li> <li>Give out a green practice star</li> <li>Remind parents about upcoming practices and games</li> </ul>

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

See Myopwa	dia.org for a detailed weekly Fractice Flam.
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 41-44)
Review and Fundamentals (15-20 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>Review all material learned and brush up from your game notes</li> </ul>
Practice Devotion (8 min)	Practice 6 (see page 126)
New Material (20-25 min)	<ul> <li>K5-2nd Grade</li> <li>Chant: Select 1 Basic Level (see pages 76-79)</li> <li>Dance: Same Intermediate Level from last week and learn second 2 eight counts (see pages 97-102)</li> <li>3rd Grade and Up</li> <li>Cheer: Select 1 Advanced Level (see page 69-73)</li> <li>Chant: Select 1 Advanced Level (see page 85-88)</li> </ul>
Post Practice Huddle (2-5 min)	<ul> <li>Remind your squad about skills learned at practice</li> <li>Give out a green practice star</li> </ul>

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 41-44)
Review and Fundamentals (15-20 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>♠ Review all material learned and brush up from your game notes</li> </ul>
Practice Devotion (8 min)	Practice 7 (see page 129)
New Material (20-25 min)	<ul> <li>K5-2nd Grade</li> <li>◆ Cheer: Select 1 Basic Level (see pages 61-64)</li> <li>◆ Chant: Select 1 Basic Level (see pages 76-79)</li> <li>3rd Grade and Up</li> <li>◆ Cheer: Select 1 Advanced Level (see pages 69-73)</li> <li>◆ Chant: Select 1 Advanced Level (see pages 85-88)</li> </ul>
Post Practice Huddle (2-5 min)	<ul><li>Encourage practice at home</li><li>Give out a green practice star</li></ul>

PRACTICE 8  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 41-44)
Review and Fundamentals (15-20 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>♠ Review all material learned and brush up from your game notes</li> </ul>
Practice Devotion (8 min)	Practice 8 (see page 132)
New Material (20-25 min)	<ul> <li>K5-2nd Grade</li> <li>◆ Chant: Select 1 Basic Level (see pages 76-79)</li> <li>◆ Dance: Select 1 Intermediate Level and learn the first 2 eight counts (see pages 97-102)</li> <li>3rd Grade and Up</li> <li>◆ Chant: Select 1 Basic Level (see pages 76-79) or Advanced Level Chant (see pages 85-88)</li> <li>◆ Dance: Select 1 Advanced Level and learn the first 2 eight counts (see pages 103-108)</li> </ul>
Post Practice Huddle (2-5 min)	<ul> <li>Remind your squad about skills learned at practice</li> <li>Distribute practice cards at the end of practice</li> <li>Give out a green practice star</li> </ul>

#### **PRACTICE 9** See MyUpward.org for a detailed weekly Practice Plan. **Welcome and Games** Start on time and offer encouragement from the last game. (1-5 min) (Continue thinking about how you want to end the season.) Warm-up and Stretch Warm-up and Stretch (5 min) (see pages 41-44) Review and K5-2nd Grade and 3rd Grade and Up **Fundamentals** • Review all material learned and brush up from your (15-20 min) game notes **Practice Devotion** Practice 9 (8 min) (see page 135) **New Material** K5-2nd Grade (20-25 min) ♦ Cheer: Select 1 Basic Level (see pages 61-64) • Dance: Same Intermediate Level as last week and learn the second 2 eight counts (see pages 97-102) 3rd Grade and Up ♦ Cheer: Select 1 Basic Level (see pages 61-64) or Advanced Level (see pages 69-73) ♦ Dance: Same Advanced Level as last week and learn the second 2 eight counts (see pages 103-108) • Encourage practice at home **Post Practice Huddle** (2-5 min) • Distribute practice cards at the end of practice • Give out a green practice star

FOR VIDEOS OF ALL CHEERS, CHANTS, DANCES, AND MUSIC VISIT MYUPWARD.ORG

## **PRACTICE 10**

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 41-44)	
Review and Fundamentals (15-20 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>♦ Review all material learned and brush up from your game notes</li> </ul>	
Practice Devotion (8 min)	Practice 10 (see page 138)	
New Material (20-25 min)	<b>K5-2nd Grade</b> ◆ Chant: Select 1 Basic Level (see pages 76-79)	
	♦ Chant: Select 1 Intermediate Level (see pages 80-84)	
	3rd Grade and Up  ◆ Chant: Select 1 Advanced Level (see page 85-88)	
	<ul> <li>Dance: Select 1 Advanced Level and learn the first 2 eight counts (see pages 103-108)</li> </ul>	
Post Practice Huddle (2-5 min)	<ul> <li>Remind your squad about skills learned at practice</li> <li>Give out a green practice star</li> </ul>	

FOR VIDEOS OF ALL CHEERS, CHANTS, DANCES, AND MUSIC VISIT MYUPWARD.ORG

## **PRACTICE 11**

### 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 41-44)
Review and Fundamentals (15-20 min)	<ul> <li>K5-2nd Grade and 3rd Grade and Up</li> <li>♠ Review all material learned and brush up from your game notes</li> </ul>
Practice Devotion (8 min)	Practice 11 (see page 141)
New Material (20-25 min)	<ul> <li>K5-2nd Grade</li> <li>◆ Chant: Select 1 Basic Level (see pages 76-79)</li> <li>◆ Chant: Select 1 Intermediate Level (see pages 80-84)</li> <li>3rd Grade and Up</li> </ul>
	♦ Chant: Select 1 Basic Level (see pages 76-79)
	<ul> <li>Dance: Same Advanced Level as last week and learn the second 2 eight counts (see pages 103-108)</li> </ul>
Post Practice Huddle	Encourage practice at home
(2-5 min)	♦ Give out a green practice star
	<ul> <li>Remind parents about upcoming final game</li> </ul>

FOR VIDEOS OF ALL CHEERS, CHANTS, DANCES, AND MUSIC VISIT MYUPWARD.ORG

♦ 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 from your coach's practice resources at MyUpward.org, or select a song of your choice 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. Add music, move to the beat, and create a warm-up activity you will use at 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 motions.

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.

◆ NOTES	
	**



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.



**Diagonal**One 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 V**Right 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

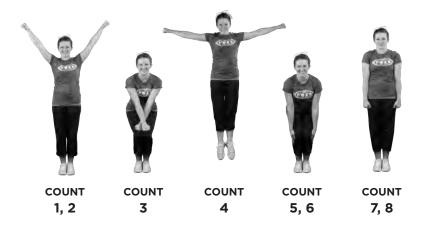
A great way to introduce someone to cheer coaching is to find a high school or college cheerleader to assist you during practice with demonstrations and technique.

### → 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. Jumps should be done in the following manner with appropriate counts:

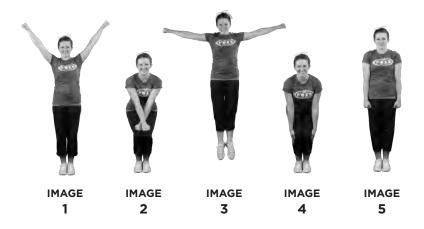
#### **Cheerleading Counts (Basic)**

- **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.
- **3.** Swing both arms out to a T-motion while lifting both legs in a split high as they will go.
- **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.
- 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 a 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 (Basic)

WORD	MOTION	
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
<sup>t.)</sup> .> 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

## Let's Win Tonight

WORD	MOTION
Yell	Hold
Go	Right hand V with feet apart
- PAUSE -	Broken right high V
Go	Right low V
Yell	Hold
Upward	Left high V
- PAUSE -	Broken left high V
Upward	Left Low V
- PAUSE -	Hold
Go	High V
- PAUSE -	Broken T and squat
Upward	Low V with feet together
- PAUSE -	Hold
Let's win	Clap and step forward
- PAUSE -	Clap again
Tonight	Punch

### We Want 2 More

WORD	MOTION
Take it	Hands behind hear with feet apar
- PAUSE -	High Clasp
Down	High V
Down	Broken T and dip
Down	Cross wrist low in a squat with feet together
The court	Hands on hips in a back lunge
Yell we	Right high V
Want	Wrap right hand behind head
2 more	Right high V
- PAUSE -	Clap
We	Right high V
Want	Wrap right hand behind head
2 more	Right high V

## 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 Daggers
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 riplle
Yell	Dip and left dagger
Upward	Feet apart and left punch
- PAUSE -	Clap
Upward	Left high V
- PAUSE -	Clap ··

cont.)	·> Hey	Dip and Daggers
	Fans	Feet apart and T motion
	- PAUSE -	Clap
	Yell it loud	Clap high or low O
	Yell it loud	Clap high or low 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

## Hey Upward

(Intermediate)

WORD	MOTION
Hey Upward	Daggers and squat
- PAUSE -	High V with feet apart
Let's score	Shake poms and dip
- PAUSE -	Hands by side with feet together
Get	Broken T and squat
The ball	Forward buckets with feet apart
And take	Right T with left pom over left elbow
Control	Left T with left pom over right elbow
Hey Upward	Daggers and squat
- PAUSE -	High V with feet apart
Let's fight	Shake poms and dip
- PAUSE -	Hands by side with feet together
Yell	High V
Win	Swing
With all youf	Toe touch jump
Might	Stand
Yell Win	T with feet apart

WORD	MOTION
- PAUSE -	Broken T
Win	Т
- PAUSE -	Clap
Win	Т
- PAUSE -	Broken T
Win	Т

### The Girls From Upward

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
OurTeam	hands on hips
Ready	High touchdown on toes
Set	Daggers
Go	Hands on hips and step back
Hi	Shuffle poms in a squat
ľm Rachel*	Punch and stand
Hi	Shuffle poms in a squat
ľm Katilyn*	Punch and stand

cont.)	·> Hi	Chriffia nama in a aguat
	/ П	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

<sup>\*</sup>Use your cheerleaders names. Extend the cheer, allowing each cheerleader to say her name before spelling "Hello."

An alternative is to have your cheerleaders perform this cheer in groups. Once the first group finishes, have them hold a right high V while the next group does the cheer.

### Yell It Proud

WORD	MOTION
Upward - PAUSE -	Sit in a T, broken T, hit again
Yell it proud	Feet together in high O
Yell	Low 0
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 again
Yell it proud	Feet together in high O
Again	Swing to a low O
Yell go	Step forward, sit in a low V
Fight	Stand in a broken T
Win	Sit in a high V
*****	

		:
ont.)	·>- PAUSE -	Feet together and clap
	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 broken T
	Win	Sit in high V

### 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
:	*adius	t for current season colors

(cont.)

### 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
- 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

# SINK IT

WORD	MOTION
Hey fanse	Right low V and squat
- PAUSE -	Left high V with feet together
Get up	High V with feet apart
And scream	Hands behind head and dip
Yell it	High V with feet together
Loud	Jump
For Our	Land
Team	Stand and clap
Yell	Hold
S	Low V and step back
- PAUSE -	Turn and wrap arms in front and back
S	Low V
Yell	Hold
1	Right punch with feet together
- PAUSE -	Right dagger and dip
I	Right punch
Yell	Right low V and squat
- N -	Left high V with feet together

_		
(cont.)	WORD	MOTION
·····>	- PAUSE -	High V with feet together
	Ν	Hands behind head and dip
	Yell	High V with feet together
	К	Jump
	- PAUSE -	Land
	κ	Stand and clap
	- PAUSE -	Hold
	S	Low V and step back
	I	Turn and wrap arms in front and back
	N	Low V
	K	Hold
	Sink it	Right punch with feet together
:	- PAUSE -	Clap
	S	Low V and pop knee
:	1	Punch and pop knee
	N	T and pop knee
	К	High V and pop knee
	Sink it	Daggers and stomp to the right
	- PAUSE -	Clap wit feet together
	Sink it	Daggers and stomp back

(continued on next page)

# SINK IT (cont.)

WORD	MOTION
- PAUSE -	Clap
S	Low V and pop knee
1	Punch and pop knee
N	T and pop knee
K	High V and pop knee
Sink it	Daggers and stomp to the right
- PAUSE -	Clap with feet together
Sink it	Daggers and stomp back
- PAUSE -	Clap

# We're Number One

WORD	MOTION
Hey fanse	Diagonal with feet apart
- PAUSE -	Swing right arm into low V and squat
Get fired	Shuffle poms to the left
Up	Shuffle poms to the right
It's time	Heads behind head with feet together
To show your	Arms across stomach in squat
Pride	Low V in a back lunch
Yell We	Low bow & arrow with feelt togerher
Are	Right bow a& arrow
Upward	Punch
- PAUSE -	Hold
We	Left bow & arrow
Are	Right bow & arrow
Upward	Punch
- PAUSE -	Hold
That's right	Shuffle poms above
Fans	Shuffle poms low in squat

(cont.)	WORD	MOTION
·····>	Get Loud	High V in a back lunge
	- PAUSE -	Hold
	Show'em	Step togeher
	What	Swing
	We're All	Toe touch jump
	About	Hands behind head with feet together
	Yell we're	Right arm in dagger and left arm in low touchdown with right foot forward
	Number	Switch arms
	One	Punch
	- PAUSE -	Hold
	We're	Right arm in danger and left arm in low touchdown
	Number	Switch Arms
	One	Punch
:		

▶ NOTES	

#### → 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.

#### **BASKET BASKET**

WORD	MOTION
B-A-S	Right dagger, knock on every letter
- Pause -	Three claps
K-E-T	Left dagger, knock on every letter
- Pause -	Three claps
Basket	Right dagger
Basket	Keep up right dagger and hit left dagger
Shoot	Right broken T with fingers making a number 2*
Two	Right dagger with fingers making a number 2*

#### **REPEAT CHANT 3 TIMES**

## **DOWN THE COURT**

WORD	MOTION
Down	Right T, turn head right
The Court	Hold in clap motion
Down	Left T, turn head left
The Court	Hold in clap motion
Shoot	Clasp
Two	Right punch
REPEAT CHANT 3 TIMES	

# COME ON, COME ON

WORD	MOTION	
Come on	Feet together, jump right and hit right high V	
Come on	Feet together, jump left and hit left high V	
Yell	Hold left high V	
De	Squat, right dagger	
Fense	Stand up, right punch	
DEDEAT CHANT 2 TIMES		

# **GO UPWARD**

WORD	MOTION
Hey	Shuffle poms in a squat
Go Upward	Right punch and stand
Everybody	Right clap
Yell	Left clap
Go Upward	Punch and stand
- Pause -	Pause

<sup>\*</sup> This chant is fun with poms! If using poms, clap poms together and do not make a number 2 with your fingers.

## **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
Uward	Cross wrists in front
Team	High V
- Pause -	Step back and clap

#### **REPEAT CHANT 3 TIMES**

# **GUARD 'EM DEFENSE**

WORD	MOTION
Guard 'em	Broken T with right knee popped
Defense	T with left knee popped
Guard 'em	Broken T with right knee popped
- Pause -	Shuffle poms in a squat
- Pause -	Shuffle poms in a squat
- Pause -	Shuffle poms in a squat

REPEAT CHANT 3 TIMES

## JUMP BALL

WORD	MOTION
Jump	Daggers in a squat
Ball	High touchdown and stand with feet apart
Get	Right low V with a right squat
lt	Right low V break and stand
Get it	Right low V in a right squat
- Pause - - Pause -	High left clap twice
- Pause - - Pause - - Pause -	Low right clap three 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
REPEAT CHANT 3 TIMES	

## REBOUND THAT BASKETBALL

WORD	MOTION
Hey	Feet apart in a high V and shake poms
- Pause -	Clap
Upward	Low V
- Pause -	Clap
Rebound	Squat with poms on knees
- Pause -	Stand and clap
That Basket-	Right punch
Ball	Clap

## REPEAT CHANT 3 TIMES

# SWOOSH, GET TWO

WORD	MOTION
You know	Pop feet apart in a right high V
What	Right broken V
To Do	Hit a right low V
Swoosh	Feet together and shuffle poms
Get two	Pop feet apart in a high V
- Pause -	Hold

## **SHOOT FOR TWO**

WORD	MOTION
Offense	Clap in a back lunge
- Pause -	Hold
Offense	Low V
- Pause -	Hold
Shoot for	Swing arms in with feet together
Two	High V
- Pause -	Hold

#### REPEAT CHANT 3 TIMES

#### TAKE THAT BALL AWAY

WORD	MOTION
Take	Roll poms and step to the right
That	Clap with feet together
Ball	Roll poms and step to the left
Away	Clap with feet together
Take it	Candlesticks
- Pause -	Daggers
Take it	Candlesticks
- Pause -	Daggers

#### REPEAT CHANT 3 TIMES

## THROUGH THE HOOP

WORD	MOTION
Dribble	Feet apart in a right low V
And shoot	Left low V
Upward through the	Bring feet together and clap
Ноор	Feet apart in a high V
- Pause -	Hold

#### REPEAT CHANT 3 TIMES

# TO THE HOOP

WORD	MOTION
To the hoop	Clasp
To the hoop	Clasp
Up	Low touchdown
Ward	Daggers
To the hoop	Touchdown
REPEAT CHANT 3 TIMES	

## **DEFENSE GET YOUR HANDS UP**

WORD	MOTION
Let's	Feet apart and punch right arm across body
Get	Right broken T
Fired	Dip and hit a right dagger
Up	Feet together in a right punch
Defense	Clap
- Pause -	Clap
Get Your Hands	Squat in a dagger
Up	Feet apart in a touchdown
- Pause -	Hold

#### REPEAT CHANT 3 TIMES

## **GET THAT BALL BACK**

WORD	MOTION
De-	Stagger arms*
Fense	Feet apart in a high V
- Pause -	Hold
Hustle	Low V
- Pause -	Clap
Get that ball	Hop twice clapping above head
Back	Step back in a lunge in a right punch
- Pause -	Hold

#### **REPEAT CHANT 3 TIMES**

\* To teach cheerleaders how to stagger arms for this chant, first have them hit a high V. Once in a high V, have cheerleaders bend their right arm in front of their head and bend their left arm behind their head.

# **GO UPWARD GO**

WORD	MOTION
Upward	Feet apart in a right punch
- Pause -	Squat and clap
Take	Feet together in a right punch
Con-	Break right punch to a dagger
Trol	Right punch
Go	Ripple 1 - K side lunge
Upward	Ripple 2 - K side lunge
Go	Ripple 3 - K side lunge
- Pause -	Feet together and clap

#### REPEAT CHANT 3 TIMES

# LET'S GUARD 'EM

WORD	MOTION
Hey	Right dagger in a squat with feet together
D	Punch and stand
Let's guard 'em	Left candlesticks in a side lunge
- Pause -	Hold
D	Bow & arrow with feet together - ripple 1
-D-	Bow & arrow with feet together - ripple 2
Defense	Bow & arrow with feet together - ripple 3
- Pause -	Hold

#### REPEAT CHANT 3 TIMES

# **PASS IT**

WORD	MOTION
P-A	Daggers with feet together
S-S	Swing poms and step to the left
1	Daggers with feet together
Τ	Clap
Pass it	Right low V in a right squat
Upward	Left low V in a left squat
Pass it	Low V
- Pause -	Clap with feet together

# STARS GOTTA HYPE IT UP, HYPE IT UP

WORD	MOTION
Нуре	High V
lt	Break (Broken High V)
Up	High V
Нуре	Step forward and hit a low V
lt	Break (Broken Low V)
Up	Low V
Stars	Stand up and clap above head
Gotta	Squat and low clap
Нуре	Stand and hit daggers
lt up	Right punch
- Pause -	Hold

#### **REPEAT CHANT 3 TIMES**

## TAKE THAT BALL AWAY

WORD	MOTION
Т	Punch right ar across body
Α	Cross right arm
К	Punch left arm across body
Ε	Cross left arm
Upward	Sit to the left
Take	Sit to the right with a low clasp
That ball	Poms behind head
Away	High V
- Pause -	Hold

**REPEAT CHANT 3 TIMES** 

# TO THE TOP G-O

WORD	MOTION
To the top	High V
G	O to the left
0	Move O above head
- Pause -	High V
Upward	Right low V
Let's	Circle right arm back to right low V
Go	Left high V
REPEAT CHANT 3 TIMES	

# **UPWARD, RAISE THAT SCORE**

WORD	MOTION
Bring it	Daggers
Down	Circle poms to the left
The court	Pop feet apart in a broken T
Upward	Т
Raise	Broken T
That score	Feet together in a right high V
- Pause -	Hold

REPEAT CHANT 3 TIMES

# **UPWARD SCORE TWO**

WORD	MOTION
Upward	Right T across body in a side lunge
- Pause -	Hold
Score	Swing right arm in a low V with right leg across body
Two	High V with feet apart
Move the ball	Roll poms in a squat with feet together
Let's go	Punch and stand
- Pause -	Hold

#### REPEAT CHANT 3 TIMES

## THROUGH THE HOOP

WORD	MOTION
Aim	Feet apart in a high V
- Pause -	Hold
Shoot	Left low V
- Pause -	Hold
Get	Right candlesticks
That ball	Break left arm into a T
Through	Squat with feet together
The hoop	Pop feet apart in a right punch
- Pause -	Hold
REPEAT CHANT 3 TIMES	

# **UPWARD, TEAM LET'S FIGHT**

WORD	MOTION
Pump it up	Step forward with right foot and pump poms
Get hype	Step back and shake poms above head
- Pause -	Squat and clap
Upward	Step forward in candlesticks
Team	Squat with poms behind hear
Let's fight	Feet apart in a high V
- Pause -	Clean

#### **REPEAT CHANT 3 TIMES**

# YELL GO GO

WORD	MOTION
Yell it	T with feet apart
- Pause -	Broken T
To the G	Right T and pop toe
To the O	Left T and pop toe
Yell go	High V with feet together
- Pause -	Swing arms in and step forward
Go	High V
- Pause -	Clap with feet together

REPEAT CHANT 3 TIMES

## YELL W-I-N

WORD	MOTION
Upward	*Stack broken T with feet apart
- Pause -	Hold
lf you wanna win	Swing arms into a left diagonal
Yell W	Right low V with a right squat
1	Break right T with a right squat
N	Break right high V in a right squat
- Pause -	Hold

#### **REPEAT CHANT 3 TIMES**

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

# **DEFENSE, GET IT BACK**

WORD	MOTION
Get	Feet apart and hit a right high V
That ball	Right broken T to a low V
Back	Left high V
- Pause -	Feet together and clap
Defense	Squat in daggers
Get it	Feet apart in a touchdown
Back	Low V
- Pause -	Clean

#### REPEAT CHANT 3 TIMES

#### **DOWN THE COURT**

DOMN THE C	DOWN THE COOK!	
WORD	MOTION	
Down	(Ripple 1) Broken T with feet together on toes	
The Court	(Ripple 1) T in a back lunge	
Down	(Ripple 2) Broken T with feet together on toes	
The court	(Ripple 2) T in a back lunge	
Push	Right daggers in a squat with feet together	
That	Low touchdown and stand	
Ball	Left daggers in a squat with feet together	
Down the	Squat with hands on knees	
Court	Right punch and stand	
- Pause -	Hold	
REPEAT CHANT 3 TIMES		

# **GET 'EM DEFENSE GET EM**

WORD	MOTION
You got	(Ripple 1) Front candlesticks and step forward with right foot
The ball	(Ripple 1) Daggers and turn with feet together
We want	(Ripple 2) Front candlesticks and step forward with right foot
The ball	(Ripple 2) Daggers and turn with feet together
Get 'em	Low V and step forward with right foot
Defense	Clasp and turn with feet together
Get 'em	Low V
- Pause -	Clap

# GO BLUE, GO WHITE

WORD	MOTION
WORD	MOTION
Let's	Step to the right with right arm low across body
Go	Step feet together in a Broken T
Blue*	Right high V
- Pause -	Clap
Let's	Step to the left with left arm low across body
Go	Step feet together in a Broken T
White*	Left high V
- Pause -	Clap
Go	Step forward and hit a low V
Blue*	Sit and hit a high V
- Pause -	Feet together and clean
Go	Clap
White	Right punch
- Pause -	Clap twice

#### REPEAT CHANT 3 TIMES

# MOVE THAT BALL THE OTHER WAY

WORD	мотіол
Steal	Step to the left while punching
lt	Broken Right T
- Pause -	Clap
Take it	Step forward and hit candlesticks
Away	Step back and hit daggers
Move	Dip with poms behind head
That ball	Feet apart in a high V
The other	Step to the right while punching
Way	Broken left T
- Pause -	Hold

<sup>\*</sup>Use Current Season Colors

## PASS THE BALL

WORD	MOTION
Down the	(Front Row) Daggers
Court	(Front Row) High Touchdown
Pass the	(Back Row) Daggers
Ball	(Back Row) High Touchdown
Go	Clasp
Upward	Clasp
Go	Clasp
REPEAT CHANT 3 TIMES	

#### **REACHING FOR #1**

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
One	Stand and right punch, hold
REPEAT CHANT 3 TIMES	

# SCORE UPWARD, SCORE

	,
WORD	MOTION
Move	Right candlesticks
The ball	Bow & arrow to T with right foot back
Down	Left candlesticks
The court	Bow & arrow into T with feet apart
Score	Pop left knee and hit right punch
Upward	Break right punch into a dagger
Score	Right punch
- Pause -	Feet together and clap

#### REPEAT CHANT 3 TIMES

# **UPWARD, HERE WE GO**

WORD	MOTION
Hey	Broken T with right toe tap
Hey	Broken T with left toe tap
- Pause -	Hold
Here we go	T and shake poms
Upward	Hands behind head and squat to the right
Here we	Hands behind head and squat to the left
Go	High V and shake poms with feet together
- Pause -	Hold

# **UPWARD, LET'S WIN**

WORD	MOTION
Set it	Dip in daggers
Up	Feet apart in a touchdown
- Pause - - Pause -	Clap, clap
Put it	Right high V
In	Left low V
- Pause - - Pause -	Clap, clap
Upward	Step back with poms behind head
Let's	Dip in daggers
Win	Pop out in a high V
- Pause -	Feet together and clap twice

#### **REPEAT CHANT 3 TIMES**

# **UPWARD, MAKE THAT SHOT**

WORD	MOTION
Of-	Jump feet apart, 0 motion with arms
Fense	Roll poms down
Get hot	Low V
- Pause -	Feet together and clap
Upward	Step back in a clasp
Make	Poms behind head
The shot	Right punch
- Pause -	Feet together and clap

# **WE WANT TWO**

WORD	MOTION
Dribble	Step to the right and shuffle poms
Shoot	Right high V
- Pause -	Clap
Dribble	Step to the left and shuffle poms
Shoot	Left high V
- Pause -	Clap
Come on	Feet apart and swing poms
- Pause -	Daggers
Upward	Right punch
- Pause - - Pause -	Clap, clap
We want	Step forward with right hand behind head
Two	Right high V in a number 2
- Pause -	Clap and grab poms

#### 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 can 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 can 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 can 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 3	MOTION
(cont.)	<b>→</b> 1	Step and circle poms
	2	
:	3	Square 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 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 4	MOTION
1	Switch line in right bow and arrow
2	
3	Left bow and arrow
4	
5	Swing poms around
6	
7	Stand with poms behind head
8	

REPEAT EIGHT COUNTS 1-4 ONE MORE TIME		
End	Hold	

Intro	MOTION
1	Step forward with right foot and hit a T
2	Clap above head
3	Т
4	Clap above head
5	т
6	Clap above head
7	Step back with hands on hips
8	Poms on left hip

Eight Count 1	MOTION	
1	Right foot steps forward and hit a broken T	
2	Forward buckets	
3	Sit in a low V	
and	Stand and break low V	
4	Sit in a low V	
5	Right foot steps back with hands behind head	
6	Repeat for ripple 2	
7	Repeat for ripple 3	
8	Clean	

#### **REPEAT EIGHT COUNT 3 MORE TIMES**

# 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	

Eight Count 3	MOTION
t.) 1	Ripple 3
2	
3	Swing poms in
4	
5	Poms behind head
6	
7	Shake hips
8	Shake hips

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 4	MOTION
1	Clean with poms by side
2	
3	Transition in T and shake poms
4	
5	Transition in broken T and shake poms
6	
7	Stop and hit daggers
8	

After transition, repeat eight counts 1-3	
End	Right pom in front of chest

# Sway

Eight Count 1	MOTION
1	Daggers and step to the right
2	Candlesticks and kick left leg
3	Daggers and dip
4	
5	Hands on hips in a back lunge
6	
7	Hands behind head and pop hip
8	Pop hip

	Eight Count 3	MOTION
(cont.)	· <b>&gt;</b> 1	Right hand behind head and left hand on hip
	2	
	3	Left candlestick and step back
	4	
	5	High V and step back
	6	
	7	Roll to a low V and turn
	8	Pop hip

Eight Count 2	MOTION
1	Candlesticks to the right with left foot behind - Ripple 1
2	Ripple 2
3	Ripple 3
4	Hold
5	Swing arms around
6	Right arm in front of belly and left arm behind back
7	Right low V and sit to the right
8	Left low V and sit to the left ···

Eight Count 4	мотіол
1	Right punch with left arm in front of belly - Ripple 1
2	Ripple 2
3	Ripple 3
4	Hold
5	Hands behind head with feet apart
6	
7	Hands on hips with feet together
8	Left low V and sit to the left

Ending motion: High V

# 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	

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		

Eig	tht Count 3	мотіол
nt.)	1	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	

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	

After 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	Stand together in a broken T
8	Poms on left hip

	Eight Count 3	MOTION
ont.)	> 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 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 4	MOTION
1	Feel 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	

# Clap It Out

Intro	MOTION
1	Step forward with right foot and hit a T
2	Clap above head
3	Т
4	Clap above head
5	Т
6	Clap above head
7	Step back with hands on hips
8	Hold

Eight Count 1	MOTION	
1	Hands behind head with feet apart	
2	Clap to the right while pointing left toe - ripple 1	
3	Ripple 2	
4	Ripple 3	
5	Squat over left knee	
6	Look up	
7	Right T and left hand on hip with feet together	
8	Right punch and left arm by side	

Repeat eight count three more times Ending motion: Hand on Hips

# INTERMEDIATE LEVEL DANCE ROUTINE FOR HALFTIME

# Glorious

Eight Count 1	MOTION
1	Squat with feet together
2	Pop feet apart with open hands in front
3	Squat with right arm in a dagger and left arm in a broken T
4	
5	Squat with right arm in a broken T and left arm in a dagger
6	
7	Stand and wrap arms behind head
8	Low V with flexed wrists

Eight Count 2	MOTION
1	Step left foot across with right hand on back and left hand across chest
2	
3	Flick left arm in high V
4	
5	Wrap left arm behind head
6	
7	Hands behind back and shake shoulders
8	Shake shoulders

Eight Count 3	MOTION
··> 1	Kneel to your left with hands on left knee
2	
3	Seat roll back
4	
5	Kneel with right knee up. Right hand is behind head and left hand on back
6	
7	Right hand on knee and shake shoulders
8	
Eight Count 4	MOTION
1	Left hand on knee
2	Stand
3	Step back with flexed wrists to the front
4	
5	Pop right foot with right hand behind head and left hand on back
5 6	behind head and left hand
	behind head and left hand on back
6	behind head and left hand on back Flick right high V Step with left arm across

REPEAT EIGHT COUNTS 1-4 ONE MORE TIME		
End	Pop left foot with left hand open to front and right hand on back	

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

	Eight Count 3	MOTION
(cont.)	<b>&gt;</b> 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 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 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

⊢nn	Pop left knee with poms behind head
-----	--

# 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 3	MOTION
(cont.)	<b>→</b> 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 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 4	MOTION
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 EIGH	T COUNTS 1-4 ONE MORE TIME
End	High V in levels

# Party Time

Eight Count 1	MOTION
1	Hugh 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 2	MOTION
1	Bow and arrow
2	
and	Switch bow and arrow
3	Switch bow and arrow again
4	
5	Palms in front of shoulders
6	
7	Pump
8	Pump again

		1
Eiį	ght Count 3	MOTION
nt.) <b>&gt;</b>	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 4	мотіон
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 transition, repeat eight counts 1-4

⊢nn	Hug and step back with right leg
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# Rise Up

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 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 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 4	MOTION
1	Slap and step
2	Clasp and step
3	Wrap arms around head and turn
4	Clean
5	Walk with hands behind back
6	
7	Turn and right high V pump
8	Right high V pump

After 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 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

	Eight Count 3	MOTION
(cont.)	> 1	Pop feet apart and swing poms to the right
	2	Broken T
:	3	Swing poms to the left
	4	Broken T
	5	Т
	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	MOTION
1	Shuffle poms in a circle
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	

After transition, repeat eight count 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 the right foot behind
5	Finish ripple 2
6	Finish ripple 3
7	Sit to right in an O
8	

	Eight Count 3	MOTION
(cont.)	<b>&gt;</b> 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 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 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 Step back while shaking right pom down

# ADVANCED LEVEL DANCE ROUTINE FOR HALFTIME

# Stay Strong

Eight Count 1	MOTION
1	Squat with feet together and roll arms
2	Pop feet apart in flexed T
3	Right arm across chest
and	
4	Feet apart and circle around in buckets
5 and 6	Step left foot across. Pump right arm in a flexed low V with left arm across chest
7	Turn
8	

Eight Count 2	MOTION
1	Turn over left shoulder with right hand behind head and left hand on back
2	
3	Kneel with right knee up. Both hands on right knee
4	Lean back in a broken T
5	Push forward with flexed wrists
6	Wrap arms behind head
7	Right hand on knee and left hand on back
8	•…

	Eight Count 3	MOTION
(cont.)	<b>→</b> 1	Seat roll back
	2	
	3	Kneel with left knee up. Both hands on left knee
	4	
	5	Left hand behind head
	6	Flick left high V
	7	Right hand on the ground and left hand on left knee
	8	Stand

Eight Count 4	MOTION
1	Step and swing arms to the right
and	Broken T
2	Clean
3	Right open palm to the front
4	Left open palm to the front
5	Cross arms and legs
6	Pop feet apart with hands behind head
7	Clean (Flick high V for eight count 8)
8	Clean for eight count 8

## REPEAT EIGHT COUNTS 1-4 ONE MORE TIME

	Pop left foot with left hand on
	back and right hand open to
	the front

# 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

Ei	ght Count 3	MOTION
ont.)	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 swin around while stepping together
	6	To a squat - Ripple 2 begins
	7	Ripple 2 ends - Ripple 3 begins
	8	Ripple 3 ends

Eight Count 4	MOTION
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 a new formation
8	

# After transition, repeat eight counts 1-3 End Feet apart with poms up by hips

## Turn It Way Up

Intro	MOTION
1	Step forward with right foot and hit a T
2	Clap above head
3	Т
4	Clap above head
5	Т
6	Clap above head
7	Step back with hands on hips
8	Hold

Eight Count 1	MOTION		
1	Stand on toes and wrap arms behind head		
2	Squat with feet together - Ripple 2 starts		
3	Ripple 2 ends - Ripple 3 starts		
4	Ripple 3 starts		
5	Everyone steps to the left in a high V		
and	Break left arm		
6	Left low V		
7	Step to center and wrap left arm behind head		
8	Clean		

#### Repeat eight count three more times

## ADVANCED LEVEL DANCE ROUTINE WITH POMS

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 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 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 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

WEEK 1:	KINDNESS	112
WEEK 2:	RESPECT	114
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WEEK 4:	RESPECT 1	20
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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	Kindness	No Key Verse This Week
Week 2	Respect	Take delight in honoring each other. Romans 12:10b (NLT)
Week 3	Respect	Take delight in honoring each other. Romans 12:10b (NLT)
Week 4	Respect	Take delight in honoring each other. Romans 12:10b (NLT)
Week 5	Kindness	Do to others as you would like them to do to you. Luke 6:31 (NLT)

PRACTICE NUMBER	BIBLICAL VIRTUES	VERSE
Week 6	Kindness	Do to others as you would like them to do to you. Luke 6:31 (NLT)
Week 7	Kindness	Do to others as you would like them to do to you. Luke 6:31 (NLT)
Week 8	Good News	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)
Week 9	Forgiveness	Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 (NLT)
Week 10	Forgiveness	Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 (NLT)
Week 11	Forgiveness	Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 (NLT)



 Background: This season, our devotions will focus on three virtues—respect, kindness, and forgiveness—with kindness being the overall theme. This first devotion will explain why it is so important to treat other people well.

The parallel sections in Matthew 22:34-40, Mark 12:28-34, and Luke 10:25-28 are often titled "The Greatest Commandment," or in the NLT, "The Most Important Commandment." Leading up to this moment, the opposing religious factions of the Pharisees and the Sadducees had been trying to trap Jesus by peppering Him with questions that could easily have controversial answers. They wanted to trip Him up so they'd have an excuse to arrest Him. But Jesus' wisdom shines brightly with every answer. He won't be tricked. Finally, one of them asks Jesus a question that was a common topic of debate at the time: "Of all the commandments, which is the most important?" The first part of Jesus' answer comes from Deuteronomy 6:5, part of the Shema, the primary creed of Judaism. In addition to loving God wholeheartedly, Jesus said there is a second greatest command along with the first: loving your neighbor as yourself (Leviticus 19:18). "These two commandments are the greatest because all others flow from them; indeed the whole Old Testament 'hangs' on them. In other words, all other commandments are summed up and/or contained in these." (Craig L. Blomberg, The New American Commentary: Matthew) If you want to know the motivation behind God's commands, the answer is always love. Why are kindness, respect, and forgiveness so important? They are essential to our love for others and an overflow of our love for God.

Big Picture: For more insight, read Matthew 22:34-40; Mark 12:28-34; 1
 John 4:7-21. If you don't own a Bible, you can download the YouVersion Bible App for free.



- Encouragement: "There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind." - Fred Rogers
- Coach's Question for Reflection: If I had a creed or vision statement for my life, would love for God and others be included?

Bottom Line: I want to love God and others.

This season, we will be talking about respect, kindness, and forgiveness. All of these virtues tell us something about how we should treat other people.

The Bible tells us that God sent His Son, Jesus, to earth to live among us and teach us more about who God is. One day, someone asked Jesus what the most important commandment in God's law was. You see, in the Old Testament, God had given His people many rules to follow for them to be holy and set apart from other nations. God is good and perfect, and He wanted His people to live the right way.

When someone asked Jesus this question, the religious leaders at that time considered there to be about 613 commandments in God's law. They wanted Jesus to narrow it down to the most important one.

So Jesus said, "'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." (Matthew 22:37b-40, NLT)

Jesus said that the most important things we can do are to love God with all our heart and love other people as we love ourselves. That's huge! And it's so important for us to remember as we go about each day.

Jesus Himself really showed us how to love God and others. He was a great teacher, but that's not all He did. He healed people, performed miracles, and cared about people no one else noticed. He loved us so much that He ended up dying on the cross to rescue us from sin and death. We'll talk about that more later this season.

It's important for us to remember how much God showed His love for us through Jesus. When we realize His love for us, it makes us want to share that love with other people. There's a verse in the Bible that says this: "We love each other because he loved us first." (I John 4:19, NLT) We know God loves us, and we want to love Him back, but that love will also show up in how we treat others.

That's why we're talking about respect, kindness, and forgiveness this season. Being kind to people and treating them well is what it takes to love others as God loves us. What are some ways you can treat each other kindly this season? (Let athletes answer.)

## **LET'S PRAY**

God, thank You for our team. We are so excited to get started with this season. Thank You for loving us, Lord. We love You, and we want to love others well. Teach us to have respect, kindness, and forgiveness in our lives. Amen.



- Background: The first virtue we'll focus on this season is respect, which is foundational to kindness and forgiveness. In this devotion, athletes will learn why they should respect others. We must see people as inherently valuable, with the dignity of someone created in the image of God. If you don't value someone as a person, it's nearly impossible to treat them with respect. Understanding and acknowledging the incalculable worth of every human being is foundational to living a life that honors God, their creator. The idea of being an "image of God" carries connotations of royalty and representation. In the cultures around ancient Israel, idols and kings were these other nations' images of their gods. They represented the god. In the case of the king, he reigned on behalf of the god. But the God of the Bible was different. His image could not be narrowed down to inanimate objects or one ruling person. He gave His image to all of humanity. He gave us the authority to reign and rule over the earth, to move creation forward, and to be His representatives. So humans aren't only special because God created each of us uniquely (which He did!), but also because He gave each of us an important job to do.
- Big Picture: For more insight, read Genesis 1:26-31; Psalm 8; Psalm 139:13-16.
- Encouragement: "You were made for a purpose. You were made to reflect someone who is infinite and limitless, which means there is plenty of uniqueness and creativity to go around. You were made to take what God has given you and do amazing things." - Zecheriah Zienka, "What Does It Mean to Be Human?", bibleproject.com
- · Coach's Question for Reflection: Do I see all people as valuable? Why or why not?

#### VIRTUE

#### RESPECT is showing others they are important by what you say and do.

#### KEY VERSE

#### Take delight in honoring each other. Romans 12:10b (NLT)

#### Bottom Line: I want to respect others because I respect God.

Have you ever made something you're really proud of? Raise your hand if you'd like to tell us about it. (*Let athletes answer.*) When you create something like an awesome drawing, a LEGO masterpiece, or a really cool art project, it usually means a lot to you. It even shows people a bit about who you are. Now, how would you feel if someone ripped up your drawing? Or smashed your LEGO creation? Or poured water all over your art project?

That would be terrible, right? You would feel so bad because that person didn't just mess up something you made—they showed that they didn't respect or care about you.

This is what it's like when we don't respect other people. You see, God created each and every one of us. Every person is a unique and wonderful creation that He made. He loves and cares about us so much, and we reflect who He is. So when we choose to disrespect other people, when we hurt them on purpose or treat them like they don't matter, it is saying to God that we don't respect *Him* either.

This is why respect is so important. We're going to be talking about respect for the next couple of weeks. Respect is showing others they are important by what you say and do. We want to respect other people just for being people, just for being someone God created and loves very much.

In the very first chapter of the Bible, it says this, "So God created human beings in his own image. In the image of God he created them; male and female he created them." (Genesis 1:27, NLT)

This verse says that you are created in the image of God. I'm created in the image of God. Your parents and brothers and sisters are created in the image of God. All of your friends and classmates and teammates are created in the image of God. People on the other side of the world are created in the image of God. People who are a lot like you and people who are different from you are all created in the image of God. That means God made them special. They are valuable to Him. They reflect who He is.

Understanding this is where respect starts. If you respect God, you will have respect for the people He has created in His image. And that means everyone, including you!

#### **Discussion Questions**

#### (K-2nd Grade)

- · What does respect mean?
- · Why should we respect other people?

#### (3rd-6th Grade)

- · How does respecting other people show our respect for God?
- How does it make you feel to know that God created you and that you are important to Him?

#### (7th Grade and up)

- Only humans were created in God's image. What do you think it means to be created in His image?
- Why does God creating people in His image give them value and make them worthy of respect?

## LET'S PRAY

Heavenly Father, thank You for creating us in Your image. Thank You that You care about us and that we are valuable to You. Help us to show we respect You by respecting other people. Amen.

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



- Background: One important way to respect others is through the things we say. One of the most powerful Bible passages about our speech is found in James 3:1-12. James, the half-brother of Jesus and leader of the Jerusalem church, wrote this letter offering wisdom to all of Jesus' followers. His work was inspired by Jesus' teaching, especially the Sermon on the Mount, and by the book of Proverbs. His imagery-rich essay in the third chapter vibrantly explains the power of our words and warns us against praising God and speaking sinfully against others with the same tongue. As Jesus said, "What you say flows from what is in your heart." (Luke 6:45b, NLT) But being respectful with our words isn't just about what we shouldn't say. It's also about what we should say. In Ephesians 4, the apostle Paul tells the Ephesian church to live in the truth and righteousness of Jesus and "let the Spirit renew your thoughts and attitudes." (Ephesians 4:23, NLT) We would all do well to follow his advice and be led by the Holy Spirit to let everything we say be good, helpful, and encouraging.
- Big Picture: For more insight, read James 3:1-12; Ephesians 4:21-32.
- Encouragement: "May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer." - Psalm 19:14 (NLT)
- Coach's Question for Reflection: Am I respectful to others with my words? How
  does the Upward Circle of Affirmation help throughout the season?

#### VIRTUE

RESPECT is showing others they are important by what you say and do.

#### KEY VERSE

#### Take delight in honoring each other. Romans 12:10b (NLT)

#### Bottom Line: I can respect others with my words.

Last practice, we started talking about respect. Can anyone tell me why we should respect other people? (Let athletes answer.) We respect others because we respect God and He created all people in His image. Today, we're going to talk about how we can respect others.

Remember, respect is showing others they are important by what you say and do. That means we show others respect with our words and actions.

Today, let's focus on our words. There's a passage in the Bible that talks about just how powerful our words can be. It says that just like a tiny spark can set a forest on fire, the things you say can set your whole life on fire. We all know what it's like to say something without thinking and then have to deal with the consequences, like when you talk back to your parents or when you hurt a friend's feelings. Because of this, we should choose our words carefully. "Think before you speak" is great advice!

This passage goes on to say that you can tame all kinds of animals, but you can't tame the human tongue. It says, "Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God. And so blessing and cursing come pouring out of the same mouth. Surely, my brothers and sisters, this is not right!" (James 3:9-10, NLT)

If we want to respect God and others, we will do our best to speak in a loving way to people and about people. It doesn't make sense to praise God and say we love Him, but then go around saying hateful and hurtful things to the people He has made. It also doesn't make sense to be kind to someone to their face, then go behind their back and say mean or untrue things about them to someone else.

Think about the last time someone said something that really hurt your feelings. I bet you can quickly remember their words, can't you? What about the last time someone gave you a great compliment? You can probably remember that easily, too. Words have power. They affect us more than we know. When you think before you speak, you should ask yourself, "How would I feel if someone said this to me?" If it would hurt you, you probably shouldn't say it to someone else!

So, what should you say instead? There's a Bible verse that says, "Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them." (Ephesians 4:29b, NLT) We should say good and helpful things to each other. We should encourage each other and build each other up! That shows respect.

Now, let's think about some specific ways we can respect others with our words. Think about your teammates. When we're practicing or at a game, you can encourage them when they make a mistake or compliment them when they do something well. Think about your parents. You can respect them by answering them in a loving way and not talking back to them. Think about your teachers and coaches. You can respect them by backing them up when one of your classmates or teammates wants to disobey or by thanking them when they teach you something new. Think about your friends and brothers and sisters. You can respect them by not saying things you know will hurt them. You can tell them when they do a good job on something and let them know you care.

There are so many ways we can be respectful or disrespectful with our words. Let's do our best to think before we speak and show respect in the things we say.

#### **Discussion Questions**

#### (K-2nd Grade)

- · How can you respect adults with your words?
- · How can you respect other kids with your words?

#### (3rd-6th Grade)

- What was a compliment or something kind someone has said to you that really encouraged you?
- How can you respect adults with your words? What about other kids?

#### (7th Grade and up)

- · Why do you think words have such a big effect on us?
- What do you need to work on most when it comes to your words? Encouraging others, not gossiping, not making fun of others, being respectful to adults, what you say in messages or comments on your phone, or something else?

## **LET'S PRAY**

God, we know our words have power. Forgive us for the times we use them carelessly. Help us to learn to think before we speak. Teach us to use words that build others up and encourage them rather than words that tear people down. Help us respect others with our words. Amen.



- Background: In our last devotion, we talked about respectful words. Here, we'll talk about respectful actions. In this devotion, we'll refer to our Key Verse, Romans 12:10b, but the broader context of this short statement is also helpful. Paul spent the first part (Romans 1-11) of his letter to the Romans writing more about theological issues, specifically God's actions on behalf of humanity. Now, chapter 12 begins his call to action. Verse 1 is the perfect transition. In light of all God has done for us, we ought to give Him our very lives as an act of worship. God can renew our minds and work in us to help us become people who honor Him with our love and respect for one another. Paul reminds the Roman believers that they make up one body working together, and then he encourages them to love genuinely and cling to what is good. Though the word "respect" is not used, the kind of life Paul encourages is one that exudes respect through sincere and loving actions.
- · Big Picture: For more insight, read Romans 12.
- Encouragement: Read Romans 12:9-16 and write down a list of every instruction Paul gives his readers. Pray over these things and ask God to help them be descriptors of your own life.
- · Coach's Question for Reflection: Am I respectful to others with my actions?

#### VIRTUE

RESPECT is showing others they are important by what you say and do.

#### KEY VERSE

#### Take delight in honoring each other. Romans 12:10b (NLT)

#### Bottom Line: I can respect others with my actions.

Who can tell me what we've been talking about the past few weeks? (Let athletes answer.) That's right, we've been talking about respect! We learned why we should respect others and how to respect others with our words. Today, I want to talk about how we can respect others with our actions.

Being respectful with your actions probably looks a little different depending on what situation you're in. When your parents ask you to do something, being respectful with your actions means obeying them as soon as you're asked. When someone else is presenting something at school, being respectful with your actions means paying attention and not distracting others. When you're at a restaurant, being respectful with your actions means being polite to the waiter and not leaving a huge mess to be cleaned up.

Respectful actions can be big and small. They might mean a lot to someone, or they might go unnoticed. What matters is that you are acting out of respect. You value the other person and want to do your best to show that respect.

Sometimes, people get the idea that it's weak or boring to show respect to others, but that can't be further from the truth. It takes strength and a lot of character to respect others as much as you can.

Think about a professional athlete, maybe an NBA player. This person gets a lot of respect from others because of their talent and work ethic, but even they have to respect others with their actions to be as successful as they can be. They respect their coach and follow his plan for the game. They respect their teammates by passing the ball and working together to win. They respect their opponents with good sportsmanship and shaking hands after the game. They also need to be respectful toward referees, fans, and the media. That's a lot of people that a successful professional athlete needs to respect! And when an athlete doesn't respect others, they get a bad reputation as someone who is difficult to work with—and it could potentially cost them millions of dollars! If a professional athlete can show respect for others, so can you.

There's a verse in the Bible that says we should "take delight in honoring each other." (Romans 12:10b, NLT) Honor is a lot like respect. This verse basically says we should

be excited to respect each other! That's a different way of thinking about respect, isn't it? Another version of this verse says, "Outdo one another in showing honor." (Romans 12:10b, ESV)

The idea of outdoing one another in showing honor or respect is kind of fun. It makes you think of it like a competition. If you were having a competition with a teammate or your brother or sister to see who could do the most respectful things, what would that look like? You'd look for every opportunity to show respect. You might run to hold the door open for someone. You might race to see who can help the coach clean up all the supplies after practice. You might have your room picked up before your mom or dad even asks.

Why don't you try that this week? It doesn't have to be a competition with anyone else but yourself. How many respectful things do you think you can do in a week? I bet it's a lot!

#### **Discussion Ouestions**

#### (K-2nd Grade)

- · What is the difference between a respectful action and a disrespectful action?
- · What is one respectful thing you can do before the end of the day?

#### (3rd-6th Grade)

- We don't usually think of respecting others as something that makes us feel good or excited. Why do you think the Bible says we should see it this way?
- · What is one respectful thing you can do before the end of the day?

#### (7th Grade and up)

- We talked about the power of words last week, but actions are powerful, too. Why is
  it important to show respect with your words and actions? What does it mean if you
  show respect with one but not the other?
- · What is an area of your life where you could be more respectful in your actions?

### LET'S PRAY

Heavenly Father, we want to respect others with our actions. We want to show people that they matter to us. Help us to outdo one another in showing honor. Show us new ways that we can respect others through our actions this week. Amen.



- · Background: As we begin looking at the virtue of kindness, our overall theme for the whole season, it is helpful to remember that Jesus was (and is) the perfect embodiment of kindness. If you were to read through the Gospels and write down every kind thing Jesus did, it would be a long list-and those are just the stories that were written down. Today, we'll look at the story of Zaccheus. Jesus often helped those who were poor or ill. Zaccheus was rich and healthy but morally and socially impoverished. Since he was a tax collector, his fellow Jews saw him as both a thief and a traitor-and he was. But Jesus' kindness to spot him in the tree, speak to him, and spend time with him dramatically changed his life. Zacchaeus pledges that "first, he will give half his possessions to the poor and, second, he will restore anything he has extorted from the taxpayers four times over. The 'four times' figure is the required restoration a thief was commanded to make in the Torah (Ex. 22:1). It is a vivid (and expensive) confession of his thievery." (Michael Card, Matthew: The Gospel of Identity) It is interesting to compare this story to one that comes just a chapter before this in Luke 18:18-30, in which a different rich man goes home sad because he doesn't want to give up his wealth.
- Big Picture: For more insight, read Luke 19:1-10.
- Encouragement: The image of Zaccheus scrambling up into a tree to see Jesus is one to capture the imagination (and sing about in Sunday School), but Zaccheus doesn't just climb the tree because he's short. He climbs the tree because he is eager to see Jesus. When Jesus invites Himself over, Zaccheus is quick to accept Jesus into his home. It appears he was even quick to do a complete turnaround with his morals. God was clearly working in Zaccheus' life, and he was eager and ready to accept the kindness of Jesus at every turn. Jesus looks for this same eagerness and earnestness in us. He wants to show us His kindness if we are ready and willing to accept it.
- Coach's Question for Reflection: Has the kindness of Jesus changed my life? If so, how?

#### VIRTUE

KINDNESS is showing others how valuable they are by how you treat them.

#### KEY VERSE

Do to others as you would like them to do to you. Luke 6:31 (NLT)

#### Bottom Line: Kindness can change lives.

For the past few practices, we've been talking about respect. We learned that it is important to show everyone respect because everyone is created by God and matters to Him. For the next few practices, we're going to talk about something that goes along with respect: kindness. Kindness is showing others how valuable they are by how you treat them.

How does it feel when someone is kind to you? (Let athletes answer.) We all appreciate kindness. It makes us feel like the other person cares about us. And we want to be kind to other people.

Our best example of kindness is Jesus, God's Son. When Jesus was on earth, He was kind to everyone—even the people who were often left out or looked down on. He helped people, spoke kindly to them, fed people who were hungry, and healed people who were sick or hurting.

One example of Jesus' kindness is the story of Jesus and a man named Zaccheus. Zaccheus was a rich tax collector. He made a lot of money by collecting people's taxes for the Roman government and taking extra for himself. Most people did not like tax collectors. But Jesus was different.

When Jesus visited Zaccheus' town, Zaccheus came to see Him. But there was a crowd around Jesus as He walked through the town. Zaccheus was too short to see Jesus over the crowd, so he climbed up into a tree near the road.

This is what the Bible says happened next: "When Jesus came by, he looked up at Zacchaeus and called him by name. 'Zacchaeus!' he said. 'Quick, come down! I must be a guest in your home today.' Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. But the people were displeased. 'He has gone to be the guest of a notorious sinner,' they grumbled." (Luke 19:5-7, NLT)

Zaccheus was so excited that Jesus noticed Him and wanted to be a guest in his home. The crowd around Jesus didn't understand why Jesus would want to spend time with this tax collector. But Jesus' kindness changed Zaccheus' whole life! He told Jesus he would

give half his money to the poor and that if he had cheated anyone and taken more than he was owed, he would give them back four times as much as he had taken. Wow!

Have you ever realized that being kind to someone could change their life? When we follow Jesus' example of kindness, we show people that they matter. We can make them feel loved. A kind word or a kind action goes a long way. Let's be like Jesus. Let's be kind!

#### **Discussion Ouestions**

(K-2nd Grade)

- · What was kind about what Jesus did for Zaccheus?
- · When has someone been kind to you in a way you remembered for a long time?

(3rd-6th Grade)

- · Why do you think what Jesus did meant so much to Zaccheus?
- When has someone been kind to you in a way you remembered for a long time?

(7th Grade and up)

- · Jesus was surrounded by a crowd of people. Why do you think He singled out Zaccheus?
- · What is an example of a time when you've seen kindness leave a lasting impact?

## **LET'S PRAY**

God, thank You for being so kind to us. Thank You for sending Jesus and for His example of kindness. Teach us to be kind like Him. Show us what would mean a lot to the people around us, and help our kindness to make a difference in people's lives. Amen.

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



- Background: In this devotion, you'll challenge your athletes to ask God to help them be kind every chance they get. Kindness isn't just a one-time action; it's a way of life. We want to be ready to be kind at every opportunity. You'll share Colossians 3:12b with your team, which lists kindness as one of the things we should "put on" or "clothe" ourselves with every day. This is an extension of Colossians 3:10 (NLT), which says, "Put on your new nature, and be renewed as you learn to know your Creator and become like him." The more we get to know Jesus, the more we will become like Him in His kindness and in so many other ways. "The language of taking off and putting on in verses 10-11 may reflect the early Christian practice of exchanging an old soiled garment for a clean new garment at baptism as a symbolic gesture. Those who have been baptized with Christ are a new creation." (John B. Polhill, Paul and His Letters)
- Big Picture: For more insight, read Philippians 2:1-11; Colossians 3:1-17; Matthew 9:1-8; John 9:1-6; Matthew 14:13-21.
- Encouragement: "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—especially to those in the family
  of faith." Galatians 6:9-10 (NLT)
- Coach's Question for Reflection: How would my life look different if I consciously chose to "put on" kindness every day?

#### VIRTUE

KINDNESS is showing others how valuable they are by how you treat them.

#### KEY VERSE

#### Do to others as you would like them to do to you. Luke 6:31 (NLT)

#### Bottom Line: I want to be kind every chance I get.

If you read through the Gospels, which are the books in the Bible about Jesus' life on earth, you'll find tons of examples of Jesus being kind. He was always showing how much He cared about people. Last week, we heard the story of Jesus and Zaccheus and saw how kindness could change someone's life. Kindness is powerful! And today I want to share with you more about what kindness looks like and how we can be kind each and every day.

So what is kindness? What are some examples of kindness that you've seen before? (Let athletes answer.) Philippians 2:4 (NLT) in the Bible says, "Don't look out only for your own interests, but take an interest in others, too." A big piece of kindness is just looking out for other people and thinking about them more than you do yourself.

There's another passage in the Bible that talks about putting on kindness like you might put on your clothes in the morning when you're getting ready for school, or like you might put on your uniform when you're getting ready for a game. It says, "clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience." (Colossians 3:12b, NLT) You can think about kindness as something you want to have with you all the time. You want to be ready to be kind whenever you get the chance.

This is how Jesus operated during His time on earth. As He traveled around teaching, He was always looking for opportunities to be kind. Jesus would meet people, see their needs, and help them right then and there. Let's look at a few examples.

People would often come to Jesus if they needed to be healed, or sometimes their friends or family members would bring them to Jesus. Matthew 9:1-2 (NLT) says, "Some people brought to him a paralyzed man on a mat. Seeing their faith, Jesus said to the paralyzed man, 'Be encouraged, my child! Your sins are forgiven." Then, Jesus told the man to pick up his mat and walk—and he did! He was healed!

Another time, "As Jesus was walking along, he saw a man who had been blind from birth." (John 9:1, NLT) Jesus healed the man before he could even ask to be healed!

One time, Jesus got some bad news. His cousin had died. The Bible says, "As soon as

Jesus heard the news, he left in a boat to a remote area to be alone. But the crowds heard where he was headed and followed on foot from many towns. Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick." (Matthew 14:13-14, NLT) Later, Jesus realized that it was getting late, and the crowd of people didn't have any food to eat. He performed a miracle and fed thousands of people with just one boy's lunch.

We can see from these examples that Jesus was always ready to be kind, even when it was inconvenient or unexpected. He was always ready to help. If people needed healing, He healed them. If they needed forgiveness, He forgave them. If they needed food, He fed them. If they needed love and conversation, He talked with them and showed He cared.

Like Jesus, we should carry kindness with us every day, always being ready to use it. This week, I want to challenge you to pray to God every morning and ask Him to help you to be ready to be kind every chance you get that day. You will probably miss some chances, but that's okay. So will I. But kindness will be on your mind, and it will help you remember how you should treat others. Let's go be kind this week!

#### **Discussion Ouestions**

#### (K-2<sup>nd</sup> Grade)

- What is something kind you've seen someone on our team do for you or someone else?
- Do you think you can remember to be kind this week? What might help you remember?

#### (3rd-6th Grade)

- What is something kind you've seen someone on our team do for you or someone else?
- · Have you ever heard that kindness can be contagious? What do you think that means?

#### (7th Grade and up)

- · Why might it be good to prepare to be kind?
- · Do you think kindness can become a habit? Why or why not?

## **LET'S PRAY**

God, thank You for being so kind to us and for Jesus' example of kindness. Help us to put on kindness, mercy, humility, gentleness, and patience every day. Please help us to be kind every chance we get. We love you, Lord. Amen.



- Background: It's easy to be kind to those who are kind to you. Jesus, however, calls us to extraordinary kindness. We are to love those who aren't so easy to love. We are even to love our enemies (Matthew 5:43). "Almost all people look after their own. The true test of genuine Christianity is how believers treat those whom they are naturally inclined to hate or who mistreat or persecute them." (Craig L. Blomberg, The New American Commentary: Matthew) Jesus exemplified this as He cared for those cast out by His culture, as He engaged with those who belonged to the religious groups that were trying to trap Him, as He forgave those who tortured and mocked Him on the cross, as He died for all of us while we were still in sin and rebellion against God. The famous Parable of the Good Samaritan shows what Jesus found most important: not identity but mercy. If we are going to follow Jesus' example, we will love our enemies and show compassion for all people—not just those we consider appropriate.
- Big Picture: For more insight, read Matthew 5:43-48; Luke 10:25-37; Proverbs 15:1.
- Encouragement: Our culture seems increasingly polarized—generationally, politically, socioeconomically. The message our world sends us is often to see people in other groups as our enemies and to treat them with contempt. But this is not the way of Jesus. Though there might be disagreements and differences between us and other groups, we are still called to treat them with compassion and respect as people made in the image of God.
- Coach's Question for Reflection: In what ways do I need to love my enemies?

#### VIRTUE

KINDNESS is showing others how valuable they are by how you treat them.

#### KEY VERSE

Do to others as you would like them to do to you. Luke 6:31 (NLT)

#### Bottom Line: I want to love my enemies.

We've talked a lot about how Jesus was kind and how we want to follow His example of kindness. But even though Jesus was always kind, sometimes He had important things to teach that weren't always easy for everyone to hear. Some religious leaders would often get upset with what Jesus taught—because it didn't always fit what they believed and how they lived their lives.

Quite a few things that upset these religious leaders are found in Jesus' famous Sermon on the Mount. A crowd gathered on the side of a mountain to hear Jesus speak, and He taught them many things that seemed upside-down to what they knew and what was accepted in their world. Many of these things are upside-down to the way our world says we should live today.

One of the most upside-down things Jesus said was this: "You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that?" (Matthew 5:43-46a, NLT)

Love your enemies. That definitely isn't very common in our world today. What do you think it looks like to love your enemies? (Let athletes answer.)

Jesus once told a story that helps us understand what He meant when He said to love your enemies. The story goes like this: a man was traveling between two cities when robbers attacked him. They beat him up and left him on the side of the road. A religious leader passed by, but instead of stopping to help, he ignored the man and walked by on the other side of the road. Then, another religious leader did the same thing! But finally, a Samaritan man saw the man lying on the side of the road. He bandaged him up and took him to an inn, where he paid for the man to be cared for while he healed.

The Samaritan did the right thing. The problem was that Jesus was a Jew and was talking to Jews—and in those days, Jews and Samaritans hated each other because they were different and believed different things. They saw each other as the enemy. So, it would

have surprised Jesus' listeners that the Samaritan was the hero in the story. It showed that you can love those you are supposed to hate.

When Jesus said to love your enemy, He reminded us that we shouldn't only be kind to our friends and family. We shouldn't just be kind to those who are exactly like us. We need to be kind to those who are different from us. We need to be kind to those who have different opinions than we do. We even need to be kind to those who aren't kind to us.

Now, that's not to say you shouldn't stand up for yourself. If someone continues to be unkind to you, you should tell your parents or another adult you trust. But most of the time, if someone else is being unkind, you can still respond in a way that's kind instead of being unkind back to them.

There's a verse in the book of Proverbs in the Bible that says, "A gentle answer deflects"—or *turns away*—"anger, but harsh words make tempers flare." (Proverbs 15:1, NLT) You can be kind even when someone else is unkind. You can be the bigger person. You can love your enemies.

#### **Discussion Questions**

#### (K-2nd Grade)

- · Why is it so hard to be kind to someone who is unkind to you?
- · How do you feel when you are mean to someone, but they are kind to you in return?

#### (3rd-6th Grade)

- · Why is it so hard to be kind to someone who is unkind to you?
- · What is an example of how you might be able to love your enemies?

#### (7th Grade and up)

- · Why do people struggle to be kind to those who are different from them?
- · What do you think loving your enemies looks like in today's world?

## **LET'S PRAY**

Heavenly Father, thank You so much for loving us and for teaching us what real love and kindness looks like through Jesus. Help us to love our enemies and to be kind to those who are unkind to us, even when it's tempting to be unkind back. Amen.



- Background: You've already introduced your team to the kindness of Jesus this season, but in this devotion, they'll hear about Jesus' greatest act of kindness: His death on our behalf. This act of kindness isn't only able to change lives on earth—it changes them for eternity. "The pinnacle of the manifestation of God's kindness is found in the forgiveness he freely bestows even upon those who have sinned against him." (Jonathan Landry Cruse, The Character of Christ) Take time to prepare for this important devotion by reading John 19-20 and considering all that Jesus went through to save us from sin and death.
- Big Picture: For more insight, read John 3:16-17; Ephesians 2:1-10; Titus 3:4-7; John 19-20.
- Encouragement: "But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead . . . So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus." Ephesians 2:4-7 (NLT)
- Coach's Question for Reflection: In what way is the kindness of God most evident to me in the story of Jesus' death and resurrection?

#### VIRTUE

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

#### KEY VERSE

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)

#### Bottom Line: I can be saved through Jesus' kindness.

So far this season, we've talked about respect and kindness. We talked about how God created each of us in His image and how Jesus gave us an amazing example of kindness. Last week, we learned that Jesus even said we should love our enemies.

Today, we're talking about something Jesus did that was HUGE. It was really the kindest, most loving thing anyone has ever done.

You see, even though God created us, loves us, and wants to have a relationship with us, we are separated from Him because of something called sin. Sin is anything we think, do, or say that is disobedient to God. It's following our own way instead of His. Some examples of sin are lying, stealing, and treating people God has made with disrespect and unkindness.

Sin destroys our relationship with God because God is holy and perfect. He doesn't sin. Sin is the opposite of who He is. And the Bible tells us that the punishment for sin is death and separation from God. That's a serious punishment. But sin is serious. It goes against God and His goodness. There's nothing we can do on our own to make up for our sin. There's nothing we can do to fix our relationship with God. But this is where Jesus comes in. This is where He changes everything.

Jesus is God's Son. About two thousand years ago, God sent Jesus to earth to be born as a baby and live among people like us. He laughed, cried, got hungry, worked hard, and grew up. And after a while, Jesus started traveling around His homeland, teaching people about God, performing miracles, healing people, and caring for those no one else noticed. He started showing us the kindness and goodness of God. And, during the whole time He was on earth, Jesus never sinned. He always followed God and did what was right.

But some people didn't like Jesus. They had Him arrested and beaten. He was nailed to a wooden cross and died a painful death. But, three days later, the tomb where Jesus was buried was suddenly empty! God raised Him from the dead, and He was alive! He appeared to many of His friends and spent time with them before returning to heaven, where He is still alive today!

That's an amazing story, but what does it have to do with us? Why is what Jesus did so kind? The truth is, because Jesus was God's Son and never sinned, when He died on the cross, He actually took the punishment for all our sins on Himself. He paid for your sin and my sin. He gave His life for us. Then, when He rose from the dead, He conquered death forever. He defeated both sin and death.

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)

When we believe in Jesus and what He did for us, we can ask God to forgive us for our sins, and He will forgive us through Jesus. When we trust in Jesus to save us from sin and death, and put Him in charge of our lives, we can have a relationship with God. We don't have to be separated from Him by sin anymore. We belong to Him. And even though we will all still die one day, when we believe in Jesus, after we die, we will live with Him in heaven forever.

Jesus didn't have to die a painful death. He didn't have to take our place. He didn't even have to come to earth to live as one of us. But He did all that for us. It's all because of His love and His kindness.

There's another verse in the Bible that says, "But God showed his great love for us by sending Christ to die for us while we were still sinners." (Romans 5:8, NLT) What Jesus did for us is the kindest, most loving thing anyone has ever done.

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 Your amazing kindness and for loving us so much that You sent Jesus to save 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 "Practice 8" at the end of practice.



- Background: Our final virtue for this season is forgiveness. In the last practice, we discussed God's incredible kindness toward us through Jesus, which results in the forgiveness of our sins. Now, as people who are forgiven by God and grateful for His kindness, we are to forgive those who sin against us. "One of the key concepts of mercy... is that once we are shown mercy, we become obligated to give mercy. Upon realizing that the person from whom we have a right to expect nothing has given us everything, we must reciprocate." (Michael Card, Matthew: The Gospel of Identity) This devotion focuses on a parable Jesus tells after His disciple Peter asks a question about forgiveness. He wants to know the limits of forgiveness, thinking his offer to forgive someone up to seven times is quite generous. But Jesus goes on to teach that forgiveness should be without limits. When you recognize the depth of your sin and how much God has forgiven you, you realize you have no right to withhold forgiveness from anyone else.
- Big Picture: For more insight, read Matthew 18:21-35.
- Encouragement: "For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west." - Psalm 103:11-12 (NLT)
- Coach's Question for Reflection: How does God's forgiveness toward me motivate me to forgive others?

#### VIRTUE

FORGIVENESS is deciding that someone who has wronged you doesn't have to pay.

#### KEY VERSE

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 [NLT]

#### Bottom Line: I can forgive others because God has forgiven me.

Earlier this season, we talked about treating other people with respect and kindness. For our last few practices, we will be learning about forgiveness, which goes along with respect and kindness. Forgiveness is deciding that someone who has wronged you doesn't have to pay. If we are going to treat other people well and love them as we love ourselves, we need to learn how to forgive.

Last practice, we learned how God's great kindness led to Him sending Jesus. When we believe in Jesus, we can be forgiven of our sins. That's amazing!

The Bible tells us that because God has forgiven us, we should forgive others. Jesus told a powerful story, called a parable, about forgiveness. It goes like this.

There was a servant who owed millions of dollars to a king. The man and his whole family and everything they owned were all going to be sold in order to pay back the debt.

So the man fell down in front of the king and begged the king. "Please, be patient with me," he said, "and I will pay it all." The king had pity on the man, so he let him go and forgave the debt.

What happens next in the story is very unexpected. The Bible says, "But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment. His fellow servant fell down before him and begged for a little more time. 'Be patient with me, and I will pay it,' he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full." (Matthew 18:28-30, NLT)

The other servants told the king what had happened. "Then the king called in the man he had forgiven and said, 'You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?" (Matthew 18:32-33, NLT) Then, the king threw the first man in prison.

This story makes us feel angry, doesn't it? How could the first man refuse to forgive the much smaller debt of the second man after the king had just forgiven him a huge debt?

#### PRACTICES (CONTINUED) FORGIVENESS,

It doesn't make any sense! But the point of Jesus' story is that this is what we are like if we don't forgive others. God has forgiven us in a huge, amazing way. Because of that, we should be ready and willing to forgive other people.

#### **Discussion Questions**

#### (K-2<sup>nd</sup> Grade)

- · What does it mean to forgive someone?
- · Why do we need to be forgiven by God?

#### (3rd-6th Grade)

- · Why does what the first servant did feel so wrong to us?
- · How can God's forgiveness inspire us to forgive others?

#### (7th Grade and up)

- · What stands out to you about this story?
- · How can God's forgiveness inspire us to forgive others?

## **LET'S PRAY**

God, thank You so much for offering us forgiveness through Jesus. You have shown us such great mercy. We are so grateful to You. Help us to forgive others because You have forgiven us. Amen.

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



- Background: In this devotion, we'll see how forgiveness can forge new relationships. It can bring good from bad, wholeness from brokenness. God can use the forgiveness of His people to empower His church for incredible things. He did so in the life of Paul the apostle after he first converted to Christianity. In Damascus, God used Ananias to literally open Paul's eyes, comfort him, and lead him into the first moments of his new life as he received the Holy Spirit and was baptized. Probably about three years later, in Jerusalem, God used Barnabas to vouch for Paul and welcome him into the larger Christian community. But before these two incidents, there was actually one more instance of someone forgiving Paul for his involvement in the persecution of Christians. Paul was present at the stoning of Stephen, the first Christian martyr, and was clearly in collusion with his murderers. Yet Stephen, following the example of Jesus, shouted, "Lord, don't charge them with this sin!" (Acts 7:57-60, NLT). Because of the faithfulness and sacrifice of these men to love and forgive their enemy, countless people came to faith in Christ, churches were planted all around the Mediterranean world, and millions of Christians over thousands of years have been blessed by Paul's writings in the New Testament.
- Big Picture: For more insight, read Acts 9:1-31.
- Encouragement: Think about someone who has played the role of a Barnabas or an Ananias in your life. Who has forgiven you, welcomed you, or helped you find community? These kinds of people are such a blessing and have more of an impact than they usually know. Consider if there is someone in your life for whom you could be this kind of person.
- Coach's Question for Reflection: How have I seen forgiveness bring good out of a bad situation?

#### VIRTUE

FORGIVENESS is deciding that someone who has wronged you doesn't have to pay.

#### KEY VERSE

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:13 (NLT)

Bottom Line: I want to be someone who forgives.

We started talking about forgiveness last week. Who can tell me what forgiveness is? (Let athletes answer.)

Today, I want to tell you about someone named Paul, who was also sometimes called Saul. Paul lived during Jesus' time, but we don't read about him in the story of the Bible until after Jesus had died, risen from the grave, and returned to heaven. During this time, Jesus' followers told everyone who would listen about Jesus and what He had done. But other people didn't like that Jesus' followers were spreading this news. They tried to hunt down Jesus' followers, throw them in jail, and even have them killed. Paul was one of those people. He thought Jesus was a liar and a fake, and he hated Jesus' followers.

One day, Paul was traveling, and a light from heaven suddenly shone around him. He fell to the ground and heard a voice saying his name and asking, "Why are you persecuting me?"

""Who are you, lord?' Saul asked. And the voice replied, 'I am Jesus, the one you are persecuting! Now get up and go into the city, and you will be told what you must do." (Acts 9:5, NLT)

Paul's life changed from that moment on. He believed that Jesus really was who He said He was. He was the Son of God. Paul now believed the same things that the people he had been trying to imprison and kill believed. He was one of them now. He was a Christian. But how could the others trust him?

God spoke to one Christian named Ananias in a dream. He told Ananias to go to the home where Paul was staying and to place his hands on Paul. Paul had been blinded since he encountered Jesus on the road, and he would be able to see again when Ananias did this.

Ananias was scared. He had heard what Paul had been doing to Christians. But God encouraged him to go, and Ananias obeyed God. He found Paul, placed his hands on him, and Paul could see again. Almost immediately, Paul started preaching and telling people all about Jesus. Ananias trusted in God enough to forgive and help Paul, but that wasn't the end of the story. There was someone else who did something similar.

Most of Jesus' followers lived in Jerusalem at this time. The Bible says, "When Saul arrived in Jerusalem, he tried to meet with the believers, but they were all afraid of him. They did not believe he had truly become a believer! Then Barnabas brought him to the apostles and told

them how Saul had seen the Lord on the way to Damascus and how the Lord had spoken to Saul. He also told them that Saul had preached boldly in the name of Jesus in Damascus." (Acts 9:26-27, NLT)

While the other Christians in Jerusalem were scared of Paul, a man named Barnabas trusted God and took Paul under his wing. He introduced Paul to the other believers and told them how God had worked in Paul's life. Because he did this, Paul was finally accepted by the other Christians.

"Barnabas" was actually the nickname of a man named Joseph. The name Barnabas meant "son of encouragement." He was so encouraging that people started calling him that! It's not surprising that Barnabas was the person who was able to see the truth about Paul, forgive him, and include him before everyone else.

Paul went on to become one of the greatest missionaries of all time. He traveled to many different places, starting churches and preaching about Jesus. Many people came to believe in Jesus because of him. And it all started with people like Ananias and Barnabas being able to forgive him and see what God was doing in his life. Barnabas even became one of Paul's missionary partners, traveling with him to many different cities to tell people about Jesus.

It's not always easy to forgive. Sometimes, we have good reasons to doubt someone. But we must trust God to guide us and to bring good out of the bad. He can change people's lives. He can heal relationships. He can work through forgiveness in ways we can't even imagine.

#### **Discussion Questions**

#### (K-2<sup>nd</sup> Grade)

- · Why is it important to forgive?
- · When is it easiest to forgive someone? When is it the most difficult?

#### (3rd-6th Grade)

- Do you think Paul would have been as successful a missionary if people like Barnabas and Ananias hadn't led the way in forgiving him? Why or why not?
- · Why is forgiveness so powerful?

#### (7th Grade and up)

- Do you think Paul would have been as successful a missionary if people like Barnabas and Ananias hadn't led the way in forgiving him? Why or why not?
- · How does forgiveness heal broken relationships?

## IFT'S PROV

God, thank You for forgiving us. Please help us to forgive others. We know You can change lives and heal relationships. Give us wisdom and guidance, and show us when to forgive and help others. We love You, Lord. Amen.



- Background: Christians are to be a community of people who make a habit of forgiving one another. So, we must also be a community of people who make a habit of acknowledging our offenses and asking forgiveness—not only in our relationship with God but also in our relationships with others. Jesus said that if we are worshiping the Lord and remember there is an offense or fracture in one of our relationships, we should go immediately and make amends with that person. Sin is, first and foremost, something we should confess to God, seeking His forgiveness. But we must not forget to also confess our sins to one another and seek forgiveness when we have wronged someone else. This is not always the easiest thing to do, but it is the kind and respectful thing to do.
- Big Picture: For more insight, read Proverbs 28:13; James 5:13-16; Matthew 5:23-24.
- Encouragement: A healthy relationship will have a give-and-take of forgiving and asking for forgiveness if both parties are seeking to follow Jesus. Harmony and reconciliation are the byproducts of humility and forgiveness.
- Coach's Question for Reflection: Am I someone who apologizes when I hurt others? Why or why not?

#### VIRTUE

FORGIVENESS is deciding that someone who has wronged you doesn't have to pay.

#### KEY VERSE

Make allowance for each other's faults, and forgive anyone who offends you.

Remember, the Lord forgave you, so you must forgive others.

Colossians 3:13 [NLT]

#### Bottom Line: I want to be someone who asks for forgiveness.

Wow, I can't believe the season is almost over! I'm so thankful for our team and for all the great times we've had. I'm so proud of you for how you've learned and grown this season.

Today is our last devotion about forgiveness. We've talked about how we want to be people who forgive others because God has forgiven us. But if we're really loving, respecting, and being kind to other people, there's another part of forgiveness that is also important. We don't just want to be people who forgive others. We want to be people who ask for forgiveness.

We might not like to admit it, but we're not perfect! We've talked before about how we all sin. Even when we believe in Jesus and know that He has paid the price for our sins, that doesn't mean we will stop sinning here on earth. God's Spirit will help us grow to be more like Jesus every day, but we're not there yet! As long as we're in our earthly bodies, we'll still sin sometimes. We'll still make mistakes.

Thankfully, we can know that if we have trusted in Jesus to save us, God has forgiven our sins. We should still confess those sins to Him and ask for His forgiveness because we love Him and want to be honest with Him. But our sins are already covered by Jesus. God isn't going to hold something against you if you forget to talk to Him about it.

But God is not the only one we need to ask for forgiveness from, is He? Sometimes, we hurt other people. When we sin against someone on purpose or we accidentally do something that causes them harm, we should apologize and ask for their forgiveness.

Why do we need to do this? Let's think back to some of the things we learned at the very beginning of the season. We learned that everyone is created in God's image and that we should love our neighbors as ourselves, with respect and kindness. When we hurt someone, the kind and loving thing to do is to let them know we're sorry. That's what we want others to do for us.

There's a verse in the Old Testament of the Bible that says, "People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy."

(Proverbs 28:13, NLT) The New Testament says, "Confess your sins to each other and pray for each other so that you may be healed." (James 5:16, NLT)

Forgiveness, kindness, and respect are all important parts of what Jesus taught and how He lived. Following Jesus means living a life that is full of all these things. How we treat other people matters because people matter to God. I hope you'll remember that and look for ways that you can be kind to others wherever you go, in whatever you do.

### **Discussion Questions**

(Apply to All Grades This Week)

- · How does it feel when someone apologizes to you?
- · Is it easy or difficult for you to tell someone you're sorry? Why do you think that is?
- · What is something you learned this season?

## LET'S PRAY

God, thank You for a wonderful season. Thank You for helping us learn all about kindness, forgiveness, and respect. Help each of us to remember that we matter to You and that other people matter to You, too. Show us how to treat others as we want to be treated. We love You, Lord. Amen.

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

♦ NOTES

### **SECTION 4**

# GAMES

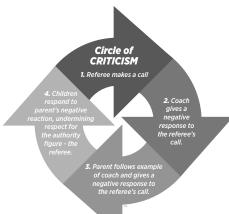
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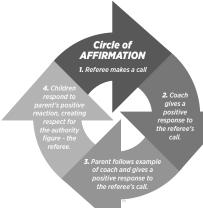
### **→** Circle of Affirmation

#### **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 of the court 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 cheerbook. 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 basketball 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. Use 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 court 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**

## FORMS

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2	pg	_ 4	pg
HALFTIME			
1	pg	_ 2	pg
NOTES FOR GAME DAY STARS			

<b>tretch</b> : Being more flexible h	nelps prevent injuries.		
URING THE GAME			
•	pg	11	pg
	pg	12	pg
	pg	13	pg
	pg	14	pg
i	pg	15	pg
j	pg	16	pg
7. ————————————————————————————————————	pg	_ 17	pg
3	pg	18	pg
)	pg	19	pg
)	pg	20	pg
SETWEEN PERIODS			
1	pg	_ 3	pg
2	pg	4	pg
IALFTIME			
1	pg	2	pg
NOTES FOR GAME DAY ST	ARS —		

<b>tretch</b> : Being more flexible helps pr	event injuries.		
DURING THE GAME			
1	pg	_ 11	pg
2	pg	12	pg
3	pg	13	pg
4	pg	14	pg
5	pg	15	pg
6	pg	16	pg
7	pg	_ 17	pg
8.	pg	18	pg
9	pg	19	pg
10. ————	pg	20	pg
BETWEEN PERIODS			
1	pg		pg
2	pg	4	pg
HALFTIME			
1	pg	2	pg
NOTES FOR GAME DAY STARS			
NUIES FUR GAME DAT STARS			

## **UPWARD CHEER** Star Distribution Form

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

Cheerleader's Name	Game <b>1</b>	Game <b>2</b>	Game <b>3</b>	Game 4	Game <b>5</b>	Game <b>6</b>	Game <b>7</b>	Game <b>8</b>

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

