



Cheerleading

Wimps lift weights, cheerleaders lift people!

The only difference between ball players and us is we jump, toss, and catch year round.

In any other sport, if you miss the catch you lose the ball.

Cheer all out or don't cheer at all

The price of cheer shoes.....\$75. The price of cheer camp.....\$200 The price of winning your first National Competition.....priceless!

I run like a girl, jump like a girl, and pop 10 feet into the air like a girl!

The difference between a big shot and a little shot is... The big shot is just a little shot that kept on shooting!

Hey - there is no halftime for cheerleaders!

It doesn't matter if you win or lose the game - it's how loud you CHEER!

I practiced for 20 hours, nailed my stunts, decorated lockers for the team, painted a zillion posters, washed 428 cars, practiced some more, got the student body pumped up at the pep rally, and rode a 1000 miles on the drafty bus...But hey, NO SWEAT! I'm a cheerleader!

If cheerleading is so easy...why can't you pick up any girls?

Cheerleaders are angels...we're the only humans who can fly!

Wrestling Cheerleading...What REAL women do during basketball season!!!

Cheer Attitude- You mess with me, you mess with the whole squad.

Cheerleaders are the only ones who know how to fly high and reach their goals at the same time.

You may think you're all that, but you can't get anywhere without your squad.

Remember...there is always a little girl in the stands that wants to be just like you, don't disappoint her.

Cheerleaders are a team and there is NO I in TEAM!

Extend yourself. Cheer.

I don't just cheer. I inspire.

Cheer-ability is a talent for deciding something quickly and getting everyone in the stadium doing it.

The spirit to win and the will to succeed are measured one stunt at a time.

It's not the glitz of the uniform that matters, but the spirit that shines within it.

A good cheerleader is not measured by the height of her jumps but the span of her spirit.

I trade sweat for strength. I trade doubt for belief. I trade cheerleading for nothing.

You let us win like we let you lose!

All women are created equal, and then a few become cheerleaders.

If you've got the game, we've got the cheer.

A cheerleader is a dreamer that never gives up.

Cheerleaders are simply a jump above the rest.

Yes, I'm a cheerleader, Yes, I'm an athlete, Yes, I'm a girl... gotta problem with that?

A squad is only as strong as it's weakest cheerleader.

If you want to compete... practice. If you want to win... practice harder.

CHEERLEADER: (n.) An athlete who can jump, kick, toss, catch, stunt, tumble, AND fly...

Athlete by nature, cheerleader by choice!

Any man can hold a girl's hand, but only the elite can hold her feet!

If football is so spectacular, why does it take cheerleaders to excite the crowd?
"Without a conductor there is no orchestra. Without Cheerleaders it's only a game."
Hold my poms while I stunt with your Boyfriend!

Just because we don't run across goalies, slam-dunk basketballs, or hit homeruns...
doesn't mean we can't CHANGE THE SCORE!

PLAYERS: (definition):

A vital part of any sports event, they entertain the crowd in the intervals between
timeouts so that Cheerleaders can take a well-earned break.

"If cheerleading was easy, it would be called football."

"Eat. Sleep. Cheer. Repeat."

There are two types of people in this world: cheerleaders, and those who wish they
were!

Together
Everyone
Achieves
More

It's the glimmer of hope when times are tough;
It's a bit more patience when we've had enough.
It's that thoughtful smile when one's desperately needed,
It's that extra push, a reason why we've succeeded.
This part of our personality, which never fails to strive,
Is the creator of our goals and the source of our drive.
We are enthused about life, optimistic about what's to come,
Because the cheerleader inside looks for to life's fun.
It emerges as a friend to lend you a hand.
Where does this light come from, where does the ray start?
It shines in your mind, but ignites in your heart.
The confidence to try, the will to believe,
The acceptance of failure and the way to achieve.
It's very close by, it's something we trust.
It's the fighter inside; it's the cheerleader within us.

The time has come once again
to show what we can do,

to work together as a team,
not just as one or two.
Together we can do anything that our hearts desire.
You know we have done it even though we are tired.
So let's look to one another for comfort and cheer.
Let's lean on one another as we cry our tears.
Because together we have a goal that we all have set.
And that's to be the best team the crowd has seen yet
So let's go out on that floor as a winning team.
Let's do what we do best and make that crowd scream.
Because together we can do it.
Together we can.
Together we can be the best team in the land.

Little Eyes Upon You

There are little eyes upon you
and they're watching night and day,
There are little ears that quickly
take in every word you say.
There are little hands all eager
to do anything you do;
And a little girl who's dreaming
of the day she'll be like you.
You're the little girl's idol,
you're the wisest of the wise.
In her little mind about you
no suspicions ever rise.
She believes in you devoutly,
holds all that you say and do;
She will say and do, in your way,
when she grows up like you.
There's a wide-eyed little girl
who believes you're always right;
And her eyes are always opened,
and she watches day and night.
You are setting an example
every day in all you do,
For the little girl who's waiting
to grow up to be like you.
Cheerleading is a way of life, shared by a chosen few,
It is working as a unit in everything you do

Cheerleading is a rivalry; the competition makes you strong,

It is sharing secrets and tears, learning to get along

Cheerleading is that ongoing drive to be the very best,
It is patience, perseverance, and very little rest

Cheerleading is having poise and charm with every word you say,
It is total dedication twenty-four hours a day

It is always being ready with encouragement and a smile
Cheerleading is your chance to express your individual style

Cheerleading is reaching out to comfort a sister, who is sad,
It is defending each other in good times and the bad

Cheerleaders are always there when someone asks,
They treasure the present moment and let go of the past

Cheerleading is a talent to be able to shine on cue
It is hiding the pain and anguishes that if only half the people knew

Cheerleaders, after all, are real people that sometimes get down
but when they're in the spotlight, they must never put on a frown

Cheerleaders are actresses always ready to go
That is why it's important for all the world to know

Not every girl can be a cheerleader, it takes a special kind
Cheerleaders are full of life and a little bit out of their mind.

Garden For Success

(developed by the Florida All Stars)

First, plant four rows of peas:

Promptness

Patience

Politeness

Perseverance

Next to these, plant three rows of squash:

Squash Gossip

Squash Criticism

Squash Negative Attitude

Next, plant five rows of lettuce:

Let us be Loyal

Let us be Truthful

Let us be Compassionate

Let us be Tolerant

Let us be Friendly

No garden is complete without turnips:

Turn up on time

Turn up with a smile

Turn up with Determination in your heart!