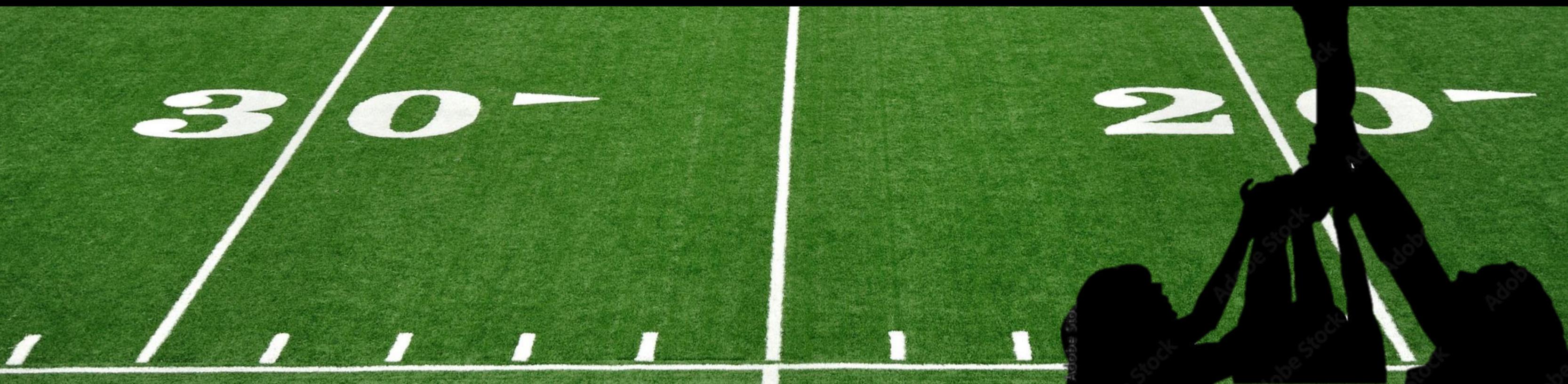




2025 CHEERLEADER PLAYBOOK



WELCOME



<https://www.band.us/en>

Welcome to the team cheerleaders! We're thrilled to have you cheer with us this season. This playbook is your go-to resource, so be sure to read through it and practice the cheers and movements included. We can't wait to see you shine!

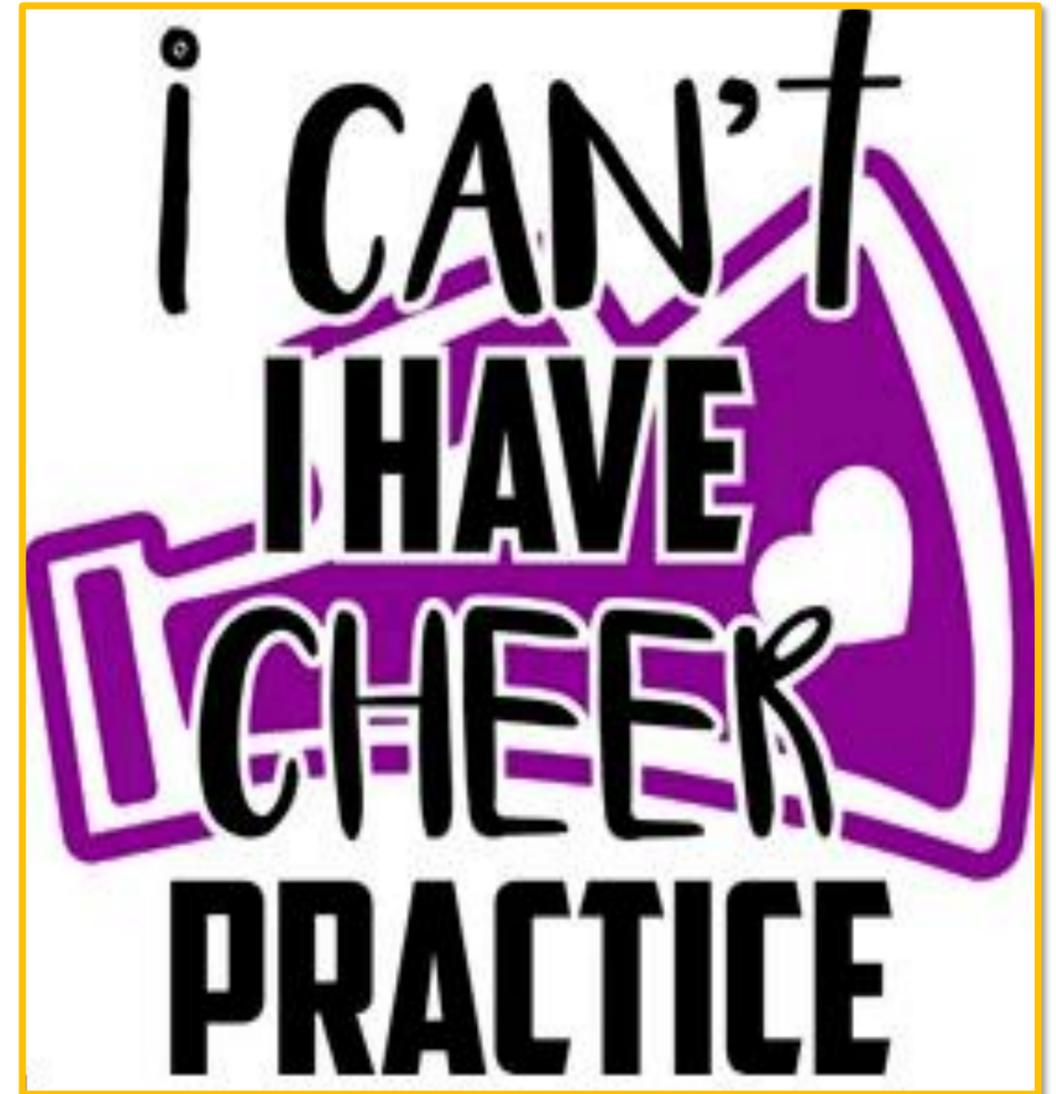
For any updates or additional team information, keep an eye on the Band app. Let's make this season unforgettable together!



ATTENDANCE

Attendance will be taken at each practice. It's really important to show up for practice. If you can't make it, let us know as soon as possible in the team Band app.

In cheerleading, having everyone there is super necessary so we can practice our stunts and work on our routines.



GAME DAY EXPECTATIONS

BEFORE THE GAME:

On game days, make sure to come dressed and prepared in your uniform, wear your hair in a high ponytail with cheer bow (unless told otherwise), your poms, and your cheer sneakers. Please get there 30 minutes before the game starts. Don't forget to bring a water bottle.

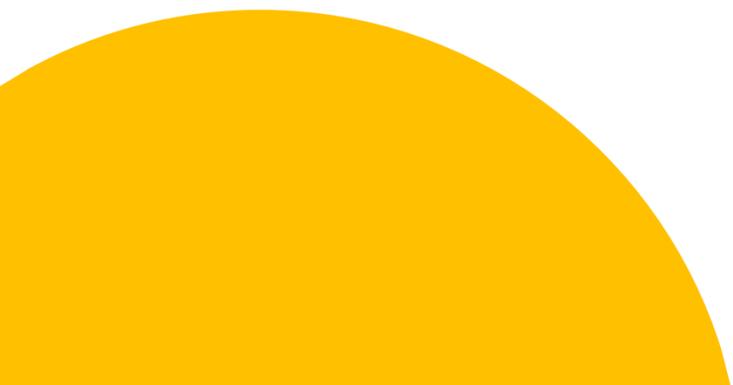
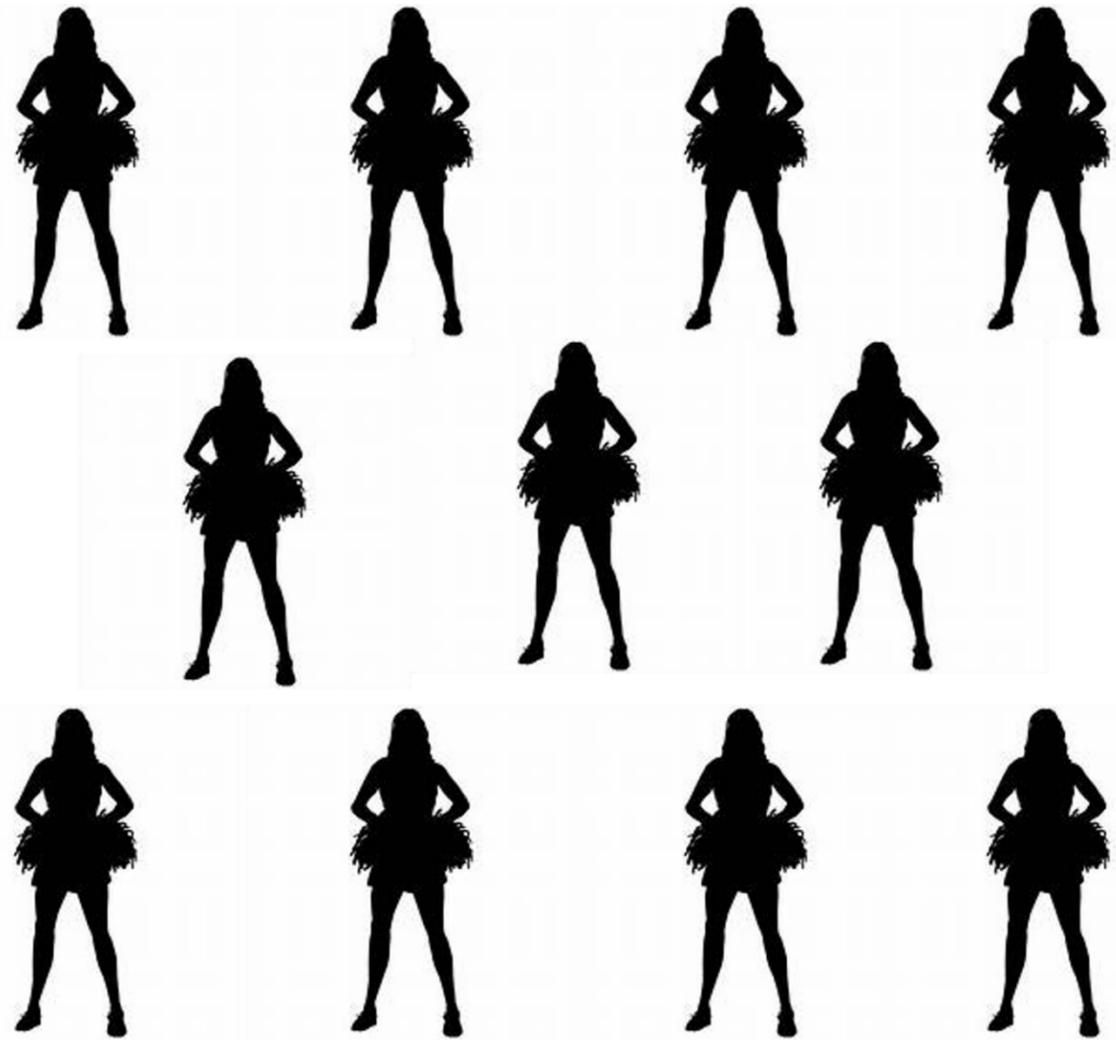




GAME DAY EXPECTATIONS

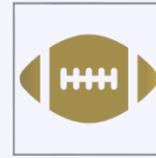
HOW TO STAND:

Stand in 'windows' with your shoulders back, head up, and feet slightly wider than shoulder-width apart. Hands on hips with or without poms.



GAME DAY EXPECTATIONS

SPORTSMANSHIP:



Maintain a positive, upbeat attitude regardless of the game's outcome.



Show respect for coaches, officials, the opposing team, and fans, avoiding negative or abusive language or gestures.



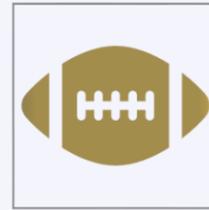
Focus on cheering for your own team's efforts and positive plays, refraining from "booing" or taunting opponents.



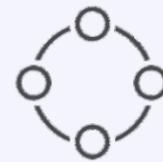
Act as a welcoming committee for visiting teams and fans, demonstrating good manners at all times.

GAME DAY EXPECTATIONS

SIDELINE CONDUCT:



Pay attention to the game, staying engaged and ready to cheer appropriately for the situation.



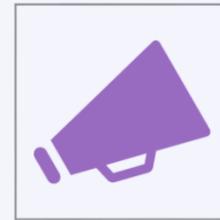
Maintain lines and positions: Remain in designated lines and positions on the sideline, avoiding wandering or excessive socializing.



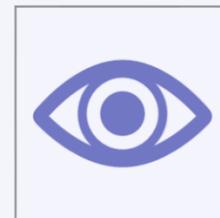
Stunting safety: Perform stunts only when appropriate and safe and always follow guidelines established by your coaches.

GAME DAY EXPECTATIONS

CROWD INTERACTION:



Lead the crowd: Use signs, chants, and cheers to hype up the audience and encourage their participation in supporting the team.



Maintain confidence: Project confidence and enthusiasm to inspire the crowd, using strong voices and making eye contact.

CHEERS

KEEP IT UP

Keep it up
Keep it up
Keep that Ballston spirit up
Say keep XX it XX up
(Repeat 3X)
(3rd time only) WOO!

WE'VE GOT THE SPIRIT

We've got the spirit,
everybody shout, HEY!
We've got the spirit,
so kick it out
(Repeat 3X)

C'MON CROWD

C'mon crowd
Yell BSC
B-S-C
Yell it,
B-S-C
(Repeat 3X)

AWESOME

A-W-E-S-O-M-E
Awesome, awesome
To - ta - lly
(Repeat 3X)

TROUBLE

I'm from Ballston Spa,
I'm trouble with a capital T
I'm T-R-O-U-B-L-E,
So you better not
mess with me
(Repeat 3X)

PROUD OF YOU

We are proud of you, XX
Say we are proud of you XX
(Repeat 3x)
(3rd time only)
Ahhhhh, Good Job!

BANG-BANG

Bang bang choo choo train
Come on Ballston do that thing
Get it, get it,
got it, got it
Whoop there it is, Whoop there
it is
(Repeat 3x)

WE DON'T NEED NO MUSIC

We don't need no music
We don't need no band
All we need are fans,
Jammin' in the stands, X
Jammin' in the stands X
(Repeat 3x)

CHEERS

DYNAMITE

We're dynamite, we're
dynamite
We're tic,tic,tic,tic
BOOM dynamite, BOOM
BOOM dynamite

(Repeat 3X)

(3rd time only) Hold up, wait a
minute, put a little boom in it!

CLAP YOUR HANDS

Clap your hands **XXX**
Stomp your feet **XXX**
Ballston can't be beat!

(Repeat 3X)

WE ARE BALLSTON

1 We are Ballston,
2 a little bit louder,
3 I still can't hear,
4 more, more, more

(Repeat 3X)

(3rd time only) SCORE!

HOT TO GO

H-O-T-T-O-G-O
Ballston Spa is hot to go,
Say what!? Hot to go!
Say what!? Hot to go!

(Repeat 3X)

ASHES TO ASHES

Ashes to ashes, dust to dust
We hate to beat you but we must,
we must
When you're up, you're up
When you're down, you're down
When you're up against Ballston
you're upside down

(Repeat 3X)

LET'S GO, LET'S FIGHT

Let's go, **XX** let's fight, **XX** let's
win tonight!

(Repeat 3X)

(3rd time only) Let's go!

VICTORY

Split the V, dot the I
And curve that C-T-O-R-Y,
I said curve that C-T-O-R-Y

(Repeat 3X)

COMPETITION

There's no competition
Like the real competition
And the real competition is
BSC

(Repeat 3X)

CHEERS

WHO ROCKS THE HOUSE

Who rocks the house
Ballston rocks the house
And when Ballston rocks the house
They rock it all the way down
(Repeat 3X)

HOLD THAT LINE

Defense it's time to shine,
I said defense, HOLD, THAT,
LINE
(Repeat 3X)

FIGHT PURPLE, FIGHT GOLD

Fight Purple, Fight Gold
Fight, Fight, tonight!
(Repeat 3X)

ATTACK

A-T-T-A-C-K, attack, attack,
attack
A-T-T-A-C-K and push them
back
(Repeat 3X)

DEFENSE

Defense, tighten up your stuff,
Yeah!
Knock 'em, Block 'em, Push
'em back,
Through that line to the
Quarterback
(Repeat 3X)

SCOTTIES ARE BACK

A-t-t-a-c-k attack attack attack,
A-t-t-a-c-k the Scottie's are
back!
(Repeat 3X)

ACTION

Action action, we want action
Ayyyyy ACT-I-I-I-ION
(Repeat 3X)

ROWDY

Let's get a little bit rowdy,
R-O-W-D-Y
(Repeat 3X)

CHEERS

GO SCOTTIES, GO SCOTTIES, LETS GO

Scotties in the front, let me hear
you shout, oh!
Scotties in the back, show me
where it's at, right here!
Scotties in the middle, give me just
a little, say go Scottie's, go
Scottie's, let's go!
(Repeat 3X)

WE WANT A VICTORY

We want a victory, help us out
Scotties fans,
Spell it out
V-I-C-T-Ohhh-R-Y
(Repeat 3X)

CLAP YOUR HANDS

Clap your hands everybody,
Everybody clap your hands,
We're Ballston Spa,
Going all the way,
The best in the land,
Here we go XXXXXXXXXXXXX
(Repeat 3X)

TURNING UP THE HEAT

Turning up the heat X
The Scotties can't be beat
(Repeat 3X)

BLOW YOU AWAY

Hey, hey fans
We are here to say,
We are the mighty Scotties,
And we'll blow you away
(Repeat 3X)

PROUD OF YOU

We are proud of you, XX
Say we are proud of you XX
(Repeat 3x)
(3rd time only)
Ahhhhh, Good Job!

JUMP FOR VICTORY

J-U-M-P
Jump, jump for victory
(Repeat 3x)

SOLID AS A ROCK

Defense, defense,
Solid as a X
Rock
(Repeat 3x)

CHEERS

SPIRIT

Spirit, lets hear it

S-P-I-R-I-T

Spirit

(Repeat 3X)

PHYSICAL

Lets get physical,

Get rough,

Get tough,

Get mean,

Lets get physical,

And roll all over that team

(Repeat 3X)

CHANTS

Let's go Ballston, let's go! XX
(Repeat 3X)

L-E-T-S G-O, come on Scotties let's go!
(Repeat 3X)

Ballston, let's go, let's go, Ballston, let's
go!
(Repeat 3X)

F-I-G-H-T
Ballston, let's fight!
(Repeat 3X)

Get tough XX BSC XX
(Repeat 3X)

G-O, let's go scotties, G-O, let's go!
(Repeat 3X)

We are, we are X Ballston Scotties!
(Repeat 3X)

B-E-A-T, beat those "*rivals*"!
(Repeat 3X)

Ballston unite, fight, Scotties, fight!
(Repeat 3X)

Ballston X Scotties XX Lets go!
(Repeat 3X)

Come on Crowd, yell B-S-C! B-S-C!
(Repeat 3X)

B-S-C yell it! B-S-C!
(Repeat 3X)



FIST



CLASP



CLAP



HIPS



CLEAN



HIGH V



LOW V



PUNCH



T



BROKEN T



TOUCHDOWN



LOW TOUCHDOWN



DAGGERS



BUCKETS



CANDLESTICKS



PUNCH ACROSS



T JUMP



TUCK



SPREAD EAGLE



**SIDE
HURDLER**



HERKIE



FRONT HURDLER



TOE



PIKE

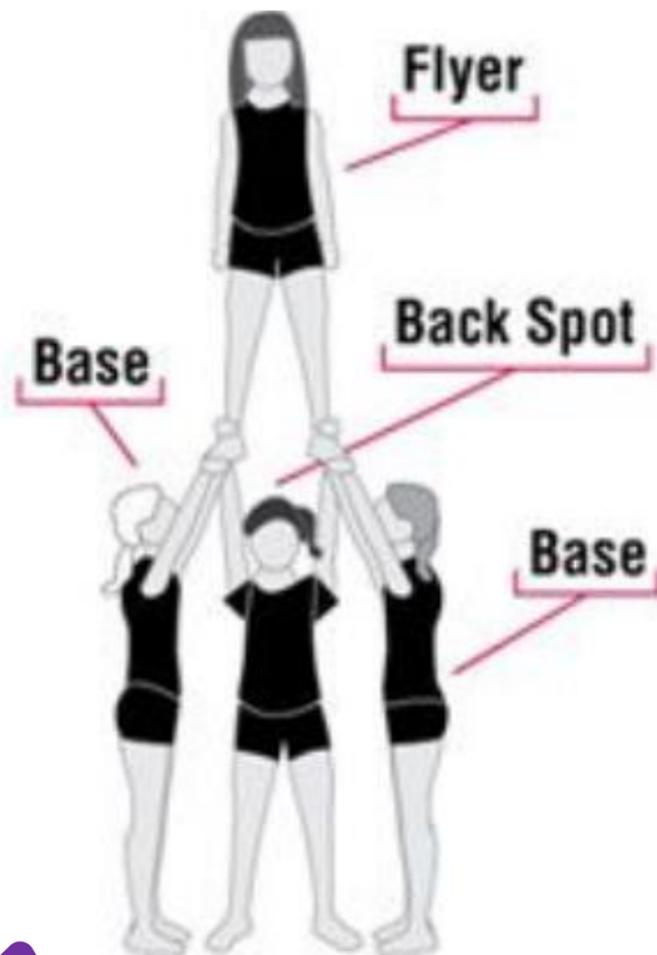


STUNTS

A cheer stunt is when a group of cheerleaders work together to lift someone up in the air. Usually, a group stunt has a flyer, who is the person being lifted, two bases (one main base and one side base), and a back spot who helps support the flyer from behind.



ROLES FOR A STUNT



The **flyer** is the cheerleader who gets lifted up during a stunt or pyramid. Many of the positions a flyer does need a lot of flexibility, so that's an important quality for the job.

Bases are the cheerleaders who support the flyer or in the air during a stunt. Bases are really strong and are often paired together by height to make a stable platform for the flyer to do their moves.

Spotters are extra athletes whose main job is to watch the stunt and help the flyer if they fall or have an accident. Their main aim is to keep the flyer's head and neck safe from getting hurt.





THIGH STAND

The bases can either kneel on one leg or be in a lunge position with their front knees bent, allowing the flyer to stand on their thighs. A thigh stand is one of the simplest stunts.

1



2



3



4



5



6



7



8



LOAD (SPONGE)



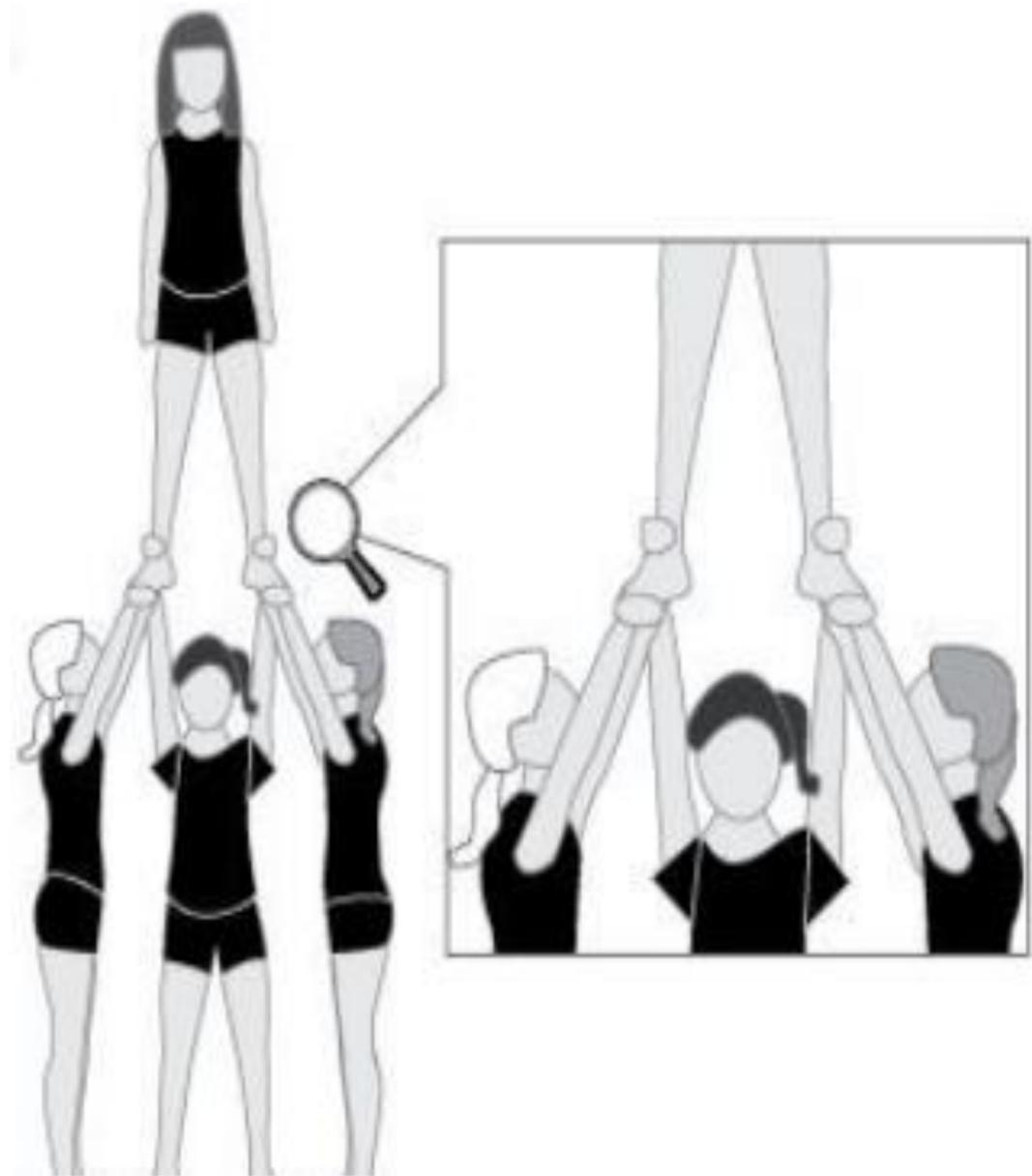
A sponge is a loading position where the flyer supports their weight with straight arms on the bases' shoulders, while the bases hold the flyer's feet at their torso level. A group stunt typically jumps into this load position before dipping to transition into another stunt position. It serves as a 'mount' or a way to start a stunt.



PREP

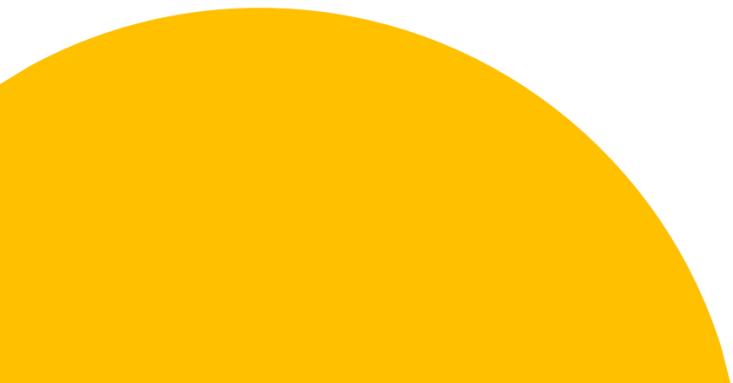
This is a stunt where the flyer stands on the hands of two bases, being held at chest or chin height. It's a basic skill for stunting.





EXTENSION

In an extension, the flyer stands with each foot in the hands of a base, just like in a prep. But instead of being held at chin level, the bases lift their arms above their heads and block out their shoulders to make a strong platform for the flyer. The flyer has to balance their weight so it's easier for the bases to hold them up high.

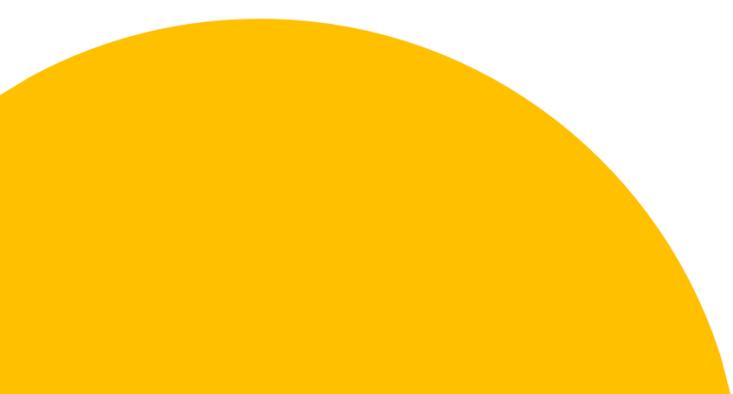




LIBERTY (LIB)



In a liberty, also known as a lib, both bases have a hold on one of the flyer's feet, with the main base usually gripping the heel and toe while the secondary base holds the middle part of the foot. This stunt can be performed at either the prep or extended level.



SHOULDER SIT

In this stunt, the flyer sits on the base's shoulders and wraps their feet around the base's waist. This is a great way to get the audience excited.



SHOULDER STAND

Here, the flyer stands on the shoulders of the base. There is a backspot to assist.



TEDDY SIT (STRADDLE)

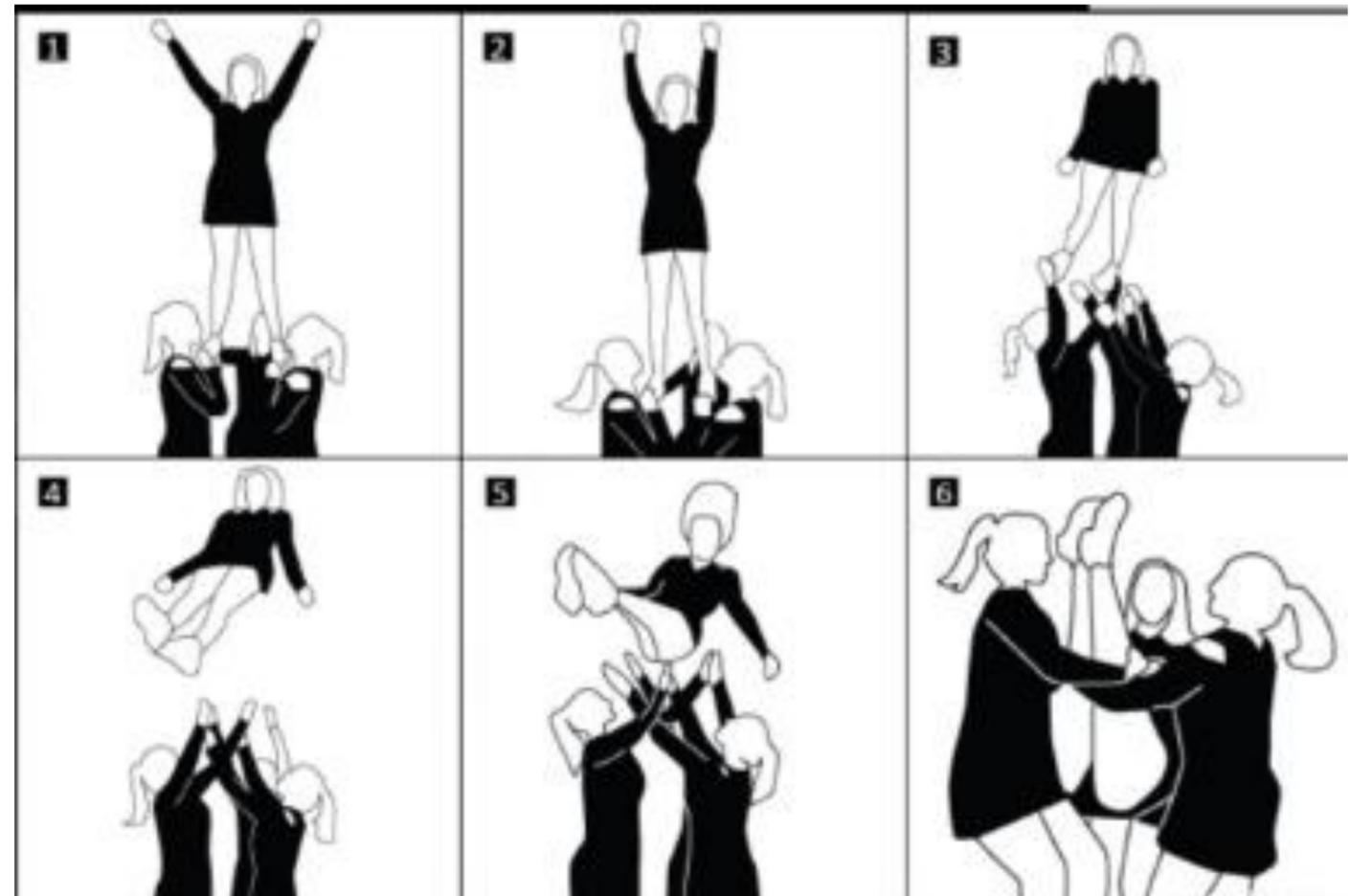


In this stunt, the flyer sits in a straddle position while the two bases hold one hand on the flyer's thigh and the other on their ankle or foot. The back spot helps by supporting the flyer's butt or waist with their hands. The flyer needs to keep their weight centered while doing this stunt. Sometimes, it's called a straddle sit.



CRADLE

A cradle in cheerleading is a classic dismount from a stunt where the flyer is tossed into the air and then caught by the bases and spotter in a seated position. It requires precise timing and trust among the members of the stunt group.



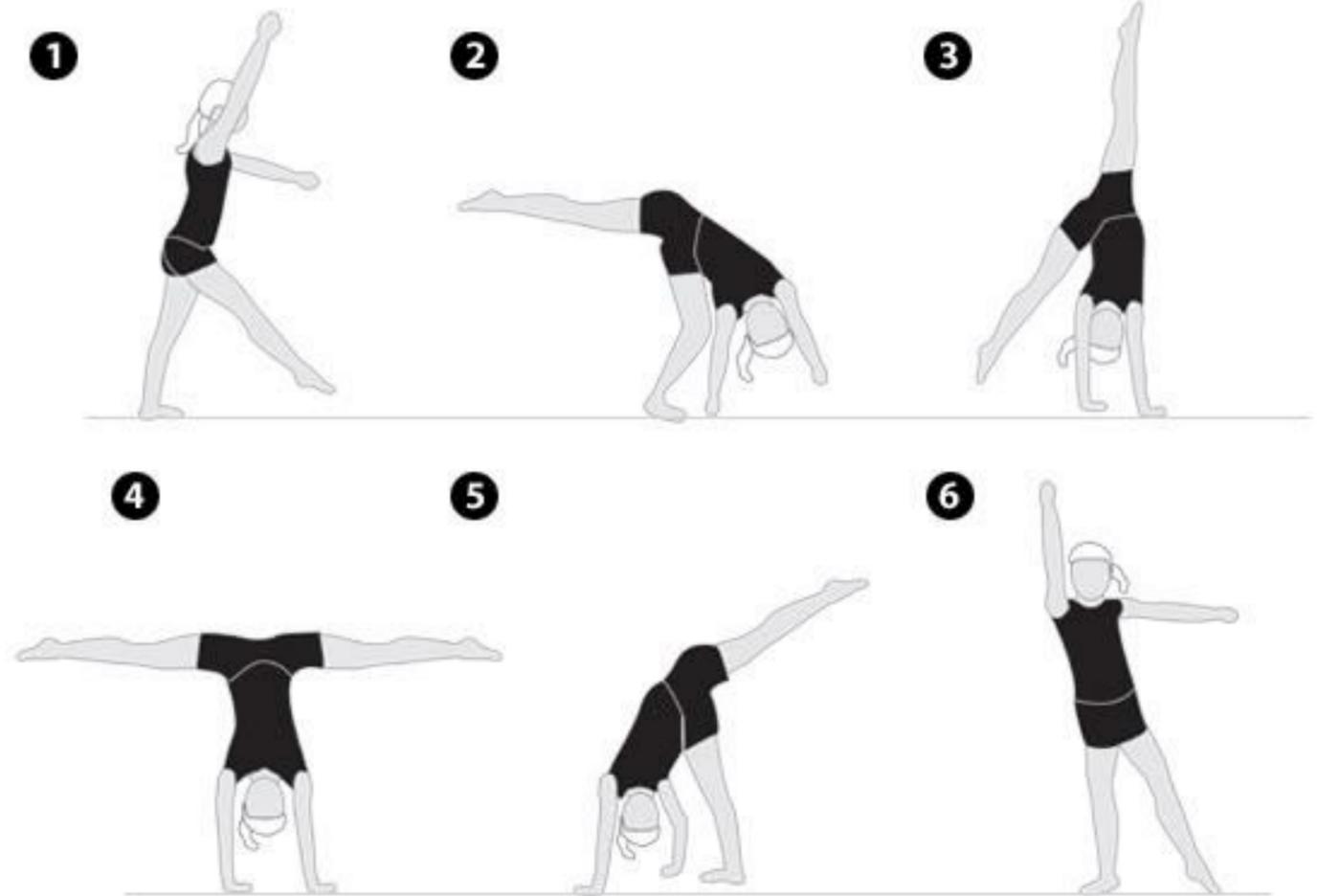
FORWARD ROLL

A forward roll is a simple gymnastics trick that resembles a smooth somersault. To do it right, you need to transition from the starting position into a roll and then stand back up all in one fluid movement.



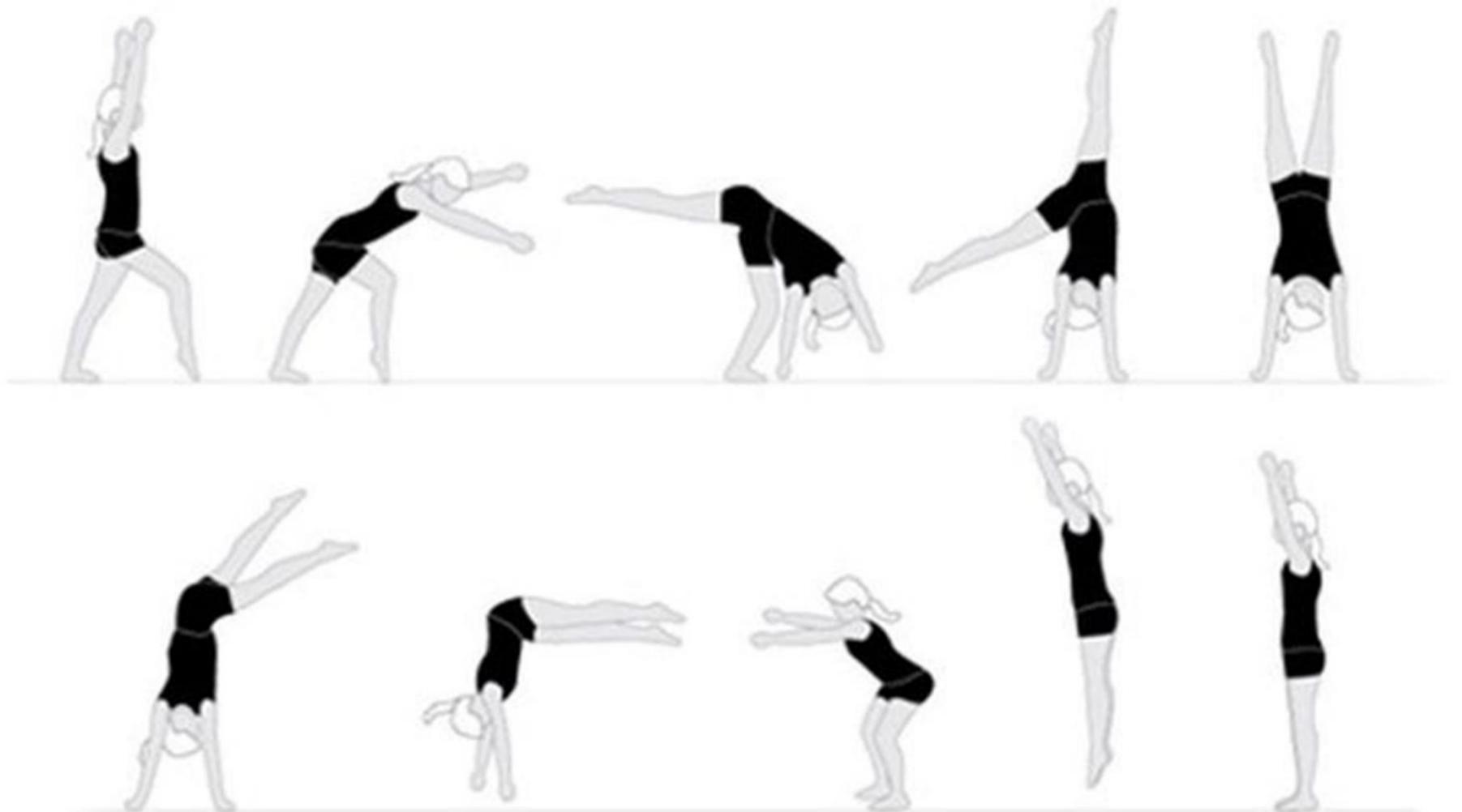
CARTWHEEL

A cartwheel is a gymnastics move where you rotate your body sideways in a horizontal plane, with one hand and then the other touching the ground as you move.



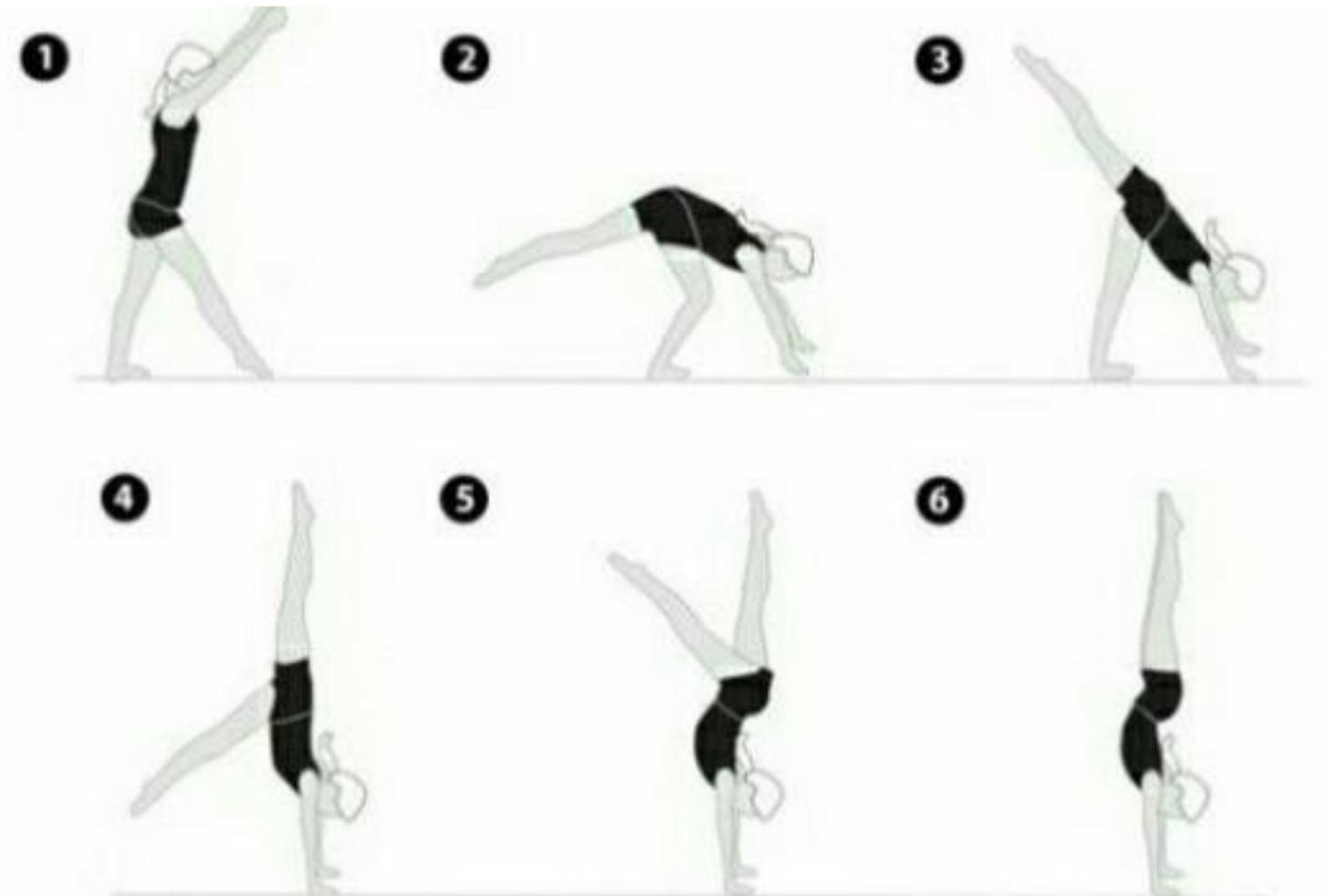
ROUND OFF

A roundoff is a gymnastics move similar to a cartwheel, but with a twist. Instead of landing one foot at a time, you land on both feet together, facing the opposite direction from where you started.



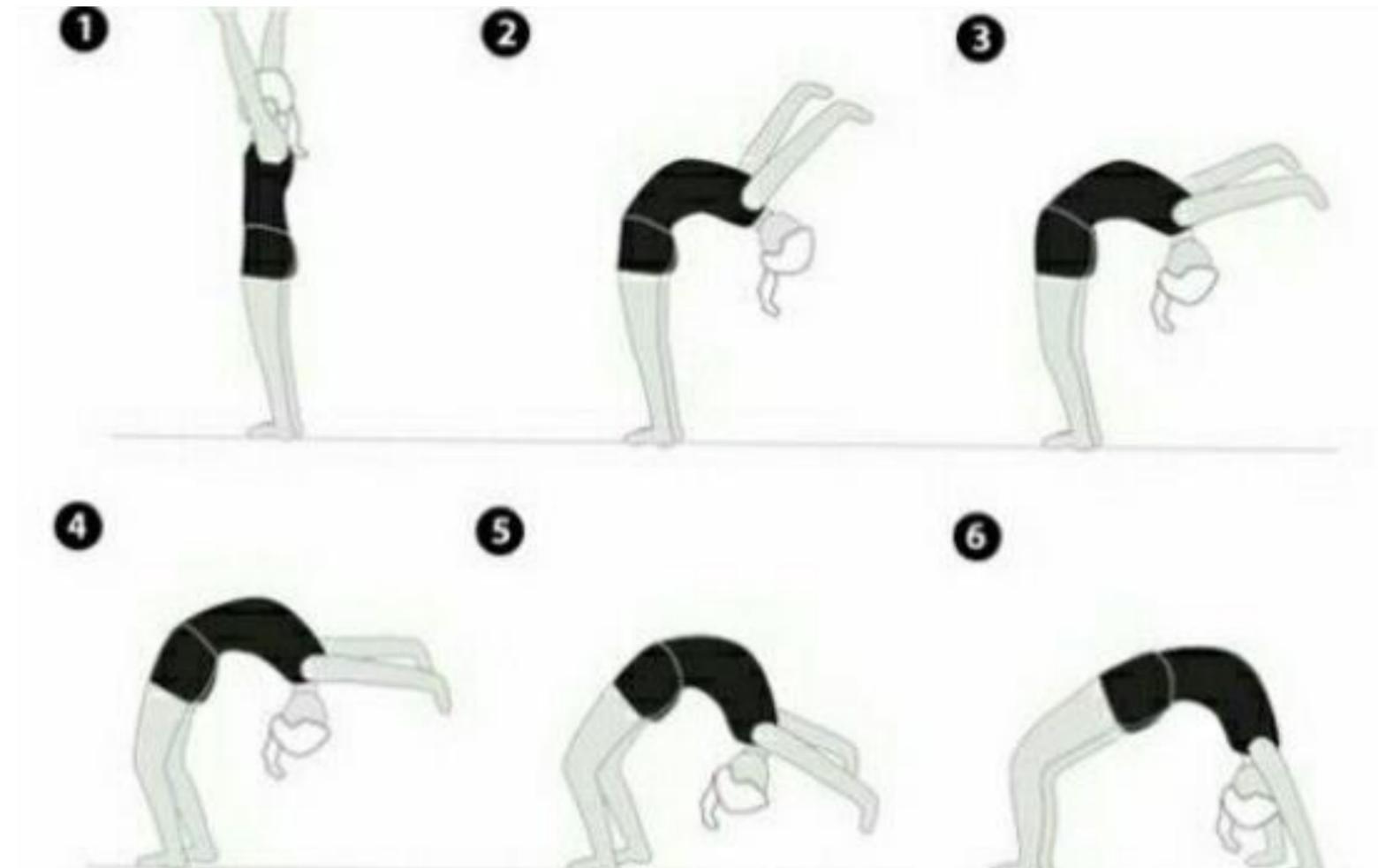
HANDSTAND

In a basic handstand, you hold your body upside down with your hands, keep your arms and legs straight and fully extended, with your hands spaced shoulder-width apart and your legs together.



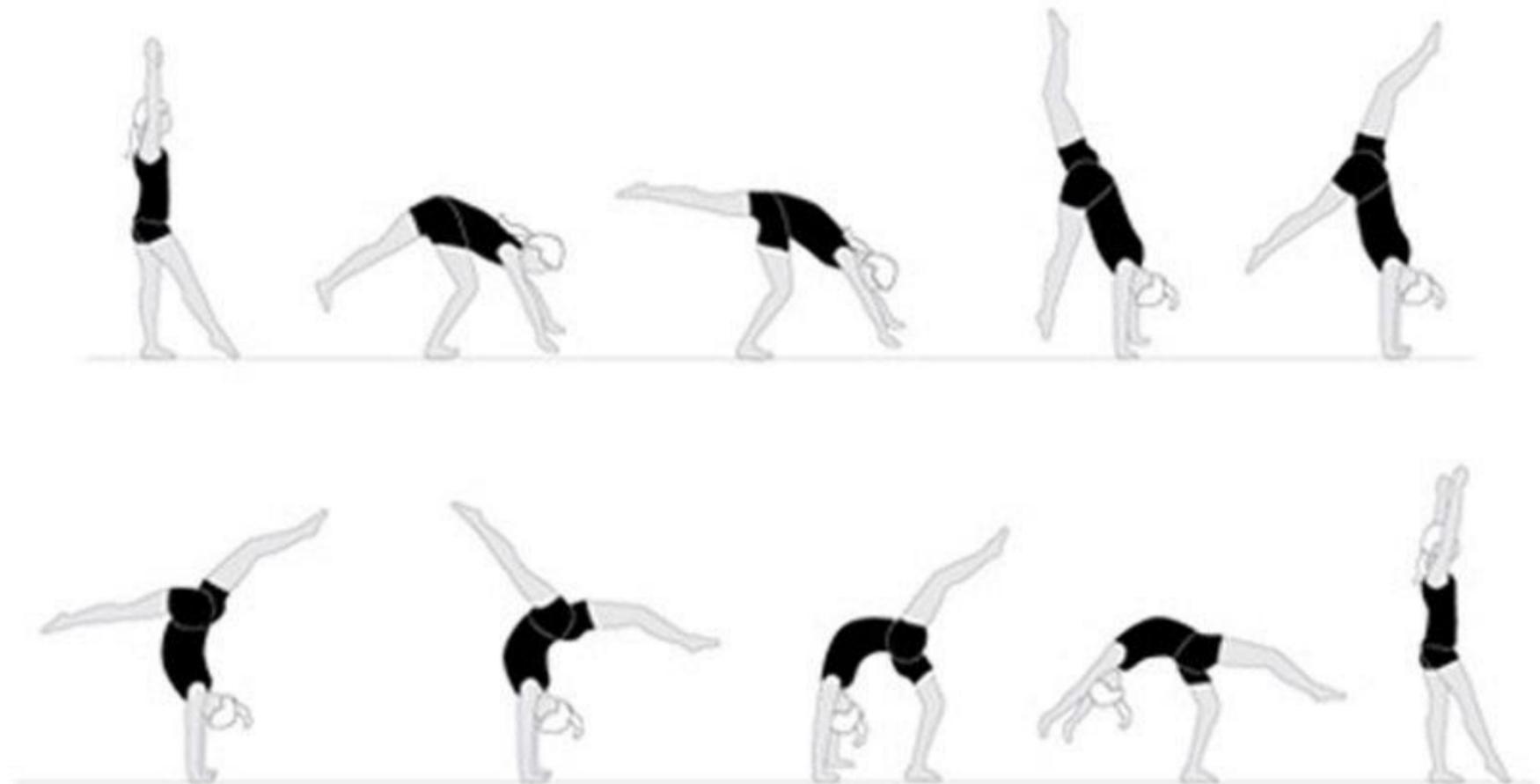
BACKBEND

A backbend is a gymnastics move when you start in a standing position with your knees straight, you arch your body backward until your hands touch the ground over your head.



FRONT WALKOVER

A front walkover is a forward gymnastics skill where you kick into a split handstand, arches your back, and transition into standing up on one foot while maintaining a split position.



BACK WALKOVER

A back walkover is a gymnastics skill where you begin in a standing position, lift one leg, and arch your back as you bend backward. You reach for the ground with your hands while maintaining a split position, then shift your weight over your hands and smoothly transition to land on your feet in a strong lunge.



FRONT HANDSPRING

A front handspring is a gymnastics move where a gymnast or individual propels themselves forward from a standing position, flips over their hands, and lands back on their feet.



BACK HANDSPRING

A back handspring is a gymnastics move where a gymnast flips backward, landing on their hands and then quickly pushing off to land back on their feet.





TEAM AUTOGRAPHS/CONTACTS

