



# Sienna Stallions Cheer Handbook

# 2024 CHEER HANDBOOK

## Sienna Stallions Football & Cheer Program Overview

### Program Information

The Sienna Stallions cheer program is an introductory platform to cheerleading. It focuses on positive teamwork and achieving team and personal goals, all in a family-friendly environment. Sienna Stallions practices each week on cheer and routines. The routines involve basic cheerleading and gymnastics skills, which each cheerleader enjoys learning. The team will compete in one competition in the Missouri City area, Cheer Extravaganza.

### Team Mission

Our mission is to train our athletes with integrity, discipline, respect, and encouragement, boosting their confidence and providing lifelong friendships and memory opportunities.

### Cheer Staff

Stallions Name	Stallions Title	Phone Number	Email Address
LaShawn Yelling	Cheer Director	305.803.9687	siennastallionscheer@gmail.com
Ashlyn Thomas	Head Coach	281.772.1805	
Tenille Hunter	Asst. Coach	913.378.6506	
Sienna Brown	Jr. Coach		
Makayla Brown	Jr. Coach		
Regina Justiniano	Jr. Coach		
Kensey Stone	Jr. Coach		
Celena Rivers	Team Mom		

## **Fort Bend Youth Football League**

2.1.1: "No participant may cheer in any other cheer program while participating in FBYFL Cheer Program during the regular FBYFL cheer season. Cheerleaders may practice with other cheer programs but not on the designated days of your organization's practice or FBYFL-sanctioned events. This includes all competitive cheer programs. Violation will result in the immediate suspension of the participant from further activities in the FBYFL for the remainder of the current season. In addition, the FBYFL Executive Board shall impose additional fines/penalties directly to the violating franchise".

### **Practice**

Practice will begin at 6:30 pm SHARP and end at 8:00 pm once school is back in session. **Please be on time to pick up your child.** Each practice will start with a warm-up. Being late to practice could injure the cheerleader if the athlete isn't there in time to warm up properly, and it's disruptive to the other cheerleaders. It also requires the coaches to repeat information, which wastes instructional time. If you know you will be late, please inform your coaches via the Sports Engine or GroupMe. Cheerleading is a team sport. It is vital to make every effort to attend all practices and games.

Our season is too short to re-teach and reformat cheers and dances for girls who do not show up. Regrouping a stunt is challenging when the girls become comfortable with their stunt partners. This is especially true with competitions and showcases. Please attend all practices. Practice uniforms must be worn at practice. Please wear a shirt loose and untucked. No jeans, dresses, flip-flops, crocs, cell phones, and hair must be pulled up in a ponytail. Shoes must be lightweight. Please refrain from wearing heavy shoes as they are not suitable for stunting practice. Please apply sunscreen and bug spray on your girls before they come to practice. **Also, ensure your girls go to the bathroom before practice begins.** Please arrive on time to escort your daughter to the restroom. This will minimize back-and-forth restroom breaks and loss of instructional time. A parent or available team mom will assist anyone who needs a restroom break. **No Jewelry or Make-Up**

### **Cheers & Routines**

- Each girl will learn a minimum of 20 cheers and chants.
- They will learn a minimum of 2 sideline dances.
- They will learn a pom, dance, and competition routine.
- They will learn basic tumbling, jumps, and stunts/pyramids.
- All the above will be performed at games, pep rallies, and competitions.
- Please reference **page # 6** for cheer chants and movements.

## **Game Uniform Guidelines**

Please see the listing below for game day uniform and other equipment:

- Uniform (shell and skirt)
- Socks
- Cheer shoes
- Game day bow
- Backpack
- Water bottle
- Poms
- Light snacks (Please do not bring anything that could melt, anything red, or get messy. Please refrain from giving the athlete extremely salty snacks or sugar snacks other than natural sugars.)

Cheerleaders will be dressed before the start of warm-ups. Ensure your cheerleader does not wear make-up or jewelry (religious necklaces or heirlooms are okay).

In October, cheerleaders will wear pink socks and a pink gameday bow to support Breast Cancer Awareness.

To care for the cheerleaders' uniform, it is best to hand wash it with light soap and water and hang it to dry.

## **Games**

Cheerleaders must be on time and in full uniform for each game day. They are assigned to either Team A, Team B, or Team C, which is determined by age and whether the cheerleader has a sibling on the football team. Report time is allotted for cheerleaders to use the restroom, stretch, and maintain their uniforms.

- Team A **8:15 am-10:30 am (leave after halftime performance)**
- Team B **10:15 am-1:30 pm (leave after halftime performance)**
- Team C **1:15 pm-4:30 pm (leave after halftime performance)**

Please google the address for **away** games to provide adequate driving time. If you, the parent(s), will not be staying to watch the girls cheer, please note that the stadiums are packed with friends, families, and community members. Please discuss a designated pick-up location and arrive 30 minutes before the end of the game. Please make sure you have an emergency form on file. Some games are played in the rain; however, the Cheer Director reserves the right to decide whether or not the girls will cheer.

## **Snack Time**

Parents provide snacks and water by signing up through the team's Sign-up Genie. Please select a date and the item(s) you want to purchase for the team. Bring the items to practice the Thursday before the game so the Team Moms can assemble the snack bags. You may provide your cheerleader with extra snacks or a light lunch. We ask that you do not give your cheerleader anything that could melt, anything red, or

get messy. Please refrain from providing the athlete with salty or sugar snacks other than natural sugars.

#### **Snack Items**

- Fruit (apples, orange slices, grapes) NO STRAWBERRIES (we have several athletes and coaches allergic to strawberries.)
- Salty (crackers, chips)
- Sweet (Fruit Roll-Ups, Fruit Snacks)
- Cookies (PM games) or Breakfast goods (Hostee muffins or something similar)

#### **Competition**

The Stallions Cheerleaders will participate in the FBYFL Extravaganza Competition. This year's theme is **“Caribbean.”** Cheerleading teams from all Fort Bend Youth Football League Franchises will come to compete. This competition allows all girls to showcase what they have been working on and learning throughout the season. All the girls will participate in the Extravaganza. Teams will compete for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in selected events and receive a trophy. The novice group will receive an award upon completion of their routine. The Sienna Stallions board pays for extravaganza registration for each member. Also, there will be a small cost for costumes for the competition. The price will likely not exceed \$50 per cheerleader—more detailed information for this event will be given later. Extravaganza will be held on November 17, 2024.

#### **Homecoming**

Homecoming is an annual tradition. There are week-long celebrations leading up to the homecoming game day. Typically, this involves spirited pep rallies and wearing themed outfits to practice. Team Moms will reach out as they prepare to make Homecoming memorable for the cheer team. Each family will be celebrated and appreciated by walking across the football field with their football player or cheerleader. Our homecoming theme will be the “Caribbean/Island” theme. If you would like to volunteer and help organize something for our girls, please let me or one of the coaching staff know.

**Homecoming Game: TBA**

#### **Volunteer Time**

For the organization to offer the athletes a quality cheer and football experience, we rely on the help of volunteers. The Stallions organization requests that ALL parents volunteer throughout the season, be it game monitors, chain gang, the game day set up and break down, announcing, concessions stand, and team moms. There are many opportunities to volunteer, and duties can be assigned according to your time requirements. Be on the lookout on the website for the page listed on the menu bar as “Volunteering.” You can sign up for slots there.

#### **Fundraisers**

Sienna Stallion cheer program will host a few team fundraisers.: “Fill the Bow,” each athlete asks families and friends to select a section of their cheer bow and donate that

amount. Next, we will conduct the “Double Good Popcorn” fundraiser. Lastly, we will have the Breast Cancer Awareness drive by collecting money at the admission gate for all home games.

Please select the link to learn more about this fun-fil event:

<https://www.doublegood.com/popup/>. Each fundraiser will allow the team to purchase additional uniform items, homecoming decorations, extravaganza props and outfits, and end-of-year banquets and gifts for athletes and coaches.

### **Potential Sponsor / Donor**

We utilize football and cheerleading programs to teach our children discipline, dedication, teamwork, and other skills to help them throughout their lives. “Sienna Stallions Youth Football, Inc.” is a 501 (c) (3) non-profit organization. Contributions and gifts can be made to the Sienna Stallions Youth Football, Inc., which are 100% tax deductible.

### **Breast Cancer Awareness Month**

National Breast Cancer Awareness Month (NBCAM) is an annual international health campaign. Beginning October 1<sup>st</sup> through October 31<sup>st</sup>, the cheer team will wear pink hair bows, pom poms, and socks for each game.

### **Stallions End of the Season Banquet**

More information will be announced for all Sienna Stallions athletes for the end-of-year banquet. We will ask parents to volunteer by setting up and tearing down the venue. Team Moms will coordinate the efforts for our banquet; more information will come soon.

Sincerely,

Ashlyn (Coach A) Thomas  
Head Cheer Coach

LaShawn Yelling  
Cheer Director

# Cheer Movements



## Beginning Stance

Stand up straight with your shoulders back, keep your head up and face forward. Your legs should be together with your feet facing forward. Your arms can either be straight and against your sides (with your palms in) or you can make a fist with your hands and place them on your hips.



## Arms Against Sides

Stand up straight with your shoulders back, keep your head up and face forward. Your legs should be just further than shoulder width apart with your feet facing forward. Position your arms tightly against your sides, keeping them straight and extending your fingers with your palms facing in.



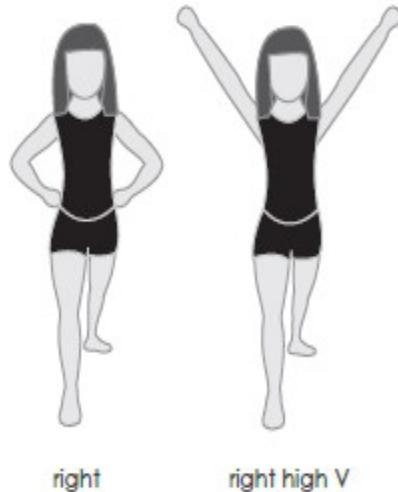
## Hands on Hips

Stand up straight with your shoulders back, keep your head up and face forward. Your legs should be just further than shoulder width apart with your feet facing forward. Make fists of both hands, and bring them up to rest on your hips or upper thighs. Your thumbs should be facing back and pointing down. Both elbows should be pointing outward.



## Side Hip

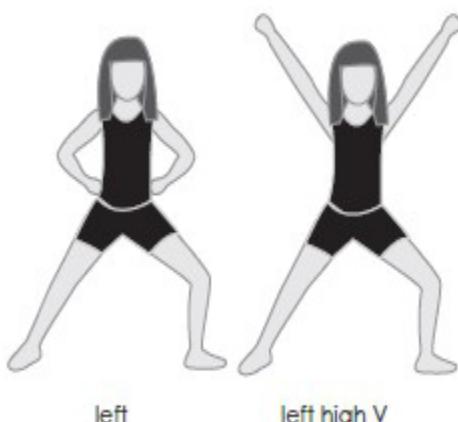
Stand facing to the side, then turn your upper body to face forward. Your inside arm (facing the back) will cross over your abdomen, and your hand will rest on the opposite hip. Your outside arm (facing the crowd) will rest over the other hand in a relaxed hand on hip position, with the elbow pointing out. Pull your outside leg up so that your knee is slightly bent and you are up on your toes.



### Front Lunge

Step forward with one foot and place that foot flat on the ground. Bend your forward leg slightly at the knee, while keeping your back leg straight. You can angle the back foot slightly away from your body to help keep your balance. Your body will respond to its position by dipping down slightly. Make sure that you move with that dip, but continue to stand straight with your shoulders back, your head up and your face forward.

Your arms can hit many motions while in the lunge stance, including hands on hips, a High V and a T motion. The front lunge can be done with either leg forward.



### Side Lunge

Your legs should be just further than shoulder width apart with your feet facing forward. Bend one leg at the knee, while at the same time turning that foot out and away from your body. You can angle the straight foot slightly away from your body on your other side to help keep your balance. Your body will respond to its position by dipping down slightly. Make sure that you move with that dip, but continue to stand straight with your shoulders back, your head up and your face forward.

Your arms can hit many motions while in the lunge stance, including hands on hips or a high V (both shown here). The side lunge can be done either to the left or right side.



### High #1

Stand up straight with your shoulders back, keep your head up and face forward. Turn one foot out and away from your body, bend that knee and come up on those toes while at the same time putting that hand on your hip. Your other arm (opposite arm of the bent leg) should go straight up into the air, in the touchdown motion, with all but the pointer finger in a fist. You can do a right or left High #1, just always make sure that the leg and arm that go up are opposites.



### Low #1

Stand up straight with your feet together and shoulders back. Keep your head up and face forward. Pull one foot up onto your toes by bending your knee while at the same time putting that hand on your hip. Keep the other foot flat on the ground and bring that arm into a dagger with all but the pointer finger in a fist. You can do a right or left Low #1, just always make sure that the leg and arm that go up are opposites.



### Clap

Bring your arms in tight to your body. Your elbows should be pulled in and pointed down, and your hands should be just below your chin. Bring your palms together, with your fingers facing up toward your chin. Your thumbs should be positioned on the side of your hands that is closest to your body.



### Clasp

Bring your arms in tight to your body. Your elbows should be pulled in and pointed down; your hands should be below your chin. Wrap your hands around each other so that your right knuckles are vertical, facing up toward your chin, and your left knuckles are horizontal, pointing out and away from your body. Your left thumb should be on top of your right thumb, and they should both be on the side of your hand that is closest to your body.



### High Clasp

Extend both arms straight up, and bring them in line with your body so that your arms touch your ears. Keep your hands wrapped around each other, in the clasp position. Your thumbs should be facing behind you.



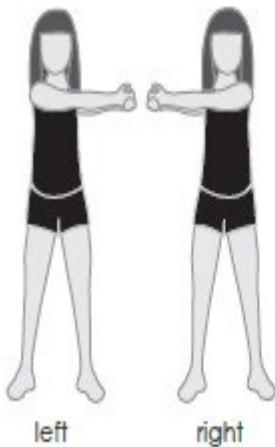
### Middle Clasp

From the clasp position, extend your arms straight out, away from your body. Keep your shoulders back and your head up. Your thumbs will be facing up toward the ceiling, and your fingers will be facing out in front of you.



### Low Clasp

From the clasp position, extend your arms straight down (similar to a low touchdown) and bring them in tight with your body. Arms should be in line with, but pulled slightly in front of the legs. Your thumbs will be facing out in front of you, and your fingers will be facing in toward your body.



### Side Clasp

Bring your arms and hands into a middle clasp position, and then pull one arm to the side so that it crosses your chest. Keep your arms at chest level; don't drop them down. This can be done to the left or right.



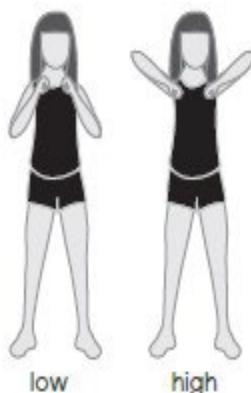
### High V

Extend your arms upwards and at a 45-degree angle from your head with your hands in fists. Keep your thumbs facing out and your pinkies facing back.



### Low V

Extend your arms downwards and at a 45-degree angle from your body with your hands in fists. Keep your thumbs facing out and your pinkies facing back.



### Broken V

For a Low Broken V, start in the Low V position. Then bend your elbows up and in, bringing your fists below your chin. Your pinkies should be facing out. Your elbows should point down and away from your body.

For a High Broken V, start in the High V position. Then bend your elbows down and in, bringing your fists to rest just below your shoulders. Your pinkies should be facing out, and your elbows should continue to point out and away from your body.



### Half T

Extend your arms from your shoulders so that they are parallel with the ground, like for a T, but bend both arms at the elbows and bring them in toward your shoulders so that your forearms are facing up. Keep your hands in fists, pulled tight into your shoulders and don't bring your arms forward. Your pinkies will be facing out and your thumbs will be facing your shoulders.



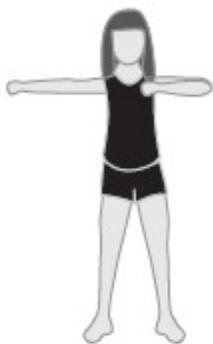
### Tabletop or Daggers

Bend your elbows and bring your arms in tight to your body. Your elbows should be pulled in and pointed down, and your hands should be just below your chin. Keep your hands in fists, with your fingers facing in and your knuckles facing out. Your thumbs will be toward your body, and your pinkies will be away from your body.



### Punch

Extend one arm straight up (into the Touchdown position). The other arm is resting on the hip, with the hand in a fist. That elbow should be pointing to your side. The punch can be done as a right punch or left punch. The arm in the Touchdown position determines which move it is (if the right arm is in a Touchdown, it is a right punch).



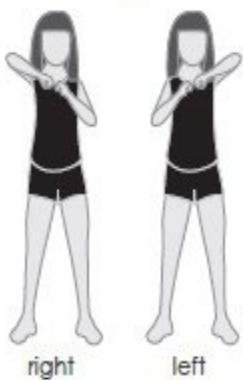
### Bow & Arrow

One arm is extended in a T position, and one arm is in a Half T position. This motion can be done as a right or left motion. The arm that is in the T position determines which motion it is (when the right arm is in a T, it is a Right Bow and Arrow).



### Diagonal

One arm is extended in a High V motion, and one arm is in a Low V motion. This motion can be done as a right or left motion. The arm that is in the High V position determines which motion it is (when the right arm is in a High V, it is a Right Diagonal).



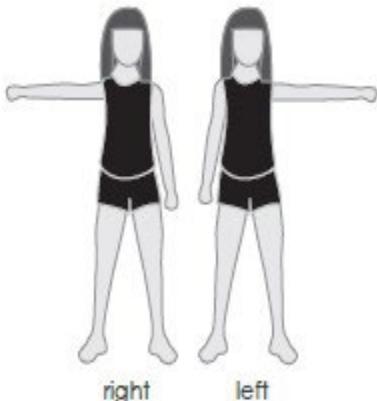
### Broken Diagonal

From the Half T position, angle one elbow up and out while simultaneously angling the other elbow down and in. Your fists should stay at chest level. This move can be done as a left or right motion. The arm that goes up will determine which direction the move is.



### L

Extend one arm into a Touchdown motion, and the other into a T motion. This motion can be done as a right or left motion. The arm that is in the T position determines which motion it is (when the right arm is in a T, it is a Right L).



### Low L

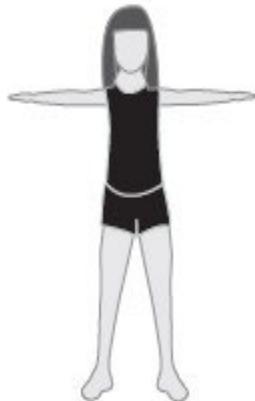
Extend one arm into a Low Touchdown motion, and the other arm into a T motion. The arm that is in a T, determines which move it is.



right

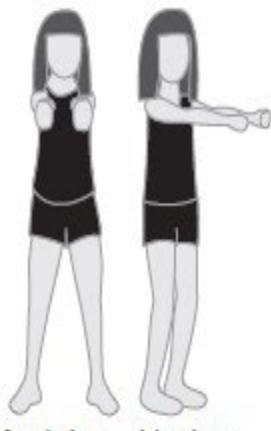
## K

Extend one arm into a High V motion, while the other arm holds a Low V position but is crossed over your body. This motion can be done as a right or left motion. The arm that is in the High V position determines which motion it is (when the right arm is in a High V, it is a Right K).



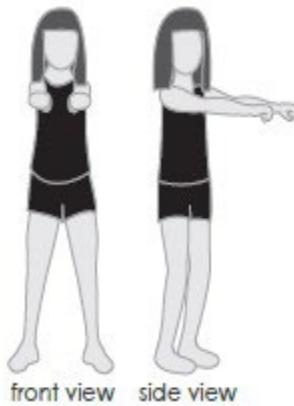
## Blades

This motion is similar to the T motion, but instead of putting your hands into fists, they should be in blades. In the blade position, your hands are open and your fingers are straight and together, with your palms facing down and your pinkies facing back.



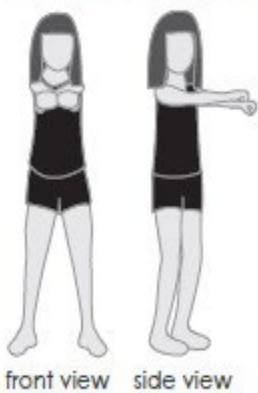
## Candlesticks

Extend both of your arms straight out in front of you and hold them chest level and parallel to the ground. Your hands should be in fists, with the insides facing each other so that your thumbs are on top and your pinkies are on bottom. Your thumbs should wrap around your fingers, not rest on top of them. As always, keep your head up, facing forward and your shoulders back.



### Buckets

Buckets are essentially the same as Candlesticks, except that the fingers of your fists should face down toward the floor.



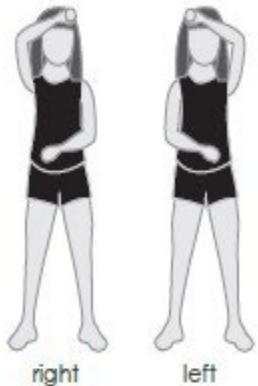
### Cross Buckets

From the basic Buckets position, cross one arm over your other at the wrist. You don't want to push the 'cross' up the arm at all. Keep it tight by making sure that your wrists continue to rest on top of each other.



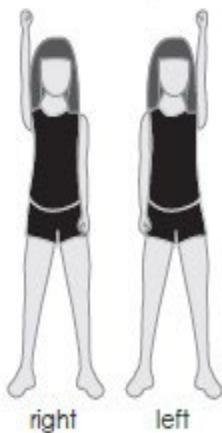
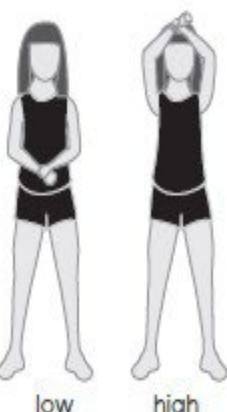
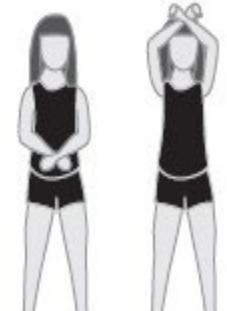
### Muscles

From the T motion, rotate your arms so that the fingers of your fist face upwards. Then, bend both arms so that your forearms are vertical, facing up. The fingers of your fists should be facing in toward your head. Do not pull your arms in toward your chest. Keep your head up and your shoulders back.



### S

For a Right S, pull your right arm into a Touchdown motion, then bend your elbow so your forearm moves in toward your head and rests diagonally in front of your forehead. Your hand will be in a fist, and your fingers will be facing out and away from your face. Drop your left arm into a Low Touchdown then bend your elbow so your forearm moves in toward your body and rests diagonally in front of your stomach. Your hand will be in a fist with your fingers facing in toward your body. For a Left S, your left arm goes up, your right goes down.



## O

For a High O, pull both arms straight up into a Touchdown, then bend your elbows so that both forearms angle in toward your body, above your head. Cross your left arm in front of your right arm at the wrists, then open your right fist and wrap your fingers around the back of your left wrist. Keep your left hand in a fist, with your fingers facing out. Make sure to hold your motion at your wrists to keep it tight.

For a Low O, you'll pull your arms down and your right fingers will wrap around the front of your left wrist. Your left hand will be in a fist with your fingers facing in toward your body.

## X

For a High X, pull both arms straight up into a Touchdown, then bend your elbows so that both forearms angle in toward your body, above your head. Cross your right arm in front of your left arm at the wrists. Keep your hands in fists, with your fingers facing out. Make sure to hold your motion at your wrists to keep it tight.

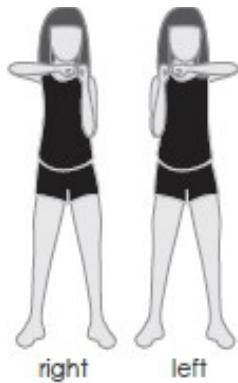
For a Low X, you'll pull your arms down and cross your right wrist in front of your left wrist. Your hands will be in fists with your fingers facing in toward your body.

## Low X Extension

From the basic Low Touchdown position, cross one arm in front of the other. Keep the cross tight by making sure that your front arm is resting on your back arm at the wrist. Either arm can cross in front, a team just needs to communicate which arm they expect everyone to use in front.

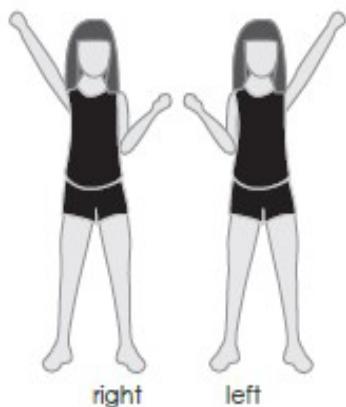
## Scissors

One arm should go into a Touchdown motion, while the other arm goes into a Low Touchdown motion. Your hands will be in fists with the thumb of your raised hand facing behind you and the thumb of your lowered hand facing outward and away from your body. Scissors can be done as a right or left motion. The arm in the High Touchdown motion determines which move it is.



### Corners

One arm should go into a Half T motion, but you should pull your arm in so that your fist is under your chin. Your pinkies will be facing out and your thumbs will be facing your shoulders. Your other arm should go into a Dagger motion, but you should rotate your fist so that your pinkies are facing out. Corners can be done as a right or left motion. The arm in the Half T motion determines which move it is.



### Check

Extend one arm into a High V motion, keeping your thumbs facing out and your pinkies facing back. The other arm should go into a position similar to the Low Touchdown motion, but instead of pointing your fist down, you should bend your elbow so that your forearm is pointing away from your body at a 45 degree angle. Your fist should have fingers up, with your thumb facing back. Check can be done as a right or left move. The arm in the High V motion determines which move it is.



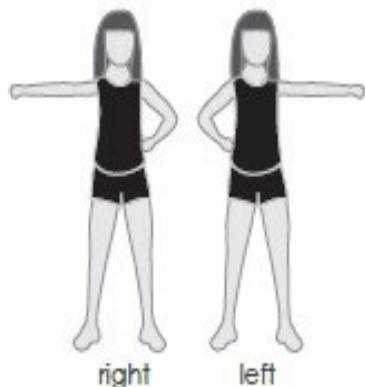
### Genie

From the basic Blade motion, bend one arm in toward the middle of your chest so that your thumb is closest to your body. Next, do the same with the other arm, but rest the second arm lightly on top of the first one. The tips of your fingers should line up with the elbow of the opposite arm. Either arm can rest on top, so a team needs to be sure to communicate which arm should be on top.



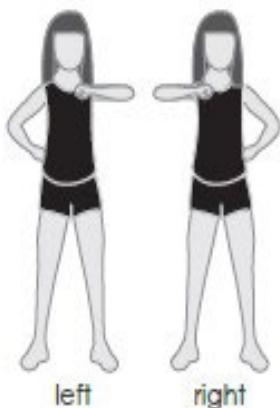
### Dagger X

From the basic Daggers position, cross one arm in front of the other. Your fists should stay just below chin level. Keep the cross tight by making sure that your front arm is resting on your back arm. Either arm can cross in front, a team just needs to make sure that they are clear about which they will be using.



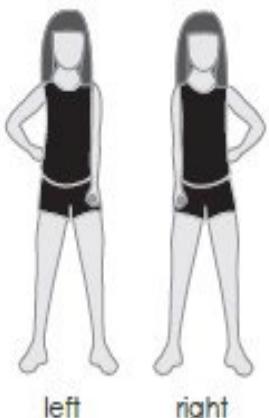
### T, Hand on Hip

From the basic T motion, bend one arm and bring your fist to rest on your hip. This move can be done as a left or right motion. The arm that stays in the T position will determine which direction the move is.



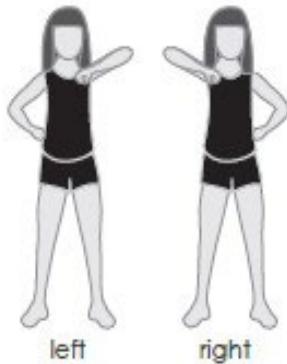
### Half T, Hand on Hip

From the basic Half T position, bring one arm in and rest your fist on your hip. This move can be done as a left or right motion. The arm that stays in the Half T position will determine which direction the move is.



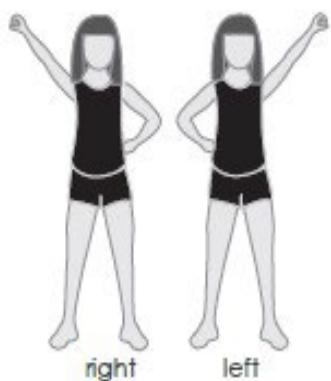
### Low Touchdown Hip

From the basic Low Touchdown motion, bend one arm up and in, and bring your fist to rest on your hip. This move can be done as a left or right motion. The arm that stays in the Low Touchdown position will determine which direction the move is.



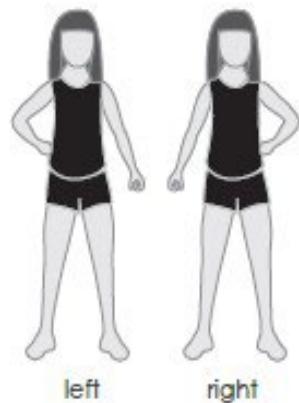
### Broken V, Hand on Hip

For this combination, bring one arm into a High Broken V and the other into Hands on Hips. This move can be done as a left or right motion. The arm that stays in the High Broken V position will determine which direction the move is.



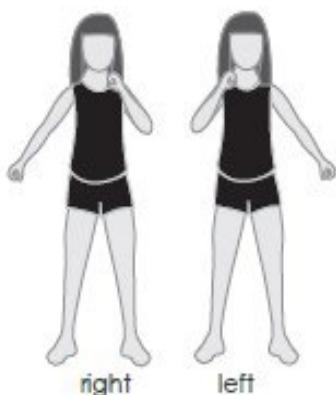
### High V, Hand on Hip

For this combination, bring one arm into a High V and the other into Hands on Hips. This move can be done as a left or right motion. The arm that stays in the High V position will determine which direction the move is.



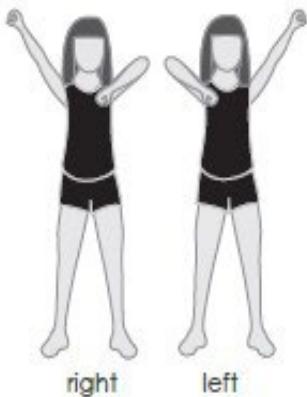
### Low V, Hand on Hip

For this combination, bring one arm into a Low V and the other into Hands on Hips. This move can be done as a left or right motion. The arm that stays in the Low V position will determine which direction the move is.



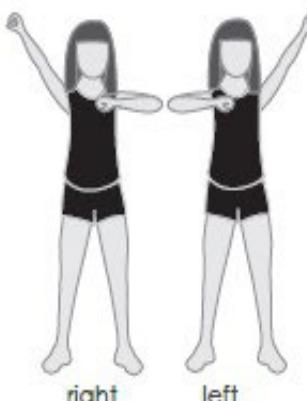
### Low V, Broken V

For this combination, bring one arm into a Low Broken V and the other into a Low V. This move can be done as a left or right motion. The arm that stays in the Low V position will determine which direction the move is.



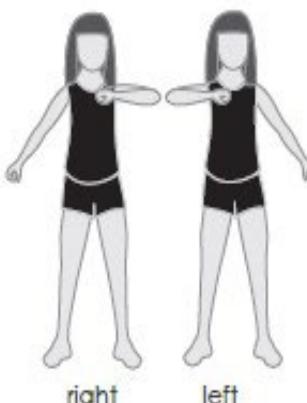
### High V, Broken V

For this combination, bring one arm into a High Broken V and the other into a High V. This move can be done as a left or right motion. The arm that stays in the High V position will determine which direction the move is.



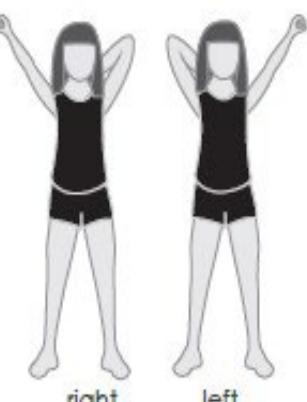
### Half T, High V

For this combination, bring one arm into a High V and the other into Half T. This move can be done as a left or right motion. The arm that stays in the High V position will determine which direction the move is.



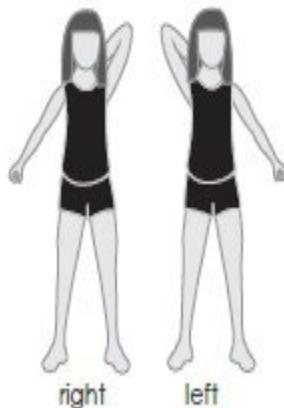
### Half T, Low V

For this combination, bring one arm into a Low V and the other into Half T. This move can be done as a left or right motion. The arm that stays in the Low V position will determine which direction the move is.



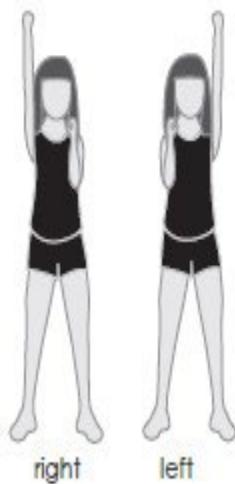
### High V, Back Broken V

For this combination, bring one arm into a High V and the other into a modified High Broken V where your hand is placed behind your head instead of in front of your chest. This move can be done as a left or right motion. The arm that stays in the High V position will determine the direction of the move.



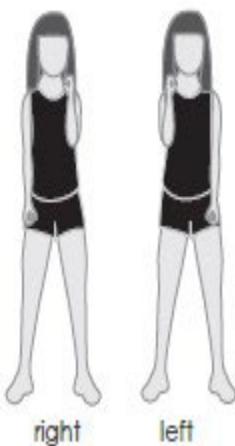
### Low V, Back Broken V

For this combination, bring one arm into a Low V and the other into a modified High Broken V where your hand is placed behind your head instead of in front of your chest. This move can be done as a left or right motion. The arm that stays in the Low V position will determine the direction of the move.



### Touchdown Daggers

For this combination, bring one arm into a Touchdown position and the other into a Dagger position. This move can be done as a left or right motion. The arm that stays in the Touchdown position will determine the direction of the move.



### Low Touchdown, Daggers

For this combination, bring one arm into a Low Touchdown position and the other into a Dagger position. This move can be done as a left or right motion. The arm that stays in the Low Touchdown position will determine the direction of the move.

# Stunt Group Positions

Back  
spot

Base

Flyer

Base

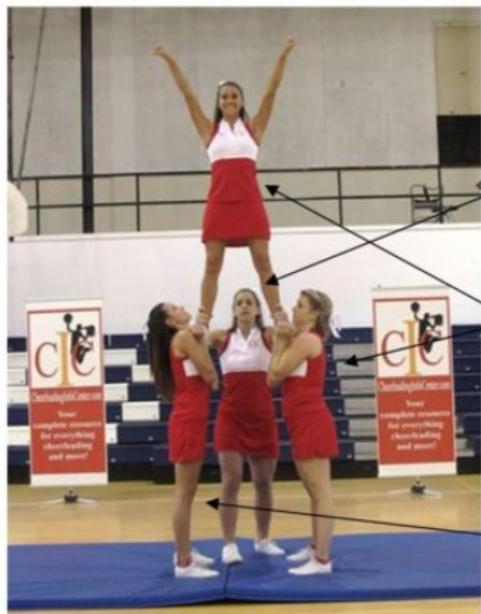


Back  
spot

Base

Flyer

Base



### Stunting Tips:

Stunting, the most exhilarating part of cheerleading, is also a ton of fun. Here are some tips to ensure your stunting experience is not just safe, but also fantastic!

**NEVER STUNT WITHOUT A SPOTTER!**

**NEVER try a stunt that you are not ready for – Perfection before Progression!!!**

Always pay attention to your group when you are stunting. Never start the stunt when someone is not ready.

Remember, technique is **EVERYTHING!!!**

When you are starting, make sure you select your stunt positions based on body size. For example, if you have a tall athlete, they would be an excellent spotter. If you have a tiny athlete, they should be your first flyer.

Initially, when your athletes are still learning proper technique, it's crucial to assign positions based on body size for safety. As your team progresses and everyone masters the technique, you can start assigning positions based on skill.

No laughing or fooling around during stunt time. Generally, if someone is playing around during your stunt practice and not paying attention, they should sit out and not participate. **SAFETY FIRST!**

No extra talking during stunt class. Talking should be kept to giving cues to your stunting partners.

## Cheer Competition Tips:

- Pack your patients! We may have an early report time and must wait a few hours for the event to start.
- Do not forget your uniform and costume. Prepack the night before.
- Bring the family. This is your cheerleader's big day; let her have her own support squad.
- Bring the noise!! Ensure to bring enthusiasm and all noise makers to show Stallion Pride.
- No matter the outcome, reframe from any conflicts. Some teams take the cheer competition seriously and may want to engage in conflict.
- Lend a hand. We will need volunteers to help with costumes and props.
- Support- Support- Support....did I mention support?!

The FBYFL Cheer Extravaganza, a showcase of our talented cheerleaders, is a unique experience. If you're new to cheering competitions, here's what to expect. Our day kicks off early with a mandatory check-in at the venue. This early start is crucial for a smooth event, so please be **punctual**. Once everyone is checked in, we'll make announcements, and possibly some presentations, before the main event begins.

There will be 14 teams competing in various categories. After each category, an award presentation will announce the winners of first through third place. We ask that you support our teams by wearing the event theme. The Novice participants will be awarded a trophy for their performance. Once their performance is completed, you may pick up your cheerleader.

The remaining cheerleaders will await their turn to perform in our chosen category. While waiting for their turn, cheerleaders will be fed. Cheerleaders may bring a light snack, nothing too sweet or salty. Lastly, to make this an enjoyable experience for our cheerleaders, we ask you to support them to the fullest and enjoy the show.

## Uniforms



### **Another One**

We want another one just  
like the other one  
We like that, we like that  
(3x)

### **Attack**

A-TT-A-CK the Stallions  
are back  
A-TT-A-CK the leader of  
the pack  
A-TT-A-CK attack, attack,  
attack (3x)

### **Hey, What Do You Say**

Hey, what do you say  
Gold and white  
Gold and white  
Hey, what do you say  
Stallions fight  
Stallions fight

### **Control**

Stallions are ready, ready  
Stallions are smooth,  
we're smooth  
Stallions will take control  
and run right over you (3x)

### **Fired Up**

Fired up, fired up  
Fired up and up and up  
and up and up (3x)

### **Color Shout**

What about what about  
what about our color  
shout  
Gold Gold Gold  
White White White  
Fight! (3x)

### **Who Rocks The House**

Who rocks the house  
We say the Stallions rock  
the house and when the  
Stallions rock the house  
they rock it all the way  
down

### **Rowdy**

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

### **Power**

P-PO-POWER, we got  
power  
Wooo-Stallions power  
Say it, say it, say it (3x)

### **You Got The Ball**

You got the ball  
We want the ball, hey  
Defense, Defense (3x)

### **Stomp and Shake It**

Stallions fans  
We wanna see you  
Stomp and Shake it (3x)

### **Hot To Go**

H-O-TT-O-G-O  
The Stallions are hot to  
go  
Whoop, hot to go  
I said, whoop, whoop hot  
to go (3x)

### **Give Me a “G”, Give Me AN “O”**

Give me a G, G  
Give me an O, O  
Give me a G give me an O  
Give me a GO, Stallions,  
GO! (3x)

### **Take That Ball Away**

T to the A to the K to the E  
Take that ball away (3x)

### **Hey, Hey**

Hey, hey go fight win  
Hey, hey till the end  
Hey, hey go fight win  
Until the very end (3x)

**Ain't No Competition**

Ain't no competition  
Like the real competition  
Cause the real  
competition  
Is Sienna- Stallions (3x)

**Hustle Get To It**

Hustle, get to it  
Stallions  
Just do it (3x)  
**STALLIONS**

**YELL**

Y-E-L-L everybody yell  
Let's go Stallions (3x)

S-T-A-L-L-I-O-N-S  
Let's go Stallions (3x)

**Let's Get Physical**

Stallions, get physical  
Get rough, get tough, get  
mean  
Stallions, get physical  
And roll right over that  
team (3x)

Gold and white  
Gold and white (3x)

**Spirit**

SPI-RIT  
Spirit, spirit, let's hear it  
(3x)

**Can You Feel It**

Can-You-Feel-It! Hey  
That Stallions spirit hey  
You gotta move it to the  
left  
Move it to the right  
Get with it, hey! (3x)

# Game Day Checklist

- Uniform (Shell, Skirt, Socks, Gameday Bow)
- Back pack
- Water bottle
- Pom-Poms (2)
- White cheer sneakers
- Sunscreen
- Snack (Additional )
- Bug spray
- Medication (If needed)



## GAME SCHEDULE

**09/07/2024 (AWAY)**

**WEEK 1**

GATORS vs STALLIONS  
ELIN PARK 3242 FARMER RD  
RICHMOND, TX 77406



**09/14/2024 (HOME)**

**WEEK 2**

STALLIONS vs STEERS  
RIDGEPOINT HIGH SCHOOL  
500 WATERS LAKE BLVD  
MISSOURI CITY, TX 77459



**09/21/2024 (HOME)**

**WEEK 3**

STALLIONS vs BRONCOS  
RIDGEPOINT HIGH SCHOOL  
500 WATERS LAKE BLVD  
MISSOURI CITY, TX 77459



**9/28/2024 (HOME)**

**WEEK 4**

STALLIONS vs RAIDERS  
RIDGEPOINT HIGH SCHOOL  
500 WATERS LAKE BLVD  
MISSOURI CITY, TX 77459



**10/5/2024 (AWAY)**

**WEEK 5**

HURRICANES vs STALLIONS  
3242 FARMER ROAD  
RICHMOND, TX 77406



**10/12/2024 BYE WEEK!!!**

Relax and Take it Easy!



**10/19/2024 (AWAY)**

**WEEK 6**

STALLIONS vs STALLIONS  
RIDGEPOINT HIGH SCHOOL  
500 WATERS LAKE BLVD  
MISSOURI CITY, TX 77459



**10/26/2024 (AWAY)**

**WEEK 7**

COWBOYS vs STALLIONS  
Harlem Rd Park  
701 Harlem Road  
Richmond, TX 77469



**11/2/2024 (HOME)**

**WEEK 8**

STALLIONS vs SAINTS  
RIDGEPOINT HIGH SCHOOL  
500 WATERS LAKE BLVD  
MISSOURI CITY, TX 77459

