

Chant

Defense

XYZ

Words

Motions

Repeat 3x

Chant

Either

AHS Let's Go

Words	Motions
A-	Candlesticks.
H-	Right Touchdown Left low touchdown.
S	Swing arms to Left touchdown. Right low touchdown.
Let's	Candlesticks.
Go	Right High V. Left hand on hip.
Pause.	Clasp, clasp, clasp.

Repeat 3x

Chant

Either

All The Way

Words	Motions
All the way	Clasp. Run with pointed toes touching ground.
All the way	Clasp. Run with pointed toes touching ground.
Pause.	Candlesticks. Bend knees.
Pause.	High Touchdown. Right foot in front. On tip toes.
Go Eagles!	Moved arms down to Low V. Right foot in front. Knees bent.

Repeat 3x

Chant

Either

Chitty Chitty Bang Bang

Words

Motions

Chitty	Left hand at side. Right elbow at waist. Right hand circle like a helicopter and end in a clap.
Chitty	Hold.
Bang	Right hand at side. Left elbow at waist. Left hand circle like a helicopter and end in a clap.
Bang	Hold.
Watch the	Left hand at side. Right elbow at waist. Right hand circle like a helicopter and end in a clap.
Eagles	Hold.
do their thing	Right hand at side. Left elbow at waist. Left hand circle like a helicopter and end in a clap.
They're up	Left hand on hip. Right High V with finger pointed.
They're down	Left hand on hip. Right cross over to left side of body with finger pointed.
They're all around	Jump in circle to the left. Right elbow at waist. Right hand circle like a helicopter.
Stomp the (<u>opponent</u>) in the ground	Hands on hip. Lunge right.
Pause.	Clap.

Repeat 3x

Chant

Either

Fire Up (AHS Version)

Words	Motions
Fire	Low V. Legs apart.
Up	Right hand across front of body in fist. Left hand across back of body in fist.
Ea-	Low V.
gles	Left hand across front of body in fist. Right hand across back of body in fist.
Fire	Candlesticks.
Up	Right touchdown. Left hand on hip.

Repeat 3x

Chant

Either

Front to Back, Left to Right

Words

Motions

Front to back

Left hand on hip.

Right hand forward, then swing back.

Left to right

Left hand on hip.

Right hand point at an angle left, then right.

Come on Eagles

Clap 3 times.

Fight, fight, fight!

Throw your fist up.

Repeat 3x

Chant

Either

Go Big Blue, Let's Go!

Words	Motions
Go	Low V. Right foot in front. Knees bent.
Big	Candles sticks. Feet together.
Blue.	Arms at side in fists. Bend knees.
Let's Go!	High V. Legs apart.
Pause.	Slap legs. Clasp.
Pause.	Clasp, Clasp.

Repeat 3x

Chant

Either

Go, Go, Get'em Get'em

Words	Front Line Motions	Back Line Motions
Go	Left High V. Right hand down in middle of body. Legs apart. Bend knees.	Pause.
Go	Right High V. Left hand on hip. Straighten legs.	Pause.
Get'em	Pause.	Left High V. Right hand down in middle of body. Legs apart. Bend knees.
Get'em	Pause.	Right High V. Left hand on hip. Straighten legs.
Eagles!	Right Touchdown. Left hand on hip. Bend knees.	Right Touchdown. Left hand on hip. Bend knees.

Repeat 3x

This is a front and back row chant.

Chant

Either

Go, Go, G-O, Go Allen Go

Words

Motions

Go, Go	Left K. Lunge left.
G-	Broken T.
O	T.
Go	Right Touchdown. Left Candlestick.
Allen	Left Low touchdown. Right Candlestick.
Go!	High V.

Repeat 3x

Chant

Either

Hey, Hey, What do you Say

Words

Motions

Hey	Left candlestick. Right High V.
Hey	Right candlestick. Left Low V.
What do you	Left hand on hip. Right Low V.
say	Pulse to Right Low V.
Blue	Swing Right arm around.
&	Right Low V. Point Right foot over left.
White	Left High V. Right hand on hip.

Repeat 3x

Chant

Either

Let's Go Big Blue, Let's Go

Words

Motions

Let's	Start running with left leg toes touching ground. Right low touchdown. Left hand on hip.
Go	Right Touchdown.
Big Blue	Swing right arm backwards ending in right touchdown.
Let's	Bend right arm back at elbow. Jump feet apart.
Go	Right touchdown.

Repeat 3x

Chant

Either

Let's Go Eagles

Words	Front Line Motions	Back Line Motions
Let's Go	Right Low V. Left hand on hip.	Right High V. Left hand on hip.
Eagles	Left High V. Right hand on hip.	Left Low V. Right hand on hip.
Let's Go	Low V.	High V.
Pause.	Clasp.	Clasp.

Repeat 3x

This is a front and back row chant.

Chant

Either

Red, Blue, and White, Come on Eagles Let's Fight

Words	Motions
Red	Left hand on hip. Right arm over body in fist.
Blue	Right broken T. Left T.
White	Right High V. Left hand on hip.
Pause.	Clasp.
Come on	Right hand on hip. Left arm over body in fist.
Eagle's	Left broken T. Right T.
Let's Fight	Left High V. Right hand on hip.

Repeat 3x

Chant

Either

Rowdy (AHS Version)

Words	Motions
Let's	Clasp. Step with right foot.
get	Clasp. Step with left foot.
a little bit	Clasp. Step with right foot.
Rowdy	Clasp. Step with left foot.
R-	Right hand on leg. Left arm reach over body in air. Hand facing down.
O-	Bright right hand up to slap left hand. Bring left hand down to slap right hand.
W-	Right hand on leg. Left arm reach over body in air. Hand facing down.
Pause.	Right hand on leg. Left hand on leg.
D-	Bright left hand up to slap right hand. Bring right hand down to slap left hand.
Y	Stand Clean.

Repeat 3x

Chant

Either

SPIRIT

(SP – IR – IT, Spirit, Let's Hear It!)

Words	Motions
S-P	CLASP on "S".
I-R	CLASP on "R".
I-T	Hold
SPIRIT	Daggers in front of chest.
LET'S HEAR IT!!!!	Right lunge, arms in high "V".

Repeat 3x

Chant

Either

The Beat

Words	Motions
Clap your hands, and stomp your feet	Clap your hands and stomp your feet (bouncing and clapping - clap, clap-clap)
And get into the rhythm of the Eagle beat	And get into the rhythm of the Eagle beat (bouncing and clapping - clap, clap-clap)
Clap your hands, and stomp your feet	(Jump/turn - now facing right; then clap, clap-clap)
And get into the rhythm of the Eagle beat	(do 3 more times so make complete circle)
Go Fight Win!	Then facing front again (stomp, stomp, clap; stomp, stomp, clap) (4x total)

Repeat 3x

Chant

Either

We're Big

Words	Motions
We're big	Legs bent. Muscle arms down.
B-I-G	Hold.
And we're	Stand up.
bad	Muscle arms up.
B-A-D	Hold.
and we're boss	Point to crowd with right finger.
B-O-S-S	Shake finger at crowd.
B-O-S-S	Shake finger at crowd.
boss!	Point to crowd with right finger.

Repeat 3x

Chant

Either

Win

Words	Motions
W-	Face left. Arms in front of body. Hands clasped together. Left leg in front. Legs apart.
I-	Arms behind head. Hands clasped together.
N	Stand clean.
Pause.	Clasp.
Do it	Group 1: Right High V. Legs apart. Groups 2 & 3: Hold to Side.
Eagles	Group 1: Hold position. Group 2: Right High V. Legs apart. Group 3: Hold to Side.
Let's Win!	Groups 1 & 2: Hold position Group 3: Right High V. Legs apart.

Repeat 3x

This is a 3 part chant. Break your squad into 3 groups right to left. They will do the same motions at the same time until, "Do It Eagles Let's Win". On those last words, group 1 will hit the position on Do I, group 2 on Eagles and Group 3 on Let's Win.

Chant

Either

Yell it Louder Now

Words	Motions
Yell	High V. Legs apart.
it	Left hand in front of body. Right hand behind body. Bend Knees.
louder	Right hand in front of left.
Now	T.
Let's go	Clasp, clasp.
Eagles!	Right Touchdown. Left hand on hip.

Repeat 3x

Chant

Offense

Offense (AHS Version)

Words	Motions
O-	Low touchdown. Legs apart.
F-	Candlesticks.
F-	High V.
E-	Candlesticks at shoulder level.
N-	Low V.
S-	Clasp hands in front of body.
E	Low V.
Go	Slap legs twice.
Offense	Clasp.
Go!	Right touchdown. Left hand on hip.

Repeat 3x

Chant

Offense

Touchdown

Words	Motions
We	High V. Right leg in front. Legs apart. Knees.
Pause.	Swing arms front landing back in a High V. Straighten knees.
We want	Hold High V.
Pause.	Clasp.
a touchdown	Left arm to right. Right arm behind. Jump out and together.
Eagles!	Switch arms.

Repeat 3x

Chant

Defense

Hold That Line

Words	Motions
Big	High V.
Blue	Roll arms ending in Low V.
Hold that	Cross arms in front of chest in X Right over left in fists.
line	T.
Defense	Clasp, clasp.
one more	Hands clasped down, head down.
time!	Right Touchdown. Left hand on hip. Head up.

Repeat 3x

Stomp! Pump it Up!

Words	Motions
Stomp!	Step Right. Clap.
Pump it	Left hand on hip. Hop right. Pump right hand up with palm facing crowd.
up!	Left hand on hip. Hop right. Pump right hand up with palm facing crowd.
Defense	T.
Pause.	Clasp.
Get tough!	Touchdown.
Pause.	Clasp.

Repeat 3x

Knock 'Em Down

Words	Motions
Knock 'Em	Roll hands in front of body.
Down	Right lunge. Right hand on hip. Left hand cross over body to right knee.
Roll 'Em	Circle arms behind body.
Around	Arms behind head. Straighten legs.
Come on	Broke T.
Defense	Low touchdown.
Work!	High V.
Pause	Slap arms to side of legs.

**Repeat 3x
Pom Poms**

Chant

Either

Open The Door

Words	Motions
Open the Door	Step to side with R foot, R arm moves up and side, the same time with R leg
Step on the Gas	Put L heel in a dig to the front, with leg straight, hands on hips & lean forward.
Lean Back	Cross arms over chest and lean back
And Watch the Eagles Pass!	L hand over L eyebrow, R hand on hip, Look to the left in a panning motion.

Repeat 3x

Chant

Either

Blue and White

Words	Motions
Blue	Face Left. Left Lunge. Hands clasped in front of body.
Blue	Bend arms to chest. Arms still clasped.
Blue	Straighten arms. Hands still clasped.
Blue and	Bend arms to chest. Arms still clasped. Touch Right foot to left knee.
White	Turn head forward. Twist torso forward. Right Low V. Left hand on hip.
Pause	Clap.
Pause	Clap.
Pause	Clap.

Repeat 3x

Chant

Either

Let's Go Blue, Let's Go White

Words	Front Line Motions	Back Line Motions
Let's Go	Low V. Step back with right foot.	High V. Step forward with right foot.
Blue	Clap. Step left foot back to right foot.	Clap. Step left foot forward to right foot.
Let's Go	High V. Step forward with right foot.	Low V. Step back with right foot.
White	Clap. Step left foot forward to right foot.	Clap. Step left foot back to right foot.
Blue	Turn torso left. Clap hands together. Feet apart.	Turn torso right. Clap hands together. Feet apart.
Pause	Turn torso right. Clap hands together. Feet apart.	Turn torso left. Clap hands together. Feet apart.
White	Turn Torso center. Arms in T. Bend knees.	Turn Torso center. Arms in T. Bend knees.
Pause	Straighten knees. Slap legs.	Straighten knees. Slap legs.

Repeat 3x

Chant

Either

Go Eagles Go

Words	Motions
Go	Swing right arm from side to front with bent arm. Legs apart.
Eagles	Right dagger. Left T. Right Lunge.
Go	Right Touchdown. Left hand on hip.
Pause	Clap. Clap. Clap.

Repeat 3x

Chant

Either

Attack (Advanced)

Words	Motions
A-T-T-A-C-K the (Team Name) are back.	Run in place and clap hands. Jump to back. Low V. Feet apart.
Pause	Clap.
A-T-T-A-C-K the leader of the pack	Run in place and clap hands. Right arm move from right to left side in a wave motion of center of body.
Pause	Clap.
Attack,	Turn to right. Arms bent. Left arm above right. Left arm on top of right. Left arm above right.
Attack,	Left arm above right. Left arm on top of right. Left arm above right.
Attack	Left arm above right. Left arm on top of right. Left arm above right.
Pause.	Clap.
Attack,	Turn to left. Arms bent. Right arm above right. Right arm on top of right. Right arm above right.
Attack,	Right arm above right. Right arm on top of right. Right arm above right.
Attack	Right arm above right. Right arm on top of right. Right arm above right.
Pause	Clap.

Repeat 3x

Chant

Either

Hey, Hey

Words	Motions
Hey, hey	Start with legs apart in 2nd position. Hands in fists. Right arm bending at the elbow: out, in, out in, hand in a fist.
Alright, alright	Clap, Clap. Legs open.
the Eagles	Turn to the left in a lunge. Right arm reaching across the body in a low V. Left fist in the bend of the right arm.
Pause.	Roll the hands around each other and back to the right low V with the left arm in the bend of the right arm.
Are	Left hand in a fist on the left hip. Right arm in a broken high V. Stand straight with legs open.
tight	Right High V.

Repeat 3x

Chant

Either

Fire It Up!

Words	Motions
F	Right lunge to the front, with toes pointed a little to the Left. Low V.
Pause	Pivot feet and body to the back. Left fist on Left hip. Right arm broken T.
I-R-E	Pivot back to the front. Right arm in a broken Touchdown. Push off of the Right foot.
up	Step together. Right arm Touchdown.
that's the way we	Step to Right side. Low V. Clap on dig.
say, fire it up	Step to Left side. Low V. Clap on dig.
fire it up	Step to Right side. Low V. Clap on dig.
hey, hey	Step to Left side. Pump Right arm down & up in a broken Touchdown.
fire it up!	Right Touchdown. Left fist on hip.

Repeat 3x

Chant

Offense

1st and 10

Words	Motions
1st	Right down across. Left hand on hip. Stand strait feet apart.
And	Right broken diagonal. Left hand on hip. Stand strait feet apart.
10	Right diagonal. Left hand on hip. Stand strait feet apart.
Pause	Clap. Stand straight, feet apart.
Let's go	Low V. Stand strait feet apart.
Pause	Clap. Stand straight, feet apart.
Let's win	High V. Stand strait feet apart.
Pause	Clap. Stand straight, feet apart.

Repeat 3x

Chant

Either

ASA Spirit

Words	Motions
A	Right down across. Left hand on hip. Stand strait feet apart.
S	Right broken diagonal. Left hand on hip. Stand strait feet apart.
A	Right diagonal. Left hand on hip. Stand strait feet apart.
Spirit	High V. Stand strait feet apart.
Pause	Clap. Stand straight, feet apart.
Pause	Clap. Stand straight, feet apart.
Let's hear it	Low V. Stand strait feet apart.
Pause	Clap. Stand straight, feet apart.
Pause	Clap. Stand straight, feet apart.

Repeat 3x

Chant

Either

A-T-T-A-C-K

Words	Motions
A-T-T-A-C-K	Run in place and clap hands.
the (Team Name)	Right arm behind back. Left arm in front. Turn to right side. Feet Apart.
are back.	Low V. Feet apart.
A-T-T-A-C-K	Run in place and clap hands.
Attack	Right high V. Left on hip. Feet together.
Attack	Right broken T. Left on hip. Feet together.
Attack	Right low V. Left on hip. Feet together.

Repeat 3x

Chant

Either

B-E-A-T

Words	Motions
B	Left hip dip. Right arm on hip. Left arm in low V.
E	Right hip dip. Right arm in low V. Left arm on hip.
A	Left hip dip. Right arm on hip. Left arm in low V.
T	Right hip dip. Right arm in low V. Left arm on hip.
Beat	Stand straight feet apart. Clap.
Those	Stay in position. Clap again.
(Team Name)	High V. Stand straight feet apart.

Repeat 3x
Use Pom Poms

Chant

Either

Big G Little O

Words	Motions
Big G	T Motion.
Little O	Make O above head.
Go	Right arm in Liberty.
Go	Right arm in Liberty.
Go	Right arm in Liberty.

Repeat 3x
Use Pom Poms

Defense

Words	Motions
De	Right broken diagonal. Left hand on hip. Stand strait feet together.
Fense	Right diagonal. Left hand on hip. Stand strait feet together.
Pause	Clap. Stand straight feet apart.
Pause	Clap. Stand straight feet apart.
De	Left broken diagonal. Right hand on hip. Stand strait feet together.
Fense	Left diagonal. Right hand on hip. Stand strait feet together.
Pause	Clap. Stand straight feet apart.
Pause	Clap. Stand straight feet apart.

Repeat 3x
Use Pom Poms

Defense Eagles Defense

Words	Motions
De	Right arm in T. Left arm in broken T. Stand straight, feet apart.
Fense	Right arm in broken T. Left arm in T. Stand straight, feet apart.
Ea (Team Name)	Stand straight, feet apart. Clap.
Gles (Team Name)	Stand straight, feet apart. Clap.
De	Right arm in T. Left arm in broken T. Stand straight, feet apart.
Fense	Right arm in broken T. Left arm in T. Stand straight, feet apart.
Ea (Team Name)	Stand straight, feet apart. Clap.
Gles (Team Name)	Stand straight, feet apart. Clap.

Repeat 3x
Use Pom Poms

Eagles Hold Tight

Words	Motions
(Team Name)	T Motion. Feet apart.
. Hold	Broken T.
Tight	Tight Place your right arm over your left arm flat in front of your chest.
Pause	Clap.
(Team Name)	Low V.
Pause	Clap.
. Let's fight	High V.
. Pause	Pause Clap.

Repeat 3x

Chant

Either

Firecracker

Words	Motions
Fire Cracker	Right hand fisted. Arm bent up resting on fisted left hand. Arm is bent across chest. Move wrist in circle.
Pause	Clap. Clap.
Fire Cracker	Left had fisted. Arm bent up resting on fisted right hand. Arm is bent across chest. Move wrist in circle.
Pause	Clap. Clap.
Hold on	Right arm straight forward with hand open facing out.
Wait a minute	Left arm forward with hand open over right hand.
Let me put some boom in it!	Keep hand forward. Right hip swings to left side.

Repeat 3x

Chant

Either

Fire up

Words	Motions
Fire	Left hand on hip. Broken right diagonal.
.	
Up	Left hand on hip. Right diagonal.
Pause.	Clap, Clap
Fire	Right hand on hip. Broken left diagonal.
Up	Right hand on hip. Left diagonal.
Pause.	Clap, Clap
Fire up and up and up and up and up	Roll arms in front of chest to top of head.

Repeat 3x
Use Pom Poms

Chant

Either

Get Up Get At 'Em

Words

Motions

Get up get at 'em
Get on your feet
Everybody join in the (Team Name)
beat, it goes:

Bounce with knee pops and clap.

Slap Slap Clap Clap
Slap Slap Clap Clap
Slap Clap Slap Clap
Slap Clap Clap Clap

Repeat 3x

Hit 'Em Hard

Words	Motions
Push 'em back	Right hand forward 'stop'. Stand strait feet apart.
Hit 'em hard	Right hand forward 'stop'. Left hand forward 'stop' over right hand. Stand strait feet apart.
Make 'em fight	Bring right hand up and around to hip. Left hand stays forward. Stand strait feet apart.
For every yard.	Bring left hand up and around to hip. Left hand stays on hip. Stand strait feet apart.

Repeat 3x

Chant

Either

Hot to Go

Words	Motions
H-O-T-T-O-G-O	Run in place and clap hands.
The Eagle's team	Swing right hand behind back.
Is hot to go.	Swing left hand behind back.
Say whoop	Swing hips to the left.
Hot to go!	Stay in place.
Say whoop,	Swing hips to the right.
Hot to go!	Stay in place.

Repeat 3x

Chant

Either

Hustle

Words	Motions
H-U-S	Both arms low touchdown.
Pause	Clap, clap.
T-L-E	Both arms stay in clap position.
Pause	Clap, clap.
Hustle	Broken T.
Hustle	Low Touchdown.
Victory	V Position.

Repeat 3x

Chant

Either

Lean to the Left

Words	Motions
Lean to the left	Circle leans to the left.
Lean to the right	Circle leans to the right.
Stand Up	Circle stands centered on feet.
Sit Down	Circle squats down staying connected.
Fight! Fight! Fight!	Cheerleaders in the middle pop up and shake pom poms in touchdown motion.

Repeat 3x
Pom Poms

Chant

Either

LOVE

Words	Motions
L	Right L. Stand strait feet together.
O	Make an O with arms. Stand strait feet together.
V	High V. Stand strait feet together.
E	Cross hands in front. Head down. Bend knees.
We love those (Team Name)	Bring arms up and around to side in starburst motion. Stand strait feet together.
Can't you see	Forward teapot.

Repeat 3x

Chant

Offense

Offense

Words	Motions
Of	Right broken diagonal. Left hand on hip. Stand strait feet together.
Fense	Right diagonal. Left hand on hip. Stand strait feet together.
Pause	Clap. Stand straight feet apart.
Pause	Clap. Stand straight feet apart.
Of	Left broken diagonal. Right hand on hip. Stand strait feet together.
Fense	Left diagonal. Right hand on hip. Stand strait feet together.
Pause	Clap. Stand straight feet apart.
Pause	Clap. Stand straight feet apart.

**Repeat 3x
Pom Poms**

Chant

Offense

Offense Eagles Offense

Words	Motions
Of	Right arm in T. Left arm in broken T. Stand straight, feet apart.
Fense	Right arm in broken T. Left arm in T. Stand straight, feet apart.
Ea (Team Name)	Stand straight, feet apart. Clap.
Gles (Team Name)	Stand straight, feet apart. Clap.
Of	Right arm in T. Left arm in broken T. Stand straight, feet apart.
Fense	Right arm in broken T. Left arm in T. Stand straight, feet apart.
Ea (Team Name)	Stand straight, feet apart. Clap.
Gles (Team Name)	Stand straight, feet apart. Clap.

**Repeat 3x
Pom Poms**

Chant

Either

Our Team is Red Hot

Words	Motions
Our Team Is	Hands Together In Clap Position.
What	Both hands down and slap thighs.
Red Hot	Both hands slap thighs and end in clap position.
Our Team Is	Hands together in clap position.
What	Both hands down and slap thighs.
Red Hot	Both hands slap thighs and end in clap position.
Our Team Is	Stay In clap position.
R	Arms in high V to right side.
E	Arms cross over chest on right side.
D	Arms in Low V to right side.
With A Little Bit Of	Stay in Low V position to right side.
H	Arms High V to left side.
O	Arms cross over chest on left side.
T	Arms Low V to left side.
Let Me Hear It Now	Stay in Low V position on left side.
R-E-D	Hands on hips – move hips to right.
H-O-T	Hands on hips – move hips to left.
Red Hot	Clap.
Red Hot	Clap.
Red Hot	Clap.

Repeat 3x

Chant

Either

Physical

(Do this chant, changing lines, front & back)

Words	Motions
Let's Get Physical	Running & Clapping.
Get Down	Step R foot to R side, place R Hand on Right Knee, L Hand On Waist.
Get Tough	Keep R Hand On R Knee. Add L Hand To L Knee
Get Mean	R Hand On Ground (Hut Position).L Hand On Thigh.
Let's Get Physical	Running & Clapping.
And Run Right Over	Arms At Chest Roll Forward Together.
That Team	L Hand on Hip, R Arm Extended Forward, with Finger Pointing

Repeat 3x

Chant

Either

P, PO, POWER

Words	Motions
P	Clap to right side.
P O	Clap to left side.
P O W	Clap to right side.
E R	Clap to left side.
We've got power	Clap to right side.
Whoo	Swing hips and pom poms to right side.
(Team Name) Power	Stay in place.

Repeat 3x
Pom Poms

Push 'Em Back

Words	Motions
Push 'Em Back	Right hand forward 'stop'. Stand strait feet together.
Push 'Em Back	Right hand forward 'stop'. Left hand forward 'stop'. Stand strait feet together.
Way	Right hand back 'stop'. Step back with right foot.
Back	Right hand back 'stop'. Left hand back 'stop'. Step back with left foot.

Repeat 3x

Push 'Em Way Back

Words	Motions
(Team Name)	Right lunge. Right arm on hip. Left arm across body.
Pause	Stand straight, feet apart. Clap.
Attack	Left lunge. Right arm across body. Left arm on hip.
Pause	Stand straight, feet apart. Clap.
Push 'Em	Hop. Feet together, little bend in the knees. Daggers.
Way	Lean forward, bend at waist, lefts straight. Arms both punch out.
Back	Stand feet together. Hand on hips.

Repeat 3x

Chant

Offense

Raise that Score

Words	Motions
One	Right arm on hip. Left arm in low V. Stand Strait. Feet Apart.
Two	Low V. Stand Strait. Feet Apart.
Three	Left diagonal. Stand Strait. Feet Apart.
Four	High V. Stand Strait. Feet Apart.
(Team Name) .	Clap. Stand Strait. Feet Apart.
Team	Clap.
Raise That	Right arm in dagger.
Score	Right arm punch up. Left arm on hip. Stand Strait. Feet Apart.

Repeat 3x

Chant

Either

Raise Your Hands, Stomp Your Feet

Words	Motions
Raise your hands	Bend over at waist, bring arms up from side to touchdown motion with open fingers, shaking.
Pause	Clap 4x.(1, 2/ 3, 4)
Stomp your feet	Using R foot: stomp, clap, stomp, clap, stomp, clap 4x.(1, 2/ 3, 4)
Mighty Eagles	Step out with R foot to R side (2 nd position) & R arm in low diagonal, L fist on L hip (Switch 3 more times.)
(yell) can't be beat	R hand shaking fist to audience (3x), L fist on L hip

Repeat 3x

Chant

Either

Rowdy

Words	Motions
Let's get a little bit rowdy	Clap hand with knee pops.
R	Low V.
O	T Motion.
W	High V.
D	Broken High V.
Y	High V.

Repeat 3x
Pom Poms

Chant

Offense

Six Points More

Words	Motions
Touch	Touchdown.
Down	Daggers.
Touch	Touchdown.
Down	Daggers.
Six .	Place your right arm over your left arm flat in front of your chest.
Points	Broken T.
More	T Motion.
Pause	Arms at your sides.

Repeat 3x

Chant

Either

Split the V

Words	Motions
Split the V	High V. Stand strait feet apart.
Dot	Left fist on hip. Right elbow crosses to left lifted knee.
The I	Left fist on hip. Right arm in dagger. Feet wide.
Rock the C T O R Y	Bounce hips and rock arms.

Repeat 3x

Chant

Defense

Steal It

Words	Motions
Steal	Right arm in T. Left arm in broken T. Stand straight, feet apart.
It	Right arm in broken T. Left arm in T. Stand straight, feet apart.
Pause	Stand straight, feet apart. Clap.
Steal	Right arm in T. Left arm in broken T. Stand straight, feet apart.
It	Right arm in broken T. Left arm in T. Stand straight, feet apart.
Pause	Stand straight, feet apart. Clap.

Repeat 3x
Pom Poms

Defense Take It Away

Words	Motions
Take it away	Run in place. Clasp Hands.
Take it away	Run in place. Clasp Hands.
Eagle's	Reach hands out.
Take it	Pull hands back like you are taking something.
away	Right Liberty. High V.
Pause.	Clasp.

Repeat 3x

Chant

Either

Too Hot To Stop

Words	Motions
(Team Name)	Low V. Feet apart.
Pause	Clap.
We're Too	Right arm in dagger. Left arm on hip.
Hot	Right arm punch up. Left arm on hip.
Too	Bring right arm back down to dagger.
Hot	Punch right arm up again
To	Step out into a right lunge. Arms in low touchdown.
Stop	Hands on hips. Stand straight up, feet apart.

Repeat 3x

We Want a Touchdown

Words	Motions
We want a touchdown	Run in place. Clap Hands.
We really want a touchdown	Run in place. Clap Hands.
Down	Right arm forward with flexed wrist. Stand strait feet apart.
Set	Left arm forward with flexed wrist. Place over right hand. Stand strait feet apart.
Hut	Hands in place. Feet apart. Jump backward.
Hut	Repeat.
Hut	Repeat.

Repeat 3x

Chant

Either

What?

Words	Motions
Have You Got That Spirit	Clap & run (R foot first).
What?	Step together, bend at waist & point R finger at audience
Have You Got That Spirit	Clap & run (R foot first).
Yea!	Touchdown with jazz hands. Right foot touching left knee.
Say What?	Legs Open, Hands On Hips. Lean Right.
What?	Hands On Hips Lean Back.
What?	Hands On Hips Lean Left
What?	Hands On Hips Lean Front
What, what, what, what?	Hands On Hips Body Leans Around Clockwise.
Have You Got That Spirit	Clap & run (R foot first).
Yea!	Touchdown with jazz hands. Right foot touching left knee.

Repeat 3x

Chant

Offense

S-C-O-R-E

Words	Motions
S-	Low touchdown.
C-	T.
Pause.	Clasp, Clasp.
O-R-E	Left hand grasp right in front of body. Swing arms to the right making an O. Stop at the top with arms in O position.
Pause.	Clasp, Clasp.
Score.	Low V.
Pause.	Clasp.
Score.	Low V.
Pause.	Clasp.
Score.	Right Touchdown. Left hand on hip.
Pause.	Clasp, Clasp, Clasp.

Repeat 3x