

Carl W. Goetz
Middle School
OFFICIAL

Cheerleading Guidebook

*"Everything you need to know to be a
Goetz Cheerleader!"*



Tips of the Trade:

- Always smile!
- Keep your motions stiff and sharp.
- Wear your hair in a ponytail.
- Make sure your lines are straight.



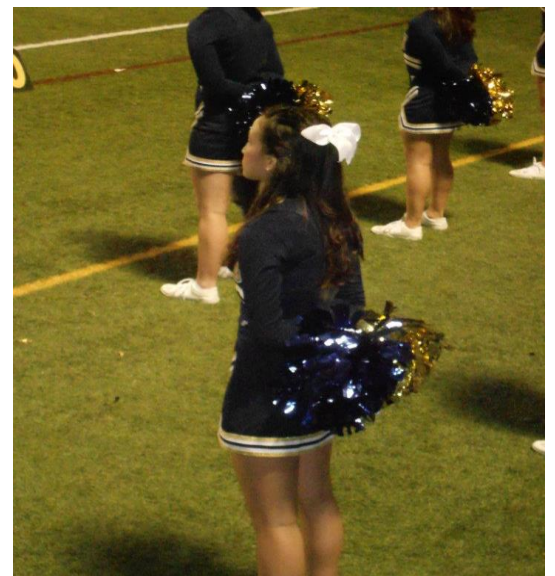
- Practice, practice, practice!
 - Never talk/laugh/fool around while stunting!

Basics:

How to stand while not cheering:



✚ Hands
On
Hips



✚ Hands
Behind
Back

Motions:

1. Daggers



2. Go



3. High V



4. Low V



5. Left
Diagonal



6. Right
Diagonal



7. LeftK



8. RightK



9. LeftL



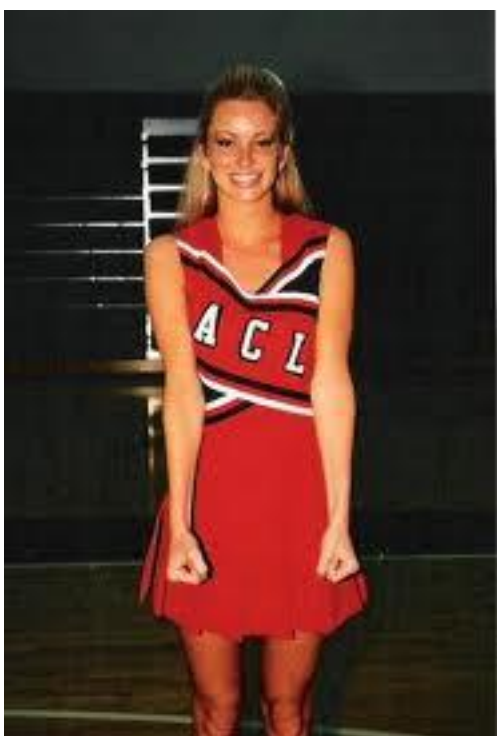
10. RightL



11. Touchdown



12. Low Touchdown



13. T



14. HalfT



Jumps:

1. Toe-touch, or Straddle



2. Pike



3. Herkie



4. Hurdler



5. Tuck



Stunts:

Basic:

1. Sponge



3.

Full/Extension



2.

Half/Prep



4. Cupie



5. Re-takes: Going from a prep to a full, or a prep to a prep

6. Bump-ups: Going to a prep- bumping briefly up to a full, and bumping briefly down to a sponge

7. Handstand: Loading into a stunt by doing a handstand

8. Show'n'go: Reaching a full cupie and coming straight down to a sponge without stopping

Dismounts:

Here are some examples of how we come down from a stunt:

1.Cradle



2. Twist-down



3. Sponge down: Going from a stunt back into a sponge

One-Legged Stunts:

1. Liberty



2. Scorpion



3. Arabesque



4. Heel Stretch



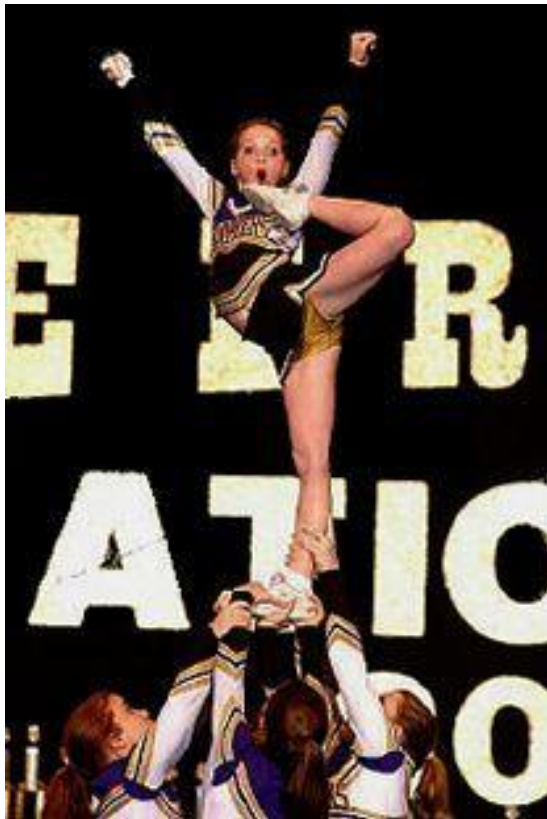
5. Scale



6. Bow and Arrow



7. Chin



Pyramids:

Stunts that include
2+ stunt groups

