

Game Plan Guidelines

Arrival

- Arrive at least 10 minutes prior to bus departure for “away” games.
- Arrive at least 30 minutes prior to “home” wrestling matches.
- Arrive at least 1 hour prior to the start of “home” volleyball and basketball games.
- Arrive IN UNIFORM or WARM-UPS with make-up and hair done and in a ribbon.

Warm-Up

- Stretch out arms, legs, back, and wrists.
- 10 kicks left, 10 kicks right, Jump Circle.
- Warm up stunts (3 times) for game breaks (quarters and half-time)

Pre-Game

- Be out in the Gym or on the Field in your assigned spot with 10 minutes left on the game clock.
- Perform Band Routines
- Smile the whole time making eye contact with spectators.
- Between routines, each cheerleader will continually rally (shake poms, hit motions, kick, jump, etc.)
- Each cheerleader should do at least 8 jumps per game.

- When the Fight Song plays, ask our fans to STAND UP. Then move to the gray line on the floor before the first motion of the fight song. Once completed, rally back to your cheer spot and wait for the announcer.
- When the announcer introduces/welcomes the “Ferris Saxons,” rally out for the starting line-up. Tumblers should tumble out onto the floor.
- NEVER “walk” out or off the Gym floor. Always run/rally.
- Make two lines for the Starting Line-up.

National Anthem

- Stand up straight. Do not rest a foot or cross your legs. Do not pop your knee out. DO NOT TALK. Smile the whole time. Right hand/pom over your heart. Left hand/pom is behind your back.

Starting Line-Up

- If the band plays, clap and step back and forth.
- As our player is announced, set up for a Tunnel Run-Through with poms.
- Rally, jump, and kick after each player runs through. Tumblers should tumble.
- Once all the players have been announced, RUN and rally back to your spot.
- Start a cheer within 15 seconds of getting lined up in front of the crowd. Do not wait for the game to start.

Game Time

- LEAD and FACE your crowd. Do not face the game when performing/calling cheers.
- Call cheers as appropriate for what is happening in the game.
- Easy short-worded cheers are better for the crowd to yell with you.

- If you are assigned to call cheers **PLAN AHEAD FOR TIMEOUTS!!** Let the others know what the next time-out cheer will be.
- When not doing a cheer, continually rally (shake poms, hit motions, kick, and jump (at least 8 times per game).
- Do not chat with the person standing next to you, or with the crowd.
- Smile the whole time!
- No conversations with the crowd. It's okay to be friendly but you have a job to do at the game. The players on the field/court may not speak to the crowd. You may not either.
- Stay in your assigned cheer spot and spread out as much as possible.
- If a cheer needs to be passed down, do it quickly and get back to your spot.
- Having a long conversation during a game is not acceptable. You should already know what stunts and cheers will be performed at quarters and half-time.
- Those using signs should have them ready or nearby prior to the stunts. Don't wait for the buzzer to search for your sign.
- Rally from your cheer spot out onto the floor and begin the cheer right away. (Pausing too long is very awkward.)
- If your stunt doesn't go up the first time, immediately try it once more. If it still doesn't go up, continue to the cheer on the ground. It is important that you do not make a big deal about it.
- Rally off the floor. Do not laugh or talk about what happened. People are watching you even more during this time.

NEVER

- Never sit on the floor in front of the crowd. There are bleachers where you can sit like ladies and gentlemen.
- Never lean on the wall at basketball (or volleyball) when cheering at the baseline. This looks lazy.
- Never eat or chew gum while cheering.
- Never use your cell phone while cheering. Leave it in your cheer bag.

AWAYS

- Thank the bus driver for driving us.
- Clean up your trash from the bus before getting off.
- Be kind and welcoming to the opposing cheer teams.
- Feel free to pick up trash after the games, especially in the areas where we might store our cheer bags at away games. You don't need to clean up the entire place, but every little bit helps.
- Act professional. People are watching you all the time, even when you do not realize it. Swearing, public displays of affection, and unsportsmanlike conduct are extremely inappropriate.