

# Kicks and Jumps!



**High Kick:** Leg is straight and extends from hip upwards. Toe is pointed. Feet come back together after kick. Arms can either be in a High-V or Tee motion.



**Tuck Jump:** Jump off the ground and bring both knees up into stomach. Land with feet together. Arms can either be in High-V or Tee motion.



**Toe Touch:** Jump off the ground with legs extending out to each side. Legs are straight and toes are pointed. Landing with feet together. Arms are in a Tee motion, hands should be in fists.



**Herkie:** Jump off the ground with one leg extending straight to side and the other leg bent at the knee with the heel towards the hip. Land with feet together. Arms should be in a Tee motion with hands in fists.

# 1. Hey Fans!



HEY



FANS

X X

UP IN THE STANDS



IF YOU'RE



WITH US

X X

CLAP YOUR HANDS

XXX

(claps)

XXXXX

(claps)

XXX

(claps)

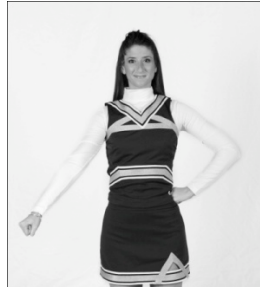
XXXXX

(claps)

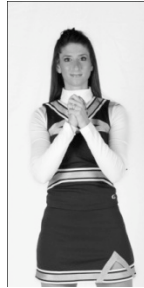
# 2. Go! Fight! Win!



LET ME



HEAR YOU SAY



GO!



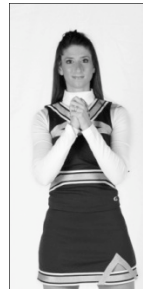
GO!



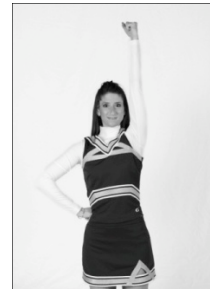
LET ME



HEAR YOU SAY



FIGHT!



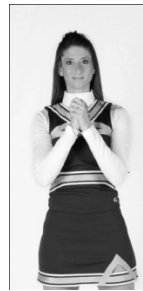
FIGHT!



LET ME



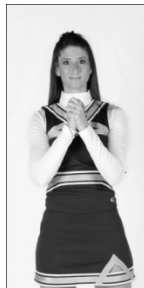
HEAR YOU SAY



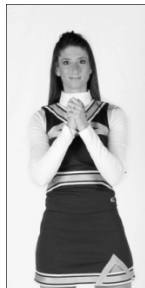
WIN!



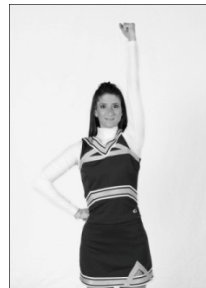
WIN!



GO!



FIGHT!



WIN!

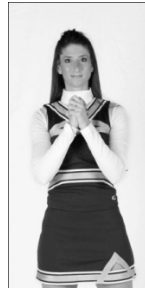
# 3. MYFF Blue and White



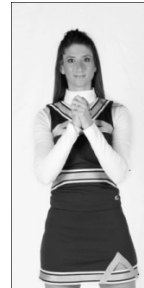
M



Y



F



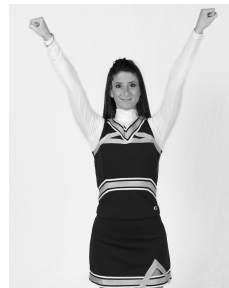
F



YELL

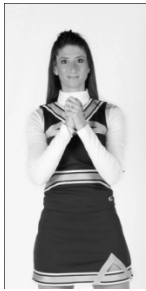


BLUE &

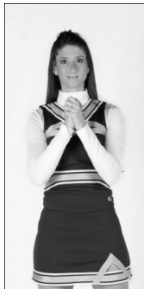


WHITE

# 4. Let's Go!



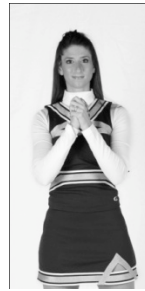
LET'S



GO



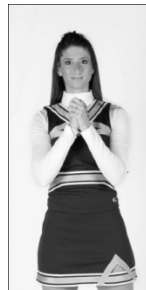
"RAMS"



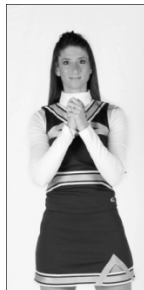
LET'S



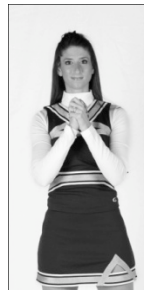
GO



(CLAP



CLAP



CLAP)

# 5. Let's Fight!



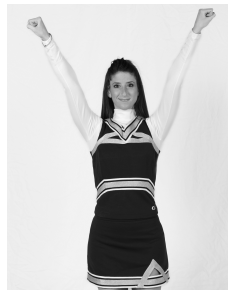
GO



BLUE



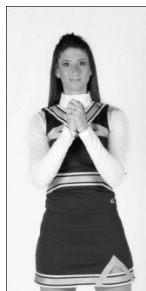
GO



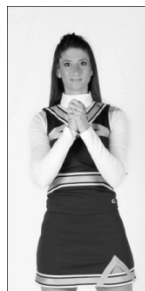
WHITE



CROWD



YELL



LET'S



FIGHT!

# Quick Chants!

Of-fense XX

De-fense XX

Let's Go Rams!

Touchdown XX

Let's Go XX

Let's Go Red, Let's Go White!

MYFF!

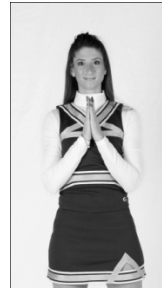
# 6. Let's Score!



GO



TEAM



LET'S



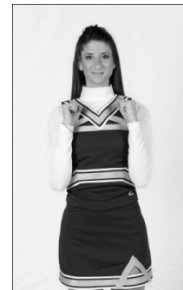
SCORE



WE



WANT



SIX



MORE



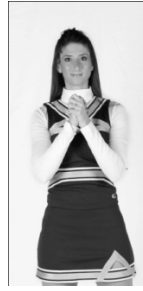
# 7. Hold That Line!



DE-



FENSE



X



X



HOLD



THAT



LINE

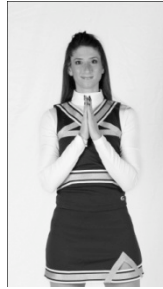
# 8. G- O Let's Go!



G



O



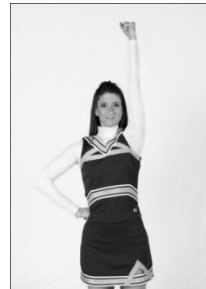
LET'S GO EAGLES



G



O

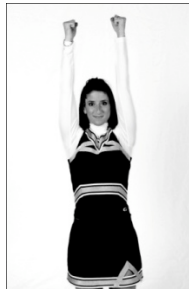


LET'S GO!

# 9. Hey! Let's Go!



HEY!



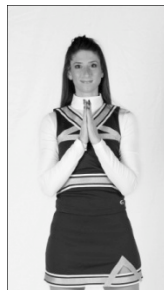
(PAUSE)



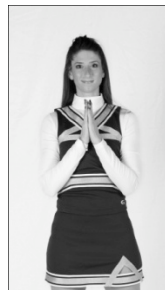
LET'S



GO



HEY



HEY



LET'S GO!

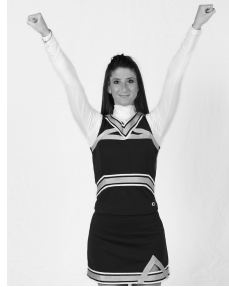
# 10. Awesome!



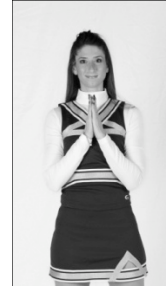
A



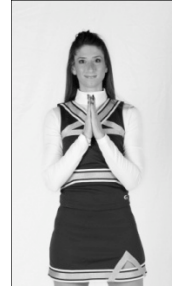
W



E



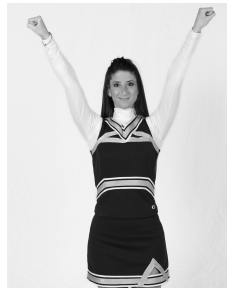
S- O-M- E



AWE-



SOME



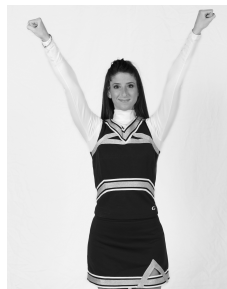
AWE-



SOME



(QUICK PAUSE) TOT-



ALLY

# 11. Touchdown!



TOUCH



(PAUSE)



DOWN



(PAUSE)



TOUCH



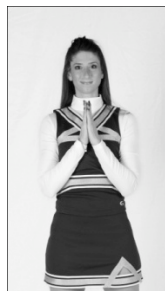
(PAUSE)



DOWN



WE WANT



ANOTHER



TOUCH

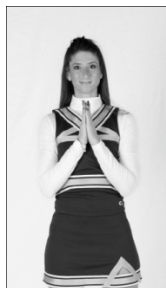


DOWN!

# 12. Score 6 More!



Offense



(pause)



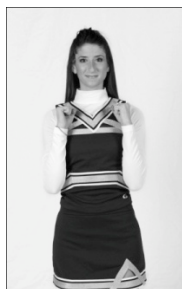
Go Offense



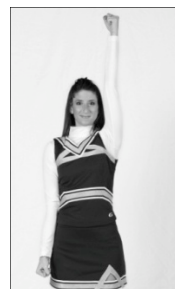
(pause)



Score



6

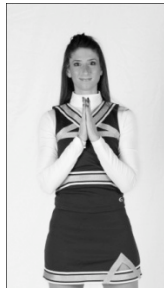


More!

# 13. Hold That Line!



Defense



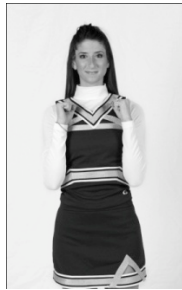
(pause)



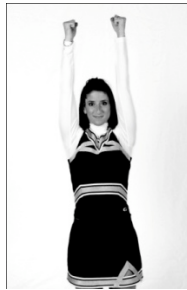
Go Defense



(pause)



Hold



That



Line!

# 14. Fight! Fight! Fight!



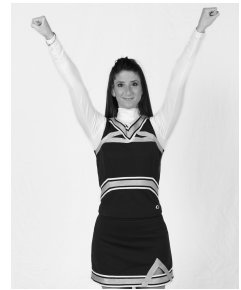
Go



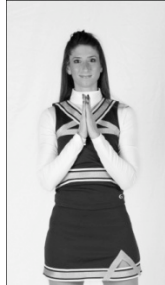
Blue



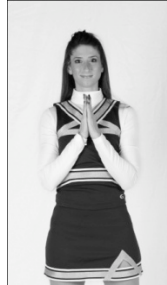
and



White



Fight!



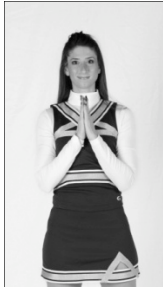
Fight!



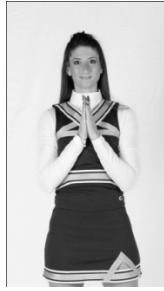
Fight!



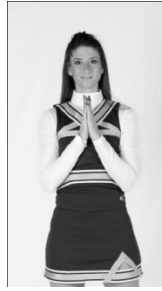
# 15. S-P-I-R-I-T!!!



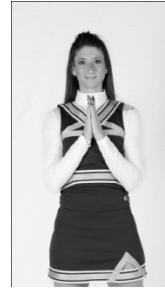
S



P



I



R

I

T



Spirit



Leads to



Vict-



ory!

# Halftime Cheer



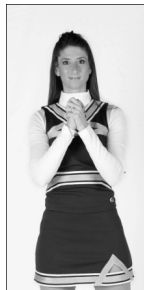
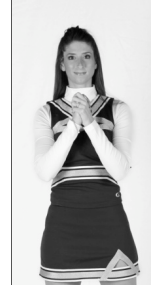
HEY



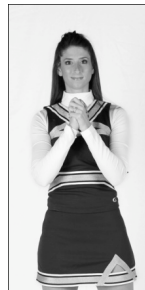
FANS



LET'S HEAR YOU (PAUSE)



CHEER



FOR YOUR



TEAM



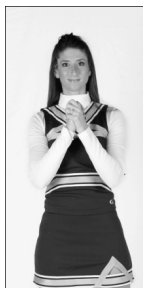
STAND



UP AND MAKE SOME



NOISE



LET'S



HEAR



YOU



SCREAM

# Halftime Continued



ONE MORE



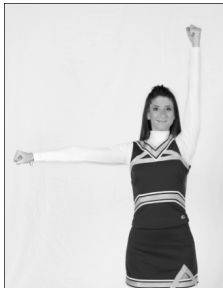
TIME MUCH LOUDER



(pause)



STAND



UP AND



CHEER



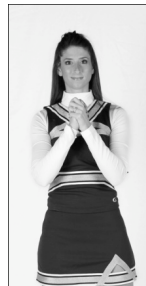
ON



OUR WAY TO VIC -



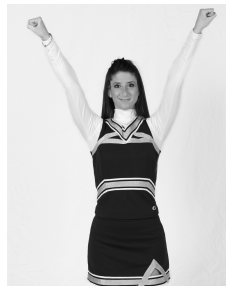
TORY



THIS



IS OUR



YEAR!