

SFU Spirit Home Football Game Script

("Get in the Game")

PREGAME:

2 Hours before kick-off meet in Stokes Auxiliary Gym to warm-up and review. Have hair ready, makeup and uniform on, as well as everything you need for the game in your team bag. We have 30 minutes to prepare for the game.

1½ hours before kick-off start walking to the field with megaphones, flags, and signs.

Arrive at DeGol Field and place your duffle bag neatly along the fence in a straight line. Sell 50/50 tickets. Mingle with the fans and greet visiting spirit team. Finish stretching.

At 25-minutes before kick-off, meet at the blow-up tunnel with poms. Team will shortly enter field while we start chant/fightsong. Flag runners follow Frankie in front of team.

Return to sideline formation to throw warm-up skills, stunts / pyramids.

At 2-minutes: ROTC and flags enter stadium – stand at attention with feet apart.

National Anthem - hand on heart after 6th note.

Alma Mater - Stay at attention and sing words.

GAMETIME:

Prepare for Kick-off in stunt formation (cheer) and kick formation (dance). When kicker sets ball, first stunt builds ripple (cheer) first girl kicks up (dance). Immediately after kick, first stunt dismounts ripple (cheer) first girl ½ turns (dance). Return to sideline formation.

1st down (Offense) – announcer “And that’s a Red Flash ___ ’FIRST DOWN’ ___”

3rd down (Defense) – defense chant with noise using megaphones and poms

Touchdowns - throw prepared stunt (skills) and get ready for extra point. Run Flags and dance to fight song played by band. Prepare for ensuing kickoff.

Kick-offs are same as opening kick-off. Ripple starts closest to the 50 yard line.

After 1st quarter – VICTORY cheer with dance team and Frankie with stunts on Sideline

Timeout #1 when band doesn’t play – G-O sideline with stunts (dance team with band)

Timeout #2 when band does play – 1-1-1 pyramid transition to basket tosses (dancers dance)

Halftime – Snack / Restroom break under bleachers. Mingle with fans. Sell 50/50 tickets. Return to tunnel ready to go with poms at 6 minutes left on the clock.

Third Quarter – Who are you Yelling for Cheer with stunts on sideline and dance team

Injured Player – Take a knee on pom. Face the field. When stands, start chant...

When to move with ball – When in redzone of either offense or defense

Fans start unsportsmanlike chant – Counter with one of our traditional chants

CHEER MATERIAL:

- Band Dances – hey song, jungle boogie, Rock and Roll, other
- Traditional Chants – S-F-yoUUUU, Go Red Flash (getting faster), other
- Ripple Stunts – hop ext cradle, walk-in ext bump, stretch full, ½ up, full up, sits, stands
- Pyramids – A-frame, 2-2-1, 1-1-1, flatback, Swedish, HS transitional, baskets
- Cheers – SFU with stunts, Go Red Flash with pyramid

DANCE MATERIAL

- Fight Song
- Happy
- Hip Hop

FRANKIE MATERIAL

- Walk
- Greetings
- Picture Pose
- Get Loud
- Handshake

FLASH FEVER MATERIAL

- Kick off
- First down
- Touchdown

Post-game – clap for team, fightsong, collect belonging and quick meeting about next practice.

Dismissed