

Cheering into Fall

Summer is at a close, and students across the country have traded in their swimsuits for school attire and athletic uniforms! For cheerleaders, this means, another year of summer camp is coming to a close and football season has started.

With football season comes decorating lockers, making banners, team dinners, homecoming and of course, football games AND game time CHEER!

Throughout your cheer and football season, AYC and UCA wants to make sure you are using proper education, safety and the tools you learned at UCA summer camp and incorporating them into your cheerleading season.

Here are three quick reminders that AYC and the UCA Instructors want you to keep in mind when cheering this year:

- When leading the crowd, incorporate signs into your cheers and sidelines. Holding up signs like “Go” and “Bears” is like giving the audience cue cards. It lets them know when and what to yell.
- If your squad decides to add stunts to a cheer or sideline, make sure your top girl is still able to lead the crowd while in the stunt. Performing difficult stunts is more for show and doesn’t get the crowd involved. Save your more difficult stunts for half time and competitions.
- At camp, the UCA Staff informed you about safety. Make sure your squad is stunting on an approved surface, you have people spotting around your stunts, and most important, don’t do certain stunts if your squad isn’t ready. At all of your games and practices, make sure you and your team are making safety your number one priority this season. For safety tips please always refer to the AACCA website.



Did your squad miss out on a summer camp or would you like to get some extra help with your stunts or cheers? Then sign up for a Fall Camp today or for a “Rev up for Regional’s Refresher”!

For more information about a Fall Camps in your area, contact your local [State Director](#) or please email cheer@americanyouthfootball.com

