

**Cougar
Bride**

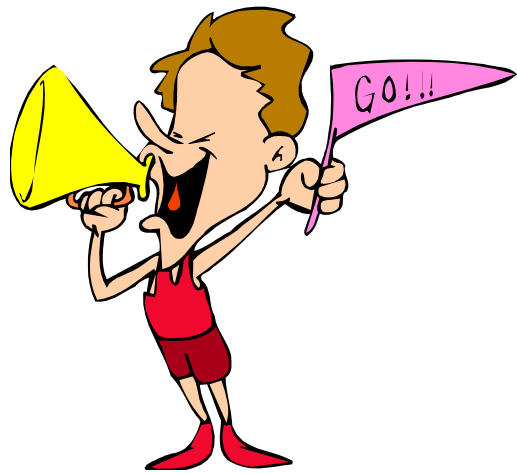


**Cheer
Backet**

CAACURH

Pump it up Cougars! Whether or not your delegation has spirit or not, this packet is jam packed with new and old CAACURH Cheers. The packet also included ways to create spirit and keep it high.

In the “Cheers” section of the Spirit Guide, any cheer that has an ‘x’ in the cheer means that there is a pause or a clap. Remember, any other these cheers can be changed to incorporate your school and school mascot.



General Region Cheers

Everywhere We Go

Everywhere we go...(echo)

People wanna know...(echo)

Who we are! (echo)

So we tell them (echo)

WE ARE THE COUGARS!

THE MIGHTY, MIGHTY COUGARS!

Cougar Walk

Everybody's doin' it,

They're doin' the Cougar walk

And when you do the Cougar walk

You gotta shake what you got...

Just shake what you got! (repeat)

What do you do to a Cougar you meet?

You get down on your knees

 'cause you can't pray on your feet

Then you ask the mighty

 Cougar for some mercy to give

And maybe, just maybe (xxxx)

He'll let you live

(I said) Brrrr....(xx x)

It's coldin here!

There must be some Cougars in the atmosphere!

Oey oey oey oey oh

Ice ice ice

(repeat)

(I said) Whoa....(xx x)

It's hot in here!

There must be some Cougars in the atmosphere!

(repeat)

I said A Boom Chick-A-Boom! (echo)

I said A Boom Chick-A-Boom! (echo)

I sad A boom ChickA-Rock-A-Chik-A-Rock-A-

Chick-A-Boom! (echo)

Uh-HUH! (echo)

Oh YEAH! (echo)

One more time...(new variation)

Get DOWN!

D-O-W-N!

Now tha6t's the way we get down! HUH! (repeat)

Who rocks the house?

The Cougars rock the house!

And when the Cougars rock the house

They rock it all the way down!

(repeat)

Funny Bunny

OOOOoohhhh....

I don't want no funny wunny bunny

In my LITTLE ROW BOAT

In my LITTLE ROW BOAT

In the pooonnnndddd.....

'Cause that bunny might be funny...

And, he'll BITE ME IN THE THROAT

In my LITTLE ROW BOAT

In the pooonnnndddd....(motions!)

Cougar Train

Get up on that Cougar train,

Jump on, jump on!

Get up on that Cougar train,

Jump on, jump on.

We don't need no ticket,

All you need is pride

So get up on the Cougar train,

And ride, ride, ride!

Yo Baby!

I said yo baby you baby yo baby you

I said yo baby yo baby yo baby yo

I said you gouts to be for the Cougars

Or you gots to go!

Break it on down now!

I said yo baby yo baby yo baby yo

I said yo baby yo baby yo baby yo

I said you gouts to be for the Cougars

Or you gots to go!

We're Bad!

We're bad, we know it!

We cam, to show it!

What you see is what you get

And you aint seen nothing yet!

Cougars Upside Down!

When you're up, you're up

When you're down, you're down

When you up against the Cougars

You're up side down!

Let's Get Fired Up!

Let's get fired up!
(We are fired up!)
Let's get fired up!
(We are fired up!)
Fired up and ready!
(Fired up and ready!)
Cougars alive!
(Cougars alive)
Fired up and ready!
(Fired up and ready!)
Don't take that jive.
(Don't take that jive.)
Let's go! (Go!) Fight! (Fight!)
Fire up CAACURH! (Alright)
GO COUGARS!!!

Pump It Up

Pump, pump, pump it up. (echo)
Pump that Cougar spirit up. (echo)
Keep, keep, keep it up. (echo)
Keep that Cougar spirit up (echo)
Turn, turn, turn it up (echo)
Turn that Cougar spirit up (echo)
Fire, fire, fire it up (echo)
Fire that Cougar spirit up (echo)

We are rough
We are tough
We are Cougars
And that's enough
(xx) yea (xx) yea (xx) yea (xx) yea

Cougar Rumble

Hold up, wait a minutes
Put a little Cougar in it
Cougar.....Rumble!
Cougar.....Rumble!

Bynamit

CAACURH is Dynamite,
CAACURH is Dynamite
And when you mess with Dynamite it goes
Tick, tick, tick, tick BOOM! Dynamite!
Tick BOOM! Dynamite!

1,2,3,4...

One! We are the Cougars!
Two! A little bit louder!
Three! I still can't hear you....
For, we're number...
(repeat and get louder!)

Peanut Butter, Crocodile

Peanut butter crocodile let's get crazy for a while
I can't
(Why not)
'Cause I can't
(Why not)
My back aches
My pants are tight
My booty shakes from left to right
My silver's on
My black is on
Cougars...
Right on, right on!

Step back!
Get out of the way!
We are the Cougars
And we'll blow you away!

Take it to the Limit

Take it to the limit
Take it to the top
We are the Cougars
And we can't be stopped!

Cougars are Dynmait

Explode, Ignite!
Xx
The Cougars sure are dynamite!

You want to be a Cougar, a Cougar, a Cougar
You want to be a Cougar...
Hmpfh...I don't think so!

We don't need no music
We don't need no band
All we need is Cougars
Jammin' in the stands! Woo!
Jammin' in the Stands!

Stomp and Shake It

Cougars, we want to see you
Stomp! And Shake it!
Stomp! And Shake it!

Jammin' with the Cougars

When you're jamming with the Cougars
You know you're jamming with the Best!
xx Jamming with the Best!

Rock the House

We're rocking the house
You want to know why?
cuz we're the mighty Cougars
Struttin' by by by
(clap2x) the mighty eagles struttin' by

We Got Spirit!

We Got Spirit (xx)
Deep Down inside (xx)
So raise it up (xx)
don't let it hide (xx)
Go Cougars! Go Go...Go Cougars!

Cougar Fans

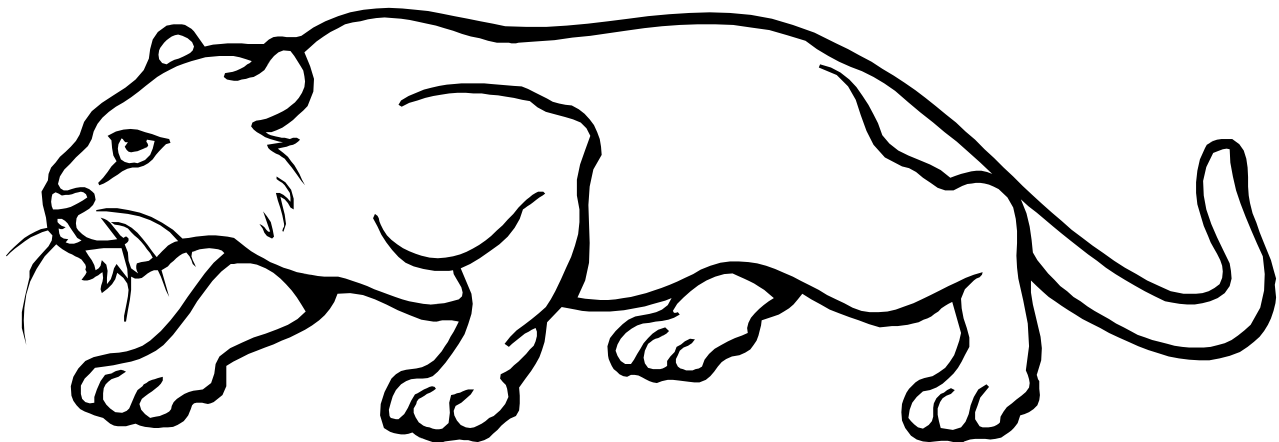
Hey all you Cougar Fans
Let me see you clap your hands
XXXXXXXXXXXXXXXXX
Now that you got the beat
Let me see you stomp your feet
XXXXXXXXXXXXXXXXX
Now that you're in the groove
Let me see your body move
Ahhwoohahahaha
Ahhwoohahahaha

Boom Shawada Wada

*We are the Cougars and we live in a hut
and if you don't believe us,
then watch us shake our butts
boom shawada wada boom shabang bang boom
shawada wada watch us shake our thing
*We are the Cougars and we live in a sun
and if you don't believe us,
then watch us shake our buns
boom shawada wada boom shabang bang boom
shawada wada watch us shake our thing
*We are the Cougars and we live in a grass
and if you don't believe us then watch us shake our...
boom shawada wada boom shabang bang boom
shawada wada watch me shake that thing

Bang Bang ChooChoo Train

Bang bang! choochoo train
Come on Cougars do ya thang.
get it get it get it get it
got it got it got it got it
boom and let it roll boom and let it roll



Call and Response Cheers!

My name is ___ and you know what I got!
(What do you got?)
A delegation that's hotter than hot!
(How hot is hot?)
Hotter than ___ and ___ too!
(Uh huh, Uh huh)
'Cause they can't do what these Cougars can do!
SO KEEP THE BEAT!

Hey (school or person)
(Hey What?)
Hey (school or person)
(Hey What)
We want to see you (fill in the blank)
(No Way)
We want to see you (fill in the blank)
(OK) or (Only if you do it with us)

Blanks

*Shake your booty
Jump! Shake your booty!
Jump Jump, Shake your booty!
*See you get down
D-O-W-N that's the way we get down
*Fry LIKE BACON
*Go Bananas
Bananas unite!
Bananas split!
Peel Bananas! Peel Peel Bananas!
Peel Bananas! Peel Peel Bananas!
Go Bananas! Go Go Bananas!
Go Bananas! Go Go Bananas!

Hey ___(name)
Hey what?
Hey___(name)
What's Up?
Show me how to get down.
No way!
Show me how to get down.
OK!
We stomp our feet,
And boogie to the beat.
We turn around,
And touch the ground,
And wiggle it,
Just a little bit! (I wanna see you)
Wiggle it, just a little bit!

Recognizing Other Delegations

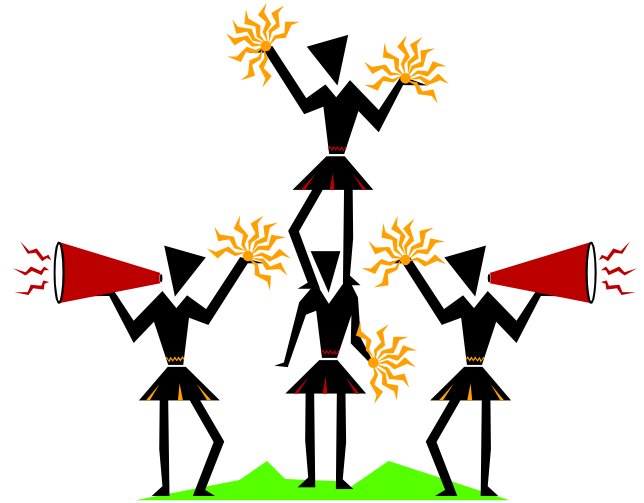
We are proud of you, said we are proud of you!
Hey! (repeat once)

You are dynamite, said you are dynamite!
Spoof! (repeat once)

S-U-P-E-R! Super-duper's what you are!
S-U-P-E-R! Super-duper's what you are!

C double A-C-U-R-H CAACURH CAACURH
C double A-C-U-R-H CAACURH CAACURH

C x C-O x C-O-U-G-A-R
We're proud to be a Cougar
'Cause a Cougar what we are!
CAACURH



Creating Spirit with Your Delegation

Here are some fun and easy ways to bring spirit to your delegation while making your conference experiences more enjoyable.

- Make a Cheer Pack
 - Use this packet to start!
 - Included cheers from your school
 - Make up some of your own

*This will be a great resource for your delegates and future delegation!

- Get Rid of Delegate Inhibitions

Not everyone is as outgoing as the next person. If people are worried about what others think, or act shy, then work with them.

- Go Cheer Outside as a group
 - Start small- icebreakers, team builders!
 - Bonding!!! Your delegation will feel more comfortable when they know each other better
- Make mixed CDs and Bring a Boom box!!
 - Learn and practice a group dance
 - Teach the dance to other schools in the region!
 - Use this opportunity for more bonding and networking time!
 - Trinkets and Team Spirit!
 - Spirit items from your school like flags, pom poms, noise makers, etc. and trade them with other schools.
 - Be creative and make signs!
 - Face paint and temporary tattoos are so much fun!