

# CHEERS

*Each meet usually starts with some cheers around the pool! The louder the better!*

## **WE ARE THE RAPIDS (version 1)**

ONE! We are the RAPIDS

TWO! A little bit louder!

THREE! I still can't hear you!!

FOUR! More, more, more!

*(Back to "one" and keep repeating)*

## **WE ARE THE RAPIDS (version 2)**

Coach: Everywhere we go

Swimmer: Everywhere we go

C: People want to know

S: People want to know

C: Who we are

S: Who we are

C: So we tell them

C: So we tell them

C: We are the Rapids

S: We are the Rapids

C: The mighty, mighty Rapids

S: The mighty, mighty Rapids

*(Repeat and get LOUDER)*

## **D-O-W-N**

*\*Usually a call and response cheer with the other team*

1: Hey (team's name)

2: Hey what?

1: Hey (team's name)

2: Hey what?

1: Let me see you get down

2: No way!

1: Let me see you get down

2: Okay!

D-O-W-N, that's the way we get down!

D-O-W-N, that's the way we get down!

## **WE'VE GOT SPIRIT**

*\*Usually a call and response cheer with the other team*

We've got spirit yes we do, we've got spirit how about you?

*(Wait for reply)*

*Repeat a few times*

*(Finally) We got more, We got more...*

## **COOKIE MONSTER**

The cookie monster says that the Rapids are

the great big cookies at the top of the jar.

The cookie monster says that the (other team) are

the itty-bitty crumbs at the bottom of the jar

## **FLORIDA ORANGES**

Florida oranges, Texas cactus

We think your team needs more practice

Put 'em in a high chair, feed 'em with a spoon

We'll beat your team any afternoon

Put 'em in a bathtub, pull out the plug

There goes your team, blub, blub, blub

## **WHEN I SAY...**

Coach: When I say PHEASANT RIDGE, you say RAPIDS!

Coach: Pheasant Ridge!

Swimmer: Rapids!

C: Pheasant Ridge!

S: Rapids!

C: When I say GREEN, you say WHITE!

C: Green!

S: White!

C: Green!

S: White!

C: When I say SWIM, you say FAST!

C: Swim!

S: Fast!

C: Swim!

S: Fast!

C: When I say BEAT, you say THEM!

C: Beat!

S: Them!

C: Beat!

S: Them!

C: When I say NUMBER, you say ONE!

C: Number!

S: One!

C: Number!

S: One!

YELL: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 *(index finger in air)*

### **HOTTER THAN HOT**

Person: My name is \_\_\_\_\_ and you know what I got?

Team: What do you got?

Person: I've got a team that is hotter than hot?

Team: How hot is hot?

Person: First places and seconds too

Team: Uh huh, Uh huh

Person: Come on \_\_\_\_\_ and do what I do

*(Repeat with different swimmers)*

### **BOOM-CHICA-BOOM**

Coach: I said a boom-chica-boom!

Swimmers: I said a boom-chica-boom!

C: I said a boom-chica-boom!

S: I said a boom-chica-boom!

C: I said a boom-a-chica-raca-chica-raca-chica-boom!

S: I said a boom-a-chica-raca-chica-raca-chica-boom!

C: UH-HUH!

S: UH-HUH!

C: OK!

S: OK!

C: ONE MORE TIME!

S: ONE MORE TIME!

C: THE RAPIDS WAY!

S: THE RAPIDS WAY!

*(REPEAT w/clapping and dancing)*

### **WHEN WE SWIM...**

Coach: When we swim back

Swimmers: Oh Yeah

C: We lead the pack!

S: Oh Yeah

C: When we swim breast

S: Oh Yeah

C: We beat the rest!

S: Oh Yeah

C: When we swim free

S: Oh Yeah

C: It's victory!

S: Oh Yeah

C: When we swim fly

S: Oh yeah

C: We wave "Goodbye"!

S: Bye-Bye!!!

### **VICTORY**

Give me a V...V

Give me an I...I

Give me a C...C

Give me a T...T

Give me an O...O

Give me an R...R

Give me a Y...Y

C: What does that spell?

S: VICTORY!

C: What do we want?

S: VICTORY!

C: What do we get?

S: VICTORY!

C: Louder!

S: VICTORY!

C: Louder!

S: VICTORY!

*(Repeat)*

### **LITTLE FROGGIE**

There was a little froggie

He sat upon a log

He rooted for the other team

He had no sense at all

He fell into the water

And bumped his silly head

And when he came back up again

This is what he said

He said "go, go, go, go you mighty Rapids.

Swim, swim, swim, swim you mighty Rapids.

Win, win, win, win you mighty Rapids."

Go, swim, win, and then he fell back in.

### **DYNAMITE**

We are dynamite

And when you play with dynamite

It goes

Tick, tick, tick, tick,

Boom dynamite

Boom, Boom dynamite