

Plainsmen Jr. Cheerleading
Sidelines

Offense cheers

Down the field

Down the field 6 points

Go go

Offense

Offense you've got to prove

That you can move

Shenendehowa

Touchdown Plainsmen

Touchdown Plainsmen

one more time

get that ball over the line

TD

T-D we got a touch down

Score 6 again

Score 6 again

We want to win

Plainsmen

Score 6

Touchdown

T-O-U-C-H-D-O-W-N

Offense

O-F-F-E-N-S-E

Offense

offense

Defense cheers

Knock Em down

Knock em down

Roll em around

Come on Plainsmen work

Defense get tough

Defense

get tough

get tough

defense get tough

Defense Block em

Defense block em

Plainsmen

Stop em

Defense

D-E-F-E-N-S-E

defense

defense

Spirit cheers

Hit it

We cheer on the mighty plainsmen
team

We're gonna rock our team to a
victory

Hit it

Motions: down, down, up, up, angle,
angle, up, right, right, up, left, left,
over

F-F-I

F-F-I

F-I-G-H-T

Fight

Fired up

Let's get fired up

Get rough get tough get mean

Let's get fired up

And beat that rival team

Stomp and shake

Shen fans we want to see you

Stomp and shake it

Stomp and shake it(3rd time)

Stomp and shake it

Go go G-O

Go , go, G-O

Go –shen – go

Ripple 123

Super Great

S-U-P-E-R

Super, super that's what we are

Say G-R-E-A-T

Super great that's what we rate

Hot to go

H-O-T-T-O-G-O The Plainsmen team is
hot to go

Soul

S-O-U-L soul

S-O-U-L we got it

Who? The Plainsmen

Rhythm

Rhythm is what we've got

To knock you off your feet

So get on down and jam with us

And move to the beat

And move to the beat

Come on crowd

S-H-E-N

Come on crowd let's hear it

Lets go Shen

Keep it up

Keep it up

keep it up

keep that plainsmen spirit up

keep it up

One we are the Plainsmen

1 we are the plainsmen

2 a little bit louder

3 I still can't hear you

4 more more more

(3rd time score)

Go Plainsmen

Go go plainsmen

Everybody yell go plainsmen

F-I-G-H-T win

Go go G-O

F-I-G-H-T win

Shenendehowa

S-H-E-N-E-N-D-E-H-O-W-A

Shen Nation

Shen fans let's hear you yell

Shen XX Nation

Shen XX Nation

S H E N N A T I O N

W-I-N

W-I-N

(ripple 123)

Fight to win (all together)

Let's go

L-E-T-S-G-O

Come one Plainsmen

Let's go

Clap Your Hands

Clap your hands everybody

Everybody clap your hands

Cause SCS is #1

The best in the land

Here we go now...

Motions: down, up, down, out, in,
up, down, up, down, up XX

Beat the Rivals

B-E-A-T beat the rivals

Hey Fans

Hey fans

Clap your hands

Cause Shenendehowa Plainsmen

Rocks the Stands

Who rocks the house

Who rocks the house

The plainsmen rocks the house

And when the plainsmen rock the
house

They rock it all the way down

Go green

Go green

Fight white

Plainsmen fans

Yell win tonight

we say green

we say green

you say white

we say plainsmen

you say fight

green (white)

plainsmen(fight)

Pull the V

Pull the V

Dot the I

Curl the C

T-O-R-Y 2x

Victory (3rd time)

Awesome

A-W-E-S-O-M-E

Awesome

Awesome

That's the way to be

S-H-E-N lets go shen

S-H-E-N

Lets go shen

S-H-E-N

Go fight win

G-O

G-O

Lets go plainsmen

G-O XX

Lets go