

TROJANS HIT IT!



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TROJAN SPIRIT

CHEERS & CHANTS



Jenks Trojan Athletics

Special Thanks to all the
JTA Sponsors, Cheerleaders and Coaches
who helped compile this booklet.

You are the 🌟!

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INTRODUCTION CHEERS



It is a nice gesture for the Home team's squad to travel over to the visitor side and introduce themselves to the visiting cheerleaders. Below are a couple of cheers that work nicely as introduction cheers:

HELLO

H-E-L-L-O
That's the way we say hello
Hello from (**insert girl's name**)
Repeat until each girl on the squad has stepped forward and announced her name
H-E-L-L-O
That's the way we say hello!

MEET MY FRIEND

1-2-3-4-5
My name's (**insert girl's name**) and I say Hi
6-7-8-9-10
Back me up and meet my friend
Repeat until each girl on the squad has stepped forward and announced her name
1-2-3-4-5 We are Trojans and we say Hi
6-7-8-9-10 Back us up and be our friend!

ROCK THE HOUSE

Who Rock the house?
(**insert girl's name**) rocks the house
And when (**insert girl's name**) rocks the house
She rocks it all the way down
Repeat for each girl on the squad, until everyone is introduced
Who Rocks the house?
Trojans Rock the house!

FREE SPIRIT



Free Spirit is what cheerleaders yell and do after each cheer and chant. It's a great way for each girl on the squad to show her individual personality and skill.

Add a jump, high V, raised spirit fingers, claps, #1 fingers, a cartwheel, or back-handspring, and you've got Free Spirit!

The following one and two word phrases should be yelled in a strong, projected voice. **Remember**, cheerleaders YELL, and never scream. And they always have a smile on their face.

Awesome!
Defense!
Go!
Go Jenks!
Go Trojans!
Go Team!
Jenks!
Jenks Rocks!
Jenks Trojans!
JTA!
Maroon and White!
Number One!
Offense!
That's Right!
Touchdown!
Trojans!
We're Great!
Yeah!
Yeah Jenks!
Yeah Trojans!
Yeah Team!
Win!
And everyone's favorite, Woooooo!

Move It,
Nobody's Better,
Number One,
Offense That's Right,
Offense Trojans Offense,
Offense For A Victory,
Pump It Up,
Push 'em Back,
Raise Your Hands,
Ready To Win,
Red Hot,
Rock It To You,
Rock The House,
Rowdy,
Rough,
Score,
Shake It,
Sound Off,
Steal It,
Stomp 'em,
STP,
Strong & Proud,
Super,
Take,
Thunder,
Time To Shout,
Touchdown,
Touchdown Trojan Team,
Tough,
Trojans Can Jam,
Trojan Fan,
Trojan Pride,
Trojan Time,
Unite,
Victory,
Way To Go,
We Are Trojans,
We Love Jenks,
We Say / You Say,
Whoopsie
Wild Thing,
Win,
Working For A Victory,
Yell,
Yell It Loud,

TROJAN CHEERS & CHANTS



The cheers listed in this book are intended to serve as a guide. You may have learned some of these cheers with different words and that's okay! Each squad has its own unique interpretation and style. There is no right or wrong.

JTA Cheerleaders usually begin all cheers and chants with the appointed Captain yelling: "Trojans Hit It!"

ACROSS THE NATION

Across the nation
The red the white the blue
A Trojan sensation
Is after you

ATTACK

A-T-T-A-C-K, the Trojans are back
A-T-T-A-C-K, the leaders of the pack
A-T-T-A-C-K, attack, attack, attack

AWESOME

A-W-E uh-huh
S-O-M-E that's right
Awesome, awesome, awesome are we
Huh!

BAD

We're bad, we know it
We're here, to show it
What you see is what you get
And you ain't seen nothing yet!

BARNYARD

Open the barnyard - Kick out the hay
We are the girls from the USA
Turn on the radio - What do you hear?
Elvis Presley doing a cheer
We're gonna F-I-G-H-T
We're gonna F-I-G-H-T
We're gonna F-I-G-H-T
We're gonna fight, fight, fight
On a Saturday night
Yeah!

BE AGGRESSIVE

Be aggressive, B-E aggressive
B-E - A-G-G-R-E-S-S-I-V-E

Be aggressive, B-E aggressive
B-E - A-G-G-R-E-S-S-I-V-E

Be aggressive, B-E aggressive
B-E - A-G-G-R-E-S-S-I-V-E

BOUNCE TO THE OUNCE

More power to the hour
More bounce to the ounce
We're the mighty Trojans
And we'll ** knock you out!

More power to the hour
More bounce to the ounce
We're the mighty Trojans
And we'll ** knock you out!

More power to the hour
More bounce to the ounce
We're the mighty Trojans
And we'll ** knock you out!

CATCH THE SPIRIT

We're movin' in, we're movin' out
We're the team, let's hear you shout
Catch the spirit we create
'Cuz today's the day we dominate
Say it loud, say it proud
Jenks Trojans!

CHOO CHOO TRAIN

Bang bang choo choo train
Watch the Trojans do their thang
Get it, get it, got it, good
Uh! And let it roll
Uh! And let it roll

COLOR SHOUT

What about
What about
What about our color shout
Maroon, Maroon, Maroon, Maroon
White, white, white, white, white, white, white

COUNT OF THREE

On the count of three yell
Go Trojans Go
1-2-3
Go Trojans Go!
1-2-3
Go Trojans Go!

DOWN THE FIELD

Down, down, down the field
Up, up, up the score
Score six more!

Down, down, down the field
Up, up, up the score
Score six more!

Down, down, down the field
Up, up, up the score
Score six more!

DDD DE-FENCE

D-DD-DDDD-Defense
D-DD-DDDD-Defense
D-DD-DDDD-Defense

DEFENSE THAT'S RIGHT

Defense, that's right
Move the ball, let's win tonight

Defense, that's right
Move the ball, let's win tonight

DEFENSE TROJANS DEFENSE

Defense - Trojans - Defense
Defense - Trojans - Defense
Defense - Trojans - Defense

DYNAMITE

Our team is dynamite, our team is dynamite,
Our team is
tick tick tick tick tick tick tick
Boom dynamite!

Our team is dynamite, our team is dynamite,
Our team is
tick tick tick tick tick tick tick
Boom dynamite!

Our team is dynamite, our team is dynamite,
Our team is
tick tick tick tick tick tick tick
Boom dynamite!

EXPLODE - IGNITE

Explode- ignite, that Trojan team is dynamite
Explode- ignite, that Trojan team is dynamite
Explode- ignite, that Trojan team is dynamite

FIGHT

Maroon and White
Come on Trojans, let's fight

Go Maroon Go White
Come on Trojans, let's fight

FIGHT / WIN

Hey Trojans let's go
Hey Trojans let's fight
Hey Trojans let's win
Hey Trojans lets go
Fight
Win

FIRE UP

Fire up **
Fire up **
Fire up and up and up and up and up
Fire up!

FIRED UP

Let's get ** fired up**
Let's get ** fired up **

FIRST & TEN

First and ten
Do it again
Move - that - ball

FREAK OUT

F-R-E-A-K
Freak out the Trojan way
Get down really low
And swing your body to and fro

F-R-E-A-K
Freak out the Trojan way
Get down really low
And swing your body to and fro

F-R-E-A-K
Freak out the Trojan way
Get down really low
And swing your body to and fro

GET IN THERE

Get in there, Get tough
Come on Trojans, show your stuff

Get in there, get tough
Come on Trojans show your stuff

Get in there, get tough
Come on Trojans show your stuff

GET THAT BALL BACK

Get that,
Ball back
Get that ball back

Get that,
Ball back
Get that ball back

Get that,
Ball back
Get that ball back

GIVE IT ALL YOU GOT

Time is ticking off the clock
Give give give - Give it all you've got!

GO

Big G ** little o ** Go Go Go!

G - O

G-O - let's go!
G-O - let's go!
G-O - let's go!

HEY ALL YOU TROJAN FANS

Hey all you Trojan fans
Stand up and clap your hands

Now that you've got the beat
Stand up and stomp your feet

Now that you've got the groove
Stand up and really move

HEY JENKS TROJANS

Hey Jenks Trojans
Let's fight
Hey lets shout it
Maroon and white
Hey Jenks Trojans
Let's win
Hey let's shout it
Once again
Hey Jenks Trojans
Maroon and white
Let's fight!

HOLD 'EM

Hold 'em Trojans hold 'em
Hold 'em Trojans hold 'em
Hold 'em Trojans hold 'em

HOLD THAT LINE

Hold that line -Trojans, hold that line
Hold that line -Trojans, hold that line
Hold that line -Trojans, hold that line

JAM

J-A-M
Come on everybody let's jam

J-A-M
Come on everybody let's jam

J-A-M
Come on everybody let's jam

JENKS

J-E-N-K-S ***
J-E-N-K-S ***
J-E-N-K-S ***

JENKS TROJANS

J-E-N-K-S
T-R-O-J-A-N-S

JTA

Come on crowd
Yell - J-T-A

Come on crowd
Yell - J-T-A

Come on crowd
Yell - J-T-A

JTA - JTA - J-T-A

KNOCK 'EM DOWN

Knock 'em down, roll e'm around
Come on Defense
Work - work

Knock 'em down, roll e'm around
Come on Defense
Work - work

Knock 'em down, roll e'm around
Come on Defense
Work - work

LET THE TEAM KNOW YOU'RE HERE

Come on fans stand up and cheer
Let the team know you're here
Yell - fight Trojans Fight
Fight Trojans Fight!
Yell - win maroon and white
Win maroon and white!
Fight Trojans fight!

LET'S GET PHYSICAL

Let's get physical
Get down, get rough, get tough, get mean
Let's get physical
And roll right over that team

LET'S GO

Let's go Trojans, let's go **
Let's go Trojans, let's go **
Let's go Trojans, let's go **

LET'S GO O

Let's go O
Let's go O
Let's go O

MAROON & WHITE

Maroon is maroon and white is white
But maroon and white together is dynamite!

Maroon is maroon and white is white
But maroon and white together is dynamite!

Maroon is maroon and white is white
But maroon and white together is dynamite!

MIGHTY TROJANS

What do you do when a Trojan you meet?
You get down on your knees
'Cuz you can't beg on your feet
You ask the mighty Trojans just what can you give?
And maybe, just maybe **
He'll let you live

MORE

One: we are the Trojans
Two: a little bit louder
Three: we still can't hear you
Four: more, more more more

One: we are the Trojans
Two: a little bit louder
Three: we still can't hear you
Four: more, more more more

One: we are the Trojans
Two: a little bit louder
Three: we still can't hear you
Four: more, more more more

MOVE IT

Move it – move it
Come on - let's do it

Move it – move it
Come on - let's do it

Move it – move it
Come on - let's do it

NOBODY'S BETTER

Jenks-Trojans, nobody's better
Think you can beat us?
Whatever!

Jenks-Trojans, couldn't be prouder,
If you can't hear us,
We'll yell a little louder

Jenks-Trojans, nobody's better
Champions we are, now and forever!

NUMBER ONE

Jenks * Trojans * maroon, black and white *
Number 1 ** that's right!

OFFENSE THAT'S RIGHT

Offense, that's right
Move the ball let's win tonight

Offense, that's right
Move the ball let's win tonight

Offense, that's right
Move the ball let's win tonight

OFFENSE TROJANS OFFENSE

Offense – Trojans – Offense

Offense – Trojans – Offense

Offense – Trojans – Offense

OFFENSE FOR A VICTORY

O-F-F-E-N-S-E offense for a victory

O-F-F-E-N-S-E offense for a victory

O-F-F-E-N-S-E offense for a victory

PUMP IT UP

Pump pump pump pump, pump it up

Pump pump pump pump, pump it up

Keep keep keep keep, keep it up

Keep keep keep keep, keep it up

Shout shout shout shout, shout it out

Shout shout shout shout, shout it out

Shout that Trojan spirit out

Shout that Trojan spirit out

Jenks Trojans!

PUSH ‘EM BACK

Push ‘em back Trojans

Push ‘em back

Push ‘em back Trojans

Push ‘em back

Push ‘em back Trojans

Push ‘em back

RAISE YOUR HANDS

Raise your hands, stomp your feet

Jenks – Trojans can’t be beat

Raise your hands, stomp your feet

Jenks – Trojans can’t be beat

Raise your hands, stomp your feet

Jenks – Trojans can’t be beat

READY TO WIN

We’re back and ready to win

The time is now, so let’s begin

Yell – maroon

Maroon!

Yell – white

White!

We’re back and ready to win

The time is now, so let’s begin

Yell – maroon

Maroon!

Yell – white

White!

Maroon and White!

RED HOT

Trojans are what?
Red hot
Trojans are what?
Red hot
Trojans are
R-E-D - red
H-O-T - hot
Once we start we can't be stopped
Red hot - hey hey
Red hot
Say what?

Trojans are what?
Red hot
Trojans are what?
Red hot
Trojans are
R-E-D - red
H-O-T - hot
Once we start we can't be stopped
Red hot - hey hey
Red hot
Oh Yeah!

ROCK IT TO YOU

Maroon and white
Is going to rock it to you

Maroon and white
Is going to rock it to you

Maroon and white
Is going to
Rock it
Rock it
Rock it to you

ROCK THE HOUSE

Who rocks the house?
The Trojans rock the house
And when the Trojans rock the house
They rock it all the way down

Who rocks the house?
The Trojans rock the house
And when the Trojans rock the house
They rock it all the way down

ROUGH

Get on it, doggon' it
RRR-Rough

Get on it, doggon' it
RRR-Rough

Get on it, doggon' it
RRR-Rough

ROWDY

Let's get a little bit rowdy
R-O-double-u - a D-Y

Let's get a little bit rowdy
R-O-double-u - a D-Y

Let's get a little bit rowdy
R-O-double-u - a D-Y

SCORE

S-C-O-R-E
Score, Trojans score

S-C-O-R-E
Score, Trojans score

S-C-O-R-E
Score, Trojans score

SHAKE IT

Let's shake it, lets shout it
J-T-A

Let's shake it, lets shout it
J-T-A

Let's shake it, lets shout it
J-T-A

SOUND OFF

Captain only: I don't know what you've been told
Squad: I don't know what you've been told

Captain only: Trojans are as good as gold
Squad: Trojans are as good as gold

Captain only: If you hear what I say
Squad: If you hear what I say

Captain only: Jenks is going to win today
Squad: Jenks is going to win today

Captain only: Sound off
Squad: One, two

Captain only: Sound off
Squad: Three, four

Captain only: Sound off
Squad: One, two, three, four

Go Trojans! Go Trojans! Go Trojans!

STEAL IT

Steal it - take it away
Steal it - take it away
Come on Jenks - make that play

STOMP 'EM

One, two, three, four
Whadaya think these cleats are for?
Stomp 'em, stomp 'em

One, two, three, four
Whadaya think these cleats are for?
Stomp 'em, stomp 'em

One, two, three, four
Whadaya think these cleats are for?
Stomp 'em, stomp 'em

S-T-P

S-T-P - Super - Trojan - Power
S-T-P - Super - Trojan - Power
S-T-P - Super - Trojan - Power

STRONG AND PROUD

We're strong and proud
The Trojans are the best
We're on our way JTA!

SUPER

S-U-P-E-R

Super super that's what we are

S-U-P-E-R

Super super that's what we are

S-U-P-E-R

Super super that's what we are

TAKE

T-A-K-E

Take that ball away

T-A-K-E

Take that ball away

T-A-K-E

Take that ball away

THUNDER

Thunder * Lightning

Uh! We're frightening!

We're on our way to win today

Uh! We're JTA

TIME TO SHOUT

Trojans fans it's time to shout

Come on everybody, help us out

Yell maroon and white

Maroon and White!

Maroon and white, let's win let's fight

TOUCHDOWN

Touchdown, touchdown, touchdown

Trojans touchdown

TOUCHDOWN TROJAN TEAM

Touchdown Trojan team, down the field,

Let's go! T-D

Touchdown Trojan team, down the field,

Let's go! T-D

Touchdown Trojan team, down the field,

Let's go! T-D

TOUGH

Our defense is dazzling

Our offense hot stuff

We're the mighty Trojans

And we're tough tough tough

TROJANS CAN JAM

Trojans can jam, jam we can

With your hands up high and your feet down low

That's the way we rock 'n roll

Say rock 'n roll – we, got soul

Trojans can jam, jam we can

With your hands up high and your feet down low

That's the way we rock 'n roll

Say rock 'n roll – we, got soul

TROJAN FAN

You've gotta
You've gotta
You've gotta be a Trojan fan
We're better than the best
We don't take time to rest
We'll put you to the test
You've gotta be a Trojan fan

TROJAN PRIDE

Up with Trojan pride
Stand up with Trojan pride
Hey -hey - hey

Up with Trojan pride
Stand up with Trojan pride
Hey - hey - hey

Up with Trojan pride
Stand up with Trojan pride
Hey - hey - hey

TROJAN TIME

Trojan one, Trojan all
Let's all do the Trojan crawl
 ch, ch, ch - ch, ch, ch, - ch ch ch - ch ch ch
Trojan two, Trojan three
Let's all climb the Trojan tree
 ch, ch, ch - ch, ch, ch, - ch ch ch - ch ch ch
Trojan four, Trojan five
Let's all do the Trojan jive
 ch, ch, ch - ch, ch, ch, - ch ch ch - ch ch ch
Trojan six, Trojan seven
We all live in Trojan heaven
 ch, ch, ch - ch, ch, ch, - ch ch ch - ch ch ch
Trojan eight, Trojan nine
Stop! - It's Trojan Time
 Go Trojans, Go Trojans, Go Trojans

UNITE

Go-go-fight-fight
Trojan team unite!

Go-go-fight-fight
Trojan team unite!

Go-go-fight-fight
Trojan team unite!

VICTORY

Give me a V
Dot the I
Curl that C-T-O-R-Y

Give me a V
Dot the I
Curl that C-T-O-R-Y

Give me a V
Dot the I
Curl that C-T-O-R-Y

WAY TO GO

Way to go Trojans, way to go
Way to go Trojans, way to go
Way to go Trojans, way to go

WE ARE TROJANS

We are ** Trojans**
We are ** Trojans**

WE LOVE JENKS

We L-O-V-E - J-E-N-K-S
We love you Jenks
Right on, right on

We L-O-V-E - J-E-N-K-S
We love you Jenks
Right on, right on

We L-O-V-E - J-E-N-K-S
We love you Jenks
Right on, right on

WE SAY / YOU SAY

We say Jenks - you say Trojans
Jenks!
Trojans!

We say number - you say one
Number!
One!

We say Jenks - you say Trojans
Jenks!
Trojans!

We say number - you say one
Number!
One!

Jenks Trojans Number One!

WHOOPSIE

We're number 1
We can't be number 2
'Cuz we're gonna beat the whoopsie out of you

We're number 1
We can't be number 2
'Cuz we're gonna beat the whoopsie out of you

We're number 1
We can't be number 2
'Cuz we're gonna beat the whoopsie out of you

WILD THING

Jenks Trojans, Number one, wild thing
Jenks Trojans, Number one, wild thing
Jenks Trojans, Number one, wild thing

WIN

W-I-N
Win Trojans Win

W-I-N
Win Trojans Win

W-I-N
Win Trojans Win

WORKING FOR A VICTORY

Working for a victory
Striving for a win
Reaching for the top
The Trojans can't be stopped
We never give up, we never give in
We'll fight 'till the end
Jenks is here to win

YELL

Y-E-L-L
Y-E-L-L
Everybody yell
Go Trojans whoop whoop
Go Trojans Uh!

Y-E-L-L
Y-E-L-L
Everybody yell
Go Trojans whoop whoop
Go Trojans Uh!

Y-E-L-L
Y-E-L-L
Everybody yell
Go Trojans whoop whoop
Go Trojans Uh!

YELL IT LOUD

Come on crowd,
Yell it loud,
Yell –
Go Trojans go!

Come on crowd,
Yell it loud,
Yell –
Go Trojans go!

Come on crowd,
Yell it loud,
Yell –
Go Trojans go!

ADD MORE CHEERS AND CHANTS HERE...

