

Little Falls Swim Team Cheers

See the cheers listed below to practice for Friday night pep rallies, Wednesday night B-meets, and Saturday morning A-meets!

"Saturday Morning"

"Gilligan's Isle"

"We're Number One"

"Can't Be Prouder"

"Cookie Monster"

"Go Back"

"Jam Jam"

"Penguins In a State of War"

"Skit Skat"

"A Yell"

"Hey You"

"Sportsmanship Cheer (2-4-6-8)"

"Spirit Cheers"

"We're Number One"

Leader: Let me hear you say yeah!

Responders: Yeah!

Leader: Let me hear you say oh yeah!

Responders: Oh yeah!

Leader: We're #1

Responders: Oh yeah! Leader: In Washington

Responders: Oh yeah!

We're # 2

Responders: Oh yeah!

In Timbuktu

Responders: Oh yeah!

We're #3

Responders: Oh yeah!

As you can see

Responders: Oh yeah!

We're # 4

Responders: Oh yeah!

Cause we can score

Responders: Oh yeah!

We're # 5

Responders: Oh yeah!

We take no jive

Responders: Oh yeah!

We're # 6

Responders: Oh yeah!

We got the Chix

Responders: Oh yeah!

We're #7

Responders: Oh yeah!

Straight to Heaven

Responders: Oh yeah!

We're # 8

Responders: Oh yeah!

Cause we're so fine

Responders: Oh yeah!

We're # 9

Responders: Oh yeah!

Cause we're so great

Responders: Oh yeah!

We're # 10

Responders: Oh yeah!

Let's do it again

Responders: Oh yeah!

WF'RF # 111111111

"Saturday Morning"

*AKA Wednesday Evening, Friday Evening

*Every line is repeated except last two lines

Saturday Morning

Down by the pool

Lookin' for a team

That's really cool

Lookin' on the other side

Ain't over there

It's Little Falls, Little Falls

And we're over here

Gonna take it on down

Purple and White

Rock and Roll Penguins

Are outta sight.

Doin' backstroke, backstroke

Butterfly too

Gonna beat [opponent]

Ain't nothing new

[All]: I said 1-2-3-4 come on Little Falls beat 'em out the door.

[All]: Said 5-6-7-8 come on Little Falls beat 'em out the gate.

"Gilligan's Isle"

*performed at away meets

Just sit right back and hear a tale, a tale of a fateful trip. That started from this tropic port, aboard this tiny ship. The mate was a mighty sailor man, the skipper brave and sure. Five passengers set sail that day, for a three hour tour, a three hour tour. (Splashing)

The weather started getting rough, the tiny ship was tossed. If not for the courage of the fearless crew, the Minnow would be lost; the Minnow would be lost.

(Splashing)

The ship took ground on the shore of this uncharted desert isle, with Gilligan, the Skipper too, (Jump, twirl finger, and say "Woo hoo hoo hoo" or something similar) the Millionaire, and his Wife, the Movie Star, the Professor and Mary Ann, here on Gilligan's Isle.

"Can't Be Prouder"

*Swimmers form a circle with the youngest kids in the middle. Youngest kids start singing chorus softly. Then older kids join later rounds, growing ever louder.

Chorus: We're Little Falls, we can't be prouder, if you can't hear us, we'll yell a little louder!

Final Verse: If you can't hear us, that's tough

"Cookie Monster"

The Cookie Monster says that Little Falls are
The great big cookies at the top of the jar
The Cookie Monster says that [opponent] are
The itty-bitty crumbs at the bottom of the jar
Nobody likes crumbs

"Go Back"

Go back, go back, go back into the woods

You haven't, you haven't got the goods

You haven't got the pep, and you haven't got the razz,

And you haven't got the team that Little Falls has.

"Jam Jam"

Jam jam juba-jam, Juba-jam juba-jam jamall

Now what you hear is not a cheer

Just jammin' to the beat

Cause me my friends and ALL the crowd are gonna make you feel the heat

We're gonna beat the best

We're gonna rock the rest

We're gonna knock you off your feet (jump)

'Cause we are Little Falls and we're here to win this meet

"Penguins In a State of War"

Leaders: Penguins in a state of war

(All repeat: WAR)

Leaders: Gonna beat 'em on the beach, gonna beat 'em on the shore

(All Repeat: SHORE)

Won't give up 'til the fight is Won, won, won, won, won. . . .

("Won" slowly becomes "Whoooooooaaaaa")

All: Oh! Ungowa, we got the penguin powah, say

All: Oh! Ungowa, we got the penguin powah, say

All: Oh! Ungowa, we got the penguin powah, say Ohhhhhh!

"Skit Skat"

*call and response cheer (coaches say each line once and the swimmers repeat that same line back)

Gonna Rock, Big Purple and White Yama Yama

Gonna Roll, Big Purple and White Yama Yama

Say skit, skat and how 'bout that

Say skit, skat and how 'bout that

Whoooose swim team is big and mean?

Our swim team is big and mean

Say skit, skat and how 'bout that

Say skit, skat and how 'bout that

There's a team over here (point to ourselves)

And there's a team over there (point to other team)

But that team over there

Ain't going no where

Say skit skat and how 'bout that

Say skit skat and how 'bout that

Heidi, Heidi, Heidi, Heidi, Ho

Let's go, let's go

Let's go on the left

Let's go on the right

And straight up the middle

Let's fight, fight, fight

Say skit, skat and how 'bout that

Say skit skat and how 'bout that

SAY SKIT, SKAT AND HOW 'BOUT THAT!

"Superbad"

S....U-P-E-R

Superbad, that's what we are Superbad, now can't you see We're number one, not two, not three

(Repeat 3x. getting louder each time)

"A Yell"

A yell,

A yell,

A big, substantial yell.

And when we yell we yell like hell and this is what the hell we yell:

Little Falls, we're the best,

Little Falls, of all the rest.

Forever let us hold our banners high, high, high, high, high. (Raise arms as if to raise a banner)

Come along, sing a song, and join the jamboree.

"Hey You"

Hey! Hey you!

There's nothin' you can do,

I said Nothin', to stop

The Little Falls machine, 'cause we're

Big, B-I-G, and we're

Bad. B-A-D. and we're

Boss, B-O-S-S, B-O-S-S, boss.

[Opponent] is the team that we wanna beat,

So come on everybody to the Little Falls meet.

(Pat knees 7x, then clap hands 7x, knees 3x, hands 3x, knees 1x, hands 1x, then yell "O." Repeat to spell out "OPUS.")

"Sportsmanship Cheer"

*performed at the end of each competition

2-4-6-8,

Who do we appreciate?

3-5-7-9,

Who do we think is mighty fine?

10-20-30-40,

Who do we think is mighty sporty?

Up the pool, down the pool, who do we think is mighty cool?

Potato chips, potato chips, munch munch munch,

Who do we think is a mighty fine bunch?

Ice cream, ice cream, eat eat eat,

Who do we think is really neat?

Dial, Ivory Safeguard, Zest,

Who do we think is really the best?

Kawasaki, Yamaha, motorbike,

Who is a team that we really like?

Marco, Polo, Attila the Hun,

Who is a team that's a lot of fun?

Two bits, four bits, six bits of peso,

All for [opponent] stand up and say so!

Spirit Cheers

We got spirit, yes we do, we got spirit how 'bout you?

Bubble gum, bubble gum in a dish, We got spirit, you go fish!

Fee Fie Fo Fum,
We got spirit, show us some

We got spirit, you're too late

Loud, low voice pointing to our team: Hefty, Hefty, Hefty High pitched voice pointing to other team: Wimpy, Wimpy, Wimpy (Repeat 3x)