

# POMS VOCAL STRENGTH

## ● CHANTS AND CHEERS ●

### **Bring it Home, Get a Win**

Shake it Down, Make them Spin!  
Move it to the Right  
Move it to the Left  
Go POMS Go!  
Go POMS Go!

### **Let's Get Fired Up!**

Clap-Clap-Clap-Clap-Clap  
Let's Get Fired Up!  
Clap-Clap-Clap-Clap-Clap

### **Firecracker Boom Boom**

Firecracker Boom Boom  
Let's Win the Game!  
Firecracker Boom Boom  
Firecracker Boom Boom  
Let's Win the Game!

### **Let's Scream and Shout**

And Let it all Out!  
Stomp Stomp, Clap, Clap  
Stomp Stomp, Clap, Clap  
POMS CHEER, POMS CHEER  
Stomp Stomp, Clap, Clap  
POMS CHEER!

### **Who Rocks the House**

POMS Rocks the House  
And We Say Rock Them,  
Stomp Them, Get Up,  
And Shock Them!

### **1-2-3**

Go, Fight, Win  
1-2-3  
Go, Fight, Win!

## **Tips for VOCAL STRENGTH while cheering**

1. Pick a Cheer or Chant to practice.
2. Practice speaking the words first to be sure you have the pronunciation of the cheer correct and placement.
3. Next pick up the tone of the voice repeating the cheer with a 'yell' using your abdomen and back of the throat for a strong voice.
4. Find places in the cheer such as end of phrase or line placements to raise your voice up to show excitement or an endpoint.
5. Repeat several times to have the wording and tone correct and then add in the movement.
6. During a rally use an up tone voice with excitement, energy and strong words from the back of the throat for the best crowd reaction and follow along. Focus on avoiding "yeah", and "woohoo" too often and use words like "let's go", "we got this", "come on everyone", "raise the roof", and "go team".