Words	Motions	Skills
Step up to the challenge	10 count	
Show no fear		
Perfect the task		
Into high gear	toe touch	Toe touch
Evict the doubt	move	
Believe the best	set 1-8 handspring	Back handspring
Close the door	23456 hd fwd roll	Handstand forward roll
Exhale the past	turn	
Know we can		
Trust we will	345678 BWO	Back walkover
Pedal to the medal		
Enjoy the thrill	Arm windmill	
Help each other	move	
The team direction	heel stretch	Heel Stretch
Stronger together		
Restore the Tradition		