Team Spirit

14

knit & crochet ideas to cheer on the team
Visit www.redheart.com for more information and inspiration!

We also recommend these sites:
www.coatsandclark.com
www.crochettoday.com
Show Your Spirit!

Grab your hooks and needles, get your fellow team boosters together and have a yarny pep rally! Most of these projects are so easy that they can be used to teach those who still haven’t learned to knit or crochet. If you already have a club looking for ideas, these projects are sure to score points.

We’ve included hats (for five different sports), scarves, wristers, stadium blankets and even a comfy pillow. All can be made in your favorite team colors using the wide array of RED HEART® “Super Saver®” shades.

Yarn Info

RED HEART® “Super Saver®”: Art. E300
Solids: 100% Acrylic; 7 ounces (198 g); approximately 364 yards (333 m)
Prints & Multis: 100% Acrylic; 5 ounces (141 g); approximately 244 yards (223 m)
Flecks: 96% Acrylic/4% Other Fibers; 5 ounces (141 g); approximately 260 yards (238 m)
Machine wash and dry.

The projects in this book were created with RED HEART® yarns. For best results, we recommend following the pattern exactly as written. All instructions have been checked for accuracy; however, Coats & Clark is not responsible for typographical errors, differences in individual interpretation or other variances in work.
Show your team’s colors!

Here are some popular college team colors with color suggestions to help you plan your Team Spirit projects.

Whether it’s college, high school, intramural or big league teams, you can combine colors to cheer for any sporting event.

Find all the colors for your favorite team from the wide range of RED HEART® “Super Saver®” shades.

### 376 Burgundy (Maroon) / 321 Gold
- Arizona State University
- Florida State University
- Iowa State University
- University of Southern California
- Boston College

### 312 Black / 254 Pumpkin (Orange)
- Oklahoma State University
- Oregon State University
- Princeton University

### 386 Hunter Green / 311 White
- Dartmouth College
- Marshall University
- Michigan State
- Ohio University

### 387 Soft Navy / 311 White
- Brigham Young University
- University of Connecticut
- Yale University

### 319 Cherry Red / 387 Soft Navy
- Gonzaga University
- University of Arizona
- University of Mississippi
- University of Pennsylvania
319 Cherry Red / 312 Black
University of Cincinnati
University of Georgia
University of Louisville
University of Maryland
University of Virginia

387 Soft Navy / 254 Pumpkin (Orange)
Auburn University
Syracuse University
University of Virginia

389 Hunter Green / 321 Gold
Baylor University
University of South Florida
College of William & Mary

319 Cherry Red / 311 White
Cornell University
University of Georgia
University of Nebraska
University of Wisconsin
University of Arkansas

385 Royal (Blue) / 311 White
Duke University
Pennsylvania State University
Seton Hall University
University of Kentucky
Indiana State University

321 Gold / 356 Amethyst (Purple)
East Carolina University
Louisiana State University
University of Washington

This color chart has not been endorsed and/or sponsored by any of the listed universities, and the universities are noted in good faith only to describe the particular university’s approximate team colors.
Carry this sporty blanket to the game cleverly folded into a pocket with handles. Matching pillow also has carrying handles.
Team Cheers
Crochet Blanket & Pillow Instructions

Designed by Joyce Nordstrom

Skill Level: 

Blanket measures 48” x 64”.
Pillow measures 16” x 16”.

Materials:
Medium weight yarn: 5 Skeins A, 4 Skeins B for Blanket; 1 skein each of A and B for Pillow.

Project shown is crocheted with RED HEART® “Super Saver®” in 387 Soft Navy A and 321 Gold B.

Crochet Hook: 6mm (US J-10).
Yarn needle; purchased 16” x 16” pillow form for Pillow.

Gauge: 11 sts = 4” in pattern. CHECK YOUR GAUGE: Use any size hook to obtain the specified gauge.

SPECIAL ABBREVIATION:
fptr (front post tr) = [yarn over] twice, insert hook from front to back to front around indicated st and draw up a loop, [yarn over and draw through 2 loops] 3 times. Skip the st behind the fptr.

BLANKET PILLOW COMBO
BLOCK (Make 13):
With A, ch 45.
Row 1 (Right Side): Hdc in 3rd ch from hook and in each ch across; turn – 43 hdc.
Row 2: Ch 2, hdc in each hdc across; turn.
Row 3: Ch 2, hdc in first hdc, fptr around hdc directly below in Row 1, [hdc in next 7 hdc, fptr around hdc directly below in Row 1] 5 times, hdc in last hdc; turn.
Row 4: Repeat Row 2.
Row 5: Ch 2, hdc in first hdc, fptr around fptr 2 rows below, [hdc in next 7 hdc, fptr around fptr 2 rows below] 5 times, hdc in last hdc; turn. Repeat Rows 4 and 5 until 3¾” from beginning. Fasten off A; attach B. With B, repeat Rows 4 and 5 until 7½” from beginning. Fasten off B; attach A. With A, repeat Rows 4 and 5 until 11¾” from beginning. Fasten off A; attach B. With B, repeat Rows 4 and 5 until 15” from beginning. Fasten off.

FINISHING-Block Edging:
With right side facing, attach A in any corner; ch 1, * 3 sc in corner, work 41 sc across to next corner; repeat from * around; join with a slip st in first sc. Fasten off.

Sew 12 blocks together as shown in Assembly Diagram.

Pocket: Place 13th block right side up over bottom center block of blanket. Sew lower edge and 2 sides to blanket leaving top edge free.

Straps (Make 2): With B, ch 62.
Row 1 (Wrong Side): Hdc in 3rd ch from hook and each ch across; turn – 60 hdc.
Row 2: Ch 2, hdc in each hdc across; pivot to work around strap; sc evenly around all 4 sides and work 3 sc in each corner; join with a slip st in first sc. Fasten off.

Sew ends of each strap in place on inside of pocket with the ends of one strap on the wrong side of the Pocket block and the ends of the second strap on the right side of the blanket block (the straps will be on the outside when pocket is reversed).

To fold: Lay the afghan out with the pocket face down. Fold afghan lengthwise into thirds; then, starting at the end opposite of the pocket, fold over three times. Then turn the pocket inside out over the afghan for carrying.

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Team Squares
Crochet Blanket & Pillow
Instructions

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PIillow With Handles
Make 2 blocks same as for Blanket. Sew 3 sides together, insert pillow form and sew 4th side closed.

Straps (Make 2): With B, ch 37. Work same as for Blanket Straps over 35 hdc. Sew ends of straps securely to top of pillow.

Blanket Pillow Combo (left) and Pillow with Handles (right)
Good Sports

crochet & knit beanies

Make these easy caps in the colors for each of your favorite teams—then make them for your friends, too!

3 & 4

Good Sports

crochet & knit beanies

instructions on next page

www.redheart.com
Good Sports Crochet & Knit Beanies
Instructions

Designed by Treva G. McCain

Skill Level: Easy

Materials: Medium weight yarn: 1 skein each of 2 colors.

Special Abbreviations:
fpd (front post double crochet) = yarn over, insert hook from front to back to front around the post of indicated stitch and draw yarn through, [yarn over and draw through 2 loops on hook] twice.

bpdc (back post double crochet) = yarn over, insert hook from back to front to back around the post of indicated stitch and draw yarn through, [yarn over and draw through 2 loops on hook] twice.

Note: The “ch 2” at beginning of rows does NOT count as a stitch.

CROCHET BEANIE

Cap fits most heads.
Cap circumference is 22”.

Project shown is crocheted with RED HEART® “Super Saver®” in 254 Pumpkin A and 385 Royal B.

Crochet Hooks: 5.5mm (US I-9) and 6mm (US J-10). Yarn needle.

Gauge: 14 sts = 4”; 12 rows = 4” in sc with larger hook. CHECK YOUR GAUGE. Use any size hook to obtain the specified gauge.

With smaller hook and A, ch 67. Work in ribbing as follows:
Row 1 (Right Side): Hdc in 2nd ch from hook and in each ch across; turn – 66 hdc.
Rows 2 and 3: Ch 2, fpdc around first st, * bpdc around next st **, fpdc around next st; repeat from * to last st, end at **; turn. Change to larger hook.

Row 1: Ch 1, sc in each st across changing to B in last sc; turn.
Row 2: Ch 1, sc in each sc across; turn.

Repeat Row 2 and work Stripe pattern as follows:
1 more row B, 2 rows A, 4 rows B, 2 rows A, 2 rows B, 1 row A. Change to smaller hook.
Next Row: Ch 2, dc in each sc across; turn.
Next 2 Rows: Ch 2, dc in each dc across; turn.

Shape Crown:
Next Row: Ch 2, dc in each dc across; turn.
Next Row: Ch 2, [dc2tog] 22 times; turn – 22 dc.
Next Row: Ch 2, dc in each dc across; turn.
Next Row: Ch 2, [dc2tog] 11 times – 11 dc. Fasten off leaving an 18” end.

Finishing:
With yarn needle, weave yarn end through remaining sts; draw up firmly; fasten securely. With same yarn end, sew back seam. Weave in ends.
KNIT BEANIE

Cap fits most heads.
Cap circumference is 18”.

Project shown is knit with RED HEART® “Super Saver®” in 381 Light Blue A and 311 White B.

Knitting Needles: 6mm (US 10).
Yarn needle.

Gauge: 17 sts = 4”; 21 rows = 4” in St st.
CHECK YOUR GAUGE. Use any size needles to obtain the specified gauge.

With A, cast on 77 sts. Work in ribbing as follows:
Row 1 (Wrong Side): K1, * P3, K2; repeat from * to last st; K1.
Row 2: P3, * K3, P2; repeat from * to last 4 sts; K3, P1.
Repeat Rows 2 and 3 for ribbing twice more.

Now work in St st, begin Purl row, and Stripe pattern as follows:

Shape Crown:
Row 1: [K1, K2tog] 25 times, K2 – 52 sts.
Rows 2, 4, 6, 8: Purl.
Row 3: [K1, K2tog] 17 times, K1 – 35 sts.
Row 5: [K1, K2tog] 11 times, K2 – 24 sts.
Row 7: [K1, K2tog] 8 times – 16 sts.
Row 9: [K2tog] 8 times – 8 sts.

FINISHING:
Cut yarn leaving an 18” end. With yarn needle, weave yarn end through remaining sts; draw up firmly; fasten securely. With same yarn end, sew back seam. Weave in ends.
Whether you prefer knit or crochet as your favorite yarn sport, choose any two team colors and make a spirited scarf.
CROCHET SCARF

Scarf measures 6” x 66”.

Project shown below left is crocheted with RED HEART® “Super Saver®” in 400 Grey Heather A and 319 Cherry Red B; project on previous page is crocheted with 321 Gold A and 385 Royal B.

Crochet Hook: 5.5mm (US I-9).

Yarn needle.

Gauge: 14 sts = 4”; 7 rows = 4” dc. CHECK YOUR GAUGE. Use any size hook to obtain the specified gauge.

With A, ch 23.
Row 1 (Right Side): Dc in 3rd ch from hook and in each ch across; turn – 21 dc.
Row 2: Ch 2, dc in each dc across changing to B in last st; turn.
Row 3: With B, ch 2, dc in each dc across; turn.

Repeat Row 3, changing colors as required and work Stripe pattern as follows:

KNIT SCARF

Scarf measures 6” x 65”.

Project shown below is knit with RED HEART® “Super Saver®” in 387 Soft Navy A and 311 White B; project on previous page is knit with 389 Hunter Green A and 321 Gold B.

Knitting Needles: 6mm (US 10).

Yarn needle.

Gauge: 17 sts = 4”; 21 rows = 4” in pattern. CHECK YOUR GAUGE. Use any size needles to obtain the specified gauge.

With A, cast on 25 sts. Marking Row 1 as the wrong side work in Stripe pattern as follows:
Rows 1-6: Knit.
Row 7: K4, P17, K4.
Rows 8-15: With B, Knit.
Rows 16, 18, 20, 22: With A, Knit.
Rows 17, 19, 21, 23: With A, repeat Row 7.

Repeat Rows 8-23 for pattern once more, then Rows 8-15 again. Now repeat Rows 16 and 17 until scarf measures 58” from beginning, end by working Row 17.

Now repeat Rows 8-23 twice more, and then Rows 8-15 again, and then Rows 16 and 17 once more. Knit 6 rows with A. Bind off knitwise. Weave in ends.
Winning Ways

crochet &

knit wristers

You’ll want to wear these comfortable wristers even if there is no game! Make them in either crochet or knit version.
Winning Ways
Crochet & Knit Wristers
Instructions

Designed by Kim Kotary

Skill Level: EASY

Materials:
Medium weight yarn: 1 Skein each of 2 colors.

SPECIAL ABBREVIATIONS:

fphdc (front post hdc) = yarn over, insert hook from front to back to front around the post of the st below and draw up a loop, yarn over and draw through all 3 loops on hook.

bphdc (back post hdc) = yarn over, insert hook from back to front to back around the post of the st below and draw up a loop, yarn over and draw through all 3 loops on hook.

NOTE: Change colors by working the slip st at end of round with the new color.

CROCHET WRISTERS

One size fits most.
Finished Measurement: 8” long x 8” around.

Project shown is crocheted with RED HEART® “Super Saver®” in 312 Black A and 321 Gold B.

Crochet Hook: 5.5mm (US I-9).
Yarn needle.

Gauge: 12 sts = 4”; 15 rnds = 4” in sc. CHECK YOUR GAUGE. Use any size hook to obtain the specified gauge.

Wristers (Make 2)-Ribbing:
With A, ch 24; join with a slip st in first ch to form ring, being careful not to twist the chain.

Rnd 1: Ch 2 (counts as hdc here and throughout), hdc in each ch around; join with a slip st in top of ch-2 – 24 sts.

Rnd 2: Ch 2, fphdc around next st, * bphdc around next st, fphdc around next st; repeat from * around; join in top of ch-2.
Repeat Rnd 2 until 2” from beginning, changing to B at end of last rnd.

Stripes-Next Rnd: With B, ch 1, sc in each st around; join with a slip st in first sc.

Next Rnd: Ch 1, sc in back loop of each sc around; join.

Repeat last rnd, changing color as necessary for the following or any random stripe pattern:
1 more rnd B, 1 rnd A, 2 rnds B, 3 rnds A, 2 rnds B, 1 rnd A, 1 rnd B.

Continue in B until 7” from beginning. Change to A.

Thumb Hole: With A, ch 1, sc in back loops of each sc around to last 4 sc; ch 4, skip last 4 sc; join.

Next Rnd: Ch 2, skip first sc, hdc in each sc and ch around; join – 24 sts.

Repeat Rnd 2 until 8” from beginning. Fasten off. Weave in ends.

KNIT WRISTERS

One size fits most.
Finished Measurement: 8” long x 9” around.

Project shown is knit with RED HEART® “Super Saver®” in 400 Grey Heather A and 319 Cherry Red B.

Knitting Needles: 5.5mm (US 9).
Yarn needle.

Gauge: 15 sts = 4”; 26 rows = 4” in St st. CHECK YOUR GAUGE. Use any size needles to obtain the specified gauge.

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Winning Ways
Crochet & Knit Wristers
Instructions

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Wristers (Make 2)-Ribbing:
Cast on 34 sts. Work in ribbing as follows:
Row 1 (Right Side): K2, * P2, K2; repeat from * across.
Row 2: P2, * K2, P2; repeat from * across.
Repeat Rows 1 and 2 for ribbing for 2”. Now work in St st, begin K row, in the following stripe sequence:
2 rows A, 2 rows B, 2 rows A, 4 rows B, 4 rows A, 2 rows B, 2 rows A, 6 rows B, 6 rows A.

Thumb Hole-Row 1: With B, K27, bind off next 5 sts, K to end.
Row 2: P2, cast on 5 sts, P27.
Row 3: With A, Knit.
Now work in ribbing, begin Row 2, for 1”. Bind off in ribbing.

FINISHING:
Sew side seam, matching stripes.
Weave in ends.
9 - 13
Sports Ball
crochet hats

Let the world know where your heart is—football, basketball, baseball, soccer or pool. Or make all five and be ready for any game!
Sports Ball Crochet Hats Instructions

Designed by Donna Casella

Skill Level: Easy

Directions are for size Small; changes for sizes Medium and Large are in parentheses.

Hat Circumference: 16½ (18, 19½)”.

Materials: Medium weight yarn: 1 Skein each of 3 or 4 colors.


Crochet Hook: 6mm (US J-10).

Gauge: 8 sts = 3”; 8 rnds = 4½” in dc. CHECK YOUR GAUGE. Use any size hook to obtain the specified gauge.

BASIC HAT
Ch 4; join with a slip st in first ch to form a ring.

Rnd 1: Ch 2 (counts as first dc), 10 (11, 12) dc in ring; join with a slip st in top of ch-2 – 11 (12, 13) sts.

Rnd 2: Ch 2, dc in same st as joining, [2 dc in next dc] 10 (11, 12) times; join – 22 (24, 26) sts.

Rnd 3: Ch 2, 2 dc in next st, [dc in next dc, 2 dc in next dc] 10 (11, 12) times; join – 33 (36, 39) sts.

Rnd 4: Ch 2, dc in next dc, 2 dc in next dc, [dc in next 2 dc, 2 dc in next dc] 10 (11, 12) times; join – 44 (48, 52) sts.

Rnds 5-12: Ch 2, dc in next dc and in each dc around; join. Fasten off.

BASKETBALL HAT
Work as for Basic Hat as follows:

Rnds 1-4: With H, work Rnds 1-4.

Rnd 5: With I, work Rnd 5 working in the back loops.

Rnds 6-9: With I, work Rnd 5.

Rnd 10: With J, work Rnd 5.


With F, embroider “stitching” at top of hat.

FOOTBALL HAT
Work as for Basic Hat as follows:

Rnds 1-8: With A, work Rnds 1-8.

Rnd 9: With B, work Rnd 5 working in the back loops.

Rnd 10: With A, work Rnd 5.

Rnd 11: With C, work Rnd 5.


Football Applique:
With D, ch 7.

Rnd 1: Sc in 2nd ch from hook, hdc in next ch, dc in next 2 ch, hdc in next ch, (sc, hdc, sc) all in last ch; working on opposite side of beginning ch, hdc in next ch, dc in next 2 ch, hdc in next ch, (sc, hdc) all in last ch; join with a slip st in first sc.

Rnd 2: Ch 3, dc in same sc as joining, * dc in next hdc, [2 dc in next dc] twice, dc in next hdc, 2 dc in next sc, (dc, tr, dc) all in next hdc **, 2 dc in next sc; repeat from * to ** once more; join in top of ch-3.
Rnd 3: Ch 1, sc in each st around and work 3 sc in each tr; join. Fasten off. Weave in ends.

With B, embroider “laces” on football. Sew to front of hat.

BASEBALL HAT

Work as for Basic Hat as follows:
Rnds 1-3: With B, work Rnds 1-3.
Rnd 4: With A, work Rnd 4 working in the back loops.
Rnds 5-7: With E, work Rnd 5.
Rnd 8: With B, work Rnd 5.
Rnd 9: With A, work Rnd 5.
Rnd 10: With B, work Rnd 5.

With C, embroider baseball “stitching” at top of hat.

POOL HAT

Work as for Basic Hat as follows:
Rnds 1 and 2: With B, work Rnds 1 and 2.
Rnd 3: With F, work Rnd 2 working in the back loops.
Rnd 4: With C, work Rnd 4.
Rnds 5-10: With G, work Rnd 5.
Rnd 11: With C, work Rnd 5.

With F, embroider the number “8” at top of hat.

SOCCER HAT

Wind 5 bobbins with F and 5 with B for working color design on Rnd 4. Work as for Basic Hat as follows:
Rnd 1: With F, work Rnd 1.
Rnds 2 and 3: With B, work Rnds 2 and 3.

Work color design as follows, joining and cutting colors as required; do not carry colors across the back:


Size Large Only-Rnd 4: With B, ch 2, dc in same st as joining, dc in next dc, 2 dc in next dc, dc in next dc, [with F, dc in next 2 dc, 2 dc in next dc, dc in next dc, with B, 2 dc in next dc, dc in next dc, 2 dc in next dc, dc in next dc, with F, dc in next 4 dc, with B, 2 dc in next dc, dc in next dc, 2 dc in next dc, dc in next dc] twice, with F, dc in next 2 dc, 2 dc in next dc; join – 52 dc.

All Sizes-Rnd 5: With C, work Rnd 5 working in the back loops.
Rnds 6 and 7: With C, work Rnd 5.
Rnds 8 and 9: With B, work Rnd 5.
Wrap yourself in this blanket at chilling football games, or use it for a picnic in the grass instead of your tailgate.
Football Field Crochet Blanket Instructions

Designed by Katherine Eng

Skill Level: ★★★★

Blanket measures 45" x 53".

Materials: Medium weight yarn: 3 Skeins A, 1 skein each of B, C, and D.

Project shown is crocheted with RED HEART® “Super Saver®” in 389 Hunter Green A, 311 White B, 376 Burgundy C, and 321 Gold D.

Crochet Hooks: 10mm (US N-15) and 6mm (US J-10). Yarn needle.

Gauge: 10 sts = 4’’; 8 rows = 4’’ in pattern with larger hook. CHECK YOUR GAUGE. Use any size hook to obtain the specified gauge.

With larger hook and A, ch 74.

Center-Row 1 (Right Side): Sc in 2nd ch from hook, * dc in next ch, sc in next ch; repeat from * across; turn – 73 sts.

Row 2: Ch 3, skip first sc, * sc in next dc, dc in next sc; repeat from * across; turn.

Row 3: Ch 1, * sc in dc, dc in sc; repeat from * to last st; sc in top of ch-3; turn.

Rows 4-9: Repeat Rows 2 and 3. Fasten off.

Row 10: With right side facing, join B in first sc of last row; ch 1, sc in each st across; turn.

Row 11: Ch 1, sc in each sc across. Fasten off.

Row 12: With right side facing, join A in back loop of first sc of last row; ch 1, sc in back loop of first sc, * dc in back loop of next sc, sc in back loop of next sc; repeat from * across; turn.

Rows 13-108: Repeat Rows 2-12 eight more times, then Rows 2-9 once more. Fasten off.

Center Edging-Rnd 1: With right side facing, join B in upper right corner st; ch 1, * (sc, ch 2, sc) all in corner st, work 71 sc across to next corner, (sc, ch 2, sc) all in next corner st, work 107 sc across row ends to next corner; repeat from * once more; join with a slip st in first sc; TURN – 73 sc across top and bottom and 109 sc across each side.

Rnd 2: Ch 1, sc in each sc around and work (sc, ch 2, sc) all in each corner ch-2 space; join. Fasten off.

Rnd 3: With right side facing, join C in back loop of the 2nd sc to the right of any corner ch-2 space; ch 1, sc in back loop of each sc around and work (sc in back loop of first ch, ch 2, sc in back loop of next ch) at each corner; join through both loops of first sc; TURN.

Rnd 4: Ch 1, sc in first sc, ch 1, skip next sc, * sc in next ch, ch 1, skip next sc; repeat from * to corner; (sc, ch 2, sc) all in corner ch-2 space, ch 1, skip next sc; repeat from * around; join; TURN.

Rnd 5: Ch 1, sc in each ch-1 space and in each sc around and work (sc, ch 2, sc) all in each corner ch-2 space; join; TURN.

Rnds 6-9: Repeat Rnds 4 and 5. Fasten off.

Side Border-Rnd 1: With right side facing, join D in ch-2 space at lower right corner; ch 1, sc in ch-2 space and in each sc across to next corner, sc in next corner ch-2 space; turn.

Row 2: Ch 1, sc in first sc, * ch 1, skip next sc, sc in next sc; repeat from * across; turn.

Row 3: Ch 1, sc in each sc and in each ch-1 space across. Fasten off.

Row 4: With right side facing, join C in first sc of last row; ch 1, sc in each sc across; turn.

Rows 5-10: Repeat Rows 2 and 3. Fasten off.

Repeat Side Border Rows 1-10 on opposite side of blanket.

Blanket Border-Rnd 1: With right side facing, join D in any corner; ch 1, * (sc, ch 2, sc) all in corner, work an odd number of sc to next corner; repeat from * around; join; TURN.

Rnd 2: Ch 1, sc in first sc, * ch 1, skip next sc, sc in next sc; repeat from * to corner; ch 1, skip next sc, (sc, ch 2, sc) all in corner ch-2 space; repeat from * around; ch 1, skip last sc; join; TURN.

Rnd 3: With smaller hook, ch 1, work (sc, ch 2, sc) all in each ch-1 space around and work [(sc, ch 2) 3 times, sc] all in each corner ch-2 space; join. Fasten off. Weave in ends.
**Long-tail cast on**
Measure approximately 1" for each stitch needed and make a slip knot at this point. Place slip knot on needle (counts as the first stitch) and hold needle in right hand with the skein end of the yarn over your first finger. Wind the tail end of the yarn around your left thumb from front to back (fig. 1). Bring needle down in front of thumb (fig. 2) and insert point under loop in front of thumb (fig. 3). Bring tip of needle under loop on index finger, following direction of arrow (fig. 4) Pull needle down through loop on thumb, following direction on arrow (fig. 5). This forms a stitch on needle (fig. 6). Repeat instructions for each stitch to be cast on, counting each loop on needle as a stitch.

**Increase (inc)**
Knit into stitch on left-hand needle, but do not remove it from needle. Twist right-hand needle behind the left-hand needle and insert into back of stitch just knit; knit this stitch again through the back loop to increase 1 stitch.

**Knit 2 together (k2tog)**
Insert right-hand needle into 2 stitches on left-hand needle, following direction of arrow. Knit these 2 stitches together as 1 to decrease 1 stitch.

**Bind off**
From beginning of row, knit 2 stitches, insert tip of left-hand needle into first stitch on right-hand needle and pull this stitch up, over the second stitch and completely off the needle. Knit another stitch and repeat process.
**Slip knot**
A slip knot is the starting point of everything you do in knitting and crocheting and is the basis for both the cast on and the chain.

**Knit (K)**
With the working yarn at the back, insert right-hand needle into first stitch on left-hand needle, from front to back (fig. 1). Wrap yarn around right-hand needle, from left to right over the point of the needle (fig. 2). Pull wrap through the stitch (fig. 3), forming a loop on the right-hand needle. Slip the new stitch off the left-hand needle (fig. 4).

**Purl (P)**
With the working yarn at the front, insert right-hand needle into first stitch on left-hand needle, from back to front (fig. 1). Wrap yarn around right-hand needle, from right to left over the point of the needle (fig. 2). Pull wrap through the stitch (fig. 3), forming a loop on the right-hand needle. Slip the new stitch off the left-hand needle (fig. 4).
**How to Crochet**

**Chain (ch)**
Make a slip knot (see how to knit) and place on the hook. Wrap yarn around hook (yarn over—yo) and pull through loop (lp) on hook. Repeat to form as many chains as required. Do not count the original slip knot.

**Slip stitch (sl st)**
Insert hook into specified stitch, yarn over and pull through in one movement.

**Single crochet (sc)**
Insert hook into specified st, yarn over and draw through the stitch, yarn over and pull through both loops on hook.

**Half double crochet (hdc)**
Yarn over and insert hook into specified stitch, yarn over and draw up a lp, yarn over and pull through all 3 loops on hook.

**Double crochet (dc)**
Yarn over and insert hook into specified stitch, yarn over and draw up a loop, yarn over and pull through the first 2 loops on hook, yarn over and pull through the remaining 2 loops on hook.
**Single crochet 2 together (sc2tog)**
Insert hook into each of next 2 stitches, yarn over and pull through all 3 loops on hook (1 stitch decreased).

**Treble crochet (tr)**
Yarn over twice and insert hook into specified stitch, yarn over and draw up a loop, yarn over and pull through the first 2 loops on hook, yarn over and pull through the next 2 loops on hook, yarn over and pull through the remaining 2 loops on hook.

**Double crochet 2 together (dc2tog)**
[Yarn over, insert hook into the next stitch and draw up a loop, yarn over and pull through first 2 loops on hook] twice, yarn over and pull through all 3 loops on hook (1 stitch decreased).

**Reverse single crochet (reverse sc)**
Insert hook into next stitch to the right and pull up a loop, yarn over and pull through both loops on hook.

**Front loop (front lp); back loop (back lp)**
Unless otherwise instructed, work under both loops of the top of the stitch.
**Standard**

### Yarn Weight System

Categories of yarn, gauge ranges and recommended needle and hook sizes

<table>
<thead>
<tr>
<th>Yarn Weight Symbol &amp; Category Names</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of Yarns in Category</td>
<td>Sock, Fingering, Baby</td>
<td>Sport, Baby</td>
<td>DK, Light Worsted</td>
<td>Worsted, Afghan, Aran</td>
<td>Chunky, Craft, Rug</td>
<td>Bulky, Roving</td>
</tr>
<tr>
<td>Knit Gauge Range* in Stockinette Stitch to 4 inches</td>
<td>27–32 sts</td>
<td>23–26 sts</td>
<td>21–24 sts</td>
<td>16–20 sts</td>
<td>12–15 sts</td>
<td>6–11 sts</td>
</tr>
<tr>
<td>Recommended Needle in Metric Size Range</td>
<td>2.25–3.25 mm</td>
<td>3.25–3.75 mm</td>
<td>3.75–4.5 mm</td>
<td>4.5–5.5 mm</td>
<td>5.5–8 mm</td>
<td>8 mm and larger</td>
</tr>
<tr>
<td>Recommended Needle U.S. Size Range</td>
<td>1 to 3</td>
<td>3 to 5</td>
<td>5 to 7</td>
<td>7 to 9</td>
<td>9 to 11</td>
<td>11 and larger</td>
</tr>
<tr>
<td>Crochet Gauge* Ranges in Single Crochet to 4 inch</td>
<td>21–32 sts</td>
<td>16–20 sts</td>
<td>12–17 sts</td>
<td>11–14 sts</td>
<td>8–11 sts</td>
<td>5–9 sts</td>
</tr>
<tr>
<td>Recommended Hook in Metric Size Range</td>
<td>2.25–3.5 mm</td>
<td>3.5–4.5 mm</td>
<td>4.5–5.5 mm</td>
<td>5.5–6.5 mm</td>
<td>6.5–9 mm</td>
<td>9 mm and larger</td>
</tr>
<tr>
<td>Recommended Hook U.S. Size Range</td>
<td>B–1 to E–4</td>
<td>E–4 to 7</td>
<td>I–9 to K–10½</td>
<td>K–10½ to M–13</td>
<td>M–13 and larger</td>
<td></td>
</tr>
</tbody>
</table>

* GUIDELINES ONLY: The above reflect the most commonly used gauges and needle or hook sizes for specific yarn categories.
**Reference**

**abbreviations**

A, B, C, etc. . . . Color A, B, C, etc.
ch.  . . . . . . . . . . . . . chain
dc.  . . . . . . . . . . . . . double crochet
hdc . . . . . . . . half double crochet
K . . . . . . . . . . . . . . . . . knit
K2tog . . . . . . . . knit 2 together (dec)
mm . . . . . . . . . . . . . . . millimeters
P . . . . . . . . . . . . . . . . . purl
pat . . . . . . . . . . . . . . . . pattern
rnd(s). . . . . . . . . . rounds
RS . . . . . . . . . . . . . . . . right side
sc. . . . . . . . . . . . . . single crochet
sk. . . . . . . . . . . . . . skip
St st. . . . . . . . . . . stockinette stitch
tr . . . . . . . . . . . . . . treble crochet
WS. . . . . . . . . . . wrong side
yo . . . . . . . . . . . . . yarn over

* or ** = repeat whatever follows the * or ** as indicated
[ ] = work directions in brackets the number of times indicated

**skill levels**

- **Beginner**
  - Perfect for new knitters and crocheters, these projects use basic stitches and minimal shaping.

- **Easy**
  - These projects use basic stitches, repetitive stitch patterns, simple color changes, and simple shaping and finishing. It’s easy!

- **Intermediate**
  - These projects use a variety of techniques, such as basic lace patterns or mid-level shaping. Great for learning new skills.

- **Experienced**
  - For more experienced stitchers, these projects feature intricate stitch patterns, more advanced techniques, or detailed shaping. Do you like a challenge?
Team Spirit

14 knit & crochet ideas to cheer on the team