

Liberty Learning Performance Cheer



2025-2026 Cheer Info

Thank you for your interest in the Liberty Performance Cheer Team!

We are so excited for the new season! Our goal is to provide our learners with a fun and meaningful after program activity. Everyone makes the team and a difference! This year our program will be coached by Brittany Hickey and Mrs. Donnel. Ms. Reid will be present for additional support at off site events.

This is a performance based cheerleading team. Liberty Cheerleaders will spread program spirit and represent Liberty Learning Ministries throughout the program year with performances and appearances. Participants can expect to learn the basics of cheerleading, make friends, and gain confidence, while learning about teamwork, sportsmanship, and sisterhood! We will use the spirit of cheerleading to teach character, integrity, perseverance, discipline, and dedication. Go Eagles!

Season Starts: September 17, 2025 **Season Ends:** June 11, 2026

Commitment: Up to 2 days per week + performances

Practice @ Liberty: Wednesdays from 3:45-5:45 PM

Additional practices may be added if needed prior to events.

Each Liberty Cheerleader needs to complete 6-8 weeks of tumbling classes at the studio of their choice.

Optional tumbling & stunt practice: Just Tumble, Saturday from 12:00-2:00 PM. Cost is \$10 and is not included in our cheer program fees.

Expectations:

Cheerleaders will represent Liberty Learning Ministries via performing at one Liberty assembly per month, The Sylvia Besana Holiday Parade, JAMZ Norcal Cup Challenge, our end of year Liberty Assembly, and End of Year Showcase. Cheerleaders may be asked to help promote Liberty events by making posters, volunteering, and by wearing uniforms/ spirit wear. Cheerleaders will be good role models on campus and in the community. Cheerleaders will remain in good standing with instructors. Cheerleaders will make every effort to attend all practices. The success of this program depends on you and your cheerleaders participation and commitment.

Cost:

\$400 Registration Fee due September 15th

Includes: Team t-shirt, practice bow, competition bow, team music, choreography, entry fees for the parade and JAMZ, and new mats/equipment for sanctuary practices.

\$176 Uniform Fee due: November 15th

Date TBD (Late Oct/Early Nov) Paid to Varsity via Fit Pass Portal

\$100-\$200 Tumbling Classes

Please complete 6-8 weeks of tumbling classes by the end of December. Paid to the tumbling studio of your choice

Uniform Swap & Donate

Has your child outgrown last year's uniform? You will have an opportunity to swap or donate any uniform items prior to the uniform fitting.

Fees are non-refundable as they go directly to the purchase of items for your child. Thank you for understanding.

Potential Additional Expenses:

- White cheer shoes (not included)
- White no-show socks
- Team Photos (purchase is optional)
- Tights, socks, and headband for the Christmas parade (required to participate)
- Open gym at Just Tumble

Dates:

September 15th: Season registration and fee is due

September 17th: First practice at Liberty, 4:00-6:00 PM

November 15th: Uniform Fitting & Payment to Varsity due

December 5th: Liberty Cheer Holiday Party and Ornament Exchange

December 6th: Sylvia Besana Holiday Parade in Roseville

January TBD: Team photos @ Liberty 4:00 PM

March 28th: JAMZ Nor Cal Challenge Cup @ Adventist Health Arena, Stockton

June TBD: Liberty End of Year Performance/Showcase

Team bonding events will also be scheduled for weekends throughout the season.

Practices:

5th grade and under- Parents are responsible for getting children ready for practices & tumbling. Parents must come or appoint an adult to come assist their athlete. For health and safety purposes, staff cannot assist athletes with changing, or style athletes' hair.

6th grade or higher- Athletes who can dress themselves, secure a high pony with flyaways secured, eat a snack, prepare a water bottle etc., do not need an adult to come. Athletes are expected to come to practice with a full water bottle and with proper attire & hair. Athletes not in proper attire, will not be permitted to practice and must sit and watch.

Snacks should not be brought to practice.

Food and beverages are not permitted in the sanctuary.

Parents are responsible for transportation to tumbling classes. There is a place to sit and watch at the gym.

Look like a team, act like a team!

Practice Attire Guidelines:

Top: Liberty t-shirt (provided) with proper undergarments.

Please keep in mind athletes may be upside down. We recommend, but do not require, the purchase of a royal blue sports bra to go under your child's t-shirt for practices and tumbling classes.

Bottoms: Red Cheer shorts.

Please ensure shorts are not too short, or too loose. For maximum athlete comfort, undergarments should not be visible in a straddle position.

Recommended: Fitted Cheer shorts i.e. Nike Pro/ DSG/ Under Armour brand work-out/ cheer shorts.

Hair: High pony with practice bow.

Hair should be pulled back away from the face, secured in a high ponytail with a practice bow. Flyaways should be secured back. No earrings or jewelry.

Nails: Must be kept short and free of jagged edges. Artificial nails are not allowed.

Athletes must be in practice attire to participate. If hair or clothing are determined to be unsafe by the coach, athletes will sit out and watch.

In the first month, we will do a lot of conditioning. Cheerleaders will work on flexibility, strength, motions, tumbling, jumping and stunting. Cheerleaders will also learn cheer basics, and begin performance routines, as well as engage in team building activities. Your cheerleader may be

tired if they are not used to this activity level. Ensure your child is getting enough rest at night, eating a healthy diet, and drinking adequate liquids prior to practice days.



Practice Checklist:

- ☐ Liberty cheer t-shirt
- ☐ Sports bra under shirt
- ☐ Red cheer shorts
- ☐ Cheer shoes
- ☐ Hair in a high pony (or half high pony if hair is too short)
- ☐ Practice bow
- ☐ Full water bottle
- ☐ Had a snack and used the bathroom before practice A yoga mat or towel if we are going to be out on the grass

Performances:

Sylvia Besana Holiday Parade

Date: Saturday December 6th.

Mandatory practices for this event begin October 15th. Athletes who miss practice may not perform, but may ride on the flat bead.

Additional Items: Athletes will need striped tights or black leggings (see attire), knee length Christmas Socks, and a Christmas headband to participate. Headbands will be removed for performance.

Attire:

If uniforms arrive in time: Uniform liner, shell (untucked), tights, briefs over tights, skirt, Knee length Christmas socks over tights. White cheer shoes.

If uniforms do not arrive on time:

Liberty Cheer t-shirt with a white long sleeve shirt underneath. Black leggings. Knee length Christmas socks pulled over leggings. White Cheer shoes.

Hair/ Makeup: High Pony, red lipstick, comp bow sitting on top of the head like a crown. Mascara and blush ok. No other makeup permitted. Glitter will be provided.
Bring: A blanket or jacket your child can wear until they step off.

Additional information: Parade information is sent out approximately ten days before the event. Athletes will ride on our “float” where they will chant, wave and cheerfully, and wish spectators Happy Holidays and Merry Christmas. They will exit the float to perform at the judges station. They will re-board the float and ride until the end of the route.

Liberty Coaches will accompany athletes on the parade route. No siblings or adults will be permitted to walk in the parade. Parents will drop off at our meeting spot, take pics, find a spot on the route, relax, and enjoy the parade. We will appoint two designated adults to video the routine. The videos will be shared with all.

The parade ends in the Trader Joe’s parking lot behind the businesses of Roseville Square. This is where pick up will be. Plan parking accordingly. We would love parent volunteers to decorate the “float”.

JAMZ Nor Cal Challenge Cup

Date: March 28th

Mandatory Practices for this event begin January 14th. Athletes who miss practice may not take the mat at this event.

Attire: Uniform liner, shell (untucked), briefs, skirt, white cheer shoes, white no show-socks.

Hair: High Pony, red lipstick, comp bow sitting on top of the head like a crown. Mascara and blush ok. No other makeup permitted. Glitter will be provided.

Additional information: Spectator fees up to \$25 may apply. Travel up to 70 miles may be required. Performance order and schedule is not released until 24 hours prior to the event. Athletes typically arrive 1.5 - 2 hours prior to performance and meet at a designated meeting spot. Parents will take photos, wish athletes luck, and release them to the coaching staff for warm ups. Parents are not permitted backstage for safety purposes. If attending a large event, parents should follow the event schedule closely, and line up at least two teams prior to our performance. Failure to do so may result in missing the performance.

There will be a designated parent viewing area to ensure you are able to see your athlete. Please do not obstruct the judges with phones, hands, signs or bodies if applicable. Athletes must stay until awards if applicable or forfeit any awards given.

Athletes will be released to parents after their performance and should return to the main floor for their awards if applicable. Athletes will sit with their team during awards and will again be

released to parents after awards. Unsportsmanlike conduct and/or negative commentary from athletes and/or parents about any athlete or program will not be tolerated and will result in removal from the venue and program and forfeit of any awards received.

Other Performances

What: Liberty Assemblies

Date: Last Friday of each month

Practice is mandatory the week of the assembly. Cheerleaders must be at practice to participate.

Attire: See "Spirit Days" on the next page.

What: Liberty End of Year Performance/Showcase

Date: Thursday, June 11th

Mandatory Practices for this event begin four weeks before the event. Athletes who miss practice may not take the mat at this event.

Attire: Uniform liner, shell (untucked), briefs, skirt, white cheer shoes, white no show-socks.

Spirit Days:

Non performance Fridays Attire:

Top: Liberty Cheer shirt. Athletes may wear a plain black or plain white shirt under the shirt if it is cold.

Bottoms: Plain black or denim pants, leggings, or shorts are permitted (no patterns).

Shoes: Plain colored tennis shoes preferred.

Hair: Any configuration that includes practice bow.

Cheerleaders will sit out for ½ of one practice if they do not wear correct attire on Fridays.

Performance Fridays Attire:

Athletes 5th grade and under- Uniform liner, shell over liner (untucked), briefs, skirt, white cheer shoes, white no show-socks.

The coach may specify liner, no liner, or remove liner after performance based on weather.

Hair: High pony with comp bow.

NO make up.

Athletes may change shoes after performance to preserve cheer shoes. Alternate shoes should be plain tennis shoes in white, gray or black.

Athletes 6th grade and up- Athletes should arrive in uniform liner, shell over liner (untucked), briefs, skirt, white cheer shoes, white no show-socks.

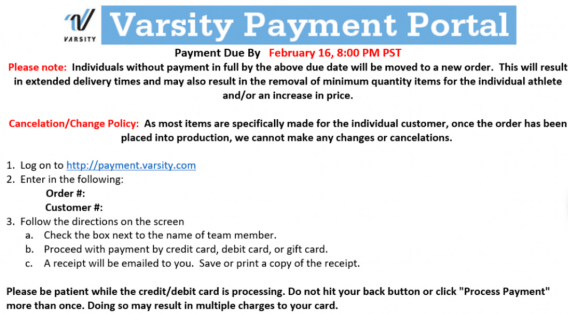
Hair: High pony with comp bow.

After your performance you may change into non-performance Friday attire and take down your hair.

Uniform Fitting:

A representative from Varsity Spirit wear will come to Liberty with samples to fit the girls. We are still waiting on the date from our rep but anticipate late October/early November. Cheerleaders should come with a bathing suit under their clothing to try on samples. If you cannot attend, please notify Brittany to schedule a virtual fitting. After the fitting, you will be sent a link to pay for your Cheerleaders Uniform through the Varsity Fit Pass portal.

Sample:



The screenshot shows the Varsity Payment Portal interface. At the top, it says 'Varsity Payment Portal' with a 'Varsity' logo. Below that, it states 'Payment Due By February 16, 8:00 PM PST'. A red 'Please note' section explains that individuals without full payment will be moved to a new order, leading to extended delivery times and potential removal of items. A 'Cancellation/Change Policy' section states that items are made for the individual customer and cannot be changed or canceled once in production. A numbered list of steps guides the user through logging in, entering order and customer numbers, and following on-screen directions. A final note advises patience while the credit/debit card is processing and warns against multiple charges.

Varsity Payment Portal
Payment Due By **February 16, 8:00 PM PST**

Please note: Individuals without payment in full by the above due date will be moved to a new order. This will result in extended delivery times and may also result in the removal of minimum quantity items for the individual athlete and/or an increase in price.

Cancellation/Change Policy: As most items are specifically made for the individual customer, once the order has been placed into production, we cannot make any changes or cancellations.

1. Log on to <http://payment.varsity.com>
2. Enter in the following:
Order #:
Customer #:
3. Follow the directions on the screen
 - a. Check the box next to the name of team member.
 - b. Proceed with payment by credit card, debit card, or gift card.
 - c. A receipt will be emailed to you. Save or print a copy of the receipt.

Please be patient while the credit/debit card is processing. Do not hit your back button or click "Process Payment" more than once. Doing so may result in multiple charges to your card.



Communication:

We will use the BAND app for team communication.

Please make a habit of checking once per day, especially

on event days.

When in doubt, over communicate.

Documents:

Some end of season event requires us to keep a copy of your cheerleaders birth certificate on file for proof of age. Please contact Mrs. Donnel ASAP if this is an issue.

We need proof of age prior to our performance in March.

Attendance:

Attendance is mandatory. Please do your best to make sure your athlete is present for all practices possible.

Cheerleading is a team sport. When one squad member is absent, the whole team cannot fully practice, especially if we are stunting.

Please contact Mrs. Donnel ASAP (preferably at least 2 hrs prior to practice start time) when possible, if your child is going to be late or absent.

Excessive absences, regardless of reason, may result in a Cheerleaders position being changed or the cheerleader may be removed from the routine.

Appearance:

Events and Comps

→ Uniforms and Spirit Wear should be clean and free of stains and tears.

- Hair must be pulled neatly into a high ponytail with flyaways secured back unless otherwise specified.
- The bow should sit upright on top of the head like a “crown”. Tip: The pony tail may need to be 1-3 inches from the forehead for the bow to sit properly. You may also need/ want to pin the tails with bobby pins.
- No make-up is allowed unless specified. Unnatural hair colors are not allowed.
- Nails must be kept short and free of jagged edges.
- Artificial nails are not allowed.
- No jewelry is allowed, this includes new piercings.
- Uniforms must only be worn in entirety. This means: Shell, skirt, briefs, white no show socks, and white cheer shoes. Liner will be worn under the shell when specified.
- If your cheerleading is staying after performing at an off site event, they must remain in uniform or change COMPLETELY out of uniform.
- Cheer Shoes should be kept clean and should only be worn at events, practices, and comps.

It is advised that cheerleaders don't drink anything with color (i.e. Juice, punch, hot cocoa) or eat anything messy (ie. Chocolate, nachos, anything with sauce) while wearing their uniform.

Volunteers/Helpers:

- Volunteering is never a requirement at Liberty Learning.
- If you would like to help we will have the following opportunities:
- Hosting/organizing a team bonding parties & activities
- Hosting parent bonding parties/activities
- Helping with additional supervision at events as needed
- Being the designated parent to video/take pics
- Playing music at comps and performances
- Making pins/ hosting crafting events
- Driving and/or donating decorations for GNO
- Decorating our parade float
- Donating decorations for our float

We look forward to another award-winning season!!!

Brittany Hickey and Mrs. Donnel

