

Liberty Learning Performance Cheer

2024-2025 Cheer Info



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

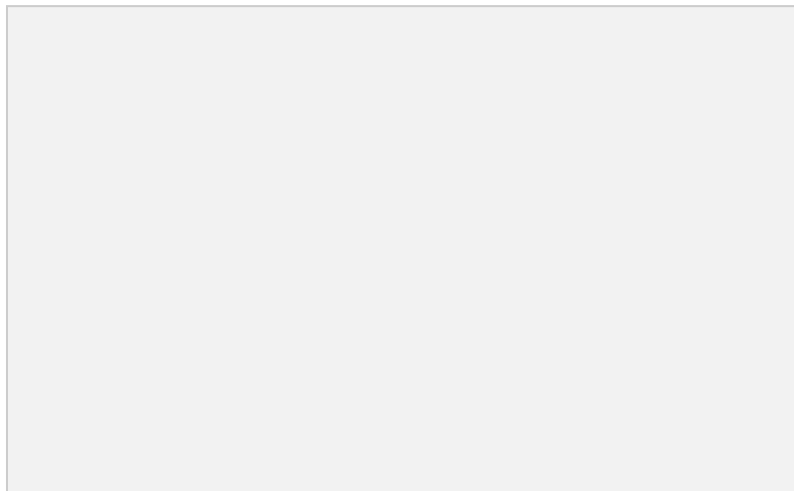
Our goal is to provide our learners with a fun and meaningful after program activity. Everyone makes the team and a difference!

This year our program will be coached by Mrs. Brisby & Mrs. Hiestand.
Mrs. Anderson will be present for additional support at off site events.
We are so excited for the new season!

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: Oct 15th 2024

Season Ends: June 2025

Commitment: Up to 2 days per week + performances.

Practices will be one day per week.
Additional practices may be added if needed prior to events.

Team tumbling will be 1 day per week for 12 weeks
(included in your registration fees).

Practice @ Liberty: Thursdays from 3:30-5:00 pm

Tumbling @ Just Tumble: Tuesdays from 5:30-6:30 pm
This is a 12 week private tumbling class for Liberty Cheerleaders.

Optional tumbling & stunt practice time is available via open gym
@ Just Tumble every Saturday from 12-2 pm.
Cost is \$10 (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, our end of year Liberty Assembly, and one end of season event (TBD).

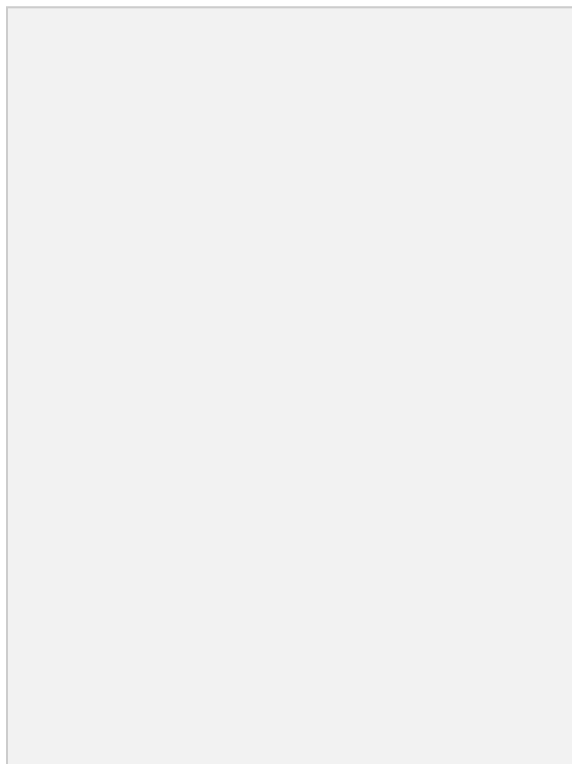
Cheerleaders may be asked to help promote Liberty events by making posters, volunteering, and by wearing uniforms/ spirit wear.

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:

\$25 Registration Fee

Due: Oct. 4th

Includes:

Team t-shirt & Practice Bow

Register and Pay Here



\$400 Program Fee: an invoice will be sent via Square

Due: October 15th. Please note your child will not be allowed to participate until the program fee has been paid.

Includes: 12 tumbling classes

Practices and Training

Competition Bow

Athlete entry fee to end of season event and performances

Team music

Choreography

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

Thank you for understanding.

\$176 Uniform

Date TBD (Late Oct/ Early Nov)

Paid to Varsity via Fit Pass Portal

Uniform Swap & Sell

Has your child outgrown last year's uniform?

You will have an opportunity to swap and sell any uniform items for half of the original purchase price prior to the uniform fitting.

Potential Additional Expenses:

White cheer shoes (not included)

White no-show socks

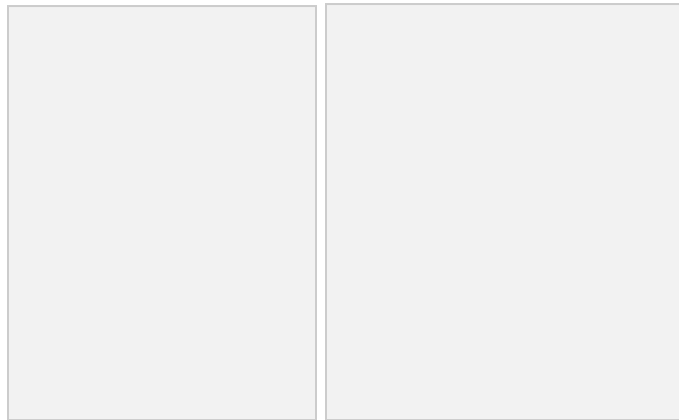
Team Photos (purchase is optional)

Tights, socks, and headband for the Christmas parade (required to participate)

Open gym

Dates:

October 4th- \$25 Registration fee and survey due
Oct 11th- Team placement! Emails will arrive on or before this day.
October 15th- Program Fee Due
October 15th- 1st Team Tumbling 5:30-6:30 pm @ Just Tumble
October 17th- 1st practice 3:30-5:00 pm @ Liberty
Late Oct/ Early Nov- Uniform Fitting & Payment @ Liberty
Choreography- *TBD
Dec 6th- Holiday Team Bonding & Ornament Exchange 3:15-4:15 pm
Dec 7th- Sylvia Besana Holiday Parade in Roseville, CA
January- 9th Team photos @ Liberty 3:30 pm
March 8th- Team Bonding/Girls Night Out
March 9th- End of season event (subject to change)
June- Liberty end of year performance



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 maxim athlete comfort, under garments 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.

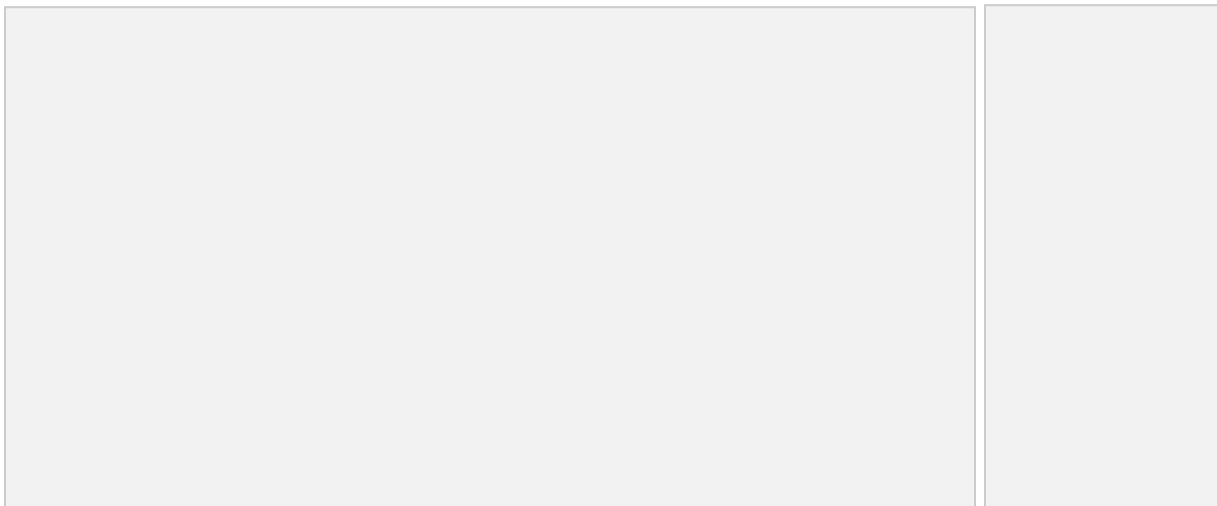
Hair should be pulled back away from the face, secured in a high ponytail with a practice bow. Flyaways should be secured back. **No earrings or jewelry.**

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

PR *act* **ICE**
LIKE A
CHAMPION

Performances:

Parade

Date: Saturday December 7th.

Mandatory practices for this event begin November 1st.

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.

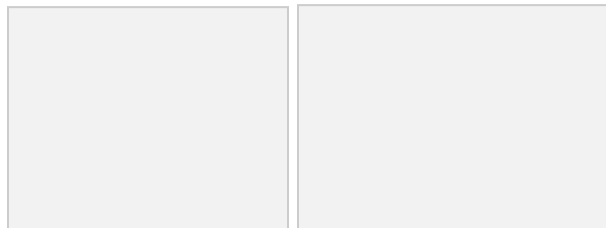
Bring: A blanket or jacket your child can wear until step off.

Additional information: Parade information is sent out approx. 10 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”.



End of Season Event

Date: March 9th (subject to change)

Mandatory Practices for this event begin Feb 6th (pending event selection). 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 fee's 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.

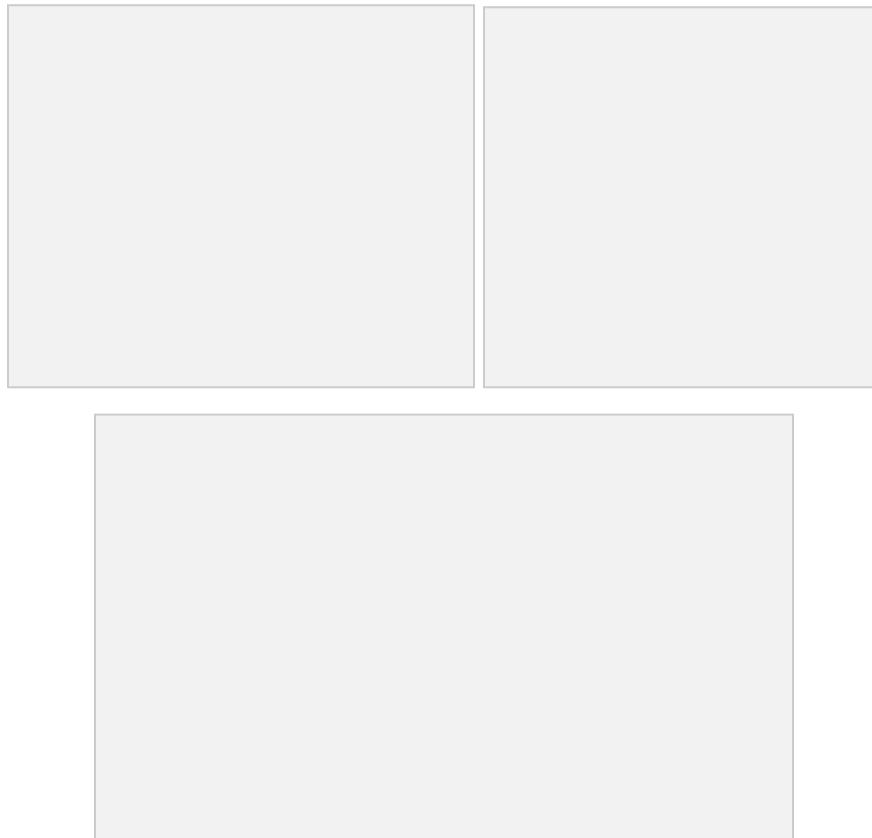
Attire: See “Spirit Days” on the next page.

What: Liberty Graduation/ End of Year Assembly

Date: Last week of Liberty

Mandatory Practices for this event begin 4 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.

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.

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



Uniform Fitting:

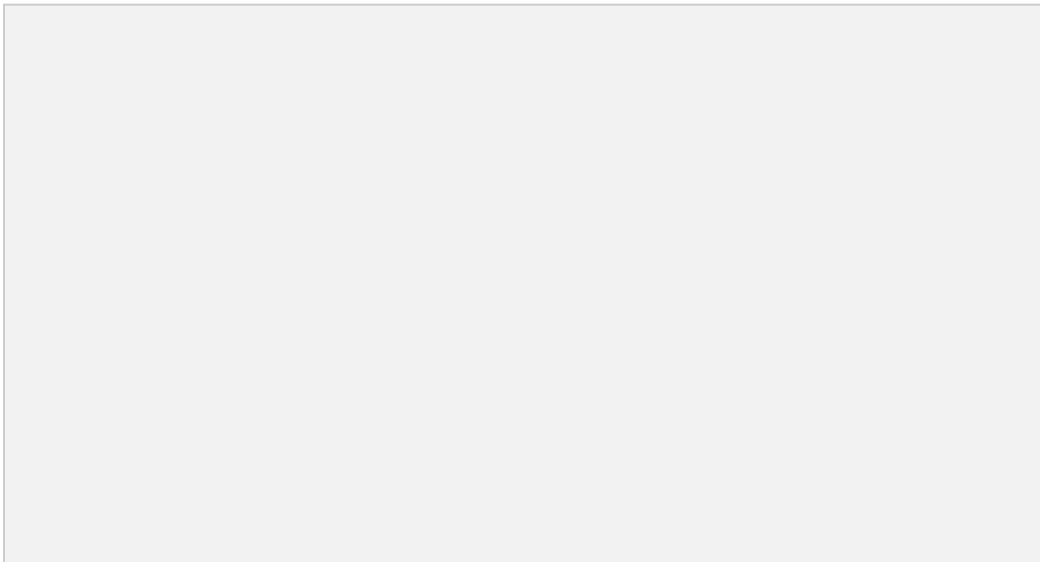
A representative from Varsity Spirit wear will come to Liberty with samples to fit the girls. We are still waiting on the date from our rep but anticipate late October early November.

Cheerleaders should come with a bathing suit under their clothing to try on samples.

If you cannot attend, please notify Mrs. Brisby 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:



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. Brisby ASAP if this is an issue.
We need proof of age prior to our performance in April.

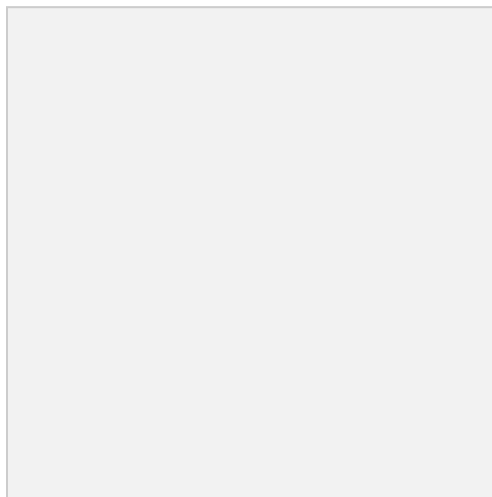
Attendance:

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. Brisby 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.

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

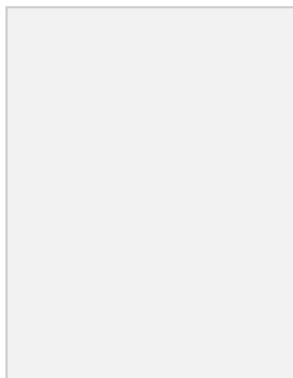
Volunteering is never a requirement at Liberty Learning.

If you would like to help we will have the following opportunities:

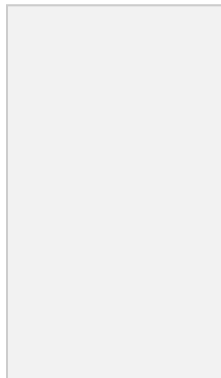
- Hosting/ organizing a team bonding parties & activities
- Hosting parent bonding parties/ activities
- Helping with additional supervision at events as needed
- Being the designated parent to video/ take pics
- Playing music at comps and performances
- Making pins/ hosting crafting events
- Driving and/or donating decorations for GNO
- Decorating our parade float
- Donating decorations for our float



We can't wait for the season with you!



Mrs. Brisby



Mrs. Hiestand



Mrs. Anderson