

# Liberty Learning Spirit Squad

2023-2024 Cheer Info



**Thank you for your interest in the Liberty Spirit Squad!**

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

We will focus on spreading Liberty Learning Ministries spirit and the Spirit of God above all else. Learners can expect to learn cheer basics, make friends, gain confidence, and get exercise, while learning about serving, teamwork, sportsmanship, and sisterhood! We will use the spirit of cheerleading to teach character, integrity, perseverance, discipline, and dedication.

Go Eagles!



## **Program Summary**

***\*Based on current interest***

Practice Days and Times:

**Team Sapphire 6U**

(ages 6 and under as of April 6th 2024)

Thursdays 3:15-4:00 (we will work towards longer practices)

**Team Scarlet 12U**

(ages 12 and under as of April 6th 2024)

Mondays 3:15-4:30

Spirit Leaders will strive to serve/ participate in 1 event per month.

Spirit leaders will meet and decide on the event together.

Spirit Leaders will promote Liberty events by making posters, volunteering when needed & available, and by wearing uniforms/ spirit wear.

Spirit Leaders will be good role models on campus and in the community.

Spirit Leaders will remain in good standing with instructors.

We will strive to provide opportunities for our Spirit Leaders to perform i.e. parades.

The success of this program depends on you and your Spirit Leaders participation.

## **Cost:**

Oct. 27<sup>th</sup>- Registration Fee Due \$25  
Includes athlete bow & t-shirt

Oct 27<sup>th</sup>- Spirit Wear order due (*optional*)  
*We will submit another order after the new year.*

Oct 30<sup>th</sup>-Nov 3<sup>rd</sup> Uniform Purchase \$168.97  
Paid to Varsity via Fit Pass Portal

Dec. 1<sup>st</sup>- Choreography and Music \$50

Mar. 15<sup>th</sup>- Competition Entry Fees \$65

## **Potential Additional Costs:**

Spirit Leaders will need to have white **cheer** shoes  
& white no show socks.

Matching bottoms for parade.

## **Timeline:**

Uniforms take approx. 6 weeks to arrive.

Spirit Wear takes approx. 2 weeks to arrive after the deadline.

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

Thank you for understanding

## Dates/ Potential Upcoming Events:

- October 23rd- **Team Scarlet** 1st practice
- October 26th - **Team Sapphire** 1st practice
- October 30th- @ 3:00 pm Uniform Fitting.
- October 30th- Registration Deadline
- November 18th- Sylvia Besana Holiday Parade in Roseville
  - \* Pending approval. Staging info released 10 days prior
  - Choreography- \*TBD
- Nov 30<sup>th</sup>- Roseville Christmas Tree Lighting 5:30-7pm
- Dec- \*Holiday Parade- Date and time TBD
- Jan 8th- Picture Day (pending weather)
- April 6<sup>th</sup>- JAMZ Nor Cal Cup Challenge



## Spirit Wear:

This attire will be worn for dress up days at Liberty and events until uniforms come in. This will also be worn while serving places where Spirit Leaders might get dirty to preserve uniforms. Spirit Leaders will wear blue jeans/ pants/ leggings (*not included*) unless otherwise specified.



### Uniforms:

Includes: Shell, Liner, Skirt & Briefs

### 2023-2024 Cheer



Liberty Team Pricing  
\$168.97 total  
Shell with 2-Color Liberty,  
Skirt, and In-Stock Spirit  
Stretch liner & boycut briefs

## Uniform Fitting:

A representative from Varsity Spirit wear will come to Liberty on Monday October 30th @ 3:00pm with samples to fit the girls.

Spirit Leaders 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 Spirit Leaders Uniform through the Varsity Fit Pass portal.

Payment will be due no later than November 3rd.

Sample:



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.**



**Optional items available for purchase:**



Red or Blue Unisex Cut Shirt- \$20  
Available in Youth & Adult Sizes

Red or Blue Womens Fitted Shirt- \$25  
Available in Adult Sizes



Red or Blue Hoodie- \$30  
Available in Youth and Adult Sizes

Please do not make items with our team/ program name without approval.

## **End of Season Event:**

Liberty Learning Spirit Teams will participate in the JAMZ Nor Cal Cup Challenge on April 6<sup>th</sup> at Stockton Arena.

A preliminary schedule is usually released the Wednesday before the event. The final schedule with our specific performance time will be released Friday before the event.

Experience is not required or necessary. Our coaching staff will provide your learner with all the knowledge they need to be successful Spirit Leaders. This event is a fun way to end the season! Your child will get to perform in a big arena, and see teams from all over the region.



## **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**

JAMZ requires us to keep a copy of your Spirit Leaders 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.

## **Practices/ Meetings**

In the first month, we will do a lot of conditioning. Spirit Leaders will work on flexibility, strength, motions, tumbling, jumping and stunting.

Spirit Leaders will also learn cheer basics, chants, and begin performance routines, as well as engage in team building activities.

Your Spirit Leader may be tired if they are not used to this activity level. Make sure your child is getting enough rest at night, eating a healthy diet, and drinking adequate liquids prior to practice days.

Make sure your Spirit Leader:

- Has a snack, changes, and uses the bathroom before practice
  - Has a full water bottle
- Has a yoga mat or towel if we are going to be out on the grass

## **Attendance:**

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 Spirit Leaders position in our competition routine being changed or removed.



## **Attire/ Appearance**

### **Practice**

Look like a team, act like a team!  
Spirit Leaders strive for a uniform look.

Example of practice wear/ hair:



Liberty colors (red, white & blue) preferred, but not required. No crop tops, sports bras (alone), nylons, tights, short/tight shorts allowed.

Spirit Leaders should be comfortable and be able to move with ease.

Please keep in mind Spirit Leaders may be upside down and choose undergarments and clothing accordingly.

Athletic style shorts (the brand pictured above is Softe).

Cheer shoes (especially flyers)– No Vans, Converse, Keds, Toms, Crocs etc.

Hair pulled securely back (i.e. pony tail/ braids). Bow if you have one.

No earrings or jewelry.

When the weather turns cool your athlete may wear sweatpants and sweatshirts **with no zippers, buttons, ties, or hoods**. They may also wear leggings.

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

If hair or clothing are determined to be revealing or unsafe by the coach, athlete may not be able to participate in practice.

LOUD & PROUD  
Eagle

## **Attire/ 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 Spirit Leader is staying after performing/serving 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 Spirit Leaders 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.

At our end of season event, Spirit Leaders must remain in full hair and uniform until AFTER awards.

**Attire/ Appearance**  
**Dress Up Days at Liberty**

On dress up days Spirit Leaders will wear issued Liberty cheer shirts, bow in hair, and blue jeans/ pants/ leggings (*not included*) unless otherwise specified until uniforms come in.

Once uniforms arrive, Spirit Leaders will wear uniforms unless otherwise specified.

Hair may be worn in any style that can accommodate a bow.



## **Tumbling Classes/ Skills**

Cheer specific tumbling classes are a great way to improve your child's cheer skills! Tumbling is a very important part of cheer but safety is #1. Spirit Leaders should never work on new skills at home without a tumbling professional. This is dangerous and can cause injury, bad habits, and bad technique. Home is a great place to work on flexibility and drills. Drills get skills!

Proper progression is key. Make sure to work with a tumbling gym/coach who follows proper progression.

Some tumbling skills we will be working on this season are, but are not limited to:

Proper forward rolls

HandStand

Cartwheel

Round Off

Back Bend

Bridge Kickover

Back Walkover

Front Walkover

No tumbling classes or skills are required for Liberty Spirit Leaders!

This is a fun, low commitment, recreational club.

## 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 party/ GNO

Finding a sponsor to purchase pom poms

Helping with additional supervision at events

Being the designated parent to video/ take pics

Playing music at comps and performances

Tying cards to Candy Canes

Donating Candy Canes

Helping with Hair

Making pins/ hosting crafting event

