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July 2010 Newsletter

Countdown!

Can you believe that it's July? We have only 3 months until our first competition! The girls have been working very hard at practices and learning new skills and stunts each week. It is only one week until the Bells camp and only one month until choreography camp for Sparklers, Firestorm and Revolution. The girls are becoming very excited. We are looking forward to a great summer!

Summer Practice Schedule

Summer has begun. Just a reminder of our new practice schedule effective Monday, July 5th.

Bells: Tues. 6-7pm & Thurs. 4:30-6:30pm

Sparklers: Mon. 4:30-6:30pm & Tues. 4:30-6:30pm

Firestorm: Mon. 6:30-8:30pm & Wed. 4:30-6:30pm

Revolution: Tues. 7-9pm & Thurs. 7-9pm

Choreography Camps

Choreography camps are coming up soon and we want to stress that they are MANDATORY to all members of each team. Liberty Bells camp is July 12-16 from 9-1pm. Sparklers, Firestorm and Revolution camps are the week of August 2-6 (Sparklers 9-1pm, Firestorm 1-5pm and Revolution 3-7pm). This will be a very trying week for them. The girls will be learning their routines, more stunts & jumps. It can become very overwhelming, especially if they do not get enough rest. It is extremely important that your daughter has plenty of rest that week. When the girls arrive at camp they need to be ready to go. This includes proper shirts, shorts, practice shoes and hair pulled back and out of their faces. Please make sure they have a water bottle or two. Stars & Stripes will be providing a snack for each cheerleader. Your daughter is more than welcome to bring their own snack if they prefer.

Summer Checklist

Summer has begun and there are all kinds of things the girls will be doing outside of cheerleading. We ask that you keep your daughter well sun screened (because stunting with a sunburn is not fun) and also well hydrated. We also ask that your daughter not over exert herself before practice. She should rest and eat a healthy snack an hour or so before practice begins. This way she is ready to go and not hungry or tired.

Cheerleader of the Month

Claire Kaiding— Claire is a wonderful cheerleader! She has gone above and beyond regular practice to work on her back handspring. She has also become a fantastic base this season. She comes to practice ready to work and puts 110% into everything. She has the drive to become a strong leader and hard worker in cheerleading and wants to become a leader among her team mates. We are very proud of her and enjoy working with her each and every week.

Pre- and Post- Workout Snacks

Athletes burn lots of calories during their practice sessions. Unfortunately, they cannot perform to their best abilities when they are "on empty". A nutritious snack before and after practice will help the body have more energy and also help the mind focus.

Each team practices an average of 4 hours a week and they are usually in the afternoon and evening. A pre-practice snack one hour before practice will help boost your athletes energy, which will benefit her at practice. A simple snack, such as a cup of yogurt, a bagel with peanut butter, cheese and crackers, or a PB&J can help boost their carbohydrates to fuel their bodies.

The end of practice usually falls around dinner time. It is vital to refuel the body within an hour of practice ending. Glycogen, the muscles main fuel source, is on E. By eating the proper carbohydrates and protein, you can help rebuild and strengthen the muscles. Muscle breakdown usually occurs when glycogen levels are too low and are not being refueled. Some snack options - a bowl of high protein cereal, low fat chocolate milk, graham crackers with peanut butter, yogurt with granola and blueberries, or a nutrition bar.

If we can all work together and make pre- and post-workout nutrition a new priority, then we will have much more successful athletes.

Don't Neglect the Snack by Lindsay G. Langford MS, RD

Liberty Bells - Uniform Fitting

Uniform fittings will take place during your child's scheduled choreography camp. The Bells uniform fitting will be on Thursday, July 15th at 12:30. A representative from Varsity (the company that we order our uniforms through) will be here to fit the children for their uniform and their shoes. Attached is the form that we need to have filled out by each parent so that we know exactly what you need to order. Please turn your form into the office by Thursday, July 15th. Your child will NOT be fitted for their warm-ups because we are still having proto-types made to our liking. That fitting will be done at a later date. Parents do not need to be present during their fitting, but you are more than welcome.

Sparklers, Firestorm & Revolution - Uniform Fitting

Uniform fittings will take place during your child's scheduled choreography camp. All three teams will have their uniform fitting on Thursday, August 5th. A representative from Varsity (the company that we order our uniform through) will be here to fit the children for their uniforms and shoes. Attached is the form that we need to have filled out by each parent so that we know exactly what you need to order. Please turn the form into the office by Thursday, August 15th.

Question Corner

Why do you do everything to a count instead of letting them do it at their leisure?

Cheerleading is a team sport, which will help explain the importance of counts and performing it all together. During choreography camp your daughter will be learning a routine to counts. Every motion, tumbling pass, step, jump, and stunt will be timed to perfection.

By practicing skills and stunts to counts the girls will become familiar with how things will go at choreography camp. We want them to be as prepared as possible for the week of camp. The more we practice counts, the more prepared they will be.

What is the importance of hitting preps to jumps as a team?

Jumps are very important in the sport of cheerleading. The girls will be scored on technique and difficulty of jumps at their competitions.

A prep is very important in jumps. We go up on the toes, then swing down and bend the knees, creating the same affect a spring would create. By not going on her toes, a cheerleader is basically jumping from her flat feet, which is much more work than jumping from her toes.

Back handsprings and trampolines. Why is this not a good idea?

Trampolines are one of the most popular pieces of equipment in backyards today. Unfortunately, by practicing skills like back handsprings, athletes can create bad habits and can push back their growth in the skill. We find that they only learn how to jump up, rather than up and back when performing a back handspring on the floor. By only jumping up, this creates the problem of undercutting the back handspring.

We want your daughter to be successful in everything at Stars & Stripes. Please help your daughter achieve her goals and stress that tumbling should be done at practice with her coaches and not at home. We do however, encourage practicing jumps on the trampoline because it is a great form of body awareness and gives the girls the feeling of how their jump should feel in the air.