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June 2010 Newsletter

Cookout Success!

Thank you everyone for joining us at Coach Nancy's house for a wonderful and successful cookout. The food was great and the company was even better. Thank you again for being wonderful supporters of your daughters and the program!

Summer Practice Schedule

July is almost upon us, which means that our summer practice schedules are going to be starting. Our new schedule goes into effect Monday, July 5th. Here is a reminder of the days each team practices:

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 then 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.

Clothing Orders

Clothing orders for Liberty attire will be handed out at the June 13th practices. ALL order forms are due back no later than Sunday, June 20th. Please take a moment to look at the order because there are clothes for children and adults. This is the only time this season that we will be doing orders. We highly encourage parents to wear their Liberty gear at the competitions, to help support the girls. Stars & Stripes will have some items in the pro-shop, but they will be marked at a higher price than if you were to order at this time. If you have questions about sizing, you can see Cindy or Teri in the office and they will be happy to help you.

The Importance of Conditioning

Conditioning is a perfect way for anyone to work the muscles in their body. The beginning of the season is the best time to incorporate conditioning into practice. This helps build up a cheerleaders core and stamina for the routine they learn in August.

As a member of USA Gymnastics, we regularly receive the *Technique* magazine, which has many different articles surrounding the world of gymnastics. In the May 2010 issue, the big focus was on the importance of core strength for young children.

You and your child may hear us say to "strengthen your core muscles". The "core" refers to the abdominal, pelvic, and back muscles of the body. These muscles, in turn, play an important role in almost all activities. "From sitting to standing, walking to running, the core muscles are at work stabilizing our body from the force of gravity." In cheerleading, the core is important in stunting, jumping, dancing, and tumbling, which are all key parts in your daughter's routine.

Here are a few facts about core strength that will not only help your child out now, but in the long run as well.

- People with adequate core strength have good bone density.
- By 18-20 years old, children have acquired 90% of their peak bone mass. 25-30 years old is peak.
- Adolescence is where you save for your bone retirement.
- A sport like cheerleading (gymnastics) is important in contributing to your bone retirement.

Core Strength Activities for Preschool and Beginners by Linda Thorberg and Brant Lutska

Cheerleader of the Month

Our cheerleader of the month is picked from the entire cheerleading program by their coaches for dedication to the sport, kindness towards others and the effort that they put in to each and every practice each week.

Ashley Elinski- Ashley is a great cheerleader. She has been working very hard on all of her skills. It is not uncommon to see Ashley at cheer, gymnastics classes, back handspring clinics and private lessons. She wants and tries very hard to better herself as a cheerleader and she is doing a fantastic job. Her efforts have allowed her to progress quickly through her skills and the confidence that we have seen in her is remarkable. Ashley is showing herself to be a true leader on her team and her coaches are proud of her.

Question Corner

How long does it usually take to learn a Back Walkover? A Back Handspring?

Each child is different and learns at their own rate. At Stars & Stripes, we pride ourselves in teaching each child the proper progressions with each new skill. There are many different drills that we teach the girls to work towards their skills and as they progress with the drills, then their skills will progress as well.

As stated above, each child will learn and perform skills when they are ready. We do not pressure the girls into doing anything that they are not ready to do on their own. We take every step to make sure that your daughter is successful.

What should my child be working on at home?

As coaches, we always encourage your daughter to go home and practice what they have learned. Whether it is their jumps, motions, or stretches, we can always see a difference in the girls who actually follow through. Stretching, motions, cardio, dance, and core exercises are important aspects to the sport of cheerleading. By no circumstances do we want your child going home and practicing their tumbling. At the gym they are under the supervision of trained coaches, and have the protection of mats and other equipment. If there is anything that your child may need to work on, please ask your coach for suggestions on things that they can do at home.

Should I get my child into private lessons or an extra tumbling class?

Getting extra practice with tumbling skills is always a bonus to the sport of cheerleading. There is only so much time allotted to tumbling during practice and tumbling is vital to the sport of cheerleading. Stars & Stripes offers many different tumbling classes, camps and clinics throughout the year, which can benefit your daughter and help her achieve her tumbling goals. We also offer private lessons where your daughter can work one on one with her coach. Please ask your daughters' coach what class would be best for her or ask about private lessons as well.