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# May 2010 Newsletter

## Welcome Bells & Revolution!

Liberty Cheer is a quality program that develops strong athletes; physically, emotionally and mentally. We have enjoyed a lot of excitement, friendships and success. When we began our open call our excitement had been heard around the community and we had an increase in enrollment that required the addition of two more teams. We are so excited to now offer a Mini Level 1 team called the Liberty Bells and a Junior Level 3 team called Liberty Revolution. The Sparklers are a Youth Level 1 and the Firestorm are a Junior Level 2 team. Thanks to all of our Liberty Cheer families for your loyal support and for spreading the word about the good things happening in our program!

## Stunt Clinics

Once again, in May, we will offer a FREE stunt clinic for each of the teams. The dates and times for these stunt clinics are below. It's very important for each girl to be in attendance so that every stunt group is complete.

*Liberty Bells: Tuesday, May 18<sup>th</sup> 4:30-6:00pm*

*Sparklers: Tuesday, May 4<sup>th</sup> 4:30-6:00pm*

*Firestorm: Tuesday, May 11<sup>th</sup> 4:30-6:00pm*

*Revolution: Friday, May 14<sup>th</sup> 7:00-8:30pm*

## Choreography Camp

Please remember that all members of the Sparklers, Firestorm, and Revolution have MANDATORY choreography camp August 2-6. Liberty Bells must be in attendance for their camp July 11-16, 9:00-1:00pm. It is during this week that the girls will learn their competition routine in full, so it is extremely important to have everybody there. We also have fun things planned for them, so they won't want to miss out!

## Parent Meetings

We will be having parent meetings soon to go over the parent handbook, rules, and guidelines for the Liberty Cheer program. It's important to have at least one parent from each family in attendance, especially if your daughter is new to the team. This is an opportunity for you to hear what your role and responsibilities are as a Liberty Cheer parent and also to find out what the coaches' expectations are of your child. The date and times for each team are:

*Liberty Bells: Sunday, May 16<sup>th</sup> 12:45pm*

*Sparklers: Sunday, May 16<sup>th</sup> 2:00pm*

*Firestorm: Sunday, May 16<sup>th</sup> 3:45pm*

*Revolution: Sunday, May 16<sup>th</sup> 6:30pm*

## Kickoff Cookout

The "Annual Kickoff Cookout" will be held on Sunday, June 6<sup>th</sup> from 2:00-5:00pm. This is a potluck gathering for all of the teams and their family members. It is a chance for everybody to get to know each other in a fun setting. More information regarding food, location, etc. will follow as we get closer to June, but be sure to mark the date on your calendars!

## Practice Attire

When the girls come to practice, we ask them to wear cheer shoes, fitted shirts that go to their waist or shirts that can be tucked, no jewelry, and hair pulled back from their face. These requests are all for very specific reasons. The cheer shoes are a must so that their ankles are properly supported when they do their jumps. We also require them to wear shoes during tumbling because they must do so when they compete. In addition, a flyer certainly can't stunt without shoes. Jewelry worn during stunting is hazardous since fingers could get caught on bracelets/necklaces and earrings could be torn out of earlobes. Rings (or long nails) can scratch others. The girls are often upside down during their skills and so it's important for their shirts to either be fitted to their bodies or be tucked in. We also don't want bellies exposed. We have many other people around us both in the gym and watching from the lobby. Hair in the face can make it difficult for them to see safely during stunting and tumbling.

So now you know why we are so insistent on having the girls dress a certain way at practice. Thanks for helping us to keep them safe!

## 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.*

Sierra Neideck – Sierra is a great little cheerleader. She works soooo hard and is just waiting to hear what her coaches have to say. She stands in her hot dog position listening to each and every instruction and then she does her very best to do each skill to the best of her ability. She is the sweetest little thing ever and we have been blown away by her drive and her ability at such a young age. She has blown every coach in the cheerleading department away and we are pleased to make her our Star of the Month.

## Question Corner

***Why do the coaches move people around in the stunts so often?***

You'll see this more often in the spring and summer than later in the season after the choreography has been taught. The coaches are trying different combinations of girls to see what works best both for those 3-4 girls in a group and the team as a whole. Many factors are considered such as complimentary strength between bases, focus and height of the back spot, flexibility, focus, and ability of flyer to lock out and fight for the stunt, matching heights and arm lengths among the bases, and finally, experience. Once groups are formed, they usually will stay together to build trust and timing, but sometimes injuries or additions of new girls means changes to groups and it's important for everybody to remain flexible.

***What is the most important position in a stunt group?***

Every position within the stunt group is equally important. With even one person missing from the group, stunts are impossible. Each person must know her part and do it well or the stunt won't be successful, so there must be a lot of trust and support for each other within the stunt group. Please stress to your daughter that whatever her position is in the stunt group—base, back spot, flyer, or front spot—her position is extremely important to the group and team.

***What are the teams working on before they get the choreography?***

All of the teams are currently doing several things: Conditioning, improving their tumbling skills, learning as many stunting skills for their difficulty level as possible, and improving their jumps. We want all of the teams to be as skilled as possible by the time they have their choreography camp, so that they can learn a challenging routine.