



Liberty Cheer 2016-2017 Handbook

Owners:

Ashley Brown- 469-285-1186

Carrie Smith- 972-322-8363

Lyndsey Rose- 817-714-3592

Thank you for your interest in the Liberty Cheer All-Star program. Our organization was established in 2005. We have won numerous regional and national titles over the past 10 years and are looking forward to this 11th Season! We have also made NCA, SC, ACP, ACA, Summit Bid Event, The One Finals (and other competition) history by winning National Championship titles ten years consecutively in different divisions. We recently won High Point in every Level we took to The Spirit Celebration National Championship and were awarded Grand Champion over the whole competition along with numerous wow awards, tumble, building, stunts and jump awards. We even won \$18,000 in prize money for all of our High Points. We attended two Bid events and placed very well and won 6 divisions. We have 3 NCA National Titles and only started attending NCA in 2011. We pride ourselves in pushing athletes to their potential and run a Christian based gym.

We currently have teams ranging from Levels 1-5R. We have ONE gym conveniently located OFF THE HWY AT 3390 N. Hwy 67, Midlothian, Texas. Our teams are always highly competitive within their respective divisions. Liberty staff provides discipline and structure but with the small gym atmosphere. You will never be another number at Liberty. We pay specific attention to each and every athlete to make sure he or she is progressing in his or her cheer abilities. We teach our athletes to excel in all areas of cheerleading. We strongly believe that we have to partner together as coach and parents to have a successful season. We realize Liberty Cheer All-Stars is a strong commitment and it is only for the dedicated athletes and parents. We

will push your athlete to achieve their goals and motivate them with positive reinforcement. We will encourage your athlete but expect motivated athletes to walk through the doors. We expect our athletes to have positive attitudes, respectful behavior towards coaches, parents and other athletes. We want champions in life and on the mat.

PRACTICE RULES

All practices are CLOSED to BOYFRIENDS/GIRLFRIENDS and athletes from other gyms. We also reserve the right to close all practices to parents! Practices will always be CLOSED in January and February for ALL TEAMS. We will open practices for the viewing room two weeks after tryouts while we are still making decisions for another month or so. Please refer to our calendar online and it will tell you when practices are open to the viewing room. Tiny parents and Show team parents are always able to stay in the upstairs viewing room. Absolutely NO PARENTS on the gym floor. There is to be NO JEWELRY worn at practices, which includes all earrings, belly button rings, and necklaces. This is not simply for appearance sake, but for the safety to the one wearing the jewelry and for those either flying or basing who might be injured as a result. Also, no long nails! Sport length only allowed. All CELL PHONES should be turned OFF and collected during practice times. Also, please do not bring your family PETS to practices at the gym! There is to be NO GUM whatsoever at practices or competitions. Any TATTOOS must be covered at all times! There is to be NO videotaping of practices from the parent room or otherwise. Practice clothing must be worn to practice. We only wear Liberty clothes to practice and always. You will get two practice wear outfits and these are to be worn and this will be listed on the calendar as well. Until practice wear comes in cheerleaders must wear a Liberty T-Shirt bought from Liberty and Black shorts no other color. Lost, misplaced or damaged clothing will be replaced at your expense. Anyone late or dressed incorrectly will jump after practice. . Once again, our program is about building champions and teaching responsibility to our athletes. Anything in the pro-shop that is black is ok to wear in practice until your practice wear is in. After that we will have shirts throughout the season we will allow as a treat for the kids! They will be able to purchase that through the pro-shop. Hair MUST be pulled up in a high pony tail out of your face. Do not bring food into the gym. You are allowed to bring in bottled water or gatorade only. Please wait in the dressing room, the bleachers in the gym or upstairs viewing room until your practice has started. You are not allowed to play on the equipment or in pit before practices. We have several classes going on during these times. Parents can go upstairs in the viewing room on the designated days on the calendar to view their athletes practice. All other practices are closed to viewing room. You can watch your private lessons and tumble classes only upstairs. Do not watch privates in the gym for any reason. This is for the safety of you and the gym athletes.

Competition Time

Liberty Cheer All-Stars is a very organized program. Athletes are expected to attend all competitions as a team as well as every event or practice as a team. This is a select sport and it is not a recreational program. You have to be committed to join. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We practice 4-5 hours a week and approximately 1 to 2 hours on tumbling, stretch or additional classes you may add. Rates are not based on hours of instruction. We expect top priority and 100% commitment and attendance. This is going to be taken very seriously.

Many other programs allow students to miss practices without accountability or regard for the ones that do show up. We will be able to keep extra practices to a minimum because our practices will be productive and mandatory. The only SPORT we recognize as excused is School Cheer and we must have your school cheer schedule ahead of time. Also, if there is an optional School cheer event DO NOT take that option on a Liberty Practice time because it will not be excused. We work very closely with the surrounding schools and I have their schedules but please send Lyndsey yours as you get them again to her iPad email. This will be sent out in a Remind 101.

The following dates are available for holidays and vacations

2016-2017 Liberty TEAM no practice:

May 20-23 (Memorial Day Weekend) June 25-July 4 (1st Summer Break)

August 7-13 (Summer break) September 2-5 (Labor Day Weekend) October 31 (Halloween)

November 21-27 (Thanksgiving) **28th is MANDATORY** December 19-January 1 (Christmas, Hanukah and New Year)

TBA (Spring Break)

ALL CAMPS ARE MANDATORY!- these are on the calendar of our website!

SUMMER ABSENCE POLICY

Students are allowed to miss for School Cheer Camp and Only 1 week of Family Vacation or Church Camp. This would mean 2 practices they are allowed to miss for Vacation. Please try to take your vacation at the time the gym is closed in June and in August. These absences may be in conjunction with any of the above listed summer breaks. Please plan accordingly. Alternates must follow all rules, requirements and guidelines. Additional absences will jeopardize an athlete's placement on their respective teams. Please try to take your vacation times during our two Summer Breaks. You cannot miss any of the MANDATORY camps. We have 2. We have Routine Choreography, Stunt & Pyramid Choreography and it is NOT an option to miss. We appreciate your partnership. If your child is injured please find a fill in to learn her spots so she can step back in with no problem.

The only excused absence is a school function that results in a grade & School Cheer that is not optional. Choir and other sports are not excused. All other absences are unexcused. Part-time jobs, dances, concerts, banquets, long distance driving, family reunions, weddings, recitals, school/church socials, and any other non- related school activities are unexcused. Absences are NOT allowed the weekend and 2 weeks prior to a National competition. An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. Alternates must follow all requirements and guidelines. **Please do not text or call your coach for any exceptions.**

Email : libertyipad2006@gmail.com for Vacation/Absence Requests

If there is an emergency such as hospitalization or a death in your family please contact Carrie immediately by text or phone call. 972-322-8363 or another owner Lyndsey 817-714-3592 or Ashley 469-285-1186.. This phone number is for emergencies only. Please do not contact by email or phone any of the staff. You can contact any owner and we can set up meetings. If a staff member contacts you it will only be by email and we are cc'd on the email so we all are in communication. This should be followed always.

Absences must be approved. The only one that can approve these are: Carrie or Lyndsey. We will verify with school administration and the teaching staff if we think that someone is being dishonest. Be prepared to show documentation from a teacher or instructor. You will be removed immediately if the request is falsified. Absences are not permitted the week of a

National event. You will get 5 absences after you week vacation for the whole season use these wisely. Every tardy is counted. Two tardies equal 1 absence.

Sick Policy

You must attend practice when you are sick. Students are often removed from our program for failing to follow this rule. We will not make exceptions. You will not be required to participate; however, you must be present. An athlete will jeopardize their position if this rule is not followed. In addition, you must provide a doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit a student from participating. Extended sickness such as Mono or Strep throat will jeopardize an athlete's position on the team.

If you are highly contagious and we feel it is necessary for you to miss one practice to get antibiotics in you we will make that decision. You must contact Carrie by phone or text immediately.

COMMUNICATION:

The Website is updated weekly. Carrie does all the updates to the calendar, website, remind 101 and emails. She will also keep you informed on Facebook and Instagram. Cassity will keep you informed through twitter. Please do not rely on anything but the website as the MAIN source of communication to be on the safe side. I do not send out weekly emails. I will send out Newsletters throughout the season by email. We do ask you to sign up for our email distribution list and to become a member on the member's section of the website to get all updates that only you can see.

REMIND 101:

Enter this number in the phone number bar: 81010
Text this message: @libertyse

We use this a lot and you will need to be on this contact list.

MEMBERS PAGE OF WEBSITE:

To register the password to set it up is 2016lca

For your own information:

Levels 1-5 Requirements (Please remember it is not all about the tumbling. Stunting is a large part of your child's placement.)

Level 1

Tumbling – each student must have a cartwheel, round off and forward roll. Front and back walkovers. Jumps –each student must demonstrate three different jumps.

Level 2

Tumbling – each student must have a standing back handspring 5 times in a row and a round off backhand spring. Jumps – each student must demonstrate technical mastery of jumps (pointed toes, landing with feet together) including a double (whip) jump combination. Stunts – each student must demonstrate a level 2 stunt (examples: prep level liberty variations, extension)

Motion/Dance – each student must demonstrate an average understanding of motion technique (sharpness/arm placement).

Level 3

Tumbling – each student must have a standing back handspring series (2 or more) and a round off bus back tuck.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with at least a level toe touch.

Stunts – each student must demonstrate a level 3 stunt (examples: extended liberty variations, awesome full down cradle, inversion to sponge level, full up to prep level)

Motion/Dance – each student must demonstrate an above average understanding of motion technique and counts.

Level 4

Tumbling – each student must have a standing back tuck and must demonstrate it 5x in a row, a toe back handspring back tuck, and either a layout or a specialty pass through to a layout (example: front handspring, punch front, or whip through to layout)

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with an above level toe touch.

Stunts – each student must demonstrate a level 5 stunt (examples: extended liberty variations with a full down cradle, inversion to prep level stunt, full up to extended stunt, double down from 2 legged stunt, and kick single baskets)

Motion/Dance – each student must demonstrate an excellent understanding of motion technique and counts.

Level 5 Restricted

Tumbling – one to full or two to full and a specialty pass through to a full or double full a plus. Most or all team members are required to have a standing two to full.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with a back tuck, variety and an above level toe touch.

Stunts – each student must demonstrate a level 5 stunt (examples: extended liberty variations including an overstretch with double down dismounts, full up to extended liberty variation, and kick double baskets)

Motion/Dance – each student must demonstrate a superb understanding of motion technique and counts.

*Athletes selected as flyers must maintain flexibility and skill requirements. Selected flyers unable to meet the level requirements must learn to base. In addition, mandatory tumbling will be required for athletes who do not maintain the level skill requirements.

*Very few exceptions are made and are usually for flyer or basing reasons. If she is not maintaining her ability to perform in the air at the level selected she will be placed on the level of her tumbling ability or age level. All selections are made by the coaches and are not to be questioned. Please do not discuss another child's placement.

Athletes may be moved if skills requirements are not met and maintained. Athletes could be moved to another team or take an alternate position if not met. They must also maintain all skills in order to compete. An athlete's team division and/or level may also change at the discretion of Liberty.

CODE OF CONDUCT

A member must at all times be a strong representative of Liberty Cheer All-Stars and a positive reflection of his/her teammates. Abusive behavior, lying, and or any other form of negative behavior are grounds for removal from this team. We will not tolerate comments about other teams and their programs. Let's respect their teams, as we will get respect in return. Many of you communicate with other cheerleaders at various organizations through email, Facebook, Twitter and Instagram. Please remember that anything you ever say is a direct reflection on Liberty. NOTE: If you are caught sending rude or inappropriate messages on SOCIAL MEDIA, you will be subject to immediate removal! In addition, you CANNOT use the Liberty Cheer name or any variation of our name in your E-mail address. If you currently have our name in any portion of your e-mail address, it must be changed!

Teammates are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. We do not tolerate pettiness, gossiping or cliques; which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for instructors or teammates is unacceptable. After a warning, the team member will sit out of practice until the problem is solved. A problem between a student and staff member will first be addressed between the owners. If not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the instructor in solving the problem. A parent should never reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally.

Also, any parent that acts in a disrespectful nature to an athlete, coach or owner is subject to automatic removal from the Liberty program. We pride ourselves in being a group with good sportsmanship and not many teams but ONE GYM. This season will be our 10th year and we look forward to many blessings and great things happening. We will be very strict on this particular rule. If we hear of any gossip or bad mouthing another child and or parent it will not be tolerated and you will be removed from the program. We are ONE GYM, ONE FAMILY, ONE TOWN. Please understand that a parent's behavior can cause an athlete's dismissal.

We check Instagram, Twitter, and Facebook often. If we see anything negative we will screenshot it and send to the athlete's parent. They will get 5 minutes to get it off or they are removed from the program.

Parents are not to withhold an athlete from practice because of bad grades or homework. We cannot practice effectively without the entire team at practice.

Please do not text or call any coaches. Only owners are to be contacted. We use the 24 hour rule. Please sit on a concern for 24 hours before contacting the owner by email. After you do this if we need to schedule a conference we can.

In The Spirit of Sportsmanship

At a competition we teach the athletes to cheer for each team as they are called from 10th place to 2nd. If we are the 1st place team they are not to Celebrate until the 2nd place team has celebrated their 2nd place win and they have officially called our name. We also stand higher on our knees with our arms up in a high clap (steeple clap) for every 1st place team from every division to honor them and recognize their win. We clap for all teams but we do a special clap for all 1st place teams. We will teach them this in practice. In the event we do not win 1st place we are Gracious in losing as we are Humble in winning. We never show an attitude that is negative even if we don't agree with the outcome.

Parents also please show good sportsmanship always. Do not cheer if a stunt falls from another team.

Pro-Shop Clothing:

Do not alter any clothing in the pro-shop with names put on the back or front etc. The Pro-Shop may be able to personalize for you if requested. Do not make or buy anything with our name or any form of our names or team names on them. We take pride in the look we want and it is all approved by Liberty. Thank you for understanding. There will be more about this in the cost agreement contract.

Tentative Competition Schedule for Season 2016-2017

This schedule is tentative and subject to change.

1. 11/6/16 NCA Classic- Summit Bid event- (All Teams)
2. 12/3/16 NCA Holiday Classic- Summit Bid event- (All Teams)
3. 1/7/17 SC Grand Nationals- One Bid event- (All Teams)
4. 1/28/17 Dallas Cowboy Nationals- One Bid event- (All Teams)
5. TBA ACA Nationals- Summit Bid event- (All Teams -Except show teams)

6. 2/3/17 Cheer Power Nationals- Summit Bid event- (All Teams)
7. TBA NCA All Star Nationals- Summit Bid event- (All Teams -Except show teams)
8. TBA NCA All Star Prep/Mini Nationals- (Prep, Mini, Tiny teams only)
9. 3/25/17 Crown Jubilee- (Show Team Only)

Less Competitions but more chances to win those Summit bids! And 2 competitions to win The One Bids! 7 competitions this year for all-star and all-star prep. Show teams and Justice will have 6.