



Liberty Cheer All Stars & Tumbling LLC
Season 14 All-Star Cheer Handbook & Information (2019-20)

Thank you for choosing Liberty Cheer All-Stars; we welcome you to our 14th season and to the Liberty family! From 2006 when our organization was established, Liberty has been awarded both regional and national titles as well as NCA, SC, ACP, ACA, Summit Bid Event, The One Finals and US Finals. In addition, Liberty has received National Championship titles for the past 13 years consecutively. This past season we were awarded 5 Summit Bids, many High Points and Grand Champions for various levels along with individual athlete WOW awards, tumble, building, stunts and jump awards. Liberty started attending NCA in 2011 and we have been awarded numerous NCA National Titles. We pride ourselves in pushing athletes to their potential and run a Christian based gym.

"I can do all this through him who gives me strength." Philippians 4:13

Our gym is conveniently located at 3390 N. Hwy 67 in Midlothian, Texas. We currently have teams ranging from L1-5 and are always highly competitive within the respective divisions. Liberty staff provides discipline and structure but with a small gym atmosphere. You will never be another number at Liberty. We pay specific attention to every athlete to ensure he or she is progressing in all areas of cheerleading. We strongly believe in partnering together as coaches and parents to have a successful season realizing Liberty Cheer All-Stars is a strong commitment. Our coaches encourage your athlete to achieve their goals and motivate them with positive reinforcement but expect motivated athletes to walk through the doors. Liberty also expects our athletes to have positive attitudes, respectful behavior towards coaches, parents and other athletes for both champions in life and on the mat.



PRACTICES

Teams have a set practice schedule 2 days per week (Show Teams 1 day per week). Teams may have a Sunday practice or an all-star jump/tumble class; we will announce the practice schedules at the parent meetings. Practice schedules will remain consistent throughout the season unless we have an unforeseen circumstance.

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 be closed until June 1st, during choreography/camp dates, and the week before a competition. Absolutely NO PARENTS on the gym floor, this is for the safety of all parties. There is to be NO JEWELRY worn during practices/competitions, which includes all earrings, belly button rings, and necklaces for the safety of all athletes. 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.

***ALL ATHLETES NEED TO WEAR SPECIFIED PRACTICE WEAR AT EVERY PRACTICE AND/OR CLASS THEY ARE IN WHILE AT LIBERTY. YOU ARE A REPRESENTATION OF THE GYM. NOT ONLY DOES IT PROMOTE TEAM UNITY, IT ALSO MAKES IT EASIER FOR COACHES TO SEE WEAK SPOTS IN THE ROUTINES. THERE WILL BE A MONTHLY CALENDAR WHICH STATES WHICH PRACTICE WEAR IS TO BE WORN ON EACH PRACTICE DAY. NON-SPECIFIED LIBERTY CLOTHING MUST BE WORN DURING TUMBLING CLASSES. ***

Your practice wear package will consist of ; girls-3 sets, boys- 1 set. Lost, misplaced or damaged clothing will be replaced at the athlete's expense. Anyone late or dressed incorrectly will condition after practice and proper attire will be provided and charged to the responsible account holder's account and billed accordingly. Once again, our program is about building champions, teaching responsibility and accountability to our athletes. Hair **MUST** be pulled up in a high ponytail out of the face. Also, athletes must wear cheer shoes to and during practice, they are available in the Proshop.

Until practice wear is available, cheerleaders must wear Liberty clothing from Liberty Proshop. For days that do not require set practice wear, any Liberty Proshop attire can be worn.

Athletes cannot bring food into the gym, but can bring in bottled water or Gatorade; and it is available for purchase in the Proshop. Athletes are required to wait on the bleachers in the gym or upstairs in the viewing room until practice starts. Athletes are not allowed to play on the equipment or in the pit before/after practices.

Parents only viewing area is upstairs in the parents viewing room for athlete's practices, private lessons or tumble classes. For the safety of the athletes and for Liberty insurance purposes, Parents are **NOT** allowed on the GYM floor or past the doors leading to the gym. The area behind the barriers on the gym floor is the only designated viewing area inside the main gym.

Parents are not to withhold an athlete from practice because of bad grades or homework. Because we cannot practice effectively without the entire team athletes are expected to attend all practices.

Coaches will email athlete progress reports throughout the season as needed. The Athlete Progress Report will identify what their athlete's strengths and/or in what areas they need improvement. This report will guide the parent in their athlete's training needs and develops good overall communication with the coach, athlete and parents.

Here is an example below of an Athlete Progress Report:

Athlete Progress Report

Athlete Name :	Level:	Remarks
Motion Technique:		
Jumps:		
Standing Tumbling :		
Running Tumbling:		
Stunting :		
Attendance:		
Work Ethic :		
Date : __/__/__	Coach:	

Athletes may be moved if skill requirements and technique are not met for their current placement or made an alternate. In addition, athletes may be moved/placed on a higher level as an alternate if they have acquired new skills. Athletes must maintain skills and correct technique to compete in their team division and/or level. This is subject to change at the discretion of Liberty.

MISC. INFO

Liberty Cheer All-Stars is an organized program that requires a strong commitment to join. It is not a recreational sport; it is a select sport where all athletes are expected to attend all competitions and every event or practice as a team. 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 for tumbling; stretch or additional classes are available. Rates are not based on hours of instruction, nor does it pay for the right to perform or to choose what team or athlete's position on a preferred team. All monies awarded to teams from a competition will go to the Liberty.

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 as well as your school cheer sponsor contact information. In the event of an optional School cheer event, DO NOT take that option on a Liberty practice time, it will be unexcused. We will work very closely with the surrounding schools but require advance dates be emailed to your coach and athletes will be required to submit an absence request form as well for school cheer.

*Liberty is not responsible for lost or stolen items.

HOLIDAYS -GYM CLOSED (2019-20)

*Liberty is a 13-month program, practices will begin in May 2019 and continue in May 2020.
(* Athletes that join in April 2019 will be responsible for that months program fee.)*

May 24th – 27th (Memorial Day weekend)
June 30th-July 6th (Summer Break)
August 4th-11th (Summer Break)
August 31st-September 3rd (Labor Day Weekend)
October 31st (Halloween)
November 23rd-30th (Thanksgiving)
December 21st - January 1st (Christmas, Hanukkah and New Year)
March 8th-14th (Spring Break)
April 10th-12th (Easter)

Camp Dates (Choreography/Technique/Team Bonding)

Once teams have been finalized you will be informed the dates your athlete will attend camps; plan 2-3 days per camp.

June 10th-12th (Technique Camp)

July 24th-28th (Choreography Camp)

Extra Practices (In addition to regular schedule)

These will be posted on your monthly team calendars. During a competition week plan to have at least 2 extra practices during that week.

Competition Schedule (2019-20)

This will be emailed to parents and posted on the website. **this schedule is subject to change*

Uniform Fittings

These will be during athletes practices the week of _____.

Absences/Vacations

Athletes are excused for School Cheer Camp and only 1 week of family vacation or church camp. This would be equivalent to 4 practices excused for Vacation, during the months of May 1st - September 8th. Please try to take your vacation during the time the gym is closed. These absences may be in conjunction with any of the above listed summer breaks. We would appreciate if you could plan accordingly.

Alternates are required to follow all rules and guidelines. Additional absences will jeopardize an athlete's placement on their respective teams so try to take your vacation times during our two summer breaks if possible. You must not miss the following MANDATORY camps; Routine Choreography/Stunt Pyramid and Technique, they are not optional or excused. If an athlete is injured, they will be required to find a fill-in to learn his/her spots so he/she can step back in when released from physician. We appreciate partnering with our parents!

The only excused absence is a school function that results in a grade or school cheer. Choir, other sports, 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. An absence 2 weeks before a competition or an unexcused absence can and will result in the athlete being placed in an alternate position or pulled from an upcoming performance.

If there is an emergency such as hospitalization or a death in your family please contact your coach or the gym (972)775-5323.

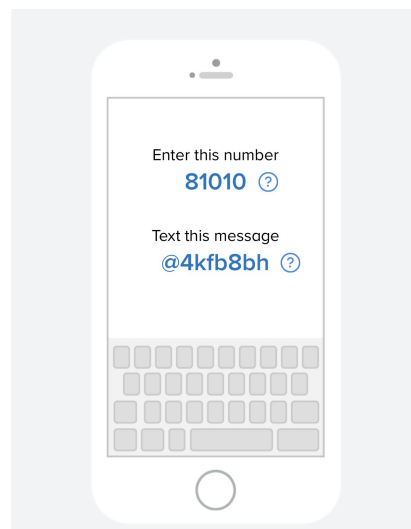
Absences must be approved and can only be approved by the Head Coach. We will verify with school administration and the teaching staff if we think that someone is being dishonest. Be prepared to show documentation from a teacher or instructor. You will be removed immediately

if the request is falsified. Absences are not permitted the week of a national event. Every tardy is counted. Two tardies equal 1 absence. An absence request form must be submitted to a team coach 2 weeks prior to absence. Submitting does not mean it is approved. If approved or denied, you will be contacted by a Coach. Absence request forms are located under the forms tab on the website.

Communication

Your athlete's Coach will be your contact, handling all team emails, announcements. Each team will have a 2-3 coaches. Any team questions or concerns must first be sent to your athlete's Coach. If you do not feel your Coach can answer your concerns or questions or can no longer assist you, an owner will be notified. Please allow 24 hours before contacting a Coach/Owner to schedule a conference.

1. The Website, email, calendar and remind 101 will be updated appropriately. So that we can communicate effectively with you, we ask that you sign up for our email distribution list and to also become a member in the member's section of the website to get all private updates. To become a member of the Season 14 Remind 101 see below.



To register as a member and to get emails etc. be sure to create an account on the Liberty Parent Portal.

Illness

In the event of illness, you will be required to attend but not to participate in practice without exception so an athlete does not jeopardize their position. 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 an athlete from participating. Extended illness such as Mono or Strep throat could jeopardize an athlete's position on the team. Special discretion will be necessary if an athlete is highly contagious; contact your Coach for necessary decision and precautions.

Code of Conduct

A Liberty Cheer All-Star must always be a strong representative and a positive reflection of his/her teammates. Abusive behavior, lying, bullying and or any other form of negative behavior are grounds for removal from his/her team. Liberty has a ZERO TOLERANCE policy for BULLYING and will not tolerate comments about other athletes/teams and their programs. Let's respect their athletes/teams, as we will get respect in return. If you communicate with other cheerleaders at various organizations through email, Facebook, Twitter, SnapChat and/or Instagram. please remember that anything you 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 way 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 athlete will sit out of practice until the problem is solved. A problem between an athlete and staff member will first be addressed between the owners. If not resolved, a parent will be notified of the problem or infraction of the rules and will be expected to assist in resolving 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 of the athlete from the Liberty program. We pride ourselves with good sportsmanship, we are ONE GYM, ONE FAMILY.

We frequently monitor Instagram, Twitter, SnapChat and Facebook. If it becomes apparent that a negative reflection of Liberty and/or athlete is presented on social media, we will screenshot it and send to the athlete's parent. They will get 5 minutes to remove the post or they are removed from the program.

To ensure you have read and agree to the terms of the Code of Conduct please submit the electronic form.

FORM CODE: <https://forms.gle/eSSuVRcsaZ2XJpjH6>

EVERYONE WILL MAKE A TEAM AT LIBERTY! However, please understand that we need to make our teams HIGHLY competitive.

With this in mind, we will REQUIRE certain individual skills for each team.

AGE OF COMPETITOR: The USASF recognizes the concern with fielding teams of a broad age range & highly recommends that individual programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

FLYER TRYOUT REQUIREMENTS

-Arabesque -Right & Left Heel Stretch -Left Scale -Left Scorpion

COMPETITIVE "ALLSTAR PREP" DIVISION REQUIREMENTS

PREP LEVELS	JUMPS	STANDING TUMBLING	RUNNING TUMBLING	STUNTING	MOTION TECHNIQUE
LEVEL 1	Beginner	-Round Off* -Back Walkover*		No stunting experience needed	Beginner
LEVEL 2	Good	-Standing Back Handspring*	-Round Off Back Handspring*	level 1 stunting experience	Good
LEVEL 3	Good	-Toe Touch Back Handspring*	-Round Off Tuck*	level 1/2 stunting experience	Good

***Good technique**

COMPETITIVE "ALLSTAR CLUB" DIVISION REQUIREMENTS

ALLSTAR LEVELS	JUMPS	STANDING TUMBLING	RUNNING TUMBLING	STUNTING	MOTION TECHNIQUE
LEVEL 1	Good	-Back Walkover series* -Front Walkover*	-Back Walkover Series COMBO pass including either a Front Walkover or back/forward roll*	No stunting experience	Good
LEVEL 2	Good	-Back Walkover Back Handspring* -Back Handspring Forward Roll* -Front Walkover*	-Back Handspring series COMBO pass including either a Front Walkover or Back Handspring Step out*	level 1 stunting experience	Good
LEVEL 3	Level	-Toe Touch Back Handspring Series* -Back Handspring Series*	-Back Handspring Tuck COMBO pass including either a Front Walkover or Front Tuck Roll entry*	level 1-2 stunting experience	Good
LEVEL 4	Level	-Back Tuck* -Toe Touch Back Handspring Tuck* -Back Handspring Series to Layout*	-Back Handspring Layout COMBO pass including either a Front Walkover or Front tuck entry*	level 1-3 stunting experience	Strong
LEVEL 5 RESTRICTED	Above Level	-Toe Touch Tuck* -Back Handspring Series to Full*	-Back Handspring Full COMBO pass including either a Front Walkover or Front Tuck entry*	level 1-4 stunting experience	Strong
LEVEL 5	Above Level	-Toe Touch Back Handspring to full* -Back Handspring Full*	-Back Handspring Double Full* -Back Handspring Full COMBO pass including either a Front Walkover or Front Tuck entry*	level 1-4 stunting experience	Strong

***Strong technique**

List of possible level appropriate skills

Level 1	Level 2	Level 3	Level 4	Level 5 Restricted
forward roll	standing back handspring	multiple standing B HS in a row	standing tuck	toe touch back tuck
hand stand forward roll	T jump back handspring	toe touch back handspring	T jump back tuck	standing 2 B HS to full
backward roll	back walkover back handspring	multiple jumps to B HS s	back walk over back tuck	standing 1 B HS to full
front walk over	standing back handspring step out	punch front forward roll	standing hand spring tuck	multiple jumps to back tuck
back walk over	standing B HS step out BWO B HS	punch front 2 step round off tuck	standing hand spring layout	standing B HS whip B HS B HS full
switch leg back walk over	standing B HS rebound t jump B HS	round off tuck	2 B HS to a tuck	jump B HS whip B HS B HS full
cartwheel	round off back handspring	F WO round off tuck	2 B HS to a layout	R O B HS full
round off	R O multiple back handsprings	round off handspring tuck	toe touch B HS tuck	F WO R O B HS full
back extension roll	F WO round off back handspring	F WO round off hand spring tuck	toe touch B HS layout	punch front R O B HS full
cartwheel back walkover	F WO R O multiple BHS	R O multiple hand springs to tuck	s tanding tuck B HS B HS tuck	Arabian stop
round off back walkover	R O B HS step out R O B HS	side ariel	s tanding tuck B HS B HS layout	R O B HS whip B HS B HS full
multiple back walkovers in a row	R O B HS step out FWO R O B HS	s ide ariel 2 s tep R O B HS tuck	toe touch B HS tuck B HS B HS lay	
front walkover cartwheel			B HS whip/tuck B HS B HS lay	
front walkover round off			cartwheel back tuck	
back bend kick over			round off B HS layout	
			round off L aout	
			F WO R O B HS layout	
			punch front through to layout	
			R O whip B HS B HS layout	
			R O B HS whip B HS B HS layout	
			R O B HS layout step out	

*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. If athlete is not maintaining their ability to perform in the air at the level selected athlete 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.

Sportsmanship

Liberty Cheer All-Stars are expected to cheer for each team as they are called. If we are the 1st place team, athletes are not to Celebrate until the 2nd place team has celebrated their 2nd place win and 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. Athletes will learn this in practice. In the event, we do not win 1st place, Liberty athletes are

expected to be as gracious losing as humble in winning. We never show an attitude that is negative even if we don't agree with the outcome.

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

Liberty Proshop

Trademark /Property Rights Agreement: No Liberty Cheer All Stars & Tumbling LLC, Liberty, Liberty Gymnastics Academy, Liberty Dance Company or any related items may be sold without prior consent from Liberty Cheer All Stars & Tumbling LLC. The company name and its entity are solely owned by Liberty Cheer All Stars & Tumbling LLC. Any violation of this agreement may result in legal action.

Outside Merchandise Sales Policy: No spirit wear of any kind may be designed, purchased or distributed without prior written consent from an owner of Liberty. All team t-shirts and spirit items will only be purchased through the Liberty Proshop. **In addition, no solicitation of any items while on Liberty property will be allowed.**

Pricing

Liberty's competitive cheer program is from May 2019-May 2020 final payment is May 1, 2020 (see contract for payment plan info and final payment dates to complete contract terms). There are different payment plans to offer flexibility and convenience for our customer.

Pricing includes: All-star designated jump/tumble (starts Mid-August 2019, all-star cheer practice, competition fees, USASF membership, registrations, choreography, technique camp (all teams except exhibition), (dance, stunts, pyramid, routine, music - these fall under choreography). If an all-star takes additional classes, there is a fee of \$20-30 monthly increase (depending on class) which will be billed accordingly.

There are fees not included in the "all inclusive" pricing (ex. May 1, 2020 payment, End of Season Party/Banquet ticket, summer camps, extra classes, evaluation fee, pro shop items, uniform, additional competitions, travel expenses, coaches fee for bid event etc., team bonding activities)

Whether an athlete takes advantage of the jump/tumble class is up to you but is strongly suggested. Prices are not based on hours of instruction.

Contact Us:

GYM (972)775-5323

<https://www.facebook.com/liberty.cheer/>

<https://www.instagram.com/libertycheerallstars/>

<https://twitter.com/LibertyCheerLCA>

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