

Liberty Post

SCA's Newsletter

January 2007

Volume 1, Issue 1

President's Introduction

Hello! My name is Mishayla Potts and I am the President of the Saskatchewan Cheerleading Association. I would like to welcome you to the first edition of the Liberty Post – the SCA's own newsletter! Let me talk a bit about the Saskatchewan Cheerleading Association. At its inception in 2001, the executive consisted of three members – Lana Welchman, Hillary Ibbott-Neiszner and Alissa Stewart. This year, the executive has expanded to 16 members:

President – Mishayla Potts (Regina)

Vice Presidents – Janelle Single (Regina), Jennifer Ritchie (Saskatoon)

Secretary/Treasurer – Alissa Stewart (Regina)

High School Director – Nicole Bidwell (Regina), Laura Kuz (Assistant, Regina), Debbie LeDressay (Assistant, Regina)

Elementary Director – Lisa Craig (Regina), Becky Dunbar (Assistant, Regina)

Sponsorship Director – Todd Knihnitski (Saskatoon)

Judging Director – Denise Norris (Regina), Amy Schwickrath (Assistant, Regina)

Members at Large – Hillary Ibbott-Neiszner (Earl Grey), Diane Klemp (Pense), Faye Matt (Regina), Christine Milos (Regina)

Some of our goals include promoting safety through coaching clinics, providing rules and regulations for SCA sanctioned cheerleading competitions, provide trained and qualified judges by hosting judging clinics, provide a forum where questions, comments, and concerns can be raised and addressed, provide a website with useful information (how to join the SCA, benefits of joining the SCA, competitions dates, message board and contact information, etc.) and anything else that we can do to support the sport!

I am so excited and proud to hold this role and will be working hard to develop a more closely-knit cheerleading community within our province and country. I thought that creating a newsletter would help keep us all informed, so I hope you enjoy it! This newsletter will be available online at www.sca.ca as well as through email delivery. Tentatively, my plans are to publish quarterly.

If you would like to receive emails from the SCA about current events, please send an email to me (mpotts@accesscomm.ca) with the subject line: ADD TO SCA LIST. I am also in the process of sorting through all of our contacts, so if you are already in our mailing list, you may have received an email asking if you would still like to have your email address included. If you have any questions, comments, or concerns, or would like to add your team to the Featured Team section or a cool stunt to the Featured Stunt section, please email me as well for more information. A different team and stunt will be featured each publication so if your team is new, doing something special, had a successful fundraiser, or has an awesome stunt and you'd like to share it – email me! If you have questions unrelated to the newsletter, don't hesitate to contact me as well. Enjoy!



U of S Cupie

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New SCA Website!!

We have a new SCA website and URL this year - www.sca.ca. We have current events, info, and a message board. What would YOU like to see on our website??

- Sample cheers
- Stunting examples and tips
- 30-second music samples for games and half-times
- Team bios/contact info

Just email me and let me know:
mpotts@accesscomm.ca

Featured Team

Each newsletter will feature a new team that is shining in the area of motivation, fundraising, improvement, or achievement. This newsletter's Featured Team is the Community School All-Star team in Regina. They are coached by a sister-duo of Lisa Craig and Becky Dunbar. The Community School All-Star team is the first cheerleading squad to combine students from several community schools in Regina. The team is comprised of 23 students (17 girls and six guys) from Arcola, Wascana, Rosemont, Herchmer and Connaught Community Schools. Even though about 80% of the participants have no previous cheerleading experience, they have lots of talent and are learning quickly! Becky and Lisa are very enthused to be able to introduce the sport of cheerleading to these community schools. Practices take place on Sundays so that all the students can attend. The team is very excited to compete in various competitions in Regina and they also hope to fundraise enough funds to travel to Saskatoon for the Huskie Open. Some fundraising events that they have held already are weekly bake sales and hosting a Wascana Idol competition. They also hope to receive sponsorships through local businesses or individuals in the community. The Community All-Star team has set a goal to become physically fit. They are striving to meet this goal with a 40 minute warm up before each practice that includes running lines, push-ups, sit-ups and circuit training. When asked what they love best about cheerleading, the overwhelming response was that they will never forget the great new relationships that they have made. The team would like to wish everyone a great cheerleading season!

ACA Rule Change - Are You Competing in Alberta?

The ACA has implemented a new rule that Saskatchewan teams must be aware of if competing in Alberta.

New Rule: In braced partner stunts/pyramids, at least one bracer of each pair must be at shoulder level or below. Exception: The following extended stunts may brace any of the others listed: 1. Chair 2. Double/Triple based deadman lift 3. Double/triple based straddle lift 4. Extension (except a totem pole), provided the flyers/tops have both feet in hands of their bases.

This means that teams have to make sure that joined extended stunts are braced by a stunt at double base/pre level. Please visit the ACA website at <http://www.albertacheerleading.ca> for more information or clarification. If your team is competing in Alberta this year and you are unsure whether your stunt or pyramid is illegal, please email them to make sure! Here are some samples legal and illegal pyramids—some taken from the ACA website—to reinforce the understanding of this rule.



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Upcoming Events & General News

Judging

If you are interested in becoming an SCA certified judge, please contact myself, or go online at www.sca.ca for more information. Judging clinics will be held in Saskatoon on January 7th from 2—5:30pm at Evan Hardy Collegiate and in Regina on January 14th from 2-5:30pm at Campbell Collegiate. The fee is \$10. Please fill out the form on the website and mail your fee ASAP. We are looking for people who have a cheerleading and/or dance background, or anyone out there that is willing to work hard and learn fast!



PCA Nationals

PCA National Championship was held on December 2nd in Brampton, Ontario. Congratulations to our two university teams for their awesome performances. Both competed in the Collegiate Small Co-ed division with U of S taking 4th with a total score of 677.8 and U of R taking 3rd with a total score of 693. Also, U of R entered two quad groups into the quad competition and took home 1st AND 2nd place!! This is by far the best presence that Saskatchewan has had at Nationals yet. We are so very proud of all of the athletes and their coaches—Nicole Bidwell (U of R) and Todd Knihnitski (U of S) who both happen to be on the SCA Executive!

Coaching Clinic

The SCA hosted a coaching clinic in Regina on Sunday, December 17th. The clinic was run by Nicole Bidwell, with a section by Laura Kuz and Debbie Le Dressay. Nicole ran a hands-on clinic that demonstrated proper stunting techniques with the use of a stunt group from the U of R, which everyone really thought was an effective way of learning. Participants were informed on how to identify causes of stunting problems, proper stunting progression, organizing a routine, musical ideas, as well as several approaches on coaching a cheerleading team. Special thanks to Nicole, Laura, Debbie, the stunt team from the U of R, and Wascana School for hosting the clinic.

Tentative Competition Schedule

BRIT—Saturday, January 13th (Saskatoon)

Spruce Grove Competition, Athabasca Cheer Fest—Saturday, February 3rd (Alberta)

Huskie Open—Friday, February 9th (Saskatoon)

Warman Competition—Saturday, February 10th (Saskatoon)

U of M Sweetheart Competition—Saturday, February 10th (Winnipeg)

U of A Extreme Cheer Challenge—Saturday, February 10th (Edmonton)

Mustang Mania—Saturday, February 24th (Saskatoon)

Greenall Invitational—Friday, March 2nd (Balgonie)

Saskatoon City Championships—Thursday, March 8th (Saskatoon)

U of R Charity Cheer—Saturday, March 10th (Regina)

Basketball Beat—Saturday, March 24th (Regina)

Provincial Championships—Saturday, March 24th (Estevan)

Sea To Sky—Friday March 30 & Saturday, March 31 (Vancouver)

For more information on Saskatchewan competitions, please check out our website—www.sca.ca

Featured Stunt

This newsletter's featured stunt is the good old Hands Extension. The U of R team is demonstrating quad and co-ed hands extensions.

Flyers—ensure that you are tight and keep your feet about as wide as your shoulders.

Bases—ensure that your back isn't arched, keep your feet planted so that the stunt doesn't travel, and always keep your eyes on your flyer.

This stunt is great for cheers—it provides a nice height change and is an easy and solid stunt to add actions to. It is also a great stunt for including in transitions as it is easy to come back down to hands, cradle, or pop down from. Thanks U of R!





SCA's Newsletter

We're on the Web!
www.sca.ca

Visit our message board!

The Saskatchewan Cheerleading Association aims to support and promote cheerleading through the following initiatives:

- Develop standardized safety regulations.
- Act as a regulating body for cheerleading in Saskatchewan.
- Encourage participants to respect the sport and other participants.
- Support schools in the promotion of cheerleading and providing resources when running competitions.
- Forge a better understanding with school staff, school board administration, physical education departments, and other school athletic associations.
- Encourage coaches and judges to become actively involved and knowledgeable through clinics and conferences.
- Establish communication between provincial, national, and international cheerleading associations.

Send Me Your Contributions!

Send me any questions, comments, or concerns that you may have about this newsletter, the SCA, or cheerleading in general. If you want to contribute any articles or pictures for possible future inclusion, feel free to do so. I am looking for:

- **Featured Teams**—Team name, coach name, years that the program has existed, what you cheer for (football, basketball), what your team's goals are, what you hope to achieve this year, why you enjoy cheerleading so much, and a team picture!
- **Featured Stunt**—Name and description of proper technique, picture **MUST** be included, and name of group/school in the picture.
- **Random Pictures**—Any picture of your team (stunting or not) can serve to make this newsletter more interesting as well as showcase your team!

- **Miscellaneous Articles**—Do you have something to say about cheerleading? Perhaps a guy wants to talk about the role guys have in cheerleading in Saskatchewan, or a team explains how they really turned it up a notch through conditioning and training. Whatever you want to talk about, that's OK!
- **Contact Information**—Does your team have a competition this season? Make sure that other teams can contact you by allowing us to publish your contact information with our Competition Schedule.

Please send everything to mpotts@accesscomm.ca and make sure you include a relevant title to what you are submitting (so that it doesn't land in my junk mail folder!) Thanks for your contributions!



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SCA Memberships

The last day for regular membership purchase is December 31st, however we will accept late memberships UNTIL March 1st. The fees for membership are as follows:

- Regular Membership (one year): **\$40**;
after December 31st: **\$55**
- Double Regular Membership (one year): **\$75**;
after December 31st: **\$90**
- Associate Membership (one-year): **\$20**;
after December 31st: **\$35**



Let your voice be heard!

Some of the benefits of being an SCA member are:

- Ability to compete at SCA sanctioned competitions
- Reduced rate for coaching & judging clinics
- Ability to propose ideas and vote at the Annual General Meeting in the spring.
- Support the development of cheerleading in Saskatchewan
- Bid to be on the Executive