



Liberty Post

Saskatchewan Cheerleading Association's Newsletter

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How can your team develop a sweet jump sequence? See page 3!

2007-2008 Judging Certification

Do you have any cheerleading, gymnastics, or dance experience? We need you! The SCA will be hosting judging certification clinics in Regina and Saskatoon. With your certification, you have the ability to judge at SCA Sanctioned competitions. This is also a great way for coaches and advisors to become familiar with SCA rules.



Saskatoon—Monday, January 7th from 6-9pm at Tommy Douglas Collegiate (Room 112). Tommy Douglas is located at 130 Bowlt Crescent.

Regina—Sunday, January 27th from 1-4:30pm. Location TBA. Check the website for updates!

Registration cost is \$15. You will receive a Rule Book and a SCA portfolio.

Check the website for more information and to download a registration form.

1st Annual Coaches' Conference Success

Even a strike at the U of R couldn't stop the 1st Annual Coaches' Conference from running. With the help of Debbie Le Dressay and Principal Howard Jesse, we were able to host our conference at a nearby high school—Campbell Collegiate (yes, they are a SCA member team)!



Hillary and I received so much positive feedback that we cannot help but get excited for next year! We would like to send special thanks out to those who helped us out, John

Papandreos from the U of R who is always a huge supporter of cheerleading, the SCA Executive for helping us out, and to our gracious sponsors—Total Spirit, Dr. Ibbott, Advantedge Fundraising, SaskEnergy, Ultimate Leaders, Arbonne, and Lamontagne. AND a HUGE thanks to our presenters—

Charmaine Wintermute, Nicole Bidwell, Denise Norris, Jeff Petryna, Caitlyn Bartlett, and Jennifer Ritchie. Thank-you Hillary Ibbott Neiszner for all your planning & preparation! We're reaching for the stars again next year!

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Featured Team
Bedford Road



Featured Team—Bedford Road

Bedford Road Collegiate is located in Saskatoon and has a Large Varsity team that consists of 20 members, mainly Grade 11's and 12's. They are coached by Natasha Ford, Vanessa Erickson, Craig Schumacher and Sarah Hills. They are a very lively bunch who love to work hard and try new things. Their favorite part of cheerleading is the teamwork it requires to hit stunts and make routines come together and look good. Their favorite stunts right now are basket tosses, because there are so many different skills that you can do in the air and the crowd always loves them! Their goal for this year is to work hard as a team and be leaders at school, in competitions, and in the community. They just finished their first fundraiser which was a bottle drive after Grey Cup, which was very successful. They also plan on hosting a Junior Cheerleading Camp in January for Grade 5, 6 and 7's to teach them the basics of cheerleading. Their favorite competition is Bedford Road Invitational Tournament because they host it and there is always a great fan turnout! The team would like to wish everyone the best of luck this year!



2007-2008 Memberships

If you don't have your SCA Membership yet for this year, please send in the application ASAP! Late fees are now being charged, since it is past December 31st.

Remember that in order to compete at or host an SCA Sanctioned Competition (see list to the right), you must have a current SCA Membership.

If you have any questions or comments, please do not hesitate to contact us—www.sca.ca.

2008 Tentative Competition Schedule

January

BRIT - Saturday, January 12th, 2008

February

Huskie Open - Friday, February 15th, 2008

Warman - Saturday, February 16th, 2008

GICC - Friday, February 29th, 2008

March

U of R Charity Cheer - Saturday, March 1st, 2008

SCA Provincial Championships - Saturday, March 15th, 2008

Jump To It—Creating a Team Jump Sequence

No doubt you've checked out the new score sheets and degree of difficulty scales and realize that sequences are where all the elite points are. Sigh. You think to yourself that your team has never really concentrated on sequences before so you won't be great at them—especially in regards to jumps. Think again. With a little creativity and lots of reps, your team can move from average to amazing.

A jump sequence is a series of jumps performed one after the other with no pause in between. A good jump sequence is achieved through preparation! First, all athletes must work on their flexibility. This is something that can be improved outside of practice. Second, work on the sequence jumps individually. How can you expect to master a sequence if the individual sequence elements are not mastered? Lastly, practice, practice, practice. Take a portion of EACH practice and go through jumping drills. Use typical counts that you would use in a routine and work towards proper body position and uniformity.

Get creative and add some flare to your sequence by experimenting with formations, changing angles, or adding a turn in between two jumps.

Cheerleading Word Find

t e n r u p f q w m f g e k m e e c l k
 p e r f o r m a n c e n y m j y p l f n
 t w p s c o r p i o n i p s k z l e c a
 s f d i m a r y p x o r g z d i i e l f
 f f o d n u o r m u s p n g k y v j c l
 j h q q a n y v f n p s i s q d p a c f
 q f u w m k v o o a l d t j r r o n j c
 c i n b t f d i y i t n n c e f v t e s
 r t p i n y t b b q e a u y u j u u m e
 p t n r q a x e e a e h t f m p q x x x
 b d i e v v r c i b x k s f i s i c p e
 k e w i m t j t a i p c c o e r d e e c
 n k t m y e j k z l i a c b f p p e k u
 e o h v x i t a o i i b a v c v s k r t
 m l s l h e l i r t y r g t e a h l o i
 k n b i y e a p c y a g l u v k l m w o
 m s x m n n n o z x l o p c m g w p m n
 a l m n u u q h v j e m n k s g b a a p
 l l u k w t q u j o p s e l i m s l e s
 z j t l u d a x q f x e l a c s d s t n

Featured Stunt—T Lift

Add creativity and excitement to your transitions! Stunting transitions also help to add height! Instead of just walking to a formation, you could try a T Lift. The top holds her arms out in a strong T position while two bases grasps her arms and lift her up above their heads. Bases—ensure your backs are straight and your arms are locked out. Tops—engage your core, keep those arms solid, point your toes and smile! Here, the Elecs demonstrates a T Lift variation in their 2006-2007 routine.



ability	arabesque
backhandspring	cupie
excitement	execution
liberty	motivation
performance	pyramid
roundoff	scale
scorpion	skill
smiles	stunting
teamwork	tuck
tumble	unison

2007-2008 Advertising & Promotional Opportunities

Liberty Post

- Business Card Ad - (approximately) 3.25"w x 2"h - \$20.00 per issue
- 1/4 Page Ad - (approximately) 4"w x 5.5 "h - \$40.00 per issue

Full year special: Purchase and pay for a full year of Liberty Post (4 issues, ¼ page ad) and pay only \$120.00.

Deadline: 1st day of each publication month (December, February, April, September).

Website

Additional advertising is available on our website's main page – www.sca.ca. Prices will be negotiated on an individual basis.

Provincial Championships

The SCA Provincial Championships is the culmination of the competitive cheer season in Saskatchewan and is held in March each year. SCA School and club members from across the province bid to host this prestigious event. There will be media coverage in print, on radio, and on television.

- Title Sponsor Package (\$2000)
- Gold Sponsor (\$1000)
- Silver Sponsor (\$500)
- Bronze Sponsor (\$250)

Deadline for all competition packages is February 1st, 2008.

The SCA would be happy to work with you to customize a package that best suits the advertising needs of your company. We may be able to offer discounts to companies who sponsor multiple events or advertise in multiple publications.

For more information or to reserve your sponsorship, please contact:

Hillary Ibbott Neiszner
SCA Events Coordinator



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U of S Scorpion

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.

Do you have a submission for a future publication? Send it to me—mpotts@accesscomm.ca