



# Liberty Post

March 2008

Volume 2, Issue 3

## Spring AGM

We will be having our Annual General Meeting in May. The AGM is a time for the membership to vote for the Executive for the upcoming year, vote on rule changes, and voice any questions, comments, or concerns.

Executive nomination forms and rule change forms will be available online soon.

Currently, we will only accept rule change requests that are filled out using the proper form. No email requests at this time! Please have your forms in by **May 1st**. Please keep your eye on the website for more information as it is confirmed!

## Provincial Championship Success!

As you know, the Saskatchewan Provincial Cheerleading Championship was held on Saturday, March 15th at the PAC (Physical Activity Centre) on the University of Saskatchewan Campus in Saskatoon.

We would like to thank our sponsors this year—Total Spirit (Gold), SaskTel (Silver), BMO Bank of Montreal, Advantedge Student Fundraising (Bronze), and Prairie Fire Cheerleading (Bronze). Without your help, this competition would not be possible!

The results of the competition can be found under the Results link on the website. We have over 600 athletes compete in 9 divisions! If you'd like to make a bid for your school to host the 2009 Provincial Championship, the application can be found on our site under the Forms link. Congratulations to all teams!

## Coach of the Year—Sandra Horne!

Congratulations to Sandra Horne, coach of the Churchill Community High School Chargers Cheer Team on being named SCA Coach of the Year for 2008. Churchill Community High School is a 7-12 school located in La Ronge, Saskatchewan. Sandra Horne wanted to increase school spirit as well as develop a program that could involve a number of students in the school and so she started a cheerleading program in 2004. Having no background in cheerleading, Ms. Horne took, and continues to take, every opportunity possible to educate herself in all aspects of the sport of cheerleading. The cheer program at CCHS grew and became more popular, building a foundation for pride and school spirit throughout the CCHS building. Each season, Coach Horne invites a cheerleading expert to offer workshops to her squad. Ms. Horne also keeps abreast of her cheer team member's academic standing in the school demanding that all cheerleaders perform their best both in the classroom and on the mat.

In their nomination letter, the Charger Cheer team explained that they each look to Sandra as a role model. Having recently gone back to school to pursue nursing, Ms. Horne balances her own education with the needs of her team, setting an example to all of them that you can achieve your dreams if you work hard and believe in yourself. This message is engrained in all of the cheerleaders who have had the pleasure of being coached by Ms. Horne. The team feels that she cares about each and every one of them and that she challenges them to aim for the stars in all aspects of their lives. Above all, Sandra Horne hopes that the success of the CCHS chargers will encourage other small Saskatchewan schools to start cheerleading

programs. This theme was a constant one throughout the application letter and shows how Sandra Horne's passion for the sport go beyond the walls of Churchill Community High School. Ms. Horne's dedication to her own team and her contribution to the sport of cheerleading in the province of Saskatchewan has made her the 2008 SCA coach of the year.



Hillary Ibbott Neiszner

## Inside this issue:

Featured Team—  
Georges Vanier 2

Featured Stunt—  
Scale 2

New Judging Style A  
Success! 3

Junior Rider Day 3

Advertising & Promo-  
tional Opportunities 4

SCA Initiatives 4

## Featured Team—Georges Vanier

Georges Vanier is an elementary team from Saskatoon. They had a great time this year and did really well on the competition circuit. Way to go girls!

### **How does your team work well together?**

We have a great bunch of girls that get along very well. Working together just comes naturally.

### **What is your favorite competition and why?**

Huskie Open, we made our first team appearance there last year doing a demo. This year, competing, we did a great job bringing home the division champion title. We also placed an amazing score of 3rd in the Grand Champion round.

### **What innovative fundraising ideas have you found work well?**

Reindeer-o-Grams, we decorated candy-canes like reindeer and sold them as a treat and as a candy-gram. They were super fun to make and brought in a large profit.

### **What are your team goals?**

To have fun, demonstrate school and team spirit, and to do our best.

### **What team bonding activities have worked well for your team?**

Our fundraisers, it was so much fun working together as a team. We have so many great memories we will never forget.

### **What does your team do to help out the school and/or community?**

A girl on our team initiated the Telemiracle fundraising that our school did. The members of the cheerleading team took turns helping out with various jobs for all of the Telemiracle fundraisers.

### **What is your team's workout regiment?**

We start every practice with a group stretch, warm-up, and condition. Away from practice athletes are encouraged to work out on their own and save practice for routine skills and stunts.

### **What do the athletes enjoy most about being on a cheerleading team?**

The teamwork needed to make and stick an awesome routine that showcases everyone's best abilities.

*"We have a great bunch of girls that get along very well. Working together just comes naturally"*



Georges Vanier @ Provincials

## Featured Stunt—Scale

This month's featured stunt is a scale. The U of R team demonstrates a beautiful coordinated scale in this picture.

**Tops**—make sure that your right hand and left leg form a nice high V shape, keep your chest up and make sure to keep your right knee locked. **Bases**, be prepared for a possible shift in weight when the top hits her position—you may feel more weight on the ball of the foot. A great looking scale requires flexibility so work on your right leg splits. While stretching in the splits, lean back towards your left leg to help mimic the position you will need to hit in the air.



## Judging Style—Change is Good!

This year we modified our score sheets and the way routines were judged. We move to a segregated judging style where for cheer, there are separate Degree of Difficulty, Degree of Execution, and Routine Skills judges, and for pom, there are separate Technical Skills (Degree of Difficulty and Degree of Execution) and Routine skills judges. Overall there were fewer concerns from coaches and judges compared to previous years. Most judges have said that it is a lot easier for them to judge now - they were able to focus in on a subset of skills and score them accurately. It is definitely noticeable that the scoring between teams and competitions is more accurate and consistent. There have been a few incidences where the scores were a tiny little off, but this should correct itself with more practice and experience. Each competition this year compensated the judges according to our recommendations which makes it easier to put judges in place. At times judges were a little rushed as many competitions chose not to alternate the cheer and pom performances. Next year, we will be recommending that this changes to give judges enough time to accurately score a routine without the feeling of being rushed and also helps to eliminate the time lapse between the performances, making it more appealing for the crowd.

Denise Norris, Judging Director

## Junior Rider Day

Participate in two 5 hour clinics taught jointly by the University of Regina Cheerleading Team and the 620 CKRM Rider Cheerleading Team! You will receive:

- Snack and drinks on clinic days
- A dri-fit tee
- A Rider Cheerleading stunting poster
- One game ticket to the June 13th Rider game, plus a discounted rate on additional game day tickets that you purchase
- A half-time performance at the June 13th game!

### Details

- Participants must be between 12 and 18 years of age (inclusive).
- Clinic Dates: Sunday, June 1<sup>st</sup> and Sunday, June 8<sup>th</sup> from 12-5pm, U of R Campus, Gym #1.
- Cost is \$150. Deadline for registration: **May 16th, 2008.** There is a maximum of 200 participants so register early.
- Participants will get their game ticket and discount coupon for additional game day tickets on June 1<sup>st</sup> and their dri-fit tees on June 8<sup>th</sup>.
- Game performance is Sunday, June 13<sup>th</sup> at 7pm. Prior to half-time, members of the cheerleading team will bring you onto the field. Wait in your seats in your dri-fit tee so we can recognize you!

For more information visit [www.uofrcheer.com](http://www.uofrcheer.com)





[www.totalspirit.ca](http://www.totalspirit.ca)



## 2008 Advertising & Promotional Opportunities

### Liberty Post

- Business Card Ad - (approx.) 3.25"w x 2"h - \$20.00 per issue
- 1/4 Page Ad - (approx.) 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, 1/4 page ad) and pay only \$120.00.

**Deadline:** 1st day of each publication month (December, March, June, September).

### Website

Additional advertising is available on our website's main page – [www.sca.ca](http://www.sca.ca). Prices will be negotiated on an individual basis.

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  
[hneiszner@sasktel.net](mailto:hneiszner@sasktel.net)



**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.



P.O. Box 31090  
Regina, SK  
S4R 8R6

[www.sca.ca](http://www.sca.ca)

**Do you have a submission for a future publication?**

**Send it to [mpotts@accesscomm.ca](mailto:mpotts@accesscomm.ca)**