

Annual General Meeting

The 2008 AGM was held on Sunday, May 25th in Regina. A huge thank-you to all who attended. Fewer rule revisions were submitted compared to last year, telling us that members are more happy with the rules, scoring processing, etc. as compared to last year. We're heading in the right direction! We just wanted to highlight (in red) some of the rule revisions that will be put in place for the next season:

Pom Requirements

Rule 3, Section 3, Article 2 - Routines must include a minimum of 3 **simultaneous** team jumps and 3 **simultaneous** team kicks. (NEW 2008-2009)

Spins/turns will be added to the Pom DOD scales, DOE scales and score sheets this year. Details will be released later in the summer/early fall.

Elementary/ Junior Limitations

Rule 5, Section 2, Article 4 - Tosses and log rolls are not permitted. **Straight ride tosses (see Definitions section) from thighs are allowed where 3-4 bases do not interlock hands (NEW 2008-2009)**

Judging

Rule 1, Section 5, Article 2 - SCA sanctioned competitions will be judged by a minimum of 6 cheer panel judges, **6 pom panel judges when possible (when not possible, use 4 pom judges with 2 for DOD and 2 for DOE & Routine Skills)**, 1 safety judge, 1-2 tabulators, and 1 comments judge (optional). (NEW 2008-2009)

Rule 1, Section 5, Article 5 -The Safety Judge will determine when the team will perform again. **Should any faults, injuries or safety concerns occur and a routine must be rerun, it shall be rerun and judged from the beginning of the routine and the original score sheet discarded. (Please see Section 6, Article 1 for important scoring information).** (NEW 2008-2009)

Rule 1, Section 5, Article 6 - If a music fault or safety incident occurs which puts the athletes at a noticeable disadvantage it must be brought to the head judge's attention by the coach/teacher advisor within 15 minutes of the conclusion of the performance in question and must be confirmed by the judging panel. (NEW 2008-2009)

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Rule 1, Section 6, Article 1 - Should a routine be rerun for any reason, all **Deductions (Rule 4) and Limitations (Rule 5)** infractions will be carried over and deducted from the second run's score. (NEW 2008-2009)

Rule 1, Section 6, Article 5 - All SCA sanctioned competitions shall have numeric placings (first, second, third), regardless of the number of teams competing in each division. (NEW 2008-2009)

Rule 2, Section 1 Article 1 - The SCA recognizes the following competitive divisions for SCA sanctioned competitions. School and All-Star divisions may not be combined **UNLESS The all-star team requests to be included within the school division, competes under school rules and has the ability to win a school division championship as long as the all-star team does not have members who are also on a school team competing in the same division. This must be requested before the competition's registration due date. (NEW 2008-2009).**

A summary of all the rule revisions and changes for the new year will be sent out to member teams and be available on our website (www.sca.ca) in early September!

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Featured Team—Prairie Fire

Prairie Fire Cheerleading is located in Saskatoon and started in 2005 out of a need to create more Cheerleading opportunities in Saskatoon. Now, they have grown to over 75 members in 2007 and open Saskatchewan's first cheer gym this year. They have athletes ranging from under 7 to 18+ years old. They hope to gain more athletes and bring a strong presence to the competition floor. They are only getting bigger and better!

Competition Category - All Star

Location - 1901 1st Ave N Saskatoon

Mascot - "T" the Dragon

Team Colours - Black, White, Red and any other Fire Color!

Number of Members - 115 members

Year the Team Started - September 2005

Favourite Aspect of Cheerleading - Team, Toughness, and all those pretty shapes we make!

Team Goals - Constantly become better Athletes, Leaders and People

Favourite Stunt - Cupie

Favourite Team Memory - Sparks winning SCA Provincials

Favourite Competition & Why - Huskie Open



Opens Saskatchewan's first CHEER GYM in Saskatoon!

It can't be stopped! Prairie Fire Cheerleading (PFC) is growing bigger & stronger! Opening Sept 2008, PFC's new home is a brand new facility on 1st Avenue North in Saskatoon. This state of the art cheerleading gym will feature a sprung floor for tumbling, and 10 foot mirrors.

PFC began out of a need to provide more cheerleading opportunities for kids, young and adults in Saskatoon. Second to building a competitive, fun program for athletes of all ages, PFC is also interested in creating a stronger closer cheerleading community in Saskatoon and in Saskatchewan.

With more space and MUCH more class time, PFC has added three new teams. The teams are now as follows:

Fireflies	ages 4-7
Spitfires	ages 8-11
Sparks – Red	ages 11-14
Sparks – Black	ages 11-14
ELITE	ages 10-18
Flames	ages 14-18
Fire	ages 17+
Blaze (dance)	ages 17+



And it doesn't stop there! There are also tumbling classes, open gym times, birthday parties, camps & clinics, and private coaching times.

Check out the website at www.prairiefirecheerleading.ca for info about tryouts & registration, photos, competitions, and much more!

See you this fall at the NEW Prairie Fire Cheer Gym!



Featured Stunt—Hitch Pyramid

Here we have Prairie Fire athletes performing a hitch pyramid. The hitch is braced by a pre/double base and hitches onto a thigh stand. The most important thing to keep in mind when hitching onto another stunt is to keep your weight on your supporting leg and only use your hitching leg to connect the pyramid, not to bear weight upon. Start working your pyramid with a brace (the pre/double base on the side) before you work your way up to unassisted hitches. As a note, this type of pyramid could easily be modified to an Elementary/Junior level by taking the lib down to torch (pre/double base) level.

A huge thanks to our 2008 SCA

Provincial Championship Title Sponsor:



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2008-2009 SCA Executive

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Public Relations Director – Hillary Ibbott
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Pom Director – Jennifer Ritchie

Member at Large – Alissa Stewart

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2008 Advertising & Promotional Opportunities

Liberty Post Newsletter

Liberty Post is a quarterly newsletter sent out to SCA member teams detailing information on upcoming events and competitions, coaching tips, SCA news, and other general cheerleading information. The newsletter is also posted on our website and remains accessible to anyone for at least 2 years after its publication date. Liberty Post is published in September, December, February, and April. Ads in Liberty Post are available in 2 sizes:

* Business Card Ad 3.25"w x 2"h \$20.00 per issue

* 1/4 Page Ad 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) by September 15 and pay only \$125. Deadlines: September deadline: September 15, 2008, otherwise 1st day of each publication month (December, February, April).

Website Advertising

Advertising is available on our website. Prices will be negotiated on an individual basis.

Coaches' Conference & Provincial Championship

Several different types of advertising and promotional opportunities are available. Please check out the Forms section of our website.

Hillary Ibbott Neiszner

SCA Public Relations Director

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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 hneiszner@sasktel.net