



Calling All Dynamic, Enthusiastic, Smiling, Spunky Cheerleaders!

Crusader Cheer Families,

St. Columbkille Athletics is happy to announce that the 2018-2019 Crusader Cheerleading season is here! If your child is interested in joining the Crusader Cheer squads, please fill out the following information. Additionally, we will hold an information meeting about the cheer program and what to expect in the upcoming season.

If you have any questions prior to the informational meeting, please feel free to contact Kristen Ewing at kmewing1212@gmail.com. If you are unable to make it, please make sure that complete the form below and return it to the Athletic office. I can email you the information discussed at the meeting.

Crusader Cheer Squad and Parent Meeting
Who: 2st – 8th grade parents and cheerleaders
When: April 5, 2018
Time: 7:00 PM
Where: Steinhausen Center

I look forward to working with you all throughout the season! Go Crusaders!

Name: _____

Grade (2018-2019): _____

Parent/ Guardian: _____

Email: _____

Phone Number: _____

Crusader Cheerleading

Welcome Packet

Hello families and welcome to the Crusader Cheer program! We are very excited to get our second season underway. I wanted to take a moment to outline what the year will entail, breakdown the cost per child, and what we are hoping to accomplish this season.

First of all, I would like to take a second to introduce myself. My name is Kristen Ewing. I am a Saint Columbkille graduate. I cheered for Marian High School my freshman through senior years. I went on to cheer for the University of Nebraska at Omaha for two years. Cheerleading is something that has always brought me great happiness and a feeling of belonging, acceptance, and achievement. I have coached at many age levels for a number of years. I started coaching during college and it has just stuck. I have worked with squads of all age and skill levels, including some work at the high school level. As the commissioner of the cheerleading program, I welcome you and I am very excited to share this sport with your children!

To ensure the safety of our participants, I have also received my AACCA Spirit Safety Certification as required by the Nebraska Coaches Association. This course presents how to teach the proper techniques of cheer and dance to minimize the risks associated with participation.

I have a number of amazing coaches on our team. I am truly blessed to have these ladies helping me out with this program. Our coaching staff includes Heather Krizovski, Jen Harnisch, Sarah Barajas, Sarah Yarpe, Suzanne Draper, and Trisha McCormick-Baker. Each one of these ladies will be bringing something special to our team. If you would like to join our amazing team of coaches, please contact Kristen Ewing. No experience is required!

If you have any additional questions that have not been covered in this packet, please feel free to email or call me to discuss anything in more detail.

Sincerely,

Kristen Ewing

KMEWING1212@GMAIL.COM

402-213-4047

Uniforms

Uniform fitting will be the first week of May. My goal is to order all uniforms by May 7th in hopes of having them here by the Papillion Days Parade (our 1st event).

2nd through 8th Grades

Second grade through fourth grade cheerleaders will be in our Royal Blue Ion uniform. This uniform may also be available at the uniform exchange. Here is the breakdown for uniform pieces. The baseline cost for this uniform is \$90. Last year I was able to get 10 percent off due to a sale. I am very hopeful to do the same this year.

Shell- \$17 plus tackle twill \$15= \$32

White Liner - \$14

Skirt - \$16

Briefs - \$5

Youth Poms Blue -\$14

Spirit Shirt - FREE

Bows - \$9

OPTIONAL UNIFORM ADDITIONS FOR BOTH UNIFORMS

You do NOT have to purchase these items but they will be available if it is something you would like to purchase for your child.

Shoes - \$18

Backpack with name and school logo - \$34 (\$10 more for glitter)

Warm up Jacket with bling - \$55

St. Columbkille Athletics Registration and Fees

Every cheerleader must complete a registration form and waiver to participate in the St. Columbkille Cheerleading program. **To register your cheerleader, visit the St. Columbkille Athletics website under the Cheerleading tab.** The registration fee for cheerleading is \$35 (the uniform is purchased separately) and includes a Crusader Cheer spirit shirt and an end-of-the-season trophy.

Cheer Camp

We will be hosting a cheer camp in the St. Columbkille Gym the July 9th-July 13th from 1:30 to 3:30 p.m. This camp will allow the girls to learn motions, jump technique, cheers, dances, and stunting. These skills will be used throughout the school year and will be beneficial for the girls to attend. I am also trying to get the Mercy cheerleaders and the Skutt cheerleaders to come to camp as mentors. This will allow the girls to work with some other great mentors and learn some new things.

Practices

Practices will begin when the school year begins. My hope is to schedule practices immediately after school on Fridays in the St. Columbkille gym. Practice will run from 3:30 to 4:45 p.m.

Spirit Wear

Each child will receive a Crusader Cheer spirit t-shirt as part of the program. It is included in your child registration fee. If you or any of your family members would like one these additional products, they will be available for purchase during uniform fitting ONLY!

2018-2019 Spirit T-shirt - \$10

Cheer Mom T-shirt - \$15

Crusader Cheer Hooded Sweatshirt - \$25

Crusader Cheer Crewneck Sweatshirts - \$20

Cheer Mom Warm-Up Jacket Bling - \$55

Cheers, Jumps and Dances

Cheers, dances, as well as motions and technique will be learned throughout the year. The girls will also learn jumps. These will be the primary skills used in the football and basketball games we cheer at. We have a St. Columbkille Cheerleading Group on Facebook, where many of those cheers and dances will be posted so the girls can continue to practice what they have learned.

Stunting

One of the biggest things the girls were interested in last year was stunting. Due to limited space and proper mats, we were unable to stunt in the way we hoped. With the proper mats, we will be stunting at a youth level one standard. Stunting is a PRIVILEGE, meaning that it is not something that is guaranteed into the program but will be awarded to teams exhibiting proper behavior, technique, and safety skills. This means your athlete will learn the following:

All ages

Thigh stands floor up
Thigh stands hip level
Single partner stunting

5th through 8th

Single partner stunting prep level
Double prep
¼ ups to prep level

Some of these skills are more advanced. However, our goal as a coaching staff is to focus on proper technique and safety first. This will be out above all learning. Therefore, if a team is unable to proper safety or technique, we will limit their stunting abilities.

Tentative Crusader Cheerleading Schedule 2018-2019

April

Registration
Parent Meeting
Uniform Exchange and Fitting

May

Spirit Wear Order
May Crowning
HSA Flower Sale

June

Papillion Days

July

Cheer Camp

August

Weekly Practice will begin
Back to School
4 Football Games per squad

September

Weekly Practice
Football games (continued)
HS Football game to cheer (hoping Skutt)

October

Weekly Practice

November

Weekly Practice
Community Service Project

December

Cups of Cheer
4 basketball games

January

Basketball continued
Talent Show
HS basketball game (Mercy and Marian)

February

Basketball continued

March

March Madness
Ceili
End of Season Party and Awards Ceremony

