



Livermore Bulls Junior Cheer Coaching Guidelines

The role of a Junior Coach is to help athletes develop a love and appreciation for the sport of cheerleading through teaching various cheer skills, technique, teamwork, and more in a safe and fun environment.

Duties:

- Teach cheerleading fundamentals including motions, jumps, stunts, cheers, dance, and crowdleading.
- Teach safety, teamwork, respect, confidence, and leadership.
- Choreograph weekly dance routines for game halftime performances.
- Come to practice prepared with choreography and lessons that will be taught at practice.
- Use positive reinforcement and encouragement to help your athletes improve and keep a positive attitude

Goals:

- To have athletes develop a love for cheerleading
- To have their skills improve every year.
- Keep them moving all practice, no sitting or standing around (except during breaks).
- By the end of the season each cheerleader is comfortable leading a cheer in front of a crowd by herself.
- To prepare those that will be trying out for high school teams. We have a VERY high success rate.

Schedule/Important Dates:

- First Practice will be on Tuesday, July 28, 2026.
- All practices are at Max Baer Park with the exception of the first TWO weeks. The first two weeks we are at Independence Park.
- All practices are held from 6:00-8:00 PM.
- Cheer Camp will be on Saturday, August 8, 2026 and Sunday, August 9, 2026 from 8:30 AM - 3:00 PM.
- Practice Schedule:
 - July 28 - August 27: Tuesdays, Wednesdays, and Thursdays
 - September 1- October 22: Tuesday and Thursdays
 - Additional practices may be scheduled for cheer showcase and/or playoffs should your football team make it.
- Jamboree: August 15, 2026
- Pictures: August 16, 2026
- Games are every Saturday beginning August 22 through October 24, 2026 (except Labor Day weekend). If your football team makes the playoffs, additional games may be scheduled.
- Cheer Showcase: TBD

- End of Year Celebration: TBD

Attire:

- At practice – please wear exercise clothes. Earring studs are ok. No dangling earrings, necklaces or bracelets. This is for your safety and the safety of the girls. Wear athletic shoes (no sandals). We want to be an example to the girls.
- At games – uniform shirt (league provided), shorts, capris, or pants and athletic shoes. Earring studs are ok. No dangling earrings, necklaces or bracelets.

Important things to note:

- If you cannot attend a practice or game, please notify us as soon as possible. We understand things come up and that may not always be possible, but please notify us as soon as possible to ensure we are able to make arrangements for coaching coverage.
- We represent Livermore Bulls Football and Cheer on and off the field, including on the internet. We always represent the league in a positive way.
- At practices and games, please leave your phone in your bag except for emergencies or if you are using it for music. Coaches should stay engaged with your cheer team at all times.

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