



Livermore Bulls Adult Cheer Coaching Guidelines

The role of an Adult Coach is to oversee your cheer team and junior coaching staff.

Duties:

- Communicate with your junior coaches regularly
- Support and assist Junior coaches with teaching skills and help spot during stunting
- Fill in when junior coaches are unable to attend
- Maintain a positive coaching environment
- Bring the coaches bag (provided by the league) with the following to **every** practice and game.
 - Binder with all required paperwork for cheerleaders and junior coaches
 - Clipboard with attendance list, team roster, and cheer chant list attached.
 - First Aid Kit
 - Miscellaneous supplies
 - Speaker/Amp
- Check in all cheerleaders at practices and games using the attendance log
 - During check in, check that each cheerleader is in compliance with all the rules - wearing appropriate clothing and shoes, no jewelry, hair pulled back, no fake nails, etc.

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 practice may be scheduled for the 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 or loose fitting clothing. When assisting hands on (stunting), please pull your hair up and take off any loose jewelry. 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.

Important things to note:

- If you cannot attend a practice or game, please notify me 24 hours in advance. I understand things come up and that may not always be possible, but please notify me 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 their teams at all times.
- Will need to have a background check (Including livescan), obtain CPR/First Aid certification, and NAYS certification.

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