

November 12, 2024

Hello Parents & Cheerleaders,

I am Stephanie Berg-Tossoun and I will be your new Winter Cheer coach. Just to introduce a little about myself to you, I am the 7-12 Social Studies teacher at Lambert. This is my first time coaching cheerleading, but I have coached golf for many years and I was also a dancer (mostly tap and jazz) when I was younger.

We will begin our season on Thursday, November 21st with practice in Lambert right after school. I would like to have a pre-season meeting for cheerleaders & parents on Tuesday, November 19th, at 6:30 pm in the Social Studies room in Lambert. We will discuss a few items about the program.

- I would like to announce a cheer camp opportunity that will be held at Sidney High School on November 30th (I know the timing is not great with the holiday). It is NOT required by all means, but just an opportunity to work with the cheer team from Rocky Mountain College. It is \$100 and the registration deadline is November 20th. I will provide the registration link to anyone interested at that meeting on Tuesday.
- Sports physicals are required in order to practice!
- For practices, the kids should wear comfortable attire and sneakers so we can stretch, tumble, and stunt. They should also make sure they have a water bottle to keep themselves hydrated and a snack to have a little more energy.
- For games, I would like the kids to dress nicely or in team travel gear (the travel gear is pending funds). Also, for games, the cheerleaders will be required to have a pair of cheer sneakers. The pair that we will require will be shown at our meeting and we will gather sizes at that time. They are right around \$49.99.

- **Expectations for the Fusion Cheer Program:**
 - **NO cellphone use during practice. I will ask that the team leave them in a safe place, but I do not want any distractions during practice.**
 - **It is a drama-free zone. If we have concerns with others, let's visit with me to handle those concerns, but we will be a positive and supportive team.**
 - **Practice is required! It is impossible to accomplish what we need to do as a team when there are excessive absences.**
 - **Let's make sure we are keeping ourselves eligible! It can be easy to slip on those grades, so keep up on them so that you are in good standing academically.**
 - **I am a big supporter of self-advocacy—reach out to your teachers and communicate with them. If you are behind on work or failing in a class, it is likely because of not completing something or simply turning it in. Communicate with your teachers to ensure that you are in good standing.**
 - **You are a role model regardless of choice—younger kids always look up to the bigger kids at school. How you behave in public will follow you wherever you go. My expectation is that you will set a good example. I expect you to be polite, clean up after yourselves, use appropriate language, and be a good listener. Show what an amazing person you are—trust me those younger kids look up to you!!**

I am super excited to start the season and to work with your child! If you have any questions in the meantime, please do not hesitate to reach out. Otherwise, I will see you all Tuesday at 6:30 pm for our pre-season meeting.

Thank you,

Coach Berg-Tossoun (BT)

sberg-tossoun@lambertschool.net

406-774-333 ext. 1124

406-451-3497 (cell)