

Liberty Middle Spirit Teams

2020-2021 Covid19 Tryout Announcement

Until further notice all Spirit Team tryouts have been postponed until COVID-19 restrictions are lifted. Spirit Teams include: Competition Cheer, Dance Team, Basketball Cheer, and Color Guard. If you are interested in any of our Spirit Teams, please fill out this [form](#) so our coaches can stay in contact with you in regards to any updates and/or changes.

LMS Spirit Teams would like to provide opportunities to all individuals to practice, condition, and improve different skills as related to specific teams. Our teams will be providing videos to cheers, chants and dances. You are welcome to film yourself and send it to any of our coaches to review.

We want to stay connected during this time of unprecedented isolation! Feel free to reach out to any of the coaches.

Sara Tolleson (competition cheer) libertymiddlecheer@gmail.com

Brittany Allen (dance team) bnallen@madisoncity.k12.al.us

Kassidy Hutchison (basketball cheer) khutchison@madisoncity.k12.al.us

Savanna Hayden (basketball cheer) shayden@madisoncity.k12.al.us

Morgan Blair (color guard) msblair@madisoncity.k12.al.us

Katie Hazelton (color guard) lmslionsguard@gmail.com

Ryan Foy (LMS Athletic Director) rfoy@madisoncity.k12.al.us

Michelle Breeden (Asst. Athletic Director) mbreeden@madisoncity.k12.al.us

Getting Started

*Most videos provided by Varsity, UCA, & UDA

[General Training Workout](#)

[Jumps Training](#)

[Stretching Routine](#)

[Conditioning for Dances](#)

Google Classroom Codes

*Please send video in google classroom

Competition Cheer 6uyt7gq

Basketball Cheer fuxkw3w

Dance Team zithgx4

Color Guard m5qir65

Cheer

[Sideline](#)

[Cheer](#)

[Dance](#)

[Music for dance](#)

Dance

[Routine](#)

[Counts](#)

[Music](#)

Guard

[Color Guard Basics](#)

[LMS Fight Song Routine](#)

[LMS Fight Song Audio](#)