

ILLINOIS CHEERLEADING COACHES



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Watch the ICCA website for updates on rule meetings and current info:
www.cheericca.org

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IMPORTANT DATES for 2011

Championships -
February 12-13, 2011

Spring Coaches
Conference
March 18-19, 2011

I.C.C.A. NEWSLETTER

SPRING 2010

SPRING - THE END AND THE BEGINNING

Spring is a time for new birth. For the cheerleading coach it's the end to one year and the beginning of another. Many of you have said farewell to a number of great kids who you will remember for the rest of your life. Now you must take a short breather and regroup to plan how to succeed with a new group of cheerleaders. It is so important for you to be a positive role model for that new group of kids. They will look to you for guidance, rely on you to have their best interest at heart, and trust the decisions you make for their experience as a cheerleader in the next year. Where will you get your strength? You must make decisions about summer learning experiences, uniforms, fun activities for team building, and what you want the future to hold for your team. It's exciting but maybe a bit overwhelming.

What can you do to make the beginning good for you?

1. Take some time for you before you start with a new team.
Take a vacation, get a massage, go shopping - for YOU!
Just make it a stress-free experience.
2. Plan - Plan - Plan
Before you meet with your new team, plan out your calendar.
Write down your hopes - goals for the year.
Be prepared to take charge and be the leader.
3. Meet with the parents and team members
Do this as a joint meeting if possible.
Share your plans, goals, expectations.
Let them know you are in charge and you need them to be on the same page.
You might want them to sign a pledge to respect and follow the rules you have drawn up for the year.
4. Meet with your athletic director/administration to share your goals and plans for your program. Let them know what your expectations are for all involved. If your team is planning to be competitive, share this with your administration. Consult with them about IHSA and ICCA competitions and how you can benefit from both.
5. Be familiar with and follow the National Federation Guidelines. If you go to a summer camp program, be sure they are following the National Federation Guidelines for skills they are teaching. Don't be afraid to question a stunt you are being taught if you think it might be in violation of a rule. Each year ICCA learns of skills taught at summer camp that are illegal.

As you coach, ask yourself this question. "Would I want to be a member of the team coached by me???" If you can't say "YES" then maybe you should rethink your approach to coaching. A coach can make or break a program. Make your program a successful one. Prepare for SUCCESS!

IHSA CORNER

In an effort to better communicate rules and interpretations to Illinois High School Association (IHSA) member school cheer coaches, The IHSA Corner will address frequently asked questions that are submitted to our coaches association or to Susie Knoblauch, IHSA Assistant Executive Director.

This issue's question:

Q - Can high school cheer teams attend gymnastic/tumbling classes together during the competitive season?

A - According to IHSA By-Law 5.750 - Illustration 285 - Yes, provided there is no instruction related to the theories and strategies of competitive cheer.

It was never the intent of the IHSA to limit students from taking gymnastic/tumbling classes. Gymnastic/tumbling classes are viewed as a stand alone skill of the sport of competitive cheer, therefore it is not prohibited for sideline or competitive cheer teams. What would be prohibited is if at that lesson/class the schools competition team begins to do stunts, build mounts, work on motions and jump skills which then becomes an extension of the competitive cheer practice. Also, coaches cannot make attendance at a gymnastic/tumbling class mandatory or a prerequisite for membership on the competitive team. If the cheer coach is the gymnastic/tumbling instructor outside of the schools facility, it is recommended that the coach consults with the school's athletic administrator to confirm that all of the elements of the program are in compliance with IHSA By-laws.

Watch for answers to your questions in future ICCA newsletters.

SPRING COACHES CONFERENCE What a weekend....

The annual ICCA Spring Coaches Conference drew more than 180 coaches from across Illinois. The weekend started off with opportunity to get certifications from several companies. AACCA and NCSSE classes were taught on Friday. Friday evening saw people networking with one another during the reception.

Saturday started early with a wide range of classes being taught by nationally known instructors. Participants were shown and given different techniques and ideas which will help them create stronger more unique cheer programs. Great comments were heard as coaches got new information to help charge up their programs.

At the luncheon, ICCA honored Coach of the Year - Camille Munson and the Pam Dorner-Saxhaug Service Award winner - Lisa Turner.

Mark your calendar now for the next annual Coaches Conference which will be held at the new Marriott Hotel in Bloomington on March 18 and 19th...

MARK YOUR CALENDAR.....SEE YOU THERE!

201 Broadway Avenue

Normal, IL 61761

Reservations: 1.888.236.2427

Phone: 309/862.9000

Fax: 309.862.8019

www.marriottnormal.com

ICCA CHANGES FOR THE COMING YEAR:

During a working week in April, the ICCA Board of Directors met to evaluate the last year and brainstorm possible changes for 2010-2011. Below are some of the changes voted on at the May meeting. More changes may be coming in June. Watch the website for updates.

1. Change the alternate numbers to 4 alternates for all Jr. High and JV divisions. Varsity Divisions will be decided on in June.
2. The Coed Varsity Division will consist of 1 or more male members. Small, Medium and Large Divisions will be all-girl. Junior High and Junior Varsity Divisions will continue the same whether boys are involved or not. It was felt that there were not enough Junior High and JV teams with male members to warrant Jr. High and JV Coed Divisions. ICCA also does not have enough COED teams that compete to warrant a Small and Large COED Division at this time so there will be just one division for this year.
3. Challenge - will be held on January 9, 2011. There will be a Junior High Division, Junior Varsity Division, Small Varsity Division, Medium Varsity Division, Large Varsity Division, and COED Division. The Varsity Divisions will be judged by both ICCA and IHSA judges.
4. Many deductions on the Technical Scoresheet have been lessened.
5. Invitational dates will begin on December 4th with the last invitational on Jan. 23. We will continue to have an invitational in the north, south and central parts of the state that will have both ICCA and IHSA judges.
6. The Scoring Guidelines have been adjusted, adding an elite category.

ALL-STATE CHEERLEADERS will be cheering at the All-Star Basketball Game on June 26th in Bloomington. Congratulations to the 36 cheerleaders who were chosen to be a member of this elite group this year. Coaches can nominate senior cheerleaders next year. More information can be obtained from your membership packet and/or check out the website in the fall.

CONGRATULATION TO 2010 ICCA COACH OF THE YEAR

CAMILLE MUNSON

Camille coached Jr. High cheerleaders at Ludwig and Oak Prairie for 25 years earning numerous titles. Since her retirement last year, she is now assisting at Glenbard South High School. Camille is seen as a role model and mentor for coaches and athletes. She has assisted Jr. High teams throughout the years and assisted feeder schools with clinics and judging. ICCA is proud to honor Camille Munson with the honor of Coach of the Year for 2010.

COACHING ABC's

by Cheryl Haselhorst

- A** Always start and end practice with a smile
- B** Be on time; stress that skills can't be practiced until the coach is there
- C** Cherish the team's practice time and use it well
- D** Dump the downers
- E** End practices with important announcements and a positive quote
- F** Find some fun things to do at practice
- G** Give inexpensive spirit gifts upon occasion
- H** Hold your head up high, no matter how the team performs
- I** Individualize goals for team members; set daily goals for practice
- J** Jam at times; teams love music at practice
- K** Kick it into high gear when your team needs it
- L** Lay low on exam week (if you can), the students get tired
- M** Mind your manners and expect your team members to do the same
- N** "No", means no, explanations are not always necessary
- O** Open your mind, listen to the team's ideas
- P** Praise all of the positives you see
- Q** Quietly critique a team member's performance, end talk on a good note
- R** Respect your administrator's expectations and comply with requests
- S** Stay within your team's ability level when learning skills, do in progression
- T** Take the team on an adventure sometime during the season
- U** Understand that on Friday nights, students want to go out. Let them.
- V** Venture out of your comfort zone and learn new skills for the team to try
- W** Wipe away mistakes, start anew each day
- X** X-rays are sometimes needed with injuries; think safety first
- Y** You need to communicate well with the team, parents, and administration
- Z** "Z-z-z," get enough rest to enjoy what you do!

CONGRATULATIONS TO 2010 ICCA HALL OF FAME RECIPIENTS

CHRISTY BEST - Christy is retiring this year after coaching for 19 years at Jacksonville HS. She has also coached at Illinois College for 2 years. Christy has served ICCA as a judge and board member.

LINDA NORMAN - Linda is presently at Zion Benton High School where she has coached for over 15 years. She has always been supportive of ICCA and strives to mold athletes into responsible and caring individuals.

CINDY RUETER - Cindy is recognized as an outstanding, respected official in Illinois. She judges for both ICCA and IHSA. At the present time Cindy is serving ICCA as the scholarship director and board member.

