

# THIS MONTH WITH C!M

## *CHEER! MICHIGAN's Monthly Coaching Tool*

Welcome to “This Month With C!M”. Each month, (September - May) under the “More” section of the C!M web-site, we will post a link for all coaches to access. In each monthly installment, you can expect five areas of information, motivation, tools and resources:

1. **News To Use:** This area will highlight all the upcoming events and happenings with CHEER! MICHIGAN.
2. **Coach's Corner:** This section will have an informational and/or motivational article just for coaches.
3. **Tips & Tools:** This area will feature new ideas or coaching tips you can implement into practice right away.
4. **Resources:** Look here for businesses, vendors, scholarship opportunities and more!
5. **Team Time:** You will find team incentives and write-outs all ready for you to print out and distribute at practice. A motivational tool for your team!

Please enjoy!

Cheers!

Katie Edge  
C!M Director

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“No one can be the best at everything.  
But when we combine our talents,  
we can and will be the best at  
virtually anything.”

## News To Use:

### **WIN A FREE PRIVATE COACHING CLINIC:**

Simple e-mail us (cheermichigan@cheermichigan.com) with the subject "I LOVE THIS MONTH WITH C!M, and you will be entered to win a FREE Private Coaching Clinic with a C!M Director! All e-mails must be received by December 30th. The Private Clinic will be schedule in January.

### **C!M Events:**

- Staff Tryouts are coming. Coaches do you have a great senior, or several great seniors that you think would love the experience of working for CHEER! MICHIGAN? Then please call or e-mail the C!M office with their contact information and we will make sure they receive an application.

The opportunity to work for C!M will offer :

- Continued involvement in the sport of cheer beyond high school.
- Advanced development of their cheer skills and athletic abilities.
- Training to develop their leadership and organizational skills, and their teaching and public speaking abilities.
- The chance to work with and mentor hundreds of youth, middle school and high school athletes.
- Life skills and management techniques that can be used in college and beyond.

### **C!M Camp Dates:**

- Our 2012 Dates will be posted on our web-site in January.

### **Competitive Cheer Competitions:**

- For upcoming competitions and results visit [michigancompetitivecheer.com](http://michigancompetitivecheer.com)

# REMEMBER THE LITTE ONES

By Gary Smith (y-coach.com)

It was the opening day of Little League Baseball; there I was with my sons standing in the middle of Andrade Field amongst all of those kids dressed up in their uniforms. Toward home plate was a frail looking man sitting in a wheelchair, surrounding him were family members, friends and officials from the local league. The opening day ceremonies were now about to conclude; it was time for someone to throw out the first pitch of the season. The league president stepped forward and introduced the man in the wheelchair as Andy Andrade the one for whom the field I was now standing upon was named. He handed Andy the ceremonial baseball but before he threw it he began to speak. He spoke about the importance for all of us to not forget about the players that usually sat on the benches during most of the games. They were in his words "the little ones." He tried to instill upon us their importance to the league and to their individual teams and how we as coaches and parents needed to come to appreciate this. So with all of his strength he raised the ball and with his crackling voice he cried out "Remember the Little Ones" and so, unknowingly to me, the secret to the magic of sports and the true meaning of team was passed on. Andy passed away not long after but the images of that day have and will always remain with me.

Years had past, my sons were no longer in Little League, they had moved on to Babe Ruth and then American Legion. They played under various coaches with various coaching philosophies. Through my observations of the kids in these programs and their responses to the different philosophies I came to fully understand and appreciate what Andy had said. It became clear that when dealing with the dynamics of team athletics, it is imperative to the success and health of the team that all of the team members must be equally able to contribute. The coaches who chose to apply this philosophy did so by ensuring that all of the members of their teams were well trained and were provided with the opportunity for equal amounts of playing time, no player was exempt from doing their time on the bench. These same coaches were and continue to be very successful and well respected.

It would not be thought of as uncommon that within athletics the philosophy of equal playing time would be viewed as unconventional, because of this it requires immense courage and an unwavering commitment to implement. For those who dare however, the results will be phenomenal. The results that occur under this philosophy can best be described with one word; RESPECT. It is this respect that the players develop for one another that is the key to the magic of sports. Respect is the essential element that allows for the creation of the TEAM. This philosophy forces the players, through a dependence upon one another, to support and believe in each other. When a coach provides an environment of equal responsibilities and opportunities, he or she makes the statement that, they believe in themselves as a coach, they believe in their team and they believe in every player on that team.

I have found there is nothing more important than for a coach to provide an environment in which respect and appreciation for all involved should be the primary goal. Once this goal is reached the magic will present itself. It will be difficult to understand at first but soon you will realize that what has occurred is that, the whole is now much greater than the sum of it's parts. Through your support and belief in them, "the little ones," will rise to a competitive level equal too that of your best players. From this point on, the players together, will play at a level greater than ever imagined. The magic is there within every young athlete, as long as they have hope and feel as an equal part of the team it will remain. Exclude just one team member however, and the magic along with hope will fade and be replaced by resentment and despair.

For those of you that are now or will someday be coaching young athletes, I extend my personnel thanks and through your experiences I hope that you will choose to carry the words of Andy Andrade with you. For as Andy and others have discovered it is only through full inclusion and equal participation that we will be privileged to witness, the magic of sports and the true meaning and power of the team.

## TIPS & TOOLS:

### Tips:

Choreograph in facial expressions. Good facial expressions can be the difference between good and great. Often as coaches we spend more time looking at the motion placement and skills of our kids than their actual faces! Take the time to go through your material, listen to the words and choreograph facial expressions accordingly. Is your material intense? If so, faces should reflect that intensity, and probably be a little less “smiley”. This tip is especially important for the flyers – they can really sell it if they look confident and like they are having fun up there!

Have a parent practice. Take one practice and ask parents to come for the last hour. Make them copies of blank score sheets and go over the high points of each round. Explain why you do what you do in each round. Hand out copies of your words with the call backs highlighted so they know when and where to respond and let them see your material – finished or not, so they know where those responses fall. Encourage them to dress alike and sit together – they will be more “impactful” if they cheer together as a group. Last but not least, let them know your policy on parent/athlete interaction at competitions. The more prepared and informed your parents are the better and more sportsmanlike fans they will be!

### Tools:

Create a competition spreadsheet. Create an excel spreadsheet with a different worksheet for each competition. After each meet, enter your scores into this one database, so you have all of your numbers stored in one, easy to read place. Share these spreadsheets with your kids each week so they can see what the actual numbers look like and decide where they can really push themselves to improve. If you have a private coaching clinic or a special guest out to help critique your material mid season, you’ll have all of your data organized so that you’re not shuffling through score sheets from every meet to track your progress!

# RESOURCES:

## Coaching Web-Site:

M-Chic      [www.m-chiccheer.com](http://www.m-chiccheer.com)

**College Cheer:** Athletes should reach out to the college coaches at the schools they may want to attend. Finding out about requirements, open practices, and scholarship opportunities now can make the difference come application time.

**University of Detroit- Mercy**  
<http://www.detroittitans.com>  
Coach: Tanya Carper  
E-mail: [carpertm@udmercy.edu](mailto:carpertm@udmercy.edu)

**Albion**  
<http://campus.albion.edu/cheer>  
Coach: Merchant  
E-mail: [cmerchant@albion.edu](mailto:cmerchant@albion.edu)  
On site Contact: Tracey Howard  
E-mail: [tHoward@albion.edu](mailto:tHoward@albion.edu)

**Alma**  
<http://www.alma.edu/organizations/cheerleaders>  
Coach: Amy Klopf  
E-mail: [abklopf@yahoo.com](mailto:abklopf@yahoo.com)

**Concordia Ann Arbor**  
<http://www.concordiacardinals.com>  
Coach: Kate Edge  
E-mail: [edgec@cuaa.edu](mailto:edgec@cuaa.edu)

**Davenport**  
<http://dupanthers.com/index.aspx?path=cheer>  
Coach: Rachel Nemmers  
E-mail: [rnemmers@davenport.edu](mailto:rnemmers@davenport.edu)

**University of Michigan**  
<http://www.umichigancheer.com>  
Coach: Pam St John  
E-mail: [pstjohn@umich.edu](mailto:pstjohn@umich.edu)

**Michigan State**  
<https://www.msu.edu/~cheer>  
Coach: Elyse Packard  
E-mail: [cheermsu@msu.edu](mailto:cheermsu@msu.edu)

**Grand Valley All Girl**  
<http://www.gvsu cheer.com>  
Coach: Brandi Skantze  
E-mail: [CoachSkantze@yahoo.com](mailto:CoachSkantze@yahoo.com)

**Grand Valley Co-ed**  
<http://www.gvsu cheer.com>  
E-mail: [GVcheer05@yahoo.com](mailto:GVcheer05@yahoo.com)

**Aquinas**  
[http://www.aquinas.edu/athletics/womens\\_cheer.html](http://www.aquinas.edu/athletics/womens_cheer.html)  
Coach: Emily White  
E-mail: [enw001@aquinas.edu](mailto:enw001@aquinas.edu)

**Northern**  
<http://webb.nmu.edu>  
Coach: Lucy Anthony  
E-mail: [lburkhar@alumni.nmu.edu](mailto:lburkhar@alumni.nmu.edu)

**Western Co-ed**  
<http://www.wmubroncos.com>  
Coach: Christopher Wang  
E-mail: [wmu-cheer@wmich.edu](mailto:wmu-cheer@wmich.edu)

**Western All- Girl**  
<http://www.westernallgirlcheer.com>  
Coach: Mario A. Gonzales II  
E-mail: [westernallgirl@yahoo.com](mailto:westernallgirl@yahoo.com)

**Oakland**  
<http://www.ougrizzlies.com/cheer/oakl-cheer.html>  
Coach: Tara Palmer  
E-mail: [oucheer@hotmail.com](mailto:oucheer@hotmail.com)

## **This week...**

**I realized:**

**I helped:**

**I improved:**

**I thought:**

**I tried:**

**I taught:**

**I wished:**

**I achieved:**



“No one can be the best  
at everything.

But when we combine  
our talents,  
we can and will  
be the best at  
virtually anything.”

# THERE IS A WINNER IN EACH OF US

Winners take chances.

Like everyone else, they fear failing,  
But they refuse to let fear control them.

Winners don't give up.

When life gets rough, they hang in  
Until the going gets better.

Winners are flexible.

They realize there is more than one way  
And are willing to try others.

Winners know they are not perfect.

They respect their weaknesses  
While making the most of their strengths.

Winners fall, but they don't stay down.

They stubbornly refuse to let a fall  
Keep them from climbing.

Winners don't blame fate for their failures

Nor luck for their successes.

Winners accept responsibility for their lives.

Winners are positive thinkers

Who see good in all things.

From the ordinary, they make the extraordinary.

Winners believe in the path they have chosen

Even when it's hard,

Even when others can't see where they are going.

Winners are patient.

They know a goal is only as worthy

As the effort that's required to achieve it.



**I trade sweat  
for strength.**

**I trade doubt  
for belief.**

**I trade  
cheerleading  
for nothing.**