

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

***“The thing always happens
that you really believe in;
and the belief in a thing
makes it happen.”***

News To Use:

C!M Is With You All Season Long:

Bet you didn't know you can:

- E-mail C!M a link to your rounds via YouTube and we will provide feedback to help you with your material.
- E-mail C!M a copy of your Round 3 Description Sheet and we will gladly review that for you.
- C!M can help you customize your team's incentives. Got a big competition coming up, we can help you plan a week filled with motivation!

C!M Events:

Staff Tryouts are coming up. 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.

C!M Camp Dates:

Join us for our 25th Summer....we are so thankful and grateful to everyone who has been part of our journey in excellence!

Northwood University Sessions:

NWU 1: July 19 - 21

NWU 2: July 27 - 29 (Add A Day Session)

Eastern Michigan University Sessions:

EMU 1: August 2 - 4

EMU 2: August 7 - 9 (Add A Day Session)

EMU 3: August 11 - 13

Stunt Camps:

SC 1: July 13 Portage Northern HS

SC 2: August 10 EMU

Private Camps: Scheduled at your school July - August

Back By Popular Demand: C!M Power Team Plus!

- *C!M's web-site and summer camp brochure will have all the details about our 25th summer!*

See our Cheers x3 Newsletter for all the latest information about Summer 2012!

Coach's Corner:

It would be nice if each year your team was made up of the very best athletes you have ever met. The best attitudes, the best work ethics, the best all around type of team you have always dreamed of coaching. But even in professional athletics this "best" does not always exist. Sometimes the "best" is built up after year's of struggle, or built again and again after year's of success.

More likely than not you work with a team who is comprised of a variety of athletes, personalities, talent, and work ethic. Sometimes as coaches, we need to step back and see the team in front of us for what they are, and where they can realistically go as the year progresses. It is easy to write off a building year. But, any true building year needs to be building something and going somewhere and making the most of the opportunities that exist within a given year and a given team. So how "enterprising" are you to make the "best" of your team?

Get Motivated To Make Opportunity's Happen, Author - Jim Rohn:

An enterprising person is one who comes across a pile of scrap metal and sees the making of a wonderful sculpture. An enterprising person is one who drives through an old decrepit part of town and sees a new housing development. An enterprising person is one who sees opportunity in all areas of life. To be enterprising is to keep your eyes open and your mind active. It's to be skilled enough, confident enough, creative enough and disciplined enough to seize opportunities that present themselves... regardless of the economy. A person with an enterprising attitude says, "Find out what you can before action is taken." Do your homework. Do the research. Be prepared. Be resourceful. Do all you can in preparation of what's to come.

Enterprising people always see the future in the present. Enterprising people always find a way to take advantage of a situation, not be burdened by it. And enterprising people aren't lazy. They don't wait for opportunities to come to them, they go after the opportunities. Enterprise means always finding a way to keep yourself actively working toward your ambition.

Enterprise is two things. The first is creativity. You need creativity to see what's out there and to shape it to your advantage. You need creativity to look at the world a little differently. You need creativity to take a different approach, to be different.

What goes hand-in-hand with the creativity of enterprise is the second requirement: the courage to be creative. You need courage to see things differently, courage to go against the crowd, courage to take a different approach, courage to stand alone if you have to, courage to choose activity over inactivity.

And lastly, being enterprising doesn't just relate to the ability to make money. Being enterprising also means feeling good enough about yourself, having enough self worth to want to seek advantages and opportunities that will make a difference in your future. And by doing so you will increase your confidence, your courage, your creativity and your self-worth, your enterprising nature.

TIPS & TOOLS:

Tips:

At this point in the season your material is probably finished. Sure you have a few tweaks you want to make, a bigger or stronger stunt sequence you hope to obtain, but for the most part you are done. But, before you put away your “creativity” hat and focus on clean-up consider this check list to make sure your material is choreographed for optimal scoring.

- ___ All formations are symmetrical. There is an obvious center, with equal number of athletes on each side for every formation. Athletes move symmetrically with a mirror partner. Everyone is taking the same amount of steps as their partner, and the same way.
- ___ Total the times you incorporate a level or ripple. Check the variety of those levels and ripples, i.e. ripple front to back, left to right, section by section, level all down, half up/half-down, inside down/outside up, sections ripple by taking a level. At CIM we like to follow a simple rule, no more than three motions in a row where everyone is doing the exact same thing.
- ___ Have your team run through their cheer and just listen to their voices. Put your head down and focus on what you hear not see. (*With round 3 you might want to consider just having them walk through the stunts since you are not watching them.*) Listen for inflections volume, and overall proper emphasis on words.
- ___ Finally, ask your team what is their most and least favorite parts. You want to keep their favorite parts unchanged (if you can do it), and you want to consider reworking their least favorite parts. Especially if as a team a majority of them choose the same section as their least favorite part.

This will help you decide if there is more creating that needs to happen, or if you are truly ready for the fine-tuning part of the season.

Tools:

Make sure you are using your score sheets to your advantage. Share copies of them with your team. Let them see not just totals they are getting, but what numbers they are receiving in each category. After a meet, schedule time right into your practice for score sheet review. Then, have your team write out one way they are each going to help improve on those specific scores. See the write-out on page 6 for an example.

RESOURCES:

Great Motivational Video Links To Share With Your Team!

<http://www.youtube.com/watch?v=7X38PCf7kao>

http://www.youtube.com/watch?v=vwpTj_Z9v-c

<http://www.youtube.com/watch?v=LBD6X6fU3wU>

<http://www.youtube.com/watch?v=ffYKoQE5oDE>

<http://www.youtube.com/watch?v=VZIk-IQYLBM&feature=related>

<http://www.youtube.com/watch?v=hZBCI13rJmA&feature=related>

<http://www.youtube.com/watch?v=XnUp9YvDY7M&feature=related>

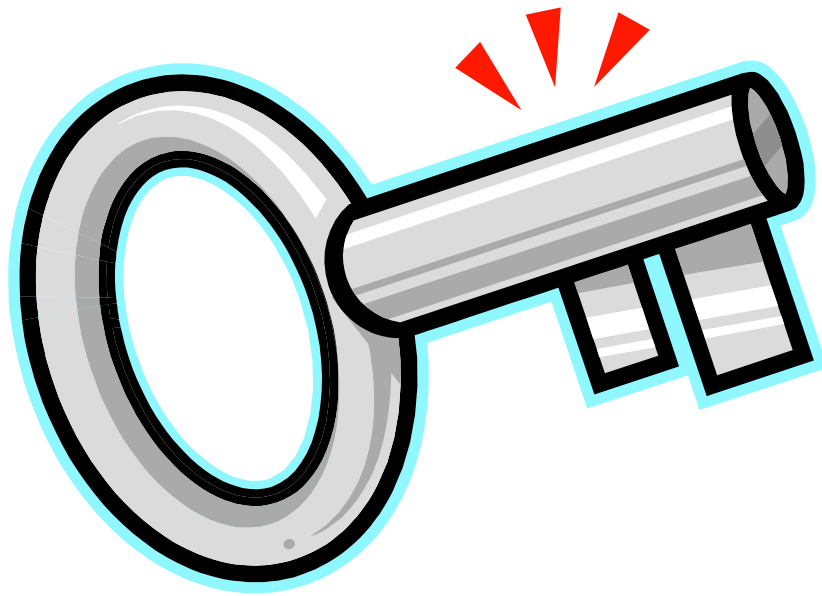
NOW IS THE TIME...



To Achieve Your Goals
and
Live Your Dream!

*"Desire is the key to motivation,
but it's the determination and commitment
to an unrelenting pursuit of your goal,
a commitment to excellence,
that will enable you to attain the success you seek."*

The Key To Success,
Commit To One Creed...



**Every Detail,
Every Day,
Every Time!**



T

"Together...
there is no other way!"

E

"Excellence is the gradual result
of always striving to do better."

A

"Attitudes are a secret power working 24-hours a
day for good or bad. Use yours for greatness."

M

"Most people never run far enough on their first
wind to find out they've got a second. Give your
dreams all you've got and you'll be amazed at the
energy that comes out of you."