

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



*"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."*

News To Use:

C!M Events:

- C!M Winter Private Clinics: Remember to call the C!M Office to get scheduled for your Stunt, Coach, Material or Initiatives Clinic today. Our calendar is filling up quickly!
- 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

Coach's Corner:

Keeping The COACH Fresh & Motivated...

- **TRAIN and Grow:** Take advantage of opportunities for professional growth. These include clinics, conferences, camps, books, videos, seminars and networking. New coaches, now is the time to absorb it all like a sponge. Veteran coaches, remember you can always pick up something new! Just like we want our athletes to change and grow, we need to keep moving forward with them!
- **BE HUMAN:** The biggest mistake you can make is trying to protect your team from human frailties. Coaches can teach their kids better lessons in life by admitting wrong doings and striving to right them. Coaching errors are human errors. By facing problems you can demonstrate how to deal with natural error in a constructive manner.
- **EXPECT THE UNEXPECTED:** We live in an unpredictable world. If you coach long enough, you can expect to be faced with death, terminal illness, child abuse, psychological disorders, teenage pregnancy and any number of negative social conditions. The best way to prepare for the unexpected is to organize your resources, realize that you may be faced with a challenge or crisis through the years, and research the appropriate responses.
- **KEEP STRUCTURED:** If your program is well defined, if you can become comfortable in your role as the teacher and facilitator of rules, you will make your job much easier. Having a disciplined program involves humor, challenge and continued growth and evaluation.
- **COMMUNICATE:** Talk to your kids for feedback. Evaluate your effectiveness as a coach and mentor frequently. Imagine the kind of coach you wish to be and set out to become that person. Trust your basic instincts and try to do the right thing in all circumstances. Most of all, believe in your program and take the time to let it cultivate and grow.
- **FIND WAYS TO MOTIVATE:** Think about what gets you MOST excited for practice. Maybe it's creating a new stunt sequence, maybe it's getting something in a round cleaned up. Whatever those one or two things are make sure to incorporate them into your regular schedule.

TIPS & TOOLS:

TIPS:

Get your basics in order. Spend 1 day at practice double checking and cleaning up all your stunt entrances and exits. For example: make sure your team is coming out of a cradle the same way, keeping fingers together, when setting up make sure everyone has the same hand placement for load ins. If you take a couple hours to get that all cleaned up you should not have to go back as you elevate your stunts to the next level. You will be surprised what 1 day focused on those nit-picky basics can do for your entire performance!

Don't forget voices. As you begin creating your new material make sure your team is yelling the words with the inflection and emphasis you want. It is easy to think, "I will worry about that later, I just want this cheered learned." But, while they are learning is the perfect time to make sure voices are part of the process. It will save you time later, and get your team into the right habit now!

TOOLS:

You be the judge!

- Make photo copies of the score sheets for each round.
- Set up video of your teams performances from last year, consider having them watch other teams as well.
- Have them watch each round.
- Ask them to score themselves (or the other teams) in each category.
- For even more in-site watch the video several times and ask them to only score one category at a time.

For example:

- First time thought, just score formations. Tell them to look for timing on changes, placement, etc.
- Second time through, just score the jumps. Clarify what they should be looking for

When athletes have had a chance to really consider the score sheets, and evaluate themselves, or other teams, it can be an eye opening experience. They will begin to understand the difficulty of a judges job, and how each thing they do on the mat effects the overall score. They will also begin to look at their own performance with the critical eye of a judge.

An even better option, have a "You Be The Judge" night, and invite one or two officials in to go over the video with your team.

RESOURCES:

Coaching Web-Site:

M-Chic www.m-chiccheer.com

College Cheer: Your seniors should start now reaching 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.detroititans.com>
Coach: Tanya Carper
E-mail: carper@udmercy.edu

Albion

<http://campus.albion.edu/cheer>
Coach: Merchant
E-mail: cmerchant@albion.edu
On site Contact: Tracey Howard
E-mail: tHoward@albion.edu

Alma

<http://www.alma.edu/organizations/cheerleaders>
Coach: Amy Klopf
E-mail: abklopf@yahoo.com

Concordia Ann Arbor

<http://www.concordiacardinals.com>
Coach: Kate Edge
E-mail: edgec@cuaa.edu

Davenport

<http://dupanthers.com/index.aspx?path=cheer>
Coach: Rachel Nemmers
E-mail: rnemmers@davenport.edu

University of Michigan

<http://www.umichigancheer.com>
Coach: Pam St John
E-mail: pstjohn@umich.edu

Michigan State

<https://www.msu.edu/~cheer>
Coach: Elyse Packard
E-mail: cheermsu@msu.edu

Grand Valley All Girl

<http://www.gvsu cheer.com>
Coach: Brandi Skantzé
E-mail: CoachSkantzé@yahoo.com

Grand Valley Co-ed

<http://www.gvsu cheer.com>
E-mail: GVcheer05@yahoo.com

Aquinas

http://www.aquinas.edu/athletics/womens_cheer.html
Coach: Emily White
E-mail: enw001@aquinas.edu

Northern

<http://webb.nmu.edu>
Coach: Lucy Anthony
E-mail: lburkhar@alumni.nmu.edu

Western Co-ed

<http://www.wmubroncos.com>
Coach: Christopher Wang
E-mail: wmu-cheer@wmich.edu

Western All- Girl

<http://www.westernallgirlcheer.com>
Coach: Mario A. Gonzales II
E-mail: westernallgirl@yahoo.com

Oakland

<http://www.ougrizzlies.com/cheer/oakl-cheer.html>
Coach: Tara Palmer
E-mail: oucheer@hotmail.com

First Competition Write-Out

I am excited for our first competition because:

I am still a little nervous about:

I cannot wait for other teams to see our:

I know we will do well with:

Name: _____

First Game Write-Out

I am excited for our first game because:

I am still a little nervous about:

I cannot wait for our fans to see us:

I know we will do well with:

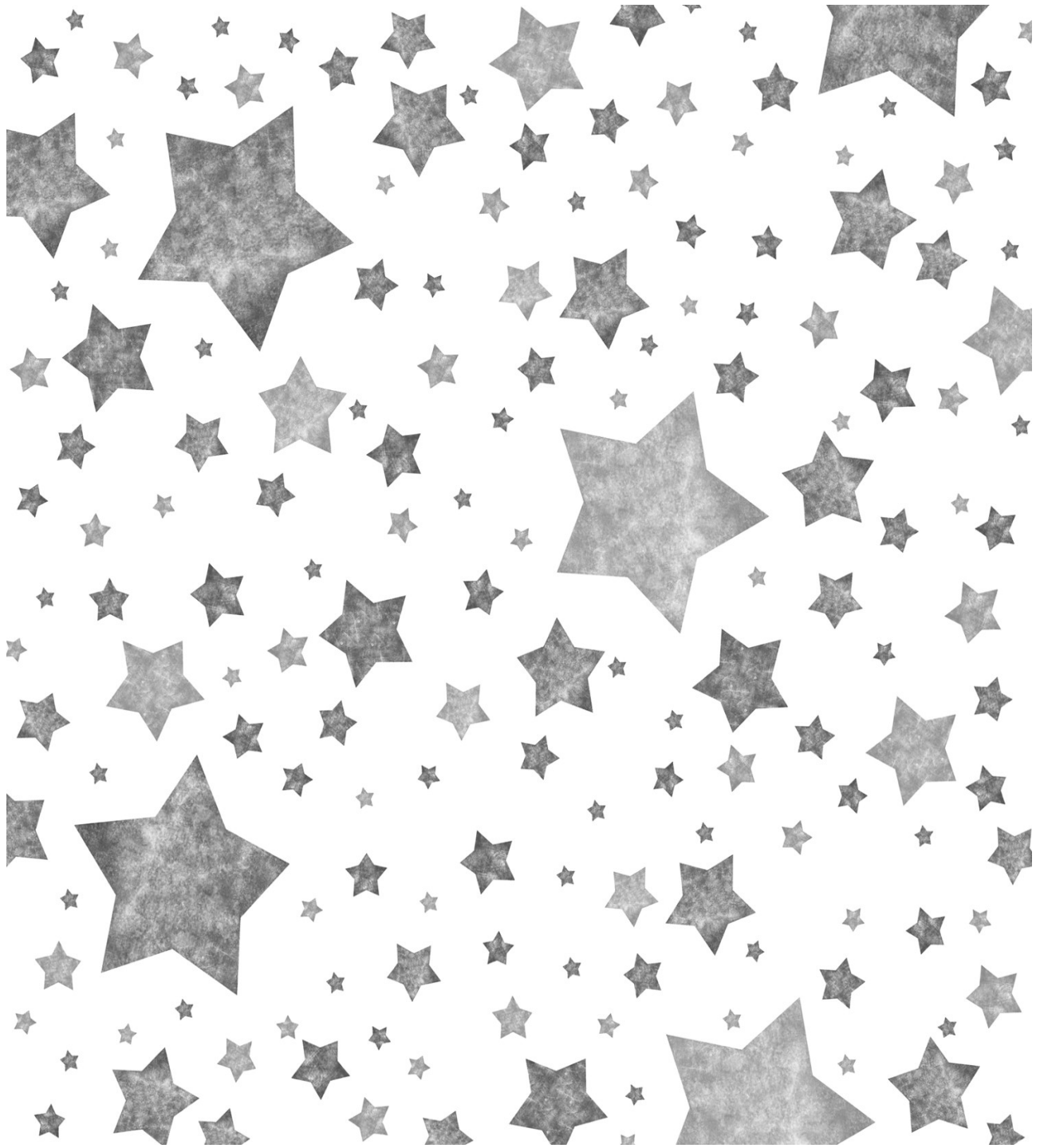
Name: _____

Those Who Succeed,
Commit To One Creed...



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

The secret to stardom ...



the rest of the team.