

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 leaders who work most effectively, it seems to me,
“ never say 'I.' And that's not because they have trained
themselves not to say 'I.' They don't think 'I.'
They think 'we'; they think 'team.'
They understand their job to be to make the team function.
They accept responsibility and don't sidestep it,
but 'we' gets the credit....
This is what creates trust,
what enables you to get the task done.” -Peter Drucker***

News To Use:

C!M Events:

- C!M Announces Free Coaches Education Nights!

Portage Northern High School: Wednesday, October 26, 2011

At Your School: Get 10 or more coaches together,
and we will come to you! Call the C!M
office for more information.
734.676.6334

- C!M Fall & 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!

Go to the “Events” page on the C!M web-site
to download details and registration forms for all these upcoming events!

Other Upcoming Cheer Events:

CCCAM Coaches Summit:

A Must Attend For All Competitive Cheer Coaches!

Saturday, November 5, 2011

Devos Center - Grand Rapids

Visit: CCCAM.org for Registration Information

CHEER! MICHIGAN will have our C!M Booth in the vendor area.

Be sure to stop by and enter our raffles!

MCJA Judges Training:

Saturday, November 5, 2011

Devos Center - Grand Rapids

Visit: MCJAcheer.org for Registration Information

Coach's Corner:

Competition Preparation

This is a continuation of the article from our Fall Cheers x3 Newsletter.

http://www.cheermichigan.com/newcheer_05_2/cheer_more.php

The Weeks Before: Vary your practice schedule and team activities. Sunday night team dinners are a great way to relax and have fun together, without the added stress of practice. Allow for fire up buddies, incentives, treats and other motivational tools that will help keep competition in perspective. Continue to evaluate goals and build team unity.

- If you have been consistent and injury free, your practices just before competition should be shorter and more productive. Now is the time to nit pick and clean material **every day**. Talk about sportsmanship and how you expect your team to behave. Carefully go over safety guidelines and competition rules.
- Don't be afraid to make changes. If something isn't hitting you just right, chances are, it doesn't feel good to your team. Change it and make it flow better. Along this line, if you have competed with this material before and you have not scored as well as you wished, alter your cheers to include things your team will be more successful with.
- Your competition goals should reflect **your team's** level of skill. Rather than set a goal of placing in the top five, for example, (which by the way is something you do not really have total control over), set a goal to reach higher scores than last time in a specific category, such as jumps.
- Discuss the score sheets with your team in depth. Videotape your cheers and have them judge themselves. They need to understand how difficult judging is, how they may need to improve in certain areas, and how the competitive process works. Go through the score sheets to make sure your material reflects every category you will be judged on. The more you understand how your team will be judged, the easier it is to create material that will score well. Coaches should take judges training classes to thoroughly understand every component.
- For the entire week preceding the competition, you must be positive and motivating! If a certain stunt is not working, take it out and put something in that is strong and steady. (Remind your team it can go back in next week.) Your athletes need you to praise them and be proud of them at this time in the process. Any negative comments or feelings you generate as a coach will be taken onto the competition floor with your team. So remember to think before you speak. This is the time when you express your confidence and remind them that how their performance goes is up to each of them. If you keep telling your team how much you believe in each of them, they are sure to believe in themselves.

TIPS & TOOLS:

Skill Evaluation Tool:

With competitive and basketball tryouts right around the corner now is the time to start giving your team honest feedback on their own skill level.

Make a team chart that lists all the skills your team has been working on during football season. At practice or gymnastics you will give each athlete a score (1–10) on each area. If your athletes are not receiving a 10, make sure to include feedback for how they can improve.

Athlete Name	Toe Touch Score	Herkie Score	Handspring Score	Switch Split Score

You can also let each athlete know that for the upcoming season only athletes with a specific score will be making the team, or put into each round. *For example: Only athletes with 8 or higher on their switch splits would have the potential to be put in Round 2.* This is a concrete and tangible way for evaluating athletes. It also helps parents better understand the big picture of team placement.

At your next parent meeting make your expectations clear as well. By implementing this tool now, it also gives your athletes ample time to work hard and make the improvements needed for next season.

Tips:

Sideline Cheer: Now is the time to freshen up your game material. It may be feeling old to your team, you and your fans. Spend time this week making up 5 new sideline chants that you can rotate into your list. Also ask your athletes which once they enjoy doing the least, and consider rotating them out.

Competitive Cheer: Now is the time to starting re-reading your manual, and getting yourself up-to-date on rule changes. Everyone needs a refresher after the off season.

RESOURCES:

Competitive Cheer Competitions:

For upcoming competitions and results michigancompetitivecheer.com

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.detroittitans.com>

Coach: Tanya Carper

E-mail: carperm@udmercy.edu

Grand Valley All Girl

<http://www.gvsucheer.com>

Coach: Brandi Skantze

E-mail: CoachSkantze@yahoo.com

Albion

<http://campus.albion.edu/cheer>

Coach: Merchant

E-mail: cmerchant@albion.edu

On site Contact: Tracey Howard

E-mail: tHoward@albion.edu

Grand Valley Co-ed

<http://www.gvsucheer.com>

E-mail: GVcheer05@yahoo.com

Aquinas

http://www.aquinas.edu/athletics/womens_cheer.html

Coach: Emily White

E-mail: enw001@aquinas.edu

Alma

<http://www.alma.edu/organizations/cheerleaders>

Coach: Amy Klopf

E-mail: abklopf@yahoo.com

Northern

<http://webb.nmu.edu>

Coach: Lucy Anthony

E-mail: lburkhar@alumni.nmu.edu

Concordia Ann Arbor

<http://www.concordiacardinals.com>

Coach: Kate Edge

E-mail: edgk@cuaa.edu

Western Co-ed

<http://www.wmubroncos.com>

Coach: Christopher Wang

E-mail: wmu-cheer@wmich.edu

Davenport

<http://dupanthers.com/index.aspx?path=cheer>

Coach: Rachel Nemmers

E-mail: rnemmers@davenport.edu

Western All- Girl

<http://www.westernallgirlcheer.com>

Coach: Mario A. Gonzales II

E-mail: westernallgirl@yahoo.com

University of Michigan

<http://www.umichigancheer.com>

Coach: Pam St John

E-mail: pstjohn@umich.edu

Oakland

<http://www.ougrizzlies.com/cheer/oakl-cheer.html>

Coach: Tara Palmer

E-mail: oucheer@hotmail.com

Michigan State

<https://www.msu.edu/~cheer>

Coach: Elyse Packard

E-mail: cheermsu@msu.edu

Football 2011 - End of Season

I have improved so much at

One memory I will keep from this season is

I have become more confident with

I am proud of our team because

My favorite part of practices has been

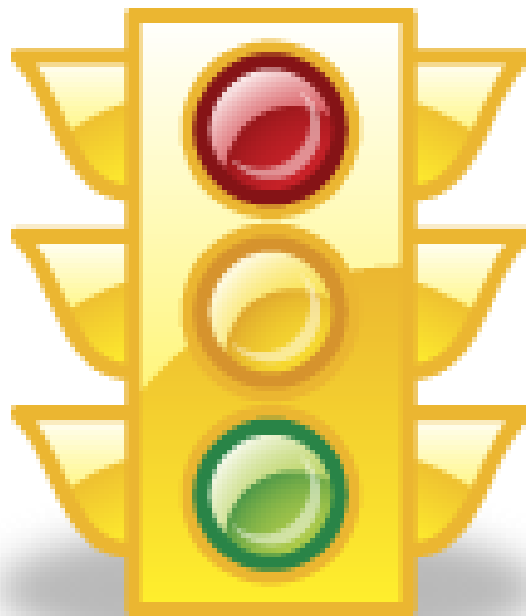
One thing I will miss about football season is

Name: _____

**"You are as
strong as you
want to be;
nothing will
stop you
unless you
allow it."**



**Nothing Can Stop
Our Success...**



Let's Go For It All!