



MCJA Winter Newsletter

January 2010



It's the Most Wonderful Time of the Year!

Athletic Administrator to officiate on a certain date. You accept. You never receive a contract.

One option is to call/email that school/coach to verify that you are on the list to officiate on that date. You can find all school Athletic Director's names, email addresses or phone numbers on the MHSAA website. At the bottom of the page, click on School Directory under ADs, then, put in the school name. Many times you will find the coaches information too.

Just a reminder, MCJA has made it their mission to communicate with everyone all over the state when there is important information to share. It is our hope that we will all be able to officiate with updated clarifications or interpretations.

Once again, I would like to congratulate Juli Brown as the 2009 Official of the Year!

Wishing you a terrific Competitive Cheer Season,

Stacy

Competitive Cheer Season!

There are many competitions in full swing all around the state. Judges, coaches and teams are really doing a fantastic job showcasing their talents.

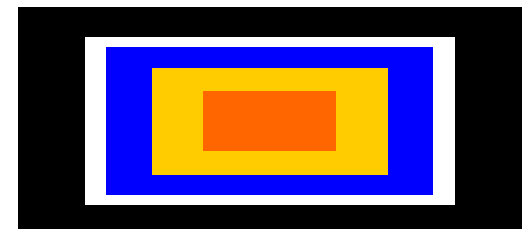
MCJA is almost 300 members strong! So many of you are taking advantage of the great opportunities MCJA has to offer. We get phone calls and emails daily asking for guidance with mentoring, clarifications and help finding officials.

This really is the most wonderful time of the year!

With new rules and new officials, come many questions. One of the questions identified by many has been associated with "panel judges should make themselves available after competition for ten minutes". The question we have been asked most often has been, "Where do we make ourselves available?"

You as an official might consider telling the meet manager that the officials will be available in the judging room after the competition for ten minutes. You might have a note read in the coaches meeting explaining where you will be available after the competition. There are many good answers and locations, the most widely agreed upon is that you communicate the location to the coaches.

Another concern voiced periodically is about contracts. Here is the scenario: You have been called or emailed by a school's coach or



What's Your Call?

A team kicks as they exit the mat in round one. Should a penalty be given? No penalty should be given since this is an exit. If the team **entered** the mat performing kicks, jumps or tumbling a 2 point penalty would be given.

In round one, one team member performs a different jump during the second jump. What penalty is given? An eight point penalty (number 14 on the safety judges penalty sheet) is given. Only **one** competitor performed a different jump.

In round two a team is on one knee and then splits. Is a penalty given? Yes, an eight point penalty is given (number 19 on the safety judges penalty sheet) because splits must begin in a squat position with hands on the mat.

Cont. pg 2

What's Your Call...cont'd from page 1

In round two a team with twelve competitors performs the 10-count in three staggered lines. What penalty is given?

An eight point penalty is given (number 18 on the safety judges penalty sheet) since part of the precision drill was performed differently than described in the manual: "the 10-count precision drill is a requirement and must be performed in **two** staggered line with 4 to 12 competitors."

A team performs an inverted exit from a double based cradle without the flyers hands touching the floor. Should a penalty be given?

Yes, an eight point penalty is given (number 16 on the safety judges penalty sheet). The inverted exit must Begin from a double based cradle

Flyers must be in continuous motion until the flyer is no longer inverted

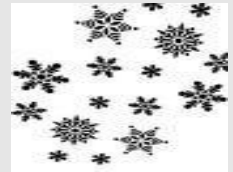
A spotter who protects the head, neck and shoulders of the flyer and who must be in contact with the flyer as she is going through the inverted position

The flyer must move to the inverted position **with hands on the performing surface**

The inverted exit is complete when one foot of the flyer touches the performing surface

The landing must be a step-down landing.

The flyers hands did not touch the performing surface, so this would be considered an illegal skill.



Going the Extra Mile

Two years ago I took the challenge of "going the extra mile" when I committed to serving on the MCJA Board of Directors. Little did I know, my going the extra mile was just a few baby steps compared to board member Phyllis Olszewski! Phyllis knows about "going the extra mile" and beyond, LITERALLY! Not only does Phyllis travel over 200 miles just to attend a MCJA Board meeting, her dedication to coaches, judges, schools, and athletic directors in Northern Michigan is incomparable.

Phyllis has been involved in cheerleading since the 1970's and the trust she has built with her community of cheerleading has stood the test of time. Whether she is on the road to mentor new judges or attending meetings for the Lake Michigan Athletic Directors where she serves as secretary for the association, Phyllis serves the cheer community with a deep sense of responsibility and passion.

Taking initiative means being able to inherently sense the needs of others. Phyllis has helped propose changes when not always popular, driven a few thousand miles to help a school out when a judge can not be found, volunteers in her community, advises new coaches, lovingly has taken

care of her elderly mother, is a wife and mother, mentors new judges, and yes, sometimes even mentors new athletic directors in the area of cheerleading!

An important principle of success in life is the willingness to "go the extra mile"; which means doing everything better with little or no pay, and doing it with a positive attitude. Maybe Phyllis's enduring success is found in the commitments she makes and keeps. Few people you find with her passion, love, and willingness to "go the extra mile". As a friend, I have been fortunate to have our paths cross in life. As an organization, we have reaped the benefits of her love for cheerleading and pitching in to be part of the team! Thank you Phyllis for the work and dedication you give to MCJA.



Submitted by Mary Kay Gavitt



A New Scrimmage Format

For many of us, December 5th marked the date of our first competitions, but my first competition was a little different from what I'm used to. On that date, five veteran judges went to Novi to participate in a meet with a new and unique format. Under the planning of Emily Pohlanski of Novi High School, we were led through the day's plan. We had a total of 20 teams, one middle school team and the rest a mixture of freshman, junior varsity and varsity, and the plan was for a day of education for the coaches and their teams.

Not all of the teams were performing all of the rounds, but we did have 18 teams for Round 1. Following all of the MHSAA rules, each team performed and was scored. That's when things got different. Each judge was

assigned 3 or 4 teams, and we went to a classroom with the first of our teams. We took approximately 10 minutes per team and went over our (collaborated) observations with the coach and her girls. We explained deductions, made suggestions for areas of improvement, corrected any safety issues, and gave everyone a chance to ask questions. Then one team left and the next team took its turn.

Then it was on to Round 2. This round had 16 teams on the floor. After all the teams completed the round, each judge had 3 or 4 different teams, and the process repeated itself.

Round 3 only had 5 teams that chose to participate, and again the judges went off to deliberate with 3 to 4 teams they had not previously met

with. Each judge met with between 9 and 12 teams, providing a variety of insights, points of view, and tips. Each coach had the opportunity to ask questions and explanations of three judges. All of the cheerleaders had an opportunity to talk to officials and, hopefully, see a little bit of what we do. In most cases, they also got to confirm that their coaches were actually telling them the same things the judges were telling them.

All in all, it was a very successful day. Not only did the teams get their first performance under their respective belts, but feedback tells us that the coaches felt that it was a valuable experience for all.

Submitted by Jane Plaisted

Breakout Sessions Monday January 18th

<i>Lansing / Mid-State</i> Marilyn Bowker	Coral Gables Lansing- 12:00 & 6:30
<i>Kalamazoo / Southwest</i> Karla Koviak	TGIF on West Main- 6:30 PM Please RSVP if attending by 1/17- kkoviak@gobles.org
<i>Grand Rapids / West Side</i> Jane Plaisted	Carlos O'Kellys- 6:30 Please RSVP if attending by 1/17- jplaisted@sbcglobal.net
<i>East Side</i> Susan Wood	Hamblin Pub – 6:30
<i>Downriver</i> Jann Stahr	Applebee's-Bellville- 6:30
<i>Northern</i> Phyllis Olszewski	East Jordan High School- 5:00 PM



MCJA Fall Conference a Success!

What a fantastic turnout this year! We had lots of veteran judges and many brand new judges attend the conference in Grand Rapids. We would like to extend a big thank you to all of our trainers, coaches and demo teams that helped make it a great learning experience.

Having lots of demo teams during our training gives everyone a chance to learn how to judge and then put that knowledge to practice. We had great discussions about the scoring levels and the requirements for each round. They are easier to see with a live team. It was also a great way for the experienced judges to share their knowledge with the new judges.

We had lots of positive feedback on our new format for the sessions and will try to implement some of your suggestions for future trainings. Fall training will look different next year. The information will get out to you as soon as final plans have been made.



2009 Official of the Year...
Juli Brown

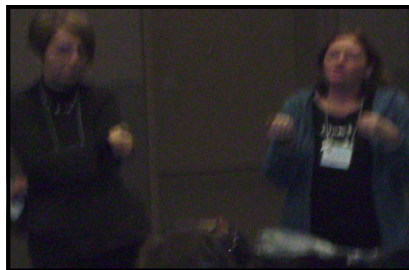


We would also like to thank MCCA, Stacy Sheler and Stephanie Stephensen for the great job they did for this event.

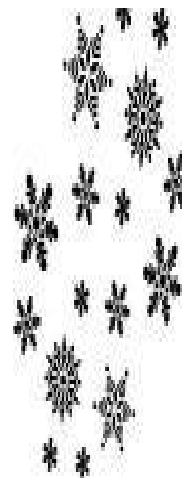
Congratulations to our new MCJA Official of the Year- Juli Brown!

We had a large number of members at our annual membership meeting and passed out some great door prizes.

Good luck as you go out and judge during the season and be sure to contact any MCJA board member if you have any questions or concerns.



Door prize recipients at the MCJA Fall Conference





JANUARY 2009-10 CLARIFICATIONS AND INTERPRETATIONS

Legal Stunt Toss Combination Rules (page 69 & 70) are:

- No more than four people may initiate the toss, which includes the person who sets or loads the flyer.
- One of the tossers must be behind the flyer at all times.
- The flyer's head and shoulder area must be caught (cradled) by one of the original tossers.
- The flyer must be directed vertically.
- The flyer shall not become inverted (head below waist).
- The flyer shall not drop her head backward out of alignment with her torso.
- The flyer must not be tossed over or under other persons.
- The flyer must be cradled by at least two of the original bases.
- All tosses must be initiated by bases.
- The flyer must not be tossed over or under other persons.
- The catchers and spotter must remain stationary unless adjusting position for safety purposes.
- It cannot be a moving skill.
- A tossed flyer cannot land in a loading position (sponge, retake, reload) for another toss.
- A twist toss cannot involve more than two complete rotations.

Tossing to a Stunt Rules (page 70) include:

- A flyer can be tossed to a stunt, but the toss shall not significantly exceed the height of the stunt.
- When a flyer is tossed to a stunt the flyer must be cradled or return to the performing surface before being tossed again.
- Tossing a flyer to be caught in a split or straddle position is illegal.
- A flyer can be transitioned to a stunt, lowered to sponge, retake or reload, then tossed to another skill.

Situation: A toss to an elevator position would be **legal**. A flyer can be lowered to a sponge, then tossed to another skill".

Situation: A toss to an elevator position, then tossing to a triple based deadman lift is **illegal**. Tossing a flyer must originate from a basket or be tossed to complete a vertical stunt such as an extension.

Situation: A flyer is tossed to an extension with or without a flair. This would be **legal** as it would follow the above definitions.

Situation: A flyer in a basket toss is intentionally tossed upward at a forward angle and the original tossers move forward to catch her in a cradle. This would be **illegal**. The flyer must be directed vertically and the tossers must not move unless making adjustments for safety purposes.

Situation: A flyer is tossed upward and performs a tuck then lands in a sponge to be tossed to perform a toe touch before landing into a cradle is **illegal**. A flyer cannot be tossed then land in a loading position to be tossed again

Transitions (page 72 & 73)

A transition is a motor skill initiated by the bases to move the flyer from one stunt to the same or another stunt without the flyer bearing weight on the performing surface. A transition can involve changing bases.

When the flyer is being transitioned from one stunt to another involving the same base(s), physical contact must be maintained between the flyer and the bases.

A braced flyer who is transitioned from one stunt to another with the flyer becoming free (no contact) of her bases must have a bracer(s) that have continuous contact with the flyer.

Situation: A liberty on the left foot at the extension level is transitioned to a liberty on the right foot also at the extension level (Tick Tock) without a bracer. This would be **illegal** since it is a transition stunt according to the definition on pages 72 and 73 of the rule book (above). This stunt sequence is a transition from one stunt to another with the flyer losing contact with the bases, therefore, this stunt sequence must have a bracer.

Situation: A flyer in an elevator with a spotter is braced by a flyer in a shoulder stand who also has a spotter. The flyer in the elevator position performs a liberty to liberty (Tick Tock). This would be **legal** as a flyer is allowed to perform a Tick Tock with one bracer as long as both have spotters.

Situation: A double-based flyer in an extension is braced on both sides by flyers who are in elevators with spotters. The flyer in the extension position is popped to a tuck, returns her feet to her bases hands in the extension position and then performs a liberty to liberty (Tick Tock). This is **legal** as loss of contact transitions can be performed consecutively as long as all provision of the transition rule are met which includes the flyer is braced.

Situation: A flyer in an unbraced extension prep is pushed upward by the bases and rotates 360 degrees, finishing in the hands of the same bases. The flyer loses contact with the bases during the rotation. This would be **illegal** because the transition is not braced and the base must maintain contact with the flyer through the stunt.

Dismounts (page 54 & 55)

Dismounts from shoulder height or above must have assisted landings to the mat. An elevator is considered shoulder height.

Dismounts that are caught/cradled, the catcher(s) must see the flyer at all times.

A flyer dismounting from multi-bases to a cradle must be caught by at least two catchers and a head and shoulder catcher.

A skill may be performed to a cradle catch except when the dismount is backward to separate catchers.

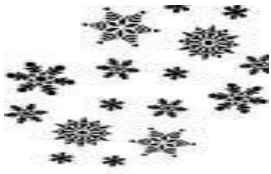
A twist with no more than two complete rotations may be performed to a cradle dismount. A twist with 2 ½ rotations may be performed from a side facing stunt to a cradle dismount.

Movement of bases or catchers during a dismount is not allowed except for the safety of the flyer.

The flyer may perform a skill prior to dismounting directly to the mat when constant hand-to-hand contact with the bases occurs.

Situation: A flyer in a right leg heel stretch extension is popped and the flyer switches to a left heel stretch position prior to the bases catching the flyer before landing on the performance surface. This is **illegal** since the flyer is dismounting to the performance surface and no skill can be performed without hand to hand contact.

Situation: A flyer jumps from an elevator unassisted. This is **illegal** as dismounts from shoulder height or above must have assisted landings to the mat.



What's Up with Our Members...

Jill Lansky had a beautiful baby girl on April 3, 2009. She arrived almost three months early, weighing 2 lbs. 2 oz. Her name is Adi Kay. She is doing great now and Jill says she's the perfect addition to their family!

Cynthia DePetro is bursting with pride for her son who is in pre-med @ Ferris State University, and her daughter who is following in her mom's footsteps, in the secondary education program/English, @ Central Michigan University. She also would like to share that after 3 very difficult years of a cancer scare, with many surgeries, and medications...she is DOING GREAT! The last major surgery was Dec. 30, 2008, and after a great check up she's hiking all the time, and feels ten years younger! She's also thankful that she continues to work in a very rewarding job, teaching high school English, photography and publishing at Marquette Area Public School's alternative program.

Natasha Phose would like everyone to know that as of June 27, 2009 she was married to her sweetheart of 15 years, and her new last name is BROWN. Congratulations Natasha Brown!

Jordan Berry is the daughter of **Jodi Berry**, an MCJA member from Westland, Michigan. Jordan recently won the title of Wayne-Westland Junior Miss 2010. America's Junior Miss Program is a nationally recognized scholarship program for high school senior girls. In addition to winning the local Junior Miss title, Jordan also won scholarships in the Physical Fitness, Talent and Community Service categories. Jordan is a senior at Wayne Memorial High School, where she is the captain of the Varsity Competitive Cheer Team and a member of the Varsity Softball team. In her talent-winning presentation, Jordan combined her love for both cheer-leading and softball in a unique Acrobatic Dance to the song "Put Me in Coach." Jordan plans to attend Henry Ford Community College in the fall of 2010, working towards an Associates degree in Fitness Leadership, with a career goal of being a Personal Trainer/Nutritionist. She will be competing in the State Junior Miss Program in March 2010 in Ann Arbor.

Tiffany Goliday and Herbert Goliday Jr. married in August. The two just moved to a place in Oak Park where Herb got a new job as the college success advisor at Ferndale High School. Tiffany is excited to begin the competitive season as a new married woman!

New arrival: Deborra Maxey's daughter and **Melinda Gentz's** sister, Lisa Pfister had Mason in February 2009. Mason joined his big brother Isaac at home.

Erin O'Conner (formerly Neitzel) has had a very blessed 2009. She married Mr. O'Conner on July 25, and they are expecting a baby on June 13, 2010!

Jessica Lerch is Engaged to Joel Zoller and will be married June 25, 2011 on Lake Michigan!

Terri Richards mom Lora Taylor coached cheerleading for 21 years at Onkama High School. She helped in the process of getting MHSAA to make Cheer a sport. Jan 22 in Battle Creek at the Michigan High School Football Coaches Association Banquet she will be receiving the Fran Herrington Woman of the Year Award. Thanks!

Amanda Pratt moved in July of 2009 to the Metro Detroit area with her husband to teach 2nd grade! Shortly after moving her husband also received a teaching job!

Heidi Hopper has decided to add to the stress of the competitive and holiday season by studying for her paralegal degree. She will be taking the paralegal exam on March 6. So while you are all out there gearing up for State Finals, please keep her in your thoughts for her "final" exam.

Liza Davis is newly engaged to her boyfriend of 5 years! She was also promoted to Director of Life Enrichment at Prestige Pointe Assisted Living in Grand Blanc.

Do You Call Yourself Professional?

Everyone would like to be considered a professional in their chosen field, but what does being a professional really mean? There are certain expectations that society associates with professionalism. There are two keys to professional success, understand one's self and understand one's business environment.

A professional is a person who possesses the knowledge and the know-how that which is recognized by the public. In addition to ability, confidence, responsibility, belief and respect other key qualities are honor, and integrity.

Integrity is an essential part of an official's makeup. Integrity means adhering to moral and ethical principles. An official with integrity has the respect of managers, coaches, cheerleaders, league personal and fellow officials. Professionalism comes from an assurance of reliability.

The 2009-2010 cheer season is beginning. Please remember to be professional and adhere to the following:

- Establish your integrity by accepting assignments in good faith. Continue your professionalism by confirming and honoring all assignments. Do not accept an assignment where a team you have worked with will be competing.
- Arrive on time...one hour prior to start time of competition. Show your commitment to the task. Work with fellow officials to complete paperwork necessary to judge the event. Begin on time!

**"Dress Appropriately...
Judge Fairly"**

- Dress appropriately. Officials are required to wear a white blouse/shirt or top and black skirt or dress slacks. Any additional garments such as a blazer shall be black. Your officials patch is the only other accessory to be worn in the area of the left pocket of the blouse or jacket/blazer or a lanyard worn around the neck.
- Remember to judge fairly and to stay for 10 minutes after the event to address any concerns that might arise. The safety panel must be available for 10 minutes between each round in addition to 10 minutes after the event.

The success of a professional rests in the ways in which the individual demonstrates their values, attitudes, competencies and integrity.

Do you call yourself a professional?



Submitted by Sandy Collins

Official of the Year

Juli Brown was crowned 2009 Official of the Year at the Fall Conference in Grand Rapids on November 21, 2009. She has had eight years of judging experience including Districts, Regionals and many State Final assignments.

Juli has coached a total of 20 years, at schools such as Howell,

Milford and Walled Lake Western. She is currently the Recording Secretary for MCJA and has been a board member for two years. Juli has attended classes for both coaching and officiating for over 10 years. She trains officials for Round 2 and 3 Panel, but feels most of her expertise lies in Safety officiating. Juli is dedicated to the sport of cheer and is a strong advocate for doing what's right.

Juli is the mother of two, Ciara, 9 (who cheers in the youth program in Howell) and Christian, 7 (who is a fierce football lineman). She has been married to her wonderful husband Brian for 12 years. She is a wonderful person and a terrific friend!

Congratulations Juli and thank you for **ALL** that you do! :)





Women in Sports Leadership Conference

This is just a reminder that the MHSAA Women in Sports Leadership Conference entitled "Got Leadership?" will be held at the Lexington Lansing Hotel on **February 7 and 8, 2010**. Registration information, full conference schedule, speaker profiles and workshop descriptions can be found at www.mhsaa.com under "Training and Education".

This Conference is great for you and female students involved in various leadership positions. In addition, this Conference is important for women and men who are responsible for recruiting, hiring, training and retaining women as coaches, athletic administrators or officials. The agenda is truly a reflection of what students, coaches, officials and school

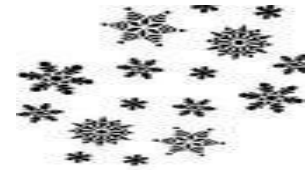
administrators have requested from a leadership conference.

The MHSAA is also offering Levels 1 – 5 of the Coaches Advancement Program on **Saturday, February 6, 2010** at the MHSAA Office and Official's Training on **Saturday, February 6, 2010** at DeWitt High School. Please review the information at www.mhsaa.com.

In addition, there is a Girls Lacrosse Officials Training Clinic available at the MHSAA from 9 a.m. to 4 p.m. on **Saturday, January 30, 2010**. This clinic includes the rules book and training manual and it is instrumental in training officials in one of the MHSAA's fast-

est growing sports – Girls Lacrosse.

The WISL Conference information should be completed by or before **January 20, 2010** to ensure the attendance of the individuals in your school. Please feel free to contact me at 517-332-5046 or kwestdorp@mhsaa.com if you have any questions or concerns.



MCJA Cheer Official - Bag The perfect bag for judging!!

Front compartment with pockets for PDA, cell phone, water bottle and multiple accessories. Suspended, padded laptop compartment. Custom embroidery.

Size: 15 1/4 in. x 12 in. x 4 in.

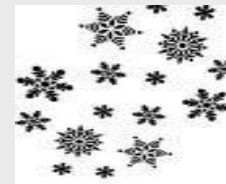
\$30.00

Order at MCJAcheer.com

Stunt Names and Descriptions-guide

****Use this sheet as a guide ONLY for Round 3 Description sheet****

STUNT	DESCRIPTION
Twist Up	180 turn (4) + STUNT
360	Show 'n' go (7) + 360 flair (4) + STUNT
Leg Pitch	Leg pitch (4) + STUNT
Poptart (show-n-go)	Show 'n' go (7) + straddle (4) + STUNT
Sparkler	Show 'n' go (7) + kick flair (4) + cradle (4) + inverted exit (4)
Superman	Show 'n' go (7) + move (4) + show 'n' go + move (4) + STUNT
Stretch Drop	Show 'n' go (7) + power press (4) + Stretch flair (4) + STUNT
Poptart (toss)	Toss (4) + straddle (4) + STUNT
Show n' Split	Show-n-go (7) + suspended split (7) + STUNT
Front Flip	Suspended forward roll (4) to cradle catch (4) + STUNT
Fan Kick	Show 'n' go (7) + kick flair (4) + 180 turn (4) + STUNT
Catapult	Should level 1 leg V-sit (7) + move (4) + change bases (4) + sponge (4) + STUNT
Tarzan	180 turn (4) + shoulder stand (7) + STUNT
Handstand Entrance	Inverted entrance (4) + shoulder sit (4) + STUNT
Side Handstand Entrance	Inverted entrance (4) + STUNT
Rewind	Extension (10) + reverse 360 (4) + sponge (4) + STUNT
1-1/2 Up	Show-n-go (7) + 360 flair (4)
Cliff Dive	Show-n-go (7) + flat back catch (4) + log roll (4) + BWO inverted exit (4)
BWO Exit	STUNT + Cradle + Inverted exit (4)
Express Up	Toss (4) + Tuck Flair (4) + STUNT
Can Opener	Low Arabesque (4) + 180 rotation (4) + STUNT
T- Bone	STUNT + Cradle (4) + pop to side press (4) + stretch flair (4) + low stretch (4) + STUNT
T- Bone 360	STUNT + Cradle (4) + pop to side press (4) + stretch flair (4) + 360 rotation(4) + low stretch (4) + STUNT
Dizzy Frog	180 Turn (4) + sponge (4) + STUNT
Toss Stunts	Toss (4) + Sponge (4) + STUNT Toss (4) + Elevator (7) Toss (4) + Extension (10) Toss (4) + OLE (14) Toss (4) + 360 flair (4) + STUNT
Full Up	360 flair (4) + Extension (10)
Single Twist	Single twist (4) + cradle (4)
Pixie	360 Turn (4) + OLE (14)
Tic Up	Toss (4) + OLE (14)



Thank you to Champion Cheerleading for sharing this list of stunts, descriptions and point values.



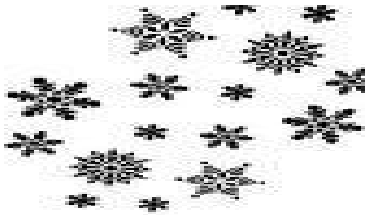
MCJA Board of Directors 2009-2010



Email:
mcja.info@gmail.com

**MENTORING-GUIDANCE
CLARIFICATIONS**

MCJAcheer.com



Officers

Stacy Smith , President
616-678-7577

Candy Cox , Vice-President
517-278-6317

Juli Brown, Recording Secretary
810-623-9372

Donna Luczak, Treasurer
989-686-1513

Regional Representative

Judy Holland
269-226-0962

Karla Koviak
269-788-4443

Jane Plaisted
616-676-0192

Marty Shean
517-769-2559

Jann Stahr
734-782-1524

At-Large Representatives

Susan Wood
248-656-1053

Bobbe Johnson
517-647-7328

Sandy Collins
586-731-0040

Phyllis Olszewski
231-536-3142

Mary Kay Gavitt
517-372-7637

Past President / Trustee

Cindy Tyzo
248-539-1864

Executive Director
Marilyn Bowker
517-349-9233

Happy Birthday

Marilyn!!

January 15th

**Registration Deadline
for the WISL Conference
January 27th**



Got Leadership?



women in
sports
leadership
WisL

2010 Conference
Lexington Lansing Hotel
Sunday, February 7 -
Monday, February 8

Sponsored by the Michigan High School Athletic Association

