



New MCJA website goes LIVE!
mcjacheer.com

2013 MCJA FALL NEWSLETTER

OCTOBER 2013

NEWS FROM THE PRESIDENT

Welcome to the 2013 – 2014 competitive cheer season!

MCJA is excited for our 2013 Fall Conference at Mason High School on October 26, 2013. The conference will include training sessions on the new rules as well as rule clarifications for the upcoming season. We look forward to the training, membership meeting, official of the year presentation, and as always, the MCJA raffle! We are pleased to announce that the keynote speaker for the conference will be MHSAA Assistant Director Kathy Westdorp. Later that evening, Kathy will also present a live competitive cheer rules meeting at the Lexington Lansing Hotel just 20 minutes away.

Make sure you check out the newly designed MCJA website at MCJAcheer.com. The redesigned website will update information quicker than before, and it will allow us to enhance our communication with members.

Throughout the year, MCJA is here to serve competitive cheer officials. If you have any questions regarding rules or rule interpretations during the season, please contact Candy Cox, the MCJA Liaison to MHSAA. Candy can quickly obtain the official clarification. In January of 2013, MCJA will host the annual breakout sessions where any questions, clarifications, and issues can be discussed. This is also a great opportunity to get together with fellow officials to build camaraderie and meet our growing membership. Details regarding the breakout sessions will be available on the MCJA website later this fall.

May you have a successful season, and I look forward to seeing you at the fall training next month!

Cindy Tyzo

2013 MCJA FALL CONFERENCE

Saturday, October 26, 2013

Mason High School

1001 South Barnes St
Mason, MI 48854
8:30am to 4:30pm
Lunch 12:30-2:00

Deadline to register is October 19th
Register on line @ mcjacheer.com

Conference cost:

Membership \$40 (2 years)
Conference \$25 (includes lunch)
Classes Offered:
Novice Panel and Safety
Veteran Panel and Safety
General Impression, Execution, How to Be an
Effective Mentor, Round 3 Descriptions, Round 2
Skills: from Gymnastic Official's Perspective
Keynote Speaker: Kathy Westdorp

MCJA NEWSLETTER

September 15, 2013

Kathy Vrugink Westdorp, MHSAA Assistant Director

The MHSAA Competitive Cheer season is right around the corner with a Monday, November 11, 2013 start date and competition which may begin on November 25, 2013. Again this year, there will be six districts in each Division from which four teams advance to each of two Regionals in each Division. Districts may be held either Friday, February 14 or Saturday, February 15, 2014. Regionals are held on Saturday, February 22 with the Finals set for Friday, February 28 and Saturday, March 1, 2014.

All Competitive Cheer Rules Meetings will be online starting Monday, October 14 and ending Thursday, December 12, 2013. In addition, there are two “in-person” rules meetings scheduled. The first is scheduled for 7:30 p.m. on Saturday, October 26 at the Crowne Plaza Lansing West and the second is scheduled for 6:00 p.m. on Monday, November 18 at the MHSAA building. This is more than an eight week span of time to complete an online or in-person rules meeting and there will be no additional consideration given to those who have not completed a meeting in this period of time. To be considered to judge for the MHSAA Tournament, all officials must complete an online rules meeting **OR** attend one of the other two available “in-person” meetings. As judges begin to prepare their schedules for the upcoming season, remember to send a copy of the schedule to the MHSAA (form available at mhsaa.com – Sports – Competitive Cheer). This will be utilized by the Selection Committee to determine where the judge has officiated; the quantity of times a judge has officiated; as well as whether the judge has officiated a predominance of the season as a safety or panel judge. Please make certain that your schedule is sent and is accurate. These schedules are due by or before Thursday, December 5, 2013.

The new Competitive Cheer insert will be posted on mhsaa.com in October. The changes that have been made for the second year of the Manual have been approved through the Girls Competitive Cheer Committee. These are:

Allow hand-to-hand/hand-to-arm contact for backward suspended rolls in braced pyramids only, to be provided by bracers, bases or back spots as long as the bracers are held to all of the same rules as in any “release” pyramid (p. 74 – Legal Braced Release Transitions).

Allow inverted exits from below shoulder level positions other than cradles as long as a head and shoulder spotter and two bases are used. This exit shall begin from a double based, below shoulder level, cradle or horizontal position (parallel to the cheering surface) only.

Allow a 360 entrance to a stunt elevator level or higher to receive eight difficulty points rather than four.

Eliminate the host timers at meets and require the safety officials to be the official timers for girls competitive cheer competitions, both in the regular season and MHSAA tournament.

Mandate that, starting in 2013-14, if the required number of competitors in Round 2 is not met, a ten-point penalty would continue to be incurred, and in addition, in Rounds 1 and 3, those teams would not be allowed to exceed the number of competitors placed in Round 2. The specified number of Round 2 competitors remains 12 in Division 1, 10 in Division 2, 8 in Division 3 and 6 in Division 4.

There has been further penalty emphasis associated with the Round 2 mandated numbers.

The number of participants in Rounds 1 and 3 must be identical but may differ from the Round 2 mandated number. The number in Rounds 1 and 3 must still be 4-16. Round 2 varsity mandated numbers are as follows: D1=12, D2=10, D3=8, D4=6. Varsity teams competing with less than their division mandated number are allowed to compete but will receive a 10 point penalty if less than the number required are on the floor in Round 2. If competing with less than the mandated number in Round 2; teams in Rounds 1 and 3 are not allowed to exceed the number of competitors placed in Round 2. If a situation occurs following Round 1 and the mandated number in Round 2 is not met, the team will receive a 22 point penalty (incorrect number of competitors) if the number in Round 1 exceeded the number in Round 2. If Round 3 numbers are exceeded (when the mandated number is not met); Round 3 will receive a void. Ninth through twelfth grade teams competing with more than their mandated number in Round 2 will still receive a void. Sub-varsity teams are not allowed to supersede the maximum but may have less than the required amount without penalty. Judges will be proactive if they are aware of incorrect numbers of participants prior to the start of the meet.

As a safety judge, the first question to ask is: Did the team meet the mandated numbers for their Division (12, 10, 8, 6)?

Below are some examples:

A Division 2 team competes as follows: (Division 2 mandates 10 competitors in Round 2)

- Round 1: 16 competitors
- Round 2: 10 competitors (correct mandated number)
- Round 3: 16 competitors

Legal and Correct: No penalty. This Division 2 team met the mandated number in Round 2. They can have 4 – 16 competitors in Round 1 and 3 as long as the number of participants in Round 1 and 3 is identical. This team could also compete with numbers such as: 14 – 10 – 14 or 10 – 10 – 10. The key is meeting the Round 2 mandated number.

A Division 3 team competes as follows: (Division 3 mandates 8 competitors in Round 2)

- Round 1: 7 competitors
- Round 2: 7 competitors (less than mandated number)
- Round 3: 7 competitors

Penalties: Round 2 receives a 10 point penalty for not meeting the mandated number.

A Division 1 team competes as follows: (Division 1 mandates 12 competitors in Round 2)

- Round 1: 16 competitors
- Round 2: 8 competitors (less than mandated number)
- Round 3: 16 competitors

Penalties: Because Round 2 did not meet the mandated numbers, the following penalties occur: Round 1 receives a 22 point penalty for exceeding the number in Round 2 (because Round 2 did not meet the mandated numbers). Round 2 receives a 10 point penalty for not meeting the mandated number. Round 3 receives a void for exceeding the number in Round 2 (because Round 2 did not meet the mandated numbers). The key is meeting the Round 2 mandated number. Total Penalties: 22 points + 10 points and void Round 3.

In addition, the MHSAA 2013-14 Officials Guidebook includes this information under the “Conflict of Interest – MHSAA Tournaments & Regular Season”.

In all cases, officials must be neutral and may not officiate in any contest involving relatives or other similar close relationships. It is the official's responsibility to notify tournament management as soon as possible of a conflict of interest so that a possible switch may occur.

Official's son/daughter attends or is a recent graduate (1-5 years) of a participating school.

Official (or an immediate family member) is a current or former staff member (teacher, coach, employee or board member) at a participating school.

Official has a close connection or relationship to the coach of a participating school.

Official is a recent graduate (1-5 years) or connected alumni of a participating school.

It is preferred that an official who is also a coach in the sport he/she officiates decline a tournament invitation in that sport in any class. Depending on the sport, a qualified official who also has coached that sport in that season and who works a full regular-season schedule may be considered for tournament assignment or replacement by MHSAA staff.

In all sports, it will be considered a "conflict of interest" for any MHSAA registered official to be hired or employed by a member school or coach to provide a sport-specific clinic or training session for students at that school when that official later officiates contests involving that school for the next 12 calendar months.

An example would be a competitive cheer official who is hired by a school or coach to provide a training session or clinic by which the official prepares the rounds of competition or provides judging/coaching/skill assessment to a school coach or athletes. If this occurs, it is considered a conflict of interest for that official to officiate any contests at any level for the school(s) involved for the next 12 calendar months during both regular season and MHSAA tournament competition.

Officiating is such an honorable avocation. Remember the many athletes and coaches who are watching you. Hold to and maintain the basic tenets of officiating which include honesty, integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness. Clothes and behaviors do influence the perceived image of the official and help to build confidence with players, coaches and spectators because the official looks the part. It is a great time to be involved in Competitive Cheer – enjoy the season and continue to be involved in MCJA!

WHAT'S YOUR CALL?

-A back handspring is performed with a spotter. Is this legal?

No, floor skills such as the back handspring must be able to be performed without the needed assistance of another person as on page 49 in rule book.

-A team completes a backward suspended roll from a double based shoulder stand with the flyer landing on the floor with a spotter. Is this legal?

No. Backward suspended rolls are illegal except in a braced pyramid as on page 63 in the rule book.

-A flyer in a sponge position pushes off the head of the bases and ends in a extension with a back spotter. Is this legal?

No. Head sponging or pushing off the head is illegal as on page 72 in the rule book.

-A Junior High / Middle school team has three shoulder sits without spotters. Is this legal?

Yes, Shoulder sits do not require a spotter since it considered a below shoulder stunt as on page 85 in the rule book.

Submitted by Cindy Tyzo

What's Up with our Members?

Sheila Brownlee along with her husband Keith and daughter (and cheer official) Bree were part of the team, "For The Kids" who worked with the Make A Wish Foundation on their WAM 300 event. This event hosts 900 bicycle riders traveling 100 mile a day over three days, yup that's 300 miles in 3 days on a bicycle! These riders raised 2 million dollars to help grant wishes for kids in MI who suffer with life threading illnesses. While Sheila and Bree were on the Support and Guidance team (the cheerleaders of the group) Keith peddled the 300 miles to make wishes come true. Love it, Shelia, keep up the amazing work!

Kymerli Wregglesworth and her husband Keith welcomed Kacie Jae on August 20! She was 5 lbs. 3.5 oz. and 19 in. long. Congratulations, Kymerli and Keith, enjoy every minute!

Jodi Berry spent five days at the beginning of August helping her son, Blake, relocate to Scottsbluff, Nebraska where he recently began his first teaching position at Scottsbluff High School. Blake is teaching 9th and 10th Grade English, American Literature and Film Literacy. Home of the Bearcats, SHS does not have a competitive cheer team, but, her son reports that the sideline squad performed at the opening Assembly and is "actually pretty good!"

Jessica Kignston got a new job! She is now Associate Counsel at Oakland Law Group, PLLC in Farmington Hills.

OFFICIATE MICHIGAN DAY

JULY 27, 2013

Officiate Michigan Day, July 27, 2013, Grand Rapids. Reserving my spot to attend the gathering gave me cause for reflection.... How often do I have the opportunity to be addressed by some of MHSAA's finest and learn from successful officials at all levels in all sports? How often do I have the opportunity to sit alongside 1,248 other officials who share my passion of officiating? Making the call to be present for Officiate Michigan Day should have been automatic, but (to be honest) a few other queries crept into my mind: (1) How much information would actually be applicable to competitive cheer? (2) How badly did I desire to willingly forfeit an entire Saturday on a prime sunny summer weekend? and (3) Would it be worth my investment of \$40? The answer to that final question proved to be a resounding "Yes!" Jack Roberts, Executive Director MHSAA, delivered the rousing opening session and challenged us to make high school officiating the most respected officiating in Michigan on any other level and by any other sponsor. What awesome expectations! Although I am swift to elevate collegiate and professional officials to a pedestal somewhere up in the officiating heavens, Mr. Roberts maintained that high school officials are those who must be the best. It is our obligation, privilege and expectation to run a fair, fun and memorable competition for every student-athlete at every competition. In addition, he challenged state-wide and local associations to make person-to-person contact a top priority in recruiting, training, and retaining officials. (Later, I was informed that the average age of officials in Michigan is 48 years of age, which certainly explains his directive!) He was followed at the podium by Barry Mano, founder and president of the National Association of Sports Officials. Next, Mark Uyl, Assistant Director MHSAA, explained the delicate task of assigning tournament officials. The competitive cheer Breakout Sessions were led by the knowledgeable team of Marilyn Bowker, Juli Brown, Candy Cox, Jane Plaisted, Stacy Smith, and Cindy Tyzo. An average of 20 people attended each CC session: "The General Impression Score", "Round-Table Discussion", and "A Historical Review of the Past 20 Years". Thirteen outstanding selections were offered during the working lunch break from which I chose "Association Roundtable: Making Good Associations Great". There, I gathered a number of beneficial suggestions to improve LMCCOA and greatly appreciated affirmation of its vital role on the local level. Jerry Markbreit, a four-time Super Bowl official, was the keynote speaker. The afternoon concluded with an invitation to join other CC officials (and new friends) in the MCJA hospitality suite to reinforce our countless new insights about the sport we love along with the people we love. It was a perfect end to a fabulous day. I departed Officiate Michigan Day hungry to begin the work of preparing for the upcoming season with all the excitement and anticipation of a rookie official.

Officiate Michigan Day was the kick-off event to the three-day National Association of Sports Officials Summit which commenced at the Amway the following day with 385 officials, the largest gathering of sports leaders and officials in the United States. What an honor for Michigan to hold the national officiating stage and host the event! Excitement was in the air: vendors, officials, and guest speakers. As I found my seat, I speculated what tidbits I would glean from the numerous presentations which would transcend sports in general and transfer to competitive cheer specifically. Within moments I was rapidly scribbling not tidbits but valuable and practical tools to transform my officiating--and there was not even one mention of back tucks, OLE's, 360's, or team tumbling! Seasoned and accomplished officials from the collegiate and professional top levels showcased the "it" factor of officiating, the considerable intangibles that separate the women from the girls and the men from the boys. Presenters displayed powerful communication skills; demonstrated considerable confidence, as opposed to arrogance; revealed strong humility and desire to learn from past difficult plays and

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mistakes; maintained a clear passion for their sport and avocation/vocation; exemplified an easy collegiality; exhibited a robust work ethic; promoted an energetic

OFFICIATE MICHIGAN DAY

JULY 27, 2013...CONT'D.

obligation to raise up the next generation of officials by mentoring those who are joining our ranks; manifested a deep desire to keep learning; and communicated a vast appreciation of, and respect for, other officials. In addition, enlightening sessions were conducted on liability, the media, moving up to the next level, having the right people in the right place at the right time, assigning games, visual skills, player safety, etc. Terry Gregson from the NHL prepared a poignant presentation on knowing when it is time to retire and doing so in a dignified and celebrated manner. I watched, I listened, I learned, and I won't be the same official as a result!

I am now no longer merely a LMCCOA and MCJA member, I am also a proud new NASO member. Their Referee Magazine will be an added life-line as I continue to represent the honored avocation of officiating. MHSAA competitions offer student-athletes who love the game a venue to learn and display exemplary skill, teamwork, sportsmanship, competition, and school/community pride. Let's keep that privilege alive in Michigan for the young people who are following in our footsteps. We expect the best from the cheerleaders we judge. Are we worthy of a score of 10 from them? Please join me accepting Jack Roberts' call to make high-school officiating the most respected at any level by any sponsor in the state of Michigan and make this 21st season of competitive cheer the best ever!

Lynette Dooley
Sept 2013

IMPORTANT DATES

October 14th-December 12th- Online rules meeting is available through www.mhsaa.com

October 26th- MHSAA Live Rules meeting at the Crowne Plaza, Lansing

October 26th- 2013 MCJA Fall Conference, Mason High School

November 11th- Official Start date for Competitive Cheer

December 5th- Judges schedules due to MHSAA

January 19th- MCJA Breakout

February 28th-March 1st- Competitive Cheer Finals

May 10th- MCJA Elections

CONCUSSIONS



A concussion is defined as a mild traumatic brain injury. It can occur after an impact to your head or after a whiplash-type injury that causes your head and brain to shake quickly back and forth. The brain normally floats inside the skull, cushioned gently by the surrounding spinal fluid. The skull protects the brain against trauma, but does not absorb all the impact of a violent force.

An abrupt blow to the head, or even a rapid deceleration, can cause the brain to bounce against the inner wall of the skull. There is a potential for tearing of blood vessels and bruising of the brain. In severe cases, the brain tissue can begin to swell. Since the brain cannot escape the rigid confines of the skull, severe swelling can compress the brain and its blood vessels, and limit the flow of blood. Without adequate blood flow, the brain does not receive the necessary flow of oxygen and can lead to a stroke. Brain swelling after a concussion has the potential to amplify the severity of the injury.

Anyone can become injured during a fall, car accident, or any other daily activity. If you participate in impact sports such as football or hockey you have an increased risk of getting a concussion.

The University of Michigan Health System estimates that approximately 3.8 million people in the United States get concussions from sports injuries every year.

Concussions are usually not life threatening, but they can cause serious symptoms that require medical treatment.

The following are common concussion symptoms:

- Prolonged headache
- Vision disturbances
- Dizziness
- Nausea or vomiting
- Impaired balance
- Confusion
- Memory loss
- Difficulty concentrating
- Sensitivity to light

MHSAA protocol for concussion states that any athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from

the contest and shall not return to play until cleared by an appropriate health care professional. This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

The officials will have no role in determining a concussion other than the obvious one where a player is either unconscious or apparently unconscious as is provided for under the current rule. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care provider for an exact determination of the extent of injury.

If it is confirmed by the school's designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.

Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not return to competition that day but is subject to the return to play protocol.

-Only an MD or DO may clear the individual to return to competition.

-The clearance must be in writing.

-The clearance may not be on the same date on which the athlete was removed from play.

-Following the contest, an Officials Report shall be filed with a removed player's school and the MHSAA.

-In cases where an assigned MHSAA tournament physician (MD/DO) is present, his or her decision to not allow an athlete to return to competition may not be overruled.

Submitted by Cindy Tyzo

TIDBITS TO START THE SEASON

by Phyllis Olszewski

Here's just a few little "tidbits" to think about as we head into a passionate, compassionate and competitive season:

- * Keep it in perspective! We're working with high school athletes and coaches, it's not the Olympics and you are the Russian judge. Let's all make an effort to always error on the side of the kids and remember the coaches and athletes work hard every day to please us.
- * Keep it positive! If you don't want to be there don't take the contract or find a replacement if things have changed since you accepted it. The kids deserve the best we have to offer and besides – no one like to work with a crabby judge!
- * Keep up to date! Stay on top of changes and updates. Use the technology we have access to stay updated.
- * Keep on keeping on! It's a great road we travel down each season. The journey's is a positive one and let's help keep it that way. Let's continue to pursue avenues to highlight our female athletes and bring competitive cheer to forefront in not only the state but the nation as well.
- * Make a true friend! Some of the closest friends I have I met while being involved in cheerleading. Let's make a friend, stay connected with them and travel on the journey together. Life is too short to have it any other way. Share it with a friend!

FAMOUS CHEERLEADERS

We all know cheerleading is amazing preparation for the future. It teaches time management and organization. It fosters creativity and provides an opportunity to stay physically fit. It makes leaders and fosters enthusiasm. It tests poise under pressure and the ability to stay poised in front of crowds. But who knew that the ability to yell (and dance and move and lead....) was so highly correlated to success? It might make sense that so many entertainers have been cheerleaders, but this sport has been popular with others outside that field.

Examples from stage and screen first:

| | |
|--------------------|-------------------------------|
| Alicia Silverstone | Jimmy Stewart |
| Ann-Margaret | Reese Witherspoon |
| Calista Flockhart | Sally Field |
| Cybil Shepperd | Renee Zellweger |
| Halle Barry | Samuel L Jackson |
| Sandra Bullock | Michael Douglas (Jr. and Sr.) |
| Raquel Welch | Jennifer Lawrence |
| Meryl Streep | Amy Poehler |
| Steve Martin | Tracy Morgan |

And let's not overlook the politicians:

| | |
|--------------------------------|--------------------|
| Mitt Romney (Cranbrook School) | Franklin Roosevelt |
| Dwight D Eisenhower | George W Bush |
| Senator Trent Lott | Ronald Reagan |
| Kay Bailey Hutchinson | |

Singers that make the list:

| | |
|---------------|-------------|
| Madonna | Paula Abdul |
| Reba McIntyre | Miley Cyrus |

Other newsmakers:

| | |
|-----------------------------|--------------|
| Justice Ruth Bader Ginsburg | Katie Couric |
|-----------------------------|--------------|

The bottom line is that there are an awful lot of ex-cheerleaders who have gone on to achieve a great deal of success in their chosen fields. Coincidence? You decide...

submitted by Jane Plaisted

EMBRACING YOUR ROLE IN COMPETITIVE CHEER

Working with kids in any capacity is both a joy and a privilege! But perhaps as an official you never considered your role to be one that works with kids. After all, you have minimal interaction with them while you're judging. But, high school athletics could not take place without you! You work in a field that is all about kids! In fact, without them, you would not be an official!

It is my hope that in reading this you will be encouraged and empowered to continue doing what you do, because it matters! Being an official MATTERS; whether doing prep work behind the scenes or judging in front of hundreds of people at a meet. But there's so much more than this being a job as an official, it's about people, it's about kids!

In my job at CHAMPION and as a mom with daughters who have always had lots of friends, I have been able to tell kids "enjoy every aspect of school, get involved, be part of a team, step outside your comfort zone and challenge yourself to try something new. You can't get these days back - so do it now. And above all, enjoy the journey." Here's the thing... YOU are a big part of their journey. It's not just the coaches who impact through sports, it's you and all of us who play a role in interscholastic sports. I attended a Sports Leadership conference years ago and the key note speaker shared something that I have studied and observed to be absolute truth, the VALUES TAUGHT through High School sports:

Perseverance, Self-discipline, Self-control, Commitment, Passion, Responsibility, Team-work, Work ethics, Organization, Acceptance, Confidence, Cooperation, Assertiveness, Honesty, Respect, Integrity, Compassion, Loyalty, Sacrifice, Patience and Communication

WOW! Whoever said it was "only a game" had no concept of all that is involved! And the best part of this is the trickle-down effect...these kids will in turn impact the next generation, and so on and so on. **DON'T EVER THINK THAT WHAT YOU'RE DOING IS INSIGNIFICANT...YOUR ROLE MATTERS!**

Everyone who works in the field of athletics is a busy person, and that includes you. Thoreau said this about being busy "it's not enough that you're busy, ants are busy! It matters what you're busy about!" Well, you are busy with the good stuff...time spent with or on kids is never wasted! Wayne Oates who wrote 'Confessions of a Workaholic' said it best: "People with balanced lives do not spend many days away from the young. Children of all ages energize us in several ways. They keep us idealistic, full of hope, wide-eyed, enthusiastic and curious."

I don't know about you, but that's how I want to live my life and I am forever grateful that I work in a field that allows me the privilege to interact with young people. They keep ME young, they make me happy! Embrace the joys of your job! And remember this very important fact; you are judging KIDS! Every point you give them or deduction you take will have a profound effect on them. This isn't the Olympics with athletes who train 10-12 hours a day all while paying a coach big money to make them the best! These are kids who spend a few hours each day being trained by coaches who get paid peanuts yet none of them would trade it for the world; that's how much they love this sport!

And although the competitive season can take its toll on our quality of life, you must take care of YOU! If you're not there to do your job as an official, it affects so many people! I believe that we must have priorities and they need to be kept straight in order to have a full, successful and happy life. If your only goals are to be successful in your job and be a good official, you will grow to be a bitter old woman and I don't want that for any of you! Although my priorities are God first, family second and Champion third, yours might be slightly different. But somewhere in your priorities, family is a must! Don't forget your family! Your family gives you someone to love and someone that will love you. Your family gives you someone to share your life with – all the victories and all the defeats. Through your family, you can find life's real joys and real happiness. Getting your priorities straight brings a successful combination in all areas of your life

EMBRACING YOUR ROLE...CONT'D

and helps you to understand what really matters.

Here's some simple ways to insure that priorities are kept straight and little things don't consume you:

Keep asking yourself, "What's really important?"

Fill your life with love...it soothes every part of our being

Lighten up...don't take yourself too seriously

Think of problems as potential teachers

Resist the urge to criticize...it doesn't help anyone

Look for extraordinary things in the ordinary times

Every day, tell at least one person something you like, admire or appreciate about them, it will make them feel good but it will make YOU feel even better

Ask yourself the question "Will this matter a year from now?" 99.9% of the time that answer will be a resounding NO

Make peace with imperfection – no one is perfect therefore nothing we do can be perfect

Do something nice for someone else and don't tell anyone about it.

And finally...When the season is over and you close the door on one more year of officiating, remember this: you were a part of it all! The wins, the losses, the struggles, the triumphs, the set-backs and the growth...you were there! Magic Johnson was quoted as saying "Every person on a championship team doesn't necessarily get the publicity, but everyone who contributed to the success of that team can say he's a champion!"

YOU, dear officials are CHAMPIONS...and I salute you!

Graciously submitted by Kim Kaye



Mentoring

My name is Jane Plaisted and I am the Mentoring Chairperson for MCJA; my goal is to help new judges become trained, competent, and confident officials. I have been an MHSAA official for 18 years, served on the rules committee, and I am presently an MCJA trainer. I believe that a good mentoring experience is crucial to developing the best officials in our sport.

I will do my best to match you with an official in your area who can answer your questions, introduce you to the art of officiating competitive cheer and help you become comfortable and confident in your sport.

I can be reached at jplaisted@sbcglobal.net; I look forward to hearing from all new officials.

P E N A L T Y S A V E R S

Time for a new season filled with new coaches and some not-so-new coaches, and many of us will be asked for advice. While it is never our job to tell coaches what to do, sometimes a little reminder of how to avoid some common mistakes is appreciated. Please note that sometimes it is NOT appreciated, so read your audience before sharing. Hopefully, some penalties can be averted, and that will make everyone happier.

Penalty savers (not to be kept secret)

Paperwork

Score sheets, penalty sheets, round 3 description must all be submitted to meet director no later than 2 PM on day before meet

Jump must be listed on Round 3 description (ms)

Double and triple check to make sure Round 2 skills are in correct order

Difficulty, variety, and choreography points must be included on round 3 description sheet

If changes are made to round 3, sheets must be changed to reflect those changes

If illness/injury that takes place after start of competition, Round 3 sheets MUST be amended

General information to avoid penalties

Time limits begin with first word and end when last girl exits off mat

Have team ready to approach mat when called

Remember jewelry, glitter, long nails are not allowed

Secure ribbons, shoes, glasses

Remind team to enter mat without kicking, jumping, and/or tumbling

Remind team to NOT exit off front of mat

No more than 3 in coaching box

Emphasize that front spotters, not just back spotters, must also be TWA

Seek out safety judges if you have an unusual situation –medical device, new and unseen stunt, physical issue –BEFORE the meet so problems can be dealt with

Ask questions if you are unsure of something

READ THE RULEBOOK

(ms)=middle school

Caution: Always refer to wording in manual for complete explanation and clarification.

Submitted by Jane Plaisted

MCJA is looking for nominations from our membership to help us locate our 2013 Official of the Year. Make us aware of who these outstanding people are and, at our fall conference, one of these candidates will be honored. It's easy to procrastinate and think others will nominate your choice, but don't leave it to chance – fill out the form right now and email it before it slips your mind.

MCJA Official of the Year 2013

I want to nominate (name)_____

Nominee's address_____ City_____

Phone_____ Email address_____

Tell us what you know about your candidate's judging history, i.e. how long, what level):

Tell us what you know about your candidate's training:

Tell us about contributions your candidate has made to the sport (mentoring, speaking, coaching, training):

Tell us anything you think we should know about your candidate that hasn't already been listed:

Your name(optional)_____

Email_____ Phone_____

(In case we have a question)

Please email completed application (and you may use additional sheets) to:

Jane Plaisted at jplaisted@sbcglobal.net **no later than October 10th.**

Take a moment and do this right now!!!!

TOUGH DECISIONS

Being a safety judge is not as easy as it would seem. In the eyes of many observers, the safety judge stands around and counts the athletes. Oh, if that were true!

In a span of 1:30 or 2:30 the safety judge must watch a routine that in most cases has never been seen before. The judge must then run through in that short time the 80 pages of rules for that round and quickly decide if all is well! It helps of course that there are two safety judges at most meets. The judges can then meet in the middle and discuss very quickly what they have observed in the routine. In most cases the judges agree and fill out the paperwork and assess or not assess penalty points.

In a perfect world that is how things work. What happens when this is not the case? What happens when one safety judge questions a skill's legality and the other is absolutely positive all is well?

This is where the power of the written word comes in. The two judges need to look over the rules and decide if the skill /stunt in question violate a written rule. If it does violate a rule then indeed a penalty should be given. If there is not a violation of a written rule then it is not acceptable to give a penalty. The judges must come to an agreement on the question. Once this is done, we need to remember that as a team we have made a decision and now must "have each other's back".

Many times, post competition, safety judges will publicly say "We gave a penalty –but I thought it was fine". To me

this is unacceptable. While it is always advisable to err on the side of the competitors, it is also our job to see that the safety rules and competition guidelines are followed. It can be scary to give penalties to some teams, knowing what the fallout can be. The most visible means to spectators of losing a competition is through penalty points, the crowd will forget that the team placed 5th in round 1 or round 2. The outcry comes from the penalty points. Judges, we must stick together- we can debate the points in a private conversation but once the decision is made- both judges need to support it.

It always makes me smile when I hear athletes and their coaches say "There is no I in TEAM". That also holds true for safety judges. We fill out one penalty sheet and both judges assess/not assess the penalty. We need to always support each other publicly and privately in our own mind "Agree to Disagree".

Respectfully submitted by Marty Shean

**New MCJA website
goes LIVE!
mcjacheer.com**



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*Work done in the true spirit of
service is considered as worship.*

~Baha Allah

MCJA
MICHIGAN CHEER JUDGES ASSOCIATION

