

AUGUST 10, 2017

MCJA SPRING/SUMMER NEWSLETTER

News from our President



Ahhh Summer! Pleasant days and warm nights, sunshine and overall warmth. Serving on the MCJA Board also brings warmth.

As we prepare for the 2017 Fall Training, It is with warmth that MCJA is eager to hear from you! Your input and feedback are essential to gain the most bang for your hard earned buck. Please take a few moments to share your thoughts with the MCJA Board in order to continue to make this association a tool and benefit that will remain a steady guide for all of us as we become the best Competitive Cheer Official we can be.

Please check your email to make certain that you received a link to the satisfaction survey that MCJA has asked each member to submit.

<https://www.surveymonkey.com/r/NHTCPSS>

With warmth, we welcome new board member, Cheri VanConant. Cheri brings 10 years of officiating experience and a passion for our sport. Cheri hopes to be a fresh voice for all MCJA members.

Re-elected members are Amy Braun, April Hooker, Jane Plaisted and Phyllis Olszewski. We are so thankful for the many years of service to our board these women have donated. MCJA surely wouldn't be where it is today without them and we look forward to forging ahead with them in the coming years!

In keeping with the 'warm' theme, we also have warm wishes to Cindy Tyzo as the president-elect.

Have a wonderful end of summer and a beautiful Fall. We look forward to seeing you all soon!

Stacy Smith
MCJA President

**“You have to fall in love
with the process of
becoming great,”**

Dates to Remember

- **July 31** MHSAA Registration Deadline -- *any registrations received after July 31 will be charged a \$30 late fee*
- **October 28** Fall Training
- **November 6** First Day of Practice
- **November 20** First Day of Competition
- **December 10** Cheer Chat
- **February 11** Cheer Chat/Pep Rally
- **February 16-17** Districts
- **February 22** Regionals
- **March 2-3** State Finals

From the Referee Magazine, April 11, 2017

16 Unwritten Rules Of Officiating

Rule #1 : When you “think” you saw something, you didn’t. The quote from the article goes on to say: Gut feeling is a valuable officiating tool. Many times your instincts will guide you in the right direction. But your eyes trump all. See what you call and call only what you see. Period.

**“Wanted:
Encouragers**

{We have a surplus
of critics already,
thanks.}

-The World

Rule #9: Answer questions, not statements. The article states further: What deserves a respectful response when time permits is a legitimate question. Officials can save themselves a lot of headaches and heartburn by answering only what is asked.

Thank you Jill Lansky for providing direction to this article and a couple of your favorites!

MCJA Elections

Thank you to all who ran for the MCJA Board of Directors! Your dedication, interest and commitment to a sport that we all love is evident. After a thorough and complete election, MCJA would like to extend a HUGE welcome and congratulations to newly elected MJCA Board member Cheri VanConant. Congratulations to the incumbent MCJA Board members Amy Braun, April Hooker, Phyllis Olszewski and Jane Plaisted as returning elected representatives. And, newly elected, president elect, Cindy Tyzo. The election process could not be a success without all of you...Thank you!

**Attack
each
day
with an
enthusiasm
unknown
to
mankind**

New Season Means New Officials

As a new cheer season approaches, we welcome new people to cheer officiating. In order to have competent and confident officials MCJA does its best to train and mentor our new people, so if you are new, know someone who is new, or are recruiting someone who is new, please be aware of the services we have for training. Of course new officials must register with MHSAA, but after that we hope and encourage they will join MCJA; MCJA will then allow access to fall training and our mentoring program. Having a mentor is like having an experienced friend to show you the ropes; that mentor will share scoring sheets, let you practice scoring, inform you of how meets are run, and help with getting into the world of cheer officiating. If you are a new official, please go to the MCJA website and fill out a mentor request; if you know a new official, please urge them to request a mentor.

As with many other sports, there is a lack of young people entering the officials' ranks and so special efforts are being made to recruit. Through MHSAA, free registration is

being offered to those entering officiating, and the OK Conference is providing \$50 toward new officials' equipment and they will direct that new person to an official's organization. At that point, we should be able to provide that person with a mentor. Our sport can only get better as we make sure that our officials are well-trained. This not only helps the sport in general but it means we all get to help ourselves as we officiate with others who have been trained and tutored in the officiating of competitive cheer.

Mentoring can not take place without good mentors, so I urge you to let me now if you are willing and able to help with this very rewarding task. If you have experience, a willingness to share your expertise, and empathy, then please send me the following information:

Your name
Address
City
Email
Phone
Safety or Panel

Mentoring takes a little time, a lot of communication, a love of competitive cheer, experience, and a strong desire to help others love the sport as you do. Please share your expertise.

If anyone has any questions about mentoring, please feel free to contact:

Jane Plaisted,
MCJA Mentoring Chair at
jplaisted@sbcglobal.net
or 616 676 0192.

**“Kind words
can be short
and easy to
speak, but
their echoes
are endless.”
-Mother
Teresa**

Fall Training

Save the date!

Saturday October 28 2017

Lansing Catholic Central

Watch your email and Facebook for more details.

Register today @ MCJAcheer.com

MCJA Training Options

Mark your calendar and register now for MCJA Annual Fall Conference!

Competitive Cheer enthusiasts from across the state will gather on Saturday, October 28, at Lansing Catholic High School from 8:30-4:00 to collaborate on how best we can provide mutual support to each other in a professional manner to provide the best competitive cheer judging for our MHSAA student athletes. Don't miss this opportunity to learn from leaders in cheer throughout Michigan, participate in the MCJA annual membership meeting, network and attend a live rules meeting!

Unavailable to attend this fall? Had you been hoping for a summer learning option instead? Don't worry, MCJA is here for you!

Association leadership representatives from all over the state are available to tailor a training to your needs in your region of the state. Choose from an in person training for novice safety or panel officials, gather a group of at least six officials together, pick a date and MCJA representatives will come to you! Or train via an online learning experience with MCJA - you let us know and we will plan the training to your needs.

Contact MCJA.INFO@gmail.com to schedule or for more information.

We look forward to seeing a record breaking number of officials this fall in Lansing! Suggest a session topic and continue to check the MCJA website or Facebook page for annual conference updates.

"It's not what you are that holds you back: it's what you think you are not."

~Denis Waitley

Find us on @
MCJAcheer.com

Look for us on
FACEBOOK

“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.”

- Dolly Parton, singer-songwriter

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Have something to share with MCJA?

MCJA welcomes submissions (opinions, training tools, helpful hints, cheer inspiration, family news and more) from all members for the quarterly newsletters. Send yours to mcja.info@gmail.com for the chance to be featured in an upcoming newsletter.

DeWitt's No. 1 cheerleader, Deb Rambow, honored Lansing State Journal, July 6, 2017

Deb Rambow embodies “Panther Spirit” through her enthusiasm and passion for DeWitt and all its athletic teams. After a one-year stint as the freshman cheer coach in 1985, she took the varsity cheer coaching position. Her tireless devotion over 30 years resulted in building one of the top cheer programs in the state. Rambow used her creative mind to choreograph original cheers and chants, with her ultimate goal of getting the crowd involved in the sporting event.

But she knew quickly she wanted more for the cheer program at DeWitt, so in 1988 she took her sideline team to Nashville, Tennessee to compete at the International Organization of Competitive Cheer (IOCC) National Competition.

Out of the 82 teams competing, her Panther team took 10th place and won Most Creative Team. Her teams followed up with an IOCC 16th-place finish and a fourth-place finish in 1989 and 1990, respectively.

The Panther cheer team then competed at the Michigan Competitive Cheer Association State Competition, where the team finished with a seventh place finish in 1997. In 1998 and 1999, Rambow's team earned consecutive MCCA State Runners-up.

The Michigan High School Athletic Association began hosting girls' competitive cheer tournament championships in 1994. However, DeWitt did not participate as a MHSAA varsity sport until 2000, and it was mainly because of Rambow's commitment to competitive cheer and persistence that it even happened.

The Panthers found early success once they began participating in the MHSAA competitive cheer state tournament. In 2003, DeWitt took home a third place finish in Division 2.

After defeating a tough Mt. Pleasant squad for the Regional Championship in 2007, DeWitt finished with a State Runner-up at the MHSAA state finals. And in 2008—her last season coaching competitive cheer — Rambow led her team to a third-place finish in Division 2. Rambow would stay on and coach sideline cheer from 2009-2015. Before her time was through, however, Rambow's competitive cheer teams won two Capital Area Activities Conference Championships in 2007 and 2008 and two regional championships in 2007 and 2008.

Over her time in DeWitt, Rambow has been the district's biggest cheerleader. In addition to athletic success, she has been a leader in the DeWitt community.

She has been integral in building school spirit throughout DeWitt with her spirited and enthusiastic personality. Rambow started many of the district's events that are now long-standing traditions.

She choreographed a dance involving senior football players and cheerleaders each year for the homecoming pep assembly. She started youth cheer clinics, coordinated alumni to cheer during the homecoming game (every 5 years), assigned cheerleaders to greet spectators at the steps of home football games, and organized the all-schools' tour during homecoming week, which involves football players, cheerleaders, and the band traveling to each of the buildings in the district.

In addition, she orchestrated a school send-off for other athletic teams heading to their own state competition. Her reach went far beyond the athletic teams as well, working in just about every building in the district. Her love of DeWitt students began as a playground and cafeteria aid in 1984, but most of her remaining time was spent working as a paraprofessional in the Special Education Department.

Her warm smile and positive energy boosted the morale within the walls of each of the schools she worked, leaving a long lasting positive impact on students and staff.

Rambow's love and passion for DeWitt and cheerleading were taken internationally when her varsity team was asked to participate in the 39th All Japan High School Cultural Festival at the invitation of the Japanese government.

The team headed for Otsu in the Shiga prefecture, which is the sister state of Michigan. They took part in a parade and opening ceremony as part of the cultural festival.

"Deb Rambow is every athletic director's 'dream' coach. She is an expert in her sport and continued to grow in her knowledge of cheer as the sport grew in popularity," DeWitt Athletic Director Teri Reyburn said.

"Not only did she expand the program in DeWitt, but she would assist any school who wanted to start a competitive squad. She would work with her team and then travel to other schools to work with their coaches and athletes. She did not care that they may be competing against her teams.

She only cared that more young, female athletes would have the opportunity to participate in a sport that she loved. Most importantly, Deb Rambow cared unconditionally for her young athletes.

Not only did she produce premier competitive cheerleaders — many of whom went on to Division 1 college squads — but she instilled in her young athletes, integrity, loyalty and compassion for others. She was a great coach and even better friend."

Rambow worked for Champion — a cheer company that offers summer team camps — for seven years serving as a director and mentor to coaches. She continues to work with competitive cheer as a MHSAA Official. Rambow now resides in Grand Rapids with her husband (Bob) of 44 years. She is the mother of three grown children (Angie, Rob, and Aaron, all DeWitt graduates) and is a proud grandmother of seven.

