



News from the President

Welcome to the 2011 – 2012 competitive cheer season. MCJA is looking forward to the fall training sessions at DeVos Place in Grand Rapids on November 5, 2011. We are excited to announce the keynote speaker for the conference will be MHSAA Assistant Director Kathy Westdorp. Kathy will also present the only live rules meeting of the season on Friday November 4, 2011. The conference will include training 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.

Throughout the year, MCJA is here to serve competitive cheer officials. If any questions regarding rules or rule interpretations occur during the season, please contact Candy Cox the MCJA Liaison to MHSAA. Candy can quickly obtain the official clarification.

In January of 2012, MCJA will host the annual breakout sessions at various sites around the state. Questions and interpretation can be discussed during these sessions. Please see the winter breakout section for further information.

Good Luck this season and I look forward to seeing you at the fall training in Grand Rapids.

Cindy Tyzo



What's Your Call?

In round three, a team makes eight formations changes, however, two the formations are the same. Is this a penalty?

No, this is not a penalty since the only formation requirement in round three is that the team makes eight formation changes. The changes do not need to be different.

A Junior High team performs an extended double braced liberty with spotter in the

front and the back of the flyer. Is this a penalty?

No. New this year, Junior High teams may perform a double braced liberty with a front and a back spotter.

A team wears gymnastics slippers in round one. Is this a penalty?

Yes. New this year, competitive cheer team members are required to wear athletic shoes in all rounds of competition (no other type of footwear is allowed).

Special Points of Interest:

- *Mentoring Update*
- *MCJA Fall Conference*
- *What is an Athletic Shoe?*
- *Official of the Year*
- *Breakout Sessions*

New Officials

Competitions can be a stressful experience for new officials, especially if they are not properly prepared. Officials should try to improve with each competition. Below are tips about what you should do before, during, and after each assignment. These serve as good reminders to veterans as well.

PRIOR TO THE COMPETITION

- ◆ Know the rules. This may seem obvious, but it is not a bad idea to go over the rulebook again and again before the competition.
- ◆ Be mentored. Go to a competition and practice officiating with a veteran official. Spend time with the official to review and discuss scoring/penalties.
- ◆ Know the mechanics. Know what is expected of you prior to, during, and after the competition.
- ◆ Arrive early. Don't get in the habit of being the official who shows up right before the competition. Get there early. Bring extras, such as uniform items, clip boards, stop watches, etc. You never know what you're going to need!
- ◆ Tell your officiating team, and no one else, that you are new to officiating. Act like you've been here your whole life. An air of confidence does a lot to gain respect.

DURING

- ◆ Check point. Get in the habit of checking the competition area before the competition starts as well as throughout the competition. Make safety a top priority.
- ◆ Concentrate and do not allow yourself to be distracted by anything. Focus on the team. It is easy to let your eyes wander to activities/noises in the stands.

AFTER

- ◆ Ask for help. Ask the veteran officials you worked with to give you feedback.
- ◆ Assess your performance. Were you comfortable? Was it the right level for you? Did you make a mistake? Adjust your officiating accordingly.
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New officials, welcome and have fun!

Adapted from My Referee article "Rules for Rookies."



MCJA Fall Conference

November 5th at DeVos Place Grand Rapids

\$25 Registration Fee (includes lunch)
Check-in begins at 8:00 am
Training 8:30 am - 5:00pm

DEADLINE for Registration is October 29th

Register at MCJAcheer.com

What is an Athletic Shoe?

One of the most important pieces of personal equipment used in cheerleading is footwear.

When chosen properly, cheerleading footwear can minimize the risk of injury, enhance performance and provide comfort for the entire team. The cheerleading athletic shoe should provide cushioning and lateral support.

Athletic shoes with adequate cushioning help to minimize both chronic and acute injuries to the feet, knees, and back resulting from jumps, dismounts, and tumbling. Well cushioned footwear should have a foam mid-sole that runs the entire length of the shoe.

Adequate lateral support is essential in cheerleading. Lateral stresses result from side to side movement occurring during stunting and tumbling. Lateral support will hold the foot in place without allowing it to slide off the edge at the mid sole. Athletic shoes that provide lateral support will have a sturdy heel as well as reinforced leather support overlays on the upper and metatarsal (ball of the foot area) parts of the foot. Fit/Comfort is also important when choosing an athletic shoe. A properly fitted shoe should lace snugly without wrinkles. The ball of the foot, mid-foot, and heel should fit snug without excessive pressure.

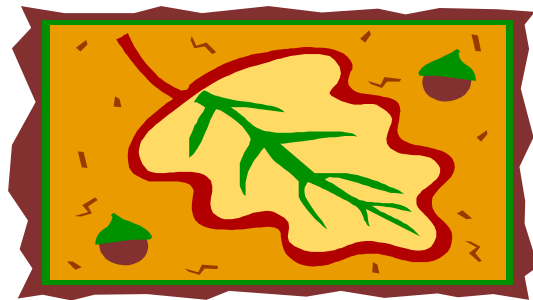
Gymnastic slippers or jazz shoes do not meet the “Athletic Shoe” definition.

Adapted from the American Association of Cheerleading Coaches and Administrators (AACCA) safety manual. For further information on proper footwear please see the manual.

Ask questions of other officials
and try to incorporate their
judging techniques you believe
will work for you.

-Excerpt from Better Officiating
Referee Magazine

A feeling of continuous
growth is a wonderful
source of motivation and
self-confidence.
--Brian Tracey



What's in the Judging Bag? Submitted by Karla Koviak

It's almost here- the 2011 cheer judging season. For the veteran judges it's time to go through your judging bag and get it ready for the new season. Clean out the old score sheets and notes from last year, replenish the pencils, and secure new sheets for this year. Make sure you add the updates to your rules book and be sure you have everything you need for that first meet.

For new/novice judges, here are a few suggestions of what to put in your judging bag. You should have your MHSAA official badge and a black lanyard if you use one. You will need a notebook or pad of paper to keep your notes on while you are judging. You may want to look over the sheets that the veteran judges have developed to make it easier to judge each round. Those that have been shared with us are on the web site. Try them and find the ones that work the best for you or you may modify them or create your own. Make sure you have enough copies for the first few meets.

Once the season gets started be sure to check your supply the week before a meet, you won't always have access to a copy machine at the meet and it is not the school's responsibility to make copies for you. If you are a safety judge you will want a clipboard, it makes it easier to take notes. All judges will need several pens and sharp pencils and highlighters. You might want to throw in a pencil sharpener because, believe it or not, in some schools they are hard to find. A calculator is a must for panel judges and as safety judges sometimes need to help with round 3 sheets it wouldn't hurt for you to have one too. You will need your MHSAA rule book and I suggest you put your name and phone number on it, just in case you accidently leave it behind. The school can then contact you about getting it. It has been known to happen. Many of the judges have purchased a stamp with their judges ID number on it. This can make putting your ID # on all of the sheets faster, especially for some of the large competitions. They can be purchased for \$10-\$15 at any print store like Office Max, Office Depot or Staples. They make them while you wait. Also if you happen to be in one of those stores, they can bind your rules book for a few dollars and since we keep the book for 2 years it might be a wise investment. The spiral bind makes it easier to keep the book open on certain pages to use safety rules or scoring grids.

This should take care of the actual judging part of the day. In addition you should also include the following items; hand sanitizer, lotion, aspirin or Tylenol, Kleenex, cough drops, small snacks or candies (not everyone provides you with these), safety pins, make-up, hair brush/comb, lint roller and wet wipes. If you have extra MHSAA patches and lanyards you can add those in case one of the other judges on your crew forgets theirs. You may want to carry an extra pair of nylons or tights if you wear skirts or a dress often. You may also want to bring a bottle of water or soft drink. These are usually provided, but not always.

Make sure you have contact information and directions for the school to which you are traveling, with all of the GPS devices today it is a lot easier to locate the school but you still need phone numbers in case of a flat tire or traffic delay. You should also have the cell number of one or more of the other members of your judging panel/team so you can let them know if you are running late etc. You will want to carry a calendar with all of your scheduled contracts with you at all times. At many meets the AD, other coaches or judges may be looking for judges and you will be able to check to see if you are available on that day instead of having to call them back. You should also carry your contracts, just in case you arrive and find too many judges or no meet at all. You will then have your contract to show the AD if needed.

I think that's about it. Feel free to include anything else you might need and have a great judging season!

Mentoring Updates

Call for Mentoring Relationships for the 2011/12 Season:

Take time to review the Mentoring Guidelines established this year by MCJA. Do you see yourself in the characteristics listed? Can you share your expertise with a new official? Do you need to learn from an experienced official? If you have the time to mentor, email JillL@kpl.gov and sign up for the new MCJA mentoring list. If you need a mentor, email JillL@kpl.gov and we'll help you find a match on that list to learn from!

Purpose:

- Familiarize new officials with MHSAA Competitive Cheer and the goals of MCJA
- Link a new official with valuable knowledge and information
- Enable officials to gain satisfaction by sharing their expertise with others
- Develop and retain skilled, knowledgeable officials
- Provide networking opportunities with other officials
- Ensure that the new official has a friendly ear with whom to share frustrations as well as successes in a confidential setting

What is the New Official Mentoring Program?

The program provides an opportunity for seasoned officials to share their knowledge and expertise with new officials. It benefits new officials by giving them a friendly resource where they can benefit from the coaching, guidance and encouragement a mentor can provide. Experienced officials gain a fresh perspective and develop new relationships. MCJA builds a stronger, more cohesive community. (Mentees must be knowledgeable prior to mentoring on the cheer manual, updates and competition process. Mentees are not compensated at trainings, only contracted officials receive official pay).

Who is a mentor?

- Considered a role model in MCJA
- Enthusiastic about participating in the program
- Able to encourage and motivate others
- Respectful of other officials
- Willing to share personal and professional experiences with a new official
- A confidant who can respect confidences
- Committed to maintaining a positive attitude
- Patient and a good listener

Process

- Register with MHSAA to officiate Competitive Cheer
- Contact MCJA mentoring director and request a mentor.
- MCJA mentoring director will put out a call for a mentor via an email distribution list.
- The volunteer mentor will contact the new official to start a mentoring relationship.
- Agree upon a date/time/competition.
- Mentors must notify tournament directors to arrange for additional seating/work space for a mentoring official. New officials being mentored, must follow all rules set forth by MHSAA including appropriate apparel and MHSAA emblem.



Find us on Facebook!

MCJA Breakout Sessions

Monday January 16, 2012

In an effort to make the breakout sessions more effective and better attended, MCJA would like to explain further the mission of this endeavor. The agenda for the breakout sessions is set from concerns/questions expressed from officials around the state. It is an opportunity to discuss issues that arise throughout the current cheer season. A compilation of these discussions is sent to MHSAA for input and any clarification on any particular issue. Then this compilation is sent via email to every MCJA member.

Furthermore, if any of these discussions are in need of MHSAA Committee review, this venue is a combined effort to facilitate change or clarification on rules and interpretations.

These breakout sessions are scheduled in many regions around the state to solicit more participation from different areas. Each session is facilitated by an MCJA board member or member at large. Please RSVP to the person at the session you plan to attend so we may have appropriate space allowed.

These are the tentative locations: Please note time and date of each location

Lansing/mid-state 6:30	Marilyn Bowker/ Mary Kay Gavitt cheersmbw@aol.com 517-349-9233	Coral Gables-Lansing
Kalamazoo/southwest 6:30	Karla Koviak/ Jill Lansky kkoviak@yahoo.com 269-628-4423	TGI Fridays-West Main
Grand Rapids/west side 6:30	Jane Plaisted/ Stacy Smith jplaisted@sbcglobal.net 616-676-0192	Malarkies - Beltline
East Side 6:30	Susan Wood swood@rochester.k12.mi.us 248-656-1053	Hamlin Pub – Vandyke & 25 Mile
Southeast 6:30	Jann Stahr Jstahr22@yahoo.com 734-365-9230	Applebees-Belleville
Northern SUNDAY January 15 3:00 PM	Phyllis Olszewski bpolszewski@att.net 231-536-3142	LaSeniorita- Gaylord

It is our hope that many of you will elect to participate as we look forward to a time of networking and lively conversation!

Fall Conference Class Descriptions

NOVICE PANEL CLASS

“Let's get it started.” This class is recommended for those who have never judged before or have judged less than 4 years. This class will go in depth and teach on all aspects of officiating for round 1, 2, and 3.

VETERAN PANEL CLASS

For those who have “been there, done that” this class will discuss any changes for the upcoming season as well as have an open format discussion to explore issues that beg the question “what's your score?”.

Watch for a survey in your email very soon to help us guide this class and answer questions that are on your mind right now!

NOVICE SAFETY CLASS

This class provides a complete teaching of safety judging for rounds 1, 2 and 3. It goes in depth to teach all the “ins and outs” such as where to stand for the best view whether counting formations or watching those most intricate stunts. We will be using live demo teams to demonstrate a variety of skills and stunts.

VETERAN SAFETY CLASS

Training for this class will discuss any changes for the upcoming season as well as delve into some of the most common penalty issues. Bring any issues that have been “eating away at you” from last season and get another officials perspective in an open format discussion.

GYMNASTICS and SKILLS

This is an exciting class for all officials, panel or safety! There will be a live demonstration of specific skills with an MHSAA official present to guide you in scoring. All officials will benefit from this detailed training.

KEYNOTE SPEAKER

Kathy Westdorp, Assistant Director MHSAA, will speak to us on various officiating topics including professionalism, new rules and the upcoming seasons.

STUNT TECHNIQUES

Susan Wood will lead a rousing discussion, along with veteran panel and safety officials, showing the differences in techniques and what deductions should be granted. This will be a fun, informational session not to be missed!

PRECISION DRILL

After two years of waiting, a new precision drill has arrived! This class will help us take a look into the minute details with a discussion on what is panel responsibility and what belongs to safety.

JUMPS AND SKILLS

This is an exciting class for all officials, panel or safety! There will be a live demonstration of specific skills with an MHSAA official present to guide you in scoring. All officials will benefit from this detailed training!

Official of the Year

Most of us have been fortunate enough to work with one (or more) amazing cheer officials. Sometimes this is someone who took the time to mentor a new official or clarify something for a new coach. Maybe you worked with someone who demonstrated a clear mastery of the rules and could explain the fine points to her co

-officials. Perhaps you know someone who always goes out of her way to help in any capacity that is needed. We all know there are many cheer officials who measure up to these standards; now is the time to nominate one of them for Official of the Year 2011.

Everybody is busy – we know that –but please take the time right now to fill out the nomination form below. You might not have all of the information requested but give us as much information as you can; we love reading about great officials.

MCJA Official of the Year 2010

I want to nominate (name) _____

Nominee's address _____ City _____

Phone _____ Email address _____

Tell us what you know about your candidate's judging history (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, etc.):

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

Your name(optional) _____

Email _____ Phone _____

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

Jane Plaisted at jplaisted@sbcglobal.net **no later than October 20th**.

Take a moment and do this right now!



MCJA CHEER OFFICIAL BAG

THE PERFECT BAG FOR JUDGING!!

Front compartment with pockets for PDA, cell phone, water bottle and multiple accessories.

Custom embroidery.

SIZE: 15 1/4 IN. X 12 IN. X 4 IN.

\$30.00

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MCJAcheer.com

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As we grow as unique persons, we learn to respect the uniqueness of others.
--Robert H. Schuller