

Getting started

GHSA CHEERLEADING COACHES-ROOKIE VERSION

First things first

▶ Educate yourself!

- ▶ Go to ghsa.net and look up the Constitution and By Laws.
 - ▶ Click on resources, then click on Constitution.
 - ▶ Look at the beginning and ending dates for your sport.
 - ▶ Look on page 26-30 in the information about eligibility, qualifications to coach and interscholastic contests and practices. Make sure you stay within the rules.
 - ▶ Look at the section on Sportsmanship on 2.70.
 - ▶ Find the Cheerleading section and read all of the GHSA rules. (pages 55-58). (you can also click on rules and procedures under Quick Source on the Cheerleading page to find this section)
 - ▶ Also, look in the Basketball section for rules for cheerleading at basketball games.

First things first

- ▶ Next, order your NFHS Spirit Rules book from GHSA or you can order it online. Sometimes your AD will order one for you if you ask.
- ▶ Go to the cheerleading page on the ghsa.net website. There is always so much information here! Go to Sports & Activities and click on cheerleading. Look under quick source.
 - ▶ Competition cheerleading guide
 - ▶ Spirit manual (Know the 9 legal duties of coaching)
 - ▶ Important dates for cheerleading
 - ▶ Rules and procedures- Quick source.

Dates for spirit cheerleading

- ▶ **2024 DATES FOR SPIRIT TEAMS:**
- ▶ **JUNE 5: DEADLINE TO APPLY TO HOST GAME DAY COMP.**
- ▶ **JULY 29: 1ST PRACTICE**
- ▶ **AUGUST 16: 1ST DATE FOR FOOTBALL GAMES**
- ▶ **SEPTEMBER 2: GAME DAY REGISTRATION OPENS**
- ▶ **SEPTEMBER 14: 1ST GAME DAY INVITATIONAL ALLOWED**
- ▶ **OCTOBER 21: 1ST DATE FOR BASKETBALL PRACTICE**
- ▶ **NOVEMBER 8: 1ST DATE FOR BASKETBALL GAMES**
- ▶ **NOVEMBER 30: LAST DAY FOR GAME DAY INVITATIONALS**
- ▶ **DECEMBER 11-12: GAME DAY STATE CHAMPIONSHIP**

Dates for competitive cheerleading

- ▶ JUNE 1: DEADLINE TO REQUEST A REGULAR SEASON SANCTIONED EVENT.
- ▶ JULY 31: FIRST DATE FOR PRACTICE (NO CAMPS OR CLINICS ALLOWED AFTER THIS DATE)
- ▶ AUGUST 5: DEADLINE TO REGISTER FOR REGULAR SEASON COMPETITIONS. (CONTRACTS ARE ONLINE)
- ▶ AUGUST 12: CANCELLATION FORMS SHOULD BE SUBMITTED TO GHSA OFFICE AND ALL ENTERING SCHOOLS NOTIFIED.
- ▶ AUGUST 19: CONFIRMATION OF TOURNAMENTS SHOULD BE SUBMITTED TO GHSA OFFICE.
- ▶ SEPT. 1: COMPETITION SCHEDULES SHOULD BE SUBMITTED TO GHSA OFFICE BY COMPETITION HOSTS.
- ▶ OCT. 1: DEADLINE TO SUBMIT ROSTERS ON MIS SITE/DECLARE COED OR ALL GIRL.
- ▶ NOV.8: REGION/SECTIONALS
- ▶ NOV. 15-16: STATE CHAMPIONSHIPS

First things first

- ▶ Things to ask your AD
 - ▶ Are you listed in the directory for your correct coaching position?
<https://www.ghsa.net/school-directory>
 - ▶ If you are the competition coach, you need a log in for the MIS site. (app.ghsa.net)
 - ▶ Submitting rosters, applying for sanctioned events, adding contracts, etc.
 - ▶ Who submits your eligibility? And, what is your role in getting it submitted?
 - ▶ How do you get a bus for travel? (school policy- not a GHSA rule)
 - ▶ How do you get a coaches pass? Dragonflymax.com (important!)
 - ▶ When is your rules clinic? Learn.ghsa.net

Help yourself to become successful

- ▶ Attend conferences & find your people! GCCA is such a wonderful organization if you choose to join- great for networking, having a sounding board, finding friends.
- ▶ Make a coaches notebook-
 - ▶ Establish your goals for you and for the team.
 - ▶ Assign duties to assistant coaches and follow up to be sure they are done.
 - ▶ Make practice plans.
 - ▶ Keep logs of all communication with your administration, parents, athletes.
 - ▶ Have an emergency plan for practice and for games.

Help yourself be successful

- ▶ Know the rules
 - ▶ Any student-athlete in grades 9-12 is eligible to try out for your team. Upcoming 8th graders can try out in the spring.
 - ▶ Tryouts can be held:
 - ▶ In February through the end of school for 10 consecutive days for your school. This is the only time you can have "out of season" tryouts.
 - ▶ In the summer
 - ▶ During the school year

Help yourself be successful

- ▶ **What to do if you need assistance**
 - ▶ Find a mentor or someone who can help you– a cheerleading coach and a coach who you trust. A cheerleading coach will help so much in answering questions as they come up. The other coach may be on your school's staff and coach something completely different but will have words of wisdom of what to do when you have questions on discipline, missing practices, etc. And, figure out what works for you.
 - ▶ My email is penny@ghsa.net and phone number is 478-957-9775. I am here to help you if needed.

Help yourself be successful

- ▶ **Make sure all of your athletes know your rules and expectations.**
- ▶ **Also, make sure your parents know your rules and expectations.**
- ▶ **Make sure that you are never late for practice. If your school schedule prevents you from arriving before your team, have a back up plan. ALWAYS have an adult present! (a school person- not a parent)**
- ▶ **When you must discipline an athlete, make a note of the rule violation and what form of discipline you chose for them. Be consistent. Make sure the parent knows what is going on.**

Help yourself be successful

- ▶ If the actions are severe enough, make sure to let your AD and/or Principal know before they hear it from someone else. The last thing they need is to read it on social media from a parent or students.
- ▶ Your AD is there to help you! But, always think through things and have solution options when you can.

5 things to know if you are a competition coach

- ▶ 1. Your team must compete in a minimum of 3 competitions to be eligible to compete at region, sectionals, and state.
- ▶ 2. Your competition routine music must be licensed and submitted to Click n Clear for approval.
- ▶ 3. You cannot have outside help after the first day of school. (tumbling, stunting, etc.)
- ▶ 4. Submit your roster by Oct. 15 on the MIS site.
- ▶ 5. Contact the competition host ASAP if you find out your team cannot attend their competition. A cancellation fee of \$200.00 will be assessed if cancellation is less than 2 weeks prior. An injury is not an excuse to withdraw. (form found on forms page of GHSA website)

5 things to do if you are a sideline coach

- ▶ 1. Always bring your “permission to treat” forms with you to any athletic contest.
- ▶ 2. Only your cheerleaders can be on the sideline- no kids or graduated students.
- ▶ 3. Make sure that everyone keeps their eyes on the game so that no one gets injured by a play that runs into your sideline.
- ▶ 4. Make sure that you are stunting and tumbling only when the ball is not in play.
- ▶ 5. Use signs, megaphones (football), stunts, etc. to get your crowd into the game.

Best Practices

- ▶ Since so many of our cheerleading teams practice indoors during the summer and early fall, JV and Varsity coaches should help acclimate their athletes for the heat at practices and football games.
 - ▶ Prior to the beginning of football season, cheerleading teams should go through a acclimatization period of practicing outside 5 days for no more than 1 hour.
 - ▶ As teams become acclimated, periods of practice may be extended in preparation.
 - ▶ Football contests already have a policy for monitoring the WBGT and cheerleaders should follow that protocol.

Typical things coaches do that are not within the rules

- ▶ Having choreography after the season begins.
- ▶ Sportsmanship issues- cheerleaders taunting other teams.
- ▶ Illegal coaching (lay coaches who coach the same kids in all star gyms after the high school season is over)
- ▶ Failure to take the rules clinic.
- ▶ Allowing teams in illegal uniforms.
- ▶ Bringing in outside coaches during the season.
- ▶ Using a stunt to hold up a run through sign.
- ▶ Have mandatory practices in the summer.

Some rules you may not realize are rules

- ▶ Holding a run through sign at a game using a stunt is not within the rules.
- ▶ Tiaras, sashes, pins, corsages should not be worn on the sideline for those who are cheering. Keep in your mind- if a football player cannot wear a sash or tiara, neither can a cheerleader. It doesn't matter if it is homecoming, senior night, or any other occasion- those things cannot be worn.
- ▶ Seniors wearing a different uniform on a specific game/competition. All should have on the same uniform.
- ▶ Former cheerleaders who have graduated **cannot** be on the sideline. This is also for those junior cheerleaders, as well. All participants should be current members of the student body.
- ▶ Hair must be secured if it is long- especially if it falls below the waist.
- ▶ **JEWELRY IS NOT ALLOWED- AT ALL PERIOD. (ANY PERSONAL ADORNMENT WORN ON THE BODY)**

From the mouths of babes

- ▶ When I asked our Student Athlete Advisory Council to give me suggestions on what to tell coaches from athletes, here is what they shared:
 - ▶ Treat everyone the same- don't play favorites.
 - ▶ Using conditioning as punishment doesn't send the right message.
 - ▶ They said they lose respect for a coach that doesn't hold everyone to the same standards.
 - ▶ Take your job seriously- be a coach. If your knowledge is limited, find someone to help you!
 - ▶ "Coaches should have pride and intensity while maintaining the fun of playing sports for their athletes. I also have found that Coaches that have a deeper relationship with athletes outside of their sport will be able to get more out of their team in season."

From the mouths of babes

- ▶ Create goals for athletes outside of practice so that more skill improvement is evident.
- ▶ Teach athletes how to be a good teammate.
- ▶ Continue to read and learn how to be a good leader for your team. Make yourself the expert. (even if you have to call someone to find out answers sometimes)
- Continue to work on team chemistry throughout the season by doing team building activities- not just in the beginning.
- Communicate with other coaches with which you share athletes. Try to make it less stressful on the athletes when they have conflicts between sports. It would be a good thing to already have policies within your athletic department so this won't be an issue.

Finishing up

- ▶ Educate yourself!
- ▶ Stay within the rules!
- ▶ Ask for help! There are no dumb questions.
- ▶ Be consistent!
- ▶ Enjoy yourself!

Questions?

- ▶ Contact the GHSA office anytime for assistance.

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