



Diocese of Cleveland CYO

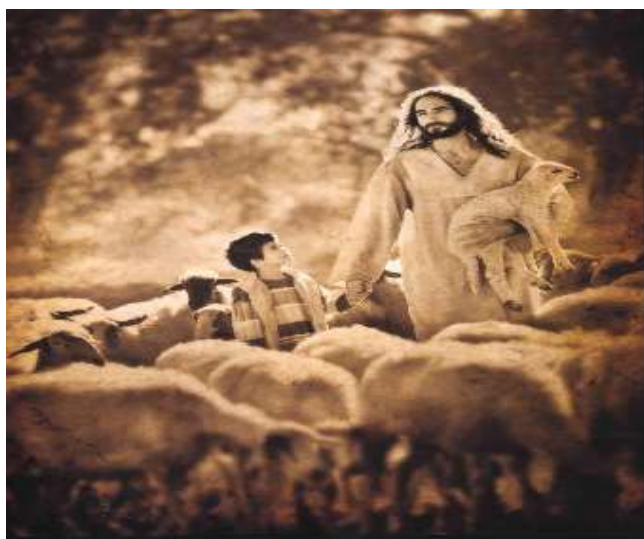
CHEER

**Coach's Meeting
2023-2024**



DIOCESE OF CLEVELAND CYO CHEER COACHES MEETING

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**DIOCESE OF CLEVELAND CYO
CHEER
PROGRAM PLANNER
2023-2024**



October	17	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm Walsh Jesuit HS, 4550 Wyoga Lake Rd, Cuyahoga Falls, OH 44224 (must attend one)
	18	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm Lake Catholic HS, 6733 Reynolds Rd, Mentor, OH 44060 (must attend one)
	23	Winter sports season opens; practices and assessments may begin. Grade school early registration closes at 9:00 am, Regular registration begins.
	24	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm St. Albert the Great, 6667 Wallings Rd, North Royalton, OH 44133 (must attend one)
	25	Coaches Development Program – St. Raphael, 6:00pm 525 Dover Center Road, Bay Village 44140
	30	Grade school winter sports season regular registration ends, 9:00am
	31	Grade school team fees and Fee Summary Forms due Last day to enter grade school teams’ blackouts
November	2	Coaches Development Program – St. Paschal Baylon (Eymard Room), 6:00pm 5384 Wilson-Mills Rd., Highland Hts, 44143
	10	Grade School penalty assessed for late payments Deadline to register grade school athletes & coaches to rosters in SportsPilot
	18	Coaches Development Program at St. Ambrose (Hilkert Hall/Gym), 9:00am 929 Pearl Rd. Brunswick, 44212
	22	Grade school winter sports schedules available on CYO website
	30	Coaches Development Program at St. Jude, 6:00pm 590 Poplar Rd., Elyria, 44035
December	2	Regular Season grade school competitions begin Winter sports sanctioned event period begins for all grades.
	5	Coaches Development Program at Urban Community School, 6:00pm 4909 Lorain Ave, Cleveland, OH 44102
Dec.22 - Jan. 1		Christmas Break - No regular season games
January	13-14	Parents’ Day at the games
	21	Team Mass Sunday
	27-28	Officials Appreciation Weekend
February	3	Cheer Competition at Ursuline College
	10-25	Diocese of Cleveland CYO Winter Sports Championships
March	3	Sanctioned Event period closes for all grades. Winter Season Ends.

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DIOCESE OF CLEVELAND CYO

CHEER

POINTS OF EMPHASIS

CYO Credentials - Credentials are to be worn and visible at all times. Credentials cannot be given to another coach at any time. Coaches who are reported of giving their credentials to another coach, even for one game, will have their coaching privileges revoked.

- Coaches “helpers” under the age of 16 not required to have coach’s credentials.
- Coach must be present at game for cheerleaders to begin cheering

Athlete Eligibility -

- 8th Grade: Only athletes in Grades 5-8 may be rostered and compete on an 8th Grade Squad
- 6th Grade: Only Athletes in Grades 3-6 may be rostered and compete on a 6th Grade Squad
- 4th Grade: Only Athletes in Grades 1-4 may be rostered and compete on a 4th Grade Squad.

Cheer Competition –

- All 6th and 8th grade teams are eligible to participate. Athletes must be on roster for the regular season; i.e. you cannot move an athlete from the 4th grade roster to compete in the 6th grade Championships.
- In order to have a competition, there is a minimum of 5 teams needed at the grade level.
 - Watch for participation survey earlier in the season.
- There will be an entry form for both team competition and jumps competition.
- The CYO Administration will develop the warm-up and competition schedule and at the latest release it to the coaches the week of the competition.

CYO CHEER RULES

Uniforms and Jewelry - All athletes are required to wear member issued uniforms. When standing at attention, the uniform must cover the midriff. Uniforms must have the CYO Emblem either sewn or stenciled on it. Chains, earrings, other jewelry, or other inappropriate items may not be worn during the game. . **Glitter that does not readily adhere to the hair, face, body uniform or costume is not permitted. Glitter may be used on signs, props or backdrops only if laminated or sealed.**

Prohibited Elements - The following items are not permitted in CYO Cheer Routines; Pyramids, Mounts, Use of mini-trampolines, Knee-drops, slams or fireman catches and Aerial tricks that requires an individual to have both feet and/or hands off the floor.

Game Performances

Only 10 athletes allowed at a basketball game.

The performance location shall be located at the end of the basketball court of their team’s bench. A cheer squad is not to be positioned under the basket or by the bench of the opposing team. If time allows, prior to the game, each squad may perform one (1) short cheer on the floor. At half time each squad may perform two (2) cheers or dance routines of no longer than 2 minutes total per squad, time permitting. Short cheers may be allowed on the floor during timeouts. Squads should alternate time-out performances. Squads must leave the floor at the referee’s whistle and are not to be with-in the court boundaries while the game is in play. Sites may limit/restrict performances/size due to space and safety concerns.



If you have any questions, please email Stephanie Dormendo, sdormendo@ccdoble.org

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COMPETITION FORMAT

GAME DAY

“The Game Day Championship showcases what traditional cheerleading is all about – leading the crowd! Teams will be evaluated on the practicality of Game Day material, the ability to lead and manage the crowd, proper skill incorporations and performance, motions, movement and overall routine. Game Day practicality is heavily emphasized. Performances should be prepared as they would for sideline leading at a school sporting event.”

A. GAME DAY ELEMENTS

The competition will include the following GAME DAY elements. There are no organized entrances or exits. Teams may not execute skills off the floor prior to the beginning of the routine; all skills must be performed on the mat. Mascots may be included in the routine and must follow all guidelines. No running tumbling permitted.

1. BAND CHANT

- a. One minute time LIMIT (1)
- b. Emphasis on crowd appeal and practicality
- c. Marching band music or drum cadence music that encourages crowd participation will be provided* along with a minimum of 4 - 8 counts to a maximum of 8 - 8 counts of choreography. Coach(es) will be responsible for the remainder of the choreography. Choreography should be game sideline appropriate (this is not a traditional dance) with level changes, front to back line movements, etc. Think of how much room you have on the sideline at a game and go from there.
- d. Provided Choreography may not be changed for the first set. It may, however, be repeated with incorporated level changes, line changes, sign addition, etc. in addition to Coach(es) choreography. For example:
 - i. First 4 - 8 counts provided choreography
 - ii. Second 4 - 8 counts Coach(es) choreography
 - iii. Last 4 - 8 counts REPEAT provided choreography with incorporation of level changes, formation changes, added signs for call outs, etc.
- e. Spirit Kick(s) required (not a kick line), NO STUNTS OR TUMBLING; NO JUMPS!
- f. SIGNS AND FLAGS HIGHLY ENCOURAGED! (Think CROWD INVOLVEMENT!)
- g. Pom use required *

2. SPIRITED TRANSITION is required (not choreographed) to formation change for CROWD LEADING section.

- a. Jumps required (not synchronized full team, not all members need to jump but we must see a few jumps here, random spirit think RALLY TIME EXCITEMENT)
- b. Kicks required (not synchronized full team, not all members need to kick but we must see a few kicks here, random spirit think RALLY TIME EXCITEMENT)
- c. No tumbling
- d. Use call outs during this time, for example, Go Eagles! Let's go Green!

3. CROWD LEADING

- a. One minute fifteen second time LIMIT (1:15): time will start with first cue of the chant
- b. OFFENSE or DEFENSE situational chant is FIRST in this section and must be included; each squad will be assigned OFFENSE or DEFENSE status upon registration.
 - i. Be sure to choose short, repeatable words that your crowd would yell with you the key word, for example DEEEEFENSE, Come Eagles Let's Go! (For this use signs that say DEFENSE as that's the word I want the crowd to yell with us. See video example.)
 - ii. Must be basketball related
- c. SPIRITED TRANSITION is required (not choreographed) to formation change; see #2 for guidelines here; this is included in the time limit
- d. SIDELINE CHEER that engages CROWD RESPONSE (no storytelling cheers) will be performed second in this section
- e. One (1) full team jump required
- f. Standing tumbling only permitted with highest level being a back handspring
- g. Signs required

- h. Pom use encouraged
- 4. ENDING OF ROUTINE SHOULD BE A FULL TEAM SPIRITED RALLY! Once you hit your final motion, have the team hold it for at least 3 counts (timing stops here so make sure to make it a clear ending), clean together, and then RALLY/HIT THE CROWD with all your excitement!

Winter 2024

CYO CHEER COMPETITION

February 3, 2024
Ursuline College

Game Day
Format

Jumps
Competition

Band Dance Music
6th Grade Division: Chuck Berry - Louie Louie
8th Grade Division: Macklemore - Thriftshop

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FAQ's about Sanctioned Events

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition. Refer to the "Sanctioned Events" tab on the CYO website: ccdocle.org/cyo/

1. When can I register for a sanctioned event?

Whenever the event is listed on the CYO website.

2. Is it okay to register a team for a tournament under the assistant coach's name, since the head coach will not be at most of the games?

No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach's name. However, an assistant coach can certainly be in charge at the games.

3. May I write a personal check for a Sanctioned Event entry?

No - team entry fees must be paid with an official check from the member's account.

4. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?

No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. At the start of the season, your AD must provide each coach with a copy of their roster.

5. We have (3) 6th gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?

No - each athlete can only play for the CYO team for which he/she is officially rostered.

6. How many Guest Players may I use during Sanctioned Event Tournaments?

ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2-C-1

7. Can we enter a community-sponsored event if we use our nickname rather than the parish name?

No - CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1-G

8. In how many sanctioned tournaments can my team play?

Game and tournament limit rules are published in the CYO sport specific rules and vary according to grade level.

9. If an athlete or coach is ejected from a sanctioned event, do they **sit out** the next scheduled CYO game **or** the next SE game?

The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 9-1-5-B

10. We are scheduled for an 8:15 pm game. I thought we couldn't play after 8 pm. What should I do?

Contact the Event Director and your AD Director immediately. Inform the CYO Administration as well. Please refer to Bylaw 4-3-1 and sports specific rules for clarification/exception.

11. Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?

No, events need to be concluded by the published CYO end of the season date for that sport.

12. Does CYO supply scoresheets for Sanctioned Events?

No, due to high printing costs, CYO is unable to provide score sheets for SE. A template is included in the Sanctioned Event approval packet to make copies. Consider purchasing a scorebook, along with other tournament supplies from Dick's, one of our partners.

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COACHING RESOURCES

Learning Choreography Faster (from Varsity.com)

There's no greater frustration than feeling lost in a dance class: forgetting the movement, feeling adrift in the dance combination and getting confused about what's next in the choreography. All dancers have been there at one time or another, but you don't want to look lost when the stakes are high, like during tryouts or placement class.

Absorbing dance choreography is a skill just like any other in dance class. And like all skills, it takes practice.

Make a habit of these practice skills during your dance classes and rehearsals. Eventually, learning new moves will become second nature.

1) Learn choreography in chunks. Just like you remember phone numbers easier when the digits are grouped, your brain holds onto choreography the same way. Most teachers or choreographers will teach you movement phrases in chunks for this very reason. Problems typically occur when the chunk is larger than what you can retain, or when a sequence is particularly lengthy. In your mind, group the choreography into smaller bits if you need to, and look for landmarks in the sequence.

2) Wrap your head around the big, broad movements first. When you focus on which direction to face, certain patterns or pathways, and the number of repetitions, you'll be able to work inward, picking up more detail each time. Pay attention to where your eyes are looking, whether your leg is supposed to be bent or straight, or what kind of quality the choreographer is demonstrating on a specific turn.

3) Talk to yourself as you learn and practice the movements. This small action, whether you are thinking the name of the step, singing its rhythm, or voicing some mental image you've attached to the movement, will help you lock-in the order of the dance material.

4) Watch before you do or question. When learning new choreography, it can be tempting to try to get the moves into muscle memory right from the very first minute. Resist this. You need to get the choreography into your head before your head can direct it to your body. After you have seen a routine a few times and can picture the steps in your mind, you will be in a better position to transfer the knowledge to your muscles.

5) Mark it slowly. Walking through the steps of your choreography slowly will definitely help you remember it more quickly. This technique heightens your awareness of every movement and how it should feel. This accelerates muscle memory as well as mental memory. You can compare this technique to memorizing something that you read. If you speed read, you will remember the ideas but not the words. If you read slow and steady, you will remember both.

Learning new choreography is fun and intriguing, particularly if you can remember the steps quickly. Memory is actually an essential skill in competitive dancing. These tips make learning more manageable and fun, even if you have a history of struggling to pick up new skills.

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