

Diocese of Cleveland CYO Coach's Meetings

Giving the Very Best of Yourself!

Fall 2025

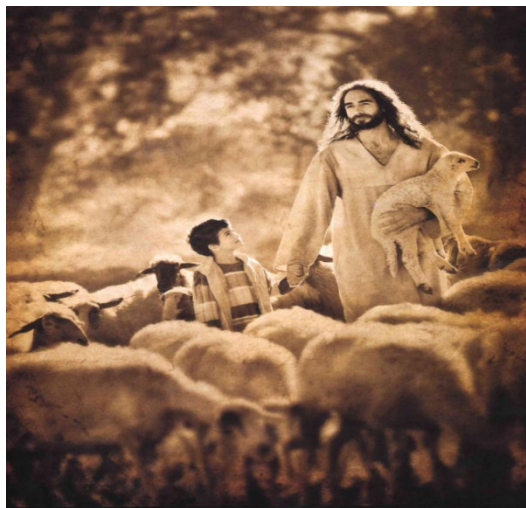
Cheer





DIOCESE OF CLEVELAND CYO 2025 FALL CHEER COACH'S MEETING

1. Program Planner
2. Points of Emphasis
3. Cheer Competition
4. Game Day Elements
5. Resources



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DIOCESE OF CLEVELAND CYO FALL CHEER PROGRAM PLANNER - 2025



July	16	In-person mandatory fall sports season coach's meetings, 6-9 p.m. Akron Children's Hospital Sports Medicine, 215 West Bowery St., Akron, 44308
	21	Fall sports season opens, practices may begin; sanctioned event period begins
	28	Fall sports season early registration closes; regular registration begins, 9:00am
	29	In-person mandatory fall sports season coach's meetings, 6-9 p.m. Notre Dame Cathedral Latin High School, 13000 Auburn Rd, 44024
	30	In-person mandatory fall sports season coach's meetings, 6-9 p.m. Magnificat High School, 20770 Hilliard Blvd, 44116
August	2	Cheer Recertification 136 East Bagley Rd., Baldwin Wallace Campus - Lou Higgins Center
	4	Fall sports season regular registration ends, 9:00am
	5	Team fee payments and fee summary due Last day to enter teams' blackouts
	9	Coaches Development Program - St. Basil the Great (Parish Hall) 9:00 am 8700 Brecksville Rd, Brecksville, OH 44141
	11	Deadline to add athletes and coaches to rosters, 9:00am
	12	Coaches Development Program - Holy Family-Stow, 6:00 pm 3179 Kent Rd., Stow, 44224
	15	Fall sports season schedules available on CYO website
	18	Coaches Development Program - St. Jude 6:00 pm 594 Poplar Street, Elyria, 44035
September	23	Fall sports regular season competitions begin
	13-14	Parents and VIP Weekend
	21	Team Mass Sunday
October	27-28	Officials Appreciation Weekend
	4	Diocese of Cleveland CYO Cheer Competition
	26	Cheer Sanctioned Event Period closes Fall sports season ends



RECERTIFICATION

CHEER

7th & 8th grade coaches
must attend
(All coaches welcome!)

2 AUGUST, 2025
9AM-12PM

WITH COACH GRETCHEN
FROM BW STUNT

REGISTER
NOW!



LOU HIGGINS CENTER
136 E. Bagley Rd.



DIOCESE OF CLEVELAND CYO

CHEER

POINTS OF EMPHASIS

CYO Credentials - Credentials are to be always worn and visible. 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.

- **7th & 8th grade coaches must attend CYO Cheer Coaches recertification-August 2nd 2025 at Baldwin Wallace University 9am-12pm – Lou Higgins Rec Room TBA (ALL COACHES WELCOME)**

Athlete Eligibility -

- 8th Grade: Only athletes in Grades 5-8
- 6th Grade: Only Athletes in Grades 3-6
- 4th Grade: Only Athletes in Grades 1-4

Cheer Competition –

- October 4 CYO Gameday Competition - team competition and individual jumps competition.
- All 6th and 8th grade teams are eligible.
- Athletes must be on roster for the regular season.
- 5 teams needed at each grade level to have 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 should have the CYO Emblem either sewn or stenciled on it.

***Jewelry of any kind is prohibited except religious medal worn under the uniform or medical alert/ID which can be visible.**

Prohibited Elements - Not permitted in CYO Cheer Routines; Pyramids, stunts/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 - At football games or soccer matches, performance location behind the bench area of their team. If time allows, prior to the game, each squad may perform one (1) short cheer on the field. At half time each, each squad may perform two (2) cheers or dance routines of no longer than 2 minutes total per squad, time permitting. On-field cheers are not allowed during timeouts.

If you have any questions, please contact your Athletic Director!

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What games will we be attending this season?



CYO cheer squads can cheer on ANY of their teams at ANY of their games!

Here are some guidelines for making this season successful:



CYO Website

All schedules can be found on the CYO website:

<https://www.ccdocle.org/service-areas/cyo-athletics/schedules/schedules-locations>



Schedule Changes

Be sure to check for up to date information on reschedules/game cancellations!



Communication

Establish some form of communication with other coaches by exchanging phone numbers or email!



No one likes showing up to cheer on their team - only to find the game has been cancelled!! Please put a plan in place so this does not happen to your team this season!

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DIOCESE OF CLEVELAND CYO

FALL CHEER COMPETITION

≡ OCTOBER 4 ≡

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CYO GAME DAY RULES AND REGULATIONS

- No organized entrances or exits.
- Teams may not execute skills off the floor prior to the beginning of the routine; skills must be performed on the mat.
- Mascots include the routine and follow all guidelines. No running tumbling.

1) CROWD LEADING (CHANT) (start with firstcue of the chant)

- OFFENSE or DEFENSE situational chant is FIRST. must be included.
 - Each squad will be assigned OFFENSE or DEFENSE status upon registration.
- Be sure to choose short, repeatable words that your crowd would yell with you the key word, for example DEEEEFENSE, Come Eagles Let'sGo! (For this use signs that say DEFENSE as that's the word I want the crowd to yell with us. See video example.)

It must be football related.

• **SPIRITED TRANSITION** is required (not choreographed) to formation change after CROWD LEADING section.

- 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)
- 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)
- No tumbling
- Use call outs during this time, for example, Go Eagles! Let's go Green!

2) BAND CHANT (DANCE)

- Emphasis on crowd appeal and practicality
- MUSIC will be provided* along with a minimum of 4 - 8 counts of choreography.
- Choreography is to 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.
 - *Coach/school responsible for purchasing and securing license to use the music.
 - **See registration flow
 - Provided Choreography is not to be changed for first 4 - 8 counts provided choreography
 - Second 4 - 8 counts **Coach(es) choreography.**
 - Last 4 - 8 counts REPEAT provided choreography with incorporation of level changes, formation changes, added signs for call outs, etc. ***MAKE IT YOUR OWN IN THIS SECTION**
 - Spirit Kick(s) required (not a kick line);
 - **no stunts or tumbling; no jumps DURING DANCE/BAND CHANT**
 - Signs and flags highly encouraged, think CROWD INVOLVEMENT!
 - Pom use required

• **SPIRITED TRANSITION** is required (not choreographed) to formation change; see #2 for guidelines here;

3) **SIDELINE CHEER** that engages CROWD RESPONSE (no story telling cheers) will be performed in this section

- One (1) full team jump required
- Standing tumbling only permitted with highest level being a standing back handspring Signs required
- Pom use encouraged

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!

TO REGISTER:

Have your Athletic Director register your 6th or 8th grade team for the Fall CYO Cheer Competition! Once you are registered you will receive choreography/music/ OFFENSE OR DEFENSE situational sideline content via email!

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Team Name: _____

Judge # _____

BAND DANCE	Max Points	Score	Comments
Execution of Dance (synchronization, timing, spacing)	10		
Game Day Appeal (variety, visuals, creative movements within groups and levels)	10		
Crowd Effectiveness (voice, pace, flow, ability to engage the crowd)	10		

SITUATIONAL RESPONSE & CROWD LEADING	Max Points	Score	Comments
Game Day Situation (technique, leadership, and proper response to game day situational cue)	10		
Motion Placement/Strength of Motions/ Sharpness	10		
Game Day Appeal (variety, visuals, creative movements within groups and levels)	10		
Crowd Effectiveness (voice, pace, flow, floor coverage, ability to engage the crowd)	10		

OVERALL	Max Points	Score	Comments
Effective use of Signs, Poms, Flags, Megs, and Props to Lead the Crowd	10		
Formations and Transitions (consistent with sideline cheer)	10		
Execution of Skills (Technique, stability jumps and/or tumbling)	10		
Overall presentation (smiles, confidence, showmanship, enthusiasm and genuine school spirit)	10		
Overall Effect (tumbling included)	10		

TOTAL _____/120

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RESOURCES

[5 Simple Guidelines for Positive Coaching](#)

[5 Keys to Building a Relationship with Your Athletes](#)

[Cheer Coaching Responsibilities](#)

[Goal Setting for Cheerleaders](#)

[Tips on How to Promote Body Positivity to Your Cheer Athletes](#)

[7 Ways to Make Practice More Enjoyable](#)

[Tucker Center for Research on Girls & Women in Sport \(umn.edu\)](#)

[Body Confident Sport](#)

CHEERLEADING JUMPS



T JUMP



TUCK JUMP



X JUMP



HERKIE



SIDE HURDLER



FRONT HURDLER



TOE TOUCH



PIKE

*Cheer*HQ

Counts for Jumps
(high v approach)

1-hold (clean)

2-UP

3-SWING

4-HIT

5-DOWN

6-(hold.)

7-UP

8

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CHEERLEADING MOTIONS



HIGH V



LOW V



T



BROKEN T



TABLETOP/DAGGERS



TOUCHDOWN



LOW TOUCHDOWN



PUNCH



CANDLESTICKS



BUCKETS



K



L



PUNCH ACROSS



LOW CROSS



O



BOW & ARROW



CLEAN



HIPS



CLAP



CLASP

CheerHQ

Tips for Leading the Crowd in a Positive Way

By Jeanne Ehn

The following ideas are tips for cheer coaches and their cheerleaders to keep crowds going in a positive way at games.

TO THE CHEER COACH:

- Teach & Practice expectations by working through game situations at practice. The cheerleaders won't know your expectations until you teach them. Figure out cheers to use in certain game situations, then have the cheerleaders rehearse it at practice so it won't be new at a game. If the situation comes up during the game, they should use the appropriate cheer. Note the ideas to the cheerleaders below – again talking through situations and practicing the ideas help your cheerleaders know your expectations.
- Educate your student body about expectations at a game. Work with your AD/principal with this if possible. Set up a special pep rally for “fan education,” or better yet, make fan education a part of every pep rally. Teach the students call back cheers, the cheer everyone should do if there is a “disagreeable call,” and good sportsmanship tips. Ask your administration to tell students what will NOT be tolerated like jumping on the bleachers or taunting the opponents or officials.
- Educate your parents about expectations at a game. This will work at a community pep rally or even at a pre-season parent's night practice. Be sure to talk to the head coach to get permission to do this, or ask your AD to arrange it for you. Ask parents to be leaders in the stands; this is something everyone can work on improving.
- Keep it simple. Cheers that the crowd loves can be repeated often.
- Develop TRADITIONS. By doing the same thing before the game starts, or at certain points in a game, will help your cheerleaders develop traditions that the crowd enjoys and participates in. This keeps the crowd following your lead and demonstrating great team support and sportsmanship.
- Teach the following ideas to your cheerleaders. You as a coach cannot cheer for them, but you can guide them in how they cheer.
- Have a Game Plan. Meet at halftime to make improvements the second half.

TO THE CHEERLEADERS:

- Know the Rules of the Game for cheerleading AND the game in which you are cheering. Cheerleading rules are laid forth for your safety. Respect them. You will gain a lot of respect from your team and your crowd by doing the appropriate cheer at the appropriate time. I.e. – Don't do a defense cheer when the team is on offense.
- Be professional. Chewing gum, talking and laughing with each other, ignoring your job (cheering & leading the crowd) will turn a crowd off. They will decide you don't care enough, so they won't follow.
- Be approachable to the crowd. Be at the game early to warm up and be prepared. Take time to talk to them or explain a new chant before the game begins. Tell the crowd when they've done well and followed you.
- Use strong voices and make eye contact with the crowd. This shows confidence. If the crowd can't hear the cheerleaders, they have no reason to follow. The same goes for eye contact. Look at everyone in the crowd. Not just a small group of people such as a group of friends. The crowd will feel ignored if you just cheer to a certain few.
- Use signs and pom-poms. Use the poms and their colors as if it were a sign (raising one color in the air and then the next) if you would be doing a chant with your school's colors in it. Poms can attract a lot of attention and can be fun to help get the crowd fired up. Use signs so the crowd knows what to do or chant.

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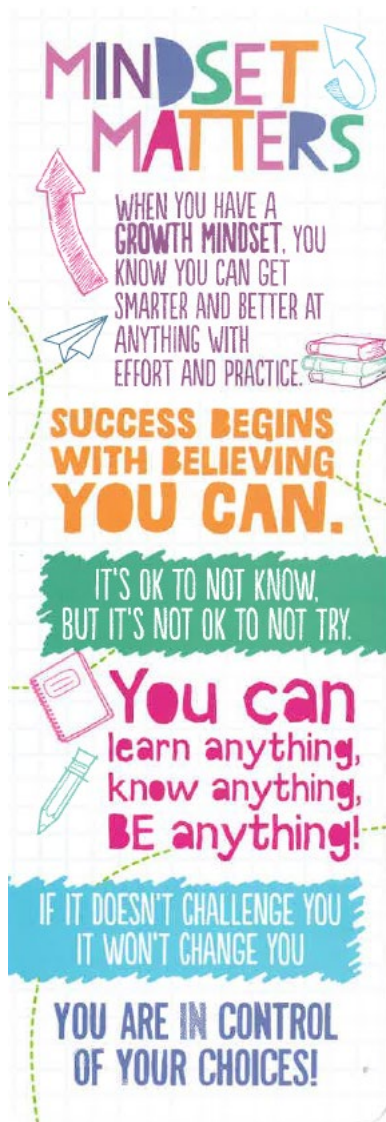
- Repeat each chant at least 3-4 times. It takes that many times for the crowd to catch on to what you are doing. Once they start chanting with the cheerleaders, continue 2-3 more times.
- Chant while the team is in the huddle during football. Starting a simple chant like “Go, Go, Go...” when the down is fourth and one and the team is in the huddle will have a lot more impact than during the play itself.
- Start a chant before & while taking the floor for a time out during basketball. Valuable time is wasted if cheerleaders wait, plus the emotion may have peaked and that is the opposite of what you want to have happen.
- Cheer often: at least every other play. This will not only keep you mentally in the game, but your crowd is more likely to follow. You should cheer between EVERY play when the game is very close or momentum is starting to switch.
- Let anyone start chants when necessary. During a game many of the chants are probably started by a captain or someone with more experience, but when the game is at a pivotal point, the most important thing is keeping the chanting going so anyone should be able to start a chant: even if you repeat chants. Practicing/Rehearsing this in practice will help everyone be ready for game situations.
- Urge the Crowd by talking to them. “Yell with us!” “Louder!” “I can’t hear you!” And then remember to praise the crowd when they follow your lead – thumbs up, clapping above your head, “Good job, Comet fans!” (use your mascot)

IF SOMEONE BECOMES UNRULY:

- Cheerleaders can be the eyes and ears for administration. While it is not the job of a cheerleader to remove someone from a game, they certainly should notify/alert administration or the cheer coach if someone is getting out of hand. It is not the cheer coaches’ responsibility to remove someone, but they are adult and verify what the cheerleader saw to the administration.
- Start a traditional chant or a crowd favorite when the call goes the other way and the fans disagree. This is where your crowd education pays off from a pep rally. Everyone being vocal in their own way only creates frustration for the crowd, the officials, your team & coaches. If the crowd follows the cheerleaders with a positive chant, the team knows the crowd is behind them, the officials move on (lose the frustration), and the voice of the crowd is still heard. This can be a challenge, but if everyone can buy into this idea, it really works.
- Stay positive. It is NEVER acceptable for a cheerleader to talk back/yell or make obscene gestures at an official, someone from the other school, or someone from their home crowd.

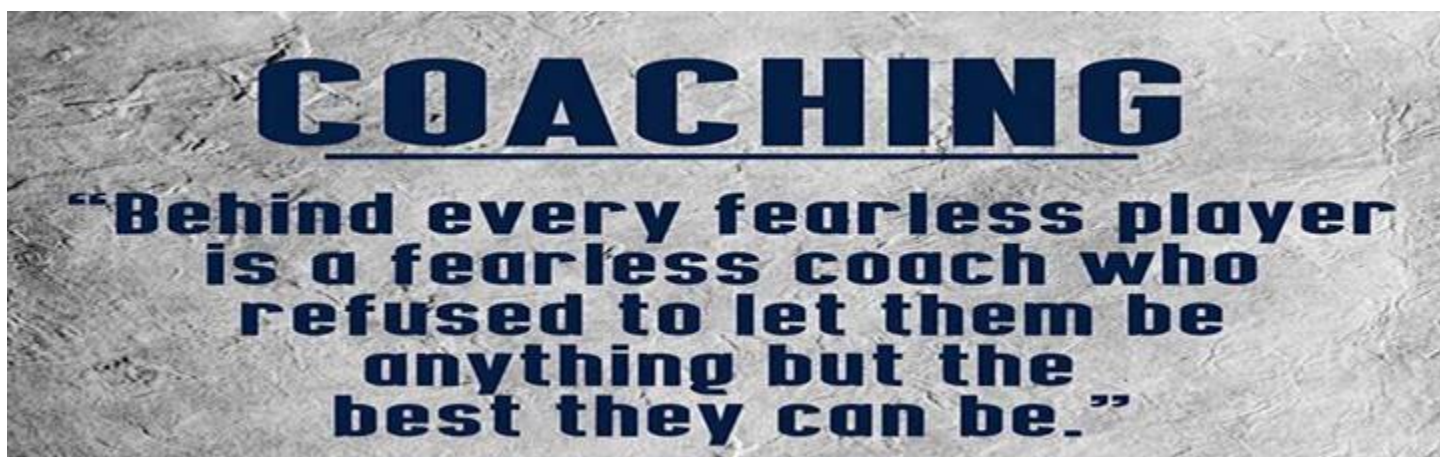


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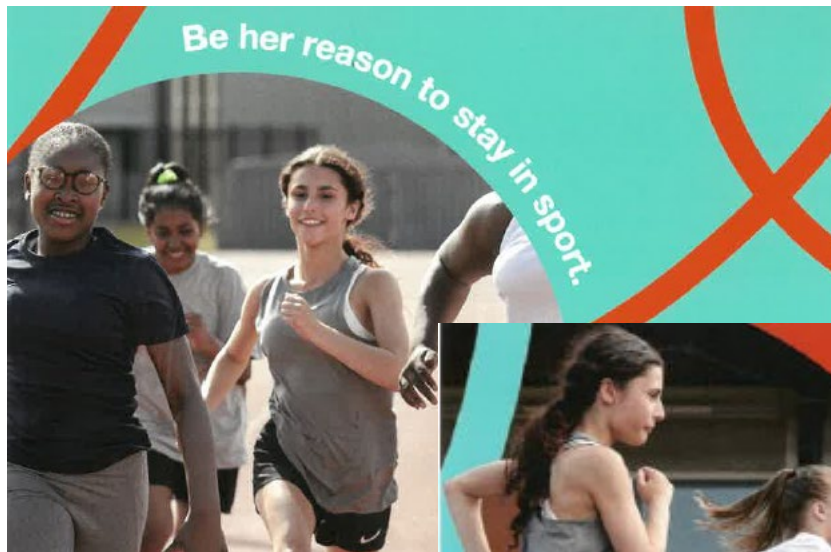
CHANGE YOUR WORDS, CHANGE YOUR MINDSET	
INSTEAD OF SAYING THAT	SAY THIS!
IT'S TOO HARD.	I'LL KEEP TRYING.
I CAN'T DO THAT.	HOW CAN I GET BETTER AT THAT?
I GIVE UP.	I WILL KEEP WORKING!
I'M AFRAID I'LL MAKE A MISTAKE.	MISTAKES ARE HOW WE LEARN BEST.
THEY'RE SMARTER THAN ME.	WHAT CAN I LEARN FROM THEM?
THIS IS HARD.	THIS MAY TAKE SOME TIME AND EFFORT.
I'M A FAILURE.	I CAN LEARN FROM MY MISTAKES.
I DON'T GET IT.	WHAT AM I MISSING?
I HATE TO BE WRONG.	IS THIS REALLY MY BEST WORK?
I DON'T LIKE OTHERS TO DO BETTER THAN ME.	I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT!

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A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the ultimate goal and is less concerned about the overall experience.

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COACHING HER

Coaches are powerful role models who can impact girls' self-confidence, experiences, and development.

"How do we coach girls?"

Coaching HER helps sport coaches of girls challenge the status quo and the taken-for-granted assumptions of what it means to coach girls. We are helping coaches minimize gender inequalities, stereotypes, biases, and to coach differently.



TUCKER CENTER
The Youth Center for Excellence



BODY CONFIDENT SPORT

LET'S COACH BODY CONFIDENCE

This initiative was created to help girls and young people of all gender identities feel more comfortable being active and participating in sport. The aim is to empower coaches and athletes around the world to celebrate the truly awesome things active bodies can do.



Dove
for women's body



Center for Appearance Research

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BECOME A BODY CONFIDENT COACH

We've designed this online program for coaches like you. These interactive training modules focused on Body Confident Coaching will help you inspire athletes to feel more body confident while playing sport. The program will help you recognize and tackle negative body image in your athletes and promote body confidence in your athletes and on your teams.




Dove
for women's body



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CYO GRATITUDE

Coach complete the following sentence: *One thing that I am grateful for receiving this evening is...*

Closing Prayer



St. Teresa of Avila (1515–1582)

Christ Has No Body

We will read our closing prayer together out loud in our breakouts

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: AMEN

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Christ has no body now but yours!

Amen!

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Giving the very best of Yourself.



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