



Leadership Conference Wrap Up

New hands-on sessions drive athlete involvement!

Aside from the (obvious) excitement of having former Saskatchewan Roughrider Scott Schultz as our keynote speaker, the major change from past years' conferences was the incorporation of hands-on sessions aimed at driving up athlete involvement, resulting in a re-branded Leadership Conference designation.

The hands-on sessions included Pom Choreography, Stunt 101, Transitions and Inversions, and Tumbling. We hope to refine the hands-on sessions to make them more effective to help promote even more athletes to come out next year!

A special thanks to our Vice President, Katie Kohuch, for all her hard work, time, and dedication that made this conference a success!

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Competition Season is upon us!

Important things to remember as your team prepares for competition:

1. Take care of your body

Cheerleading is very much a team sport and each athlete is very important. Take particular care to avoid injuries and the hassle of rearranging your routine to fill in for "Susie" who broke her leg trying to do show off her back tuck on the icy sidewalk!

2. Work as a team

As competitions draw near the stress levels can sky rocket! When a team has a good foundation they are able to help pull each other through instead of biting off each other's heads!

3. Set goals

Set smart achievable goals for yourself and/or your team to track your progression throughout the competition season.

4. Don't forget to have fun!

It happens to all of us. We get caught up in the craziness and forget why we started cheering in the first place. Try to take the time to socialize outside of practice whether it's just hanging out in the gym after practice or going to someone's house for movie night!



Featured Team: Weyburn

How does your team work well together?

We have fun, we love each other, and we bond like it's our day job! We help each other by giving constructive criticism on our team members' stunting and technique, with the understanding that we are doing it to improve our team. Our coaches tell us to "pretend you like one another at all times," but we actually DO like one another!

What is your favourite competition and why?

We really like URCC because it is so big, and we also like Vanier because it is well run and a lot of fun! Really... we just love competing, so ALL the competitions are awesome.

What are your team goals?

No Bobbles! Really, we just want to be successful (which isn't necessarily about placing, but that would be nice, too!). Our #1 goal is improvement at each and every competition - learning from our performances and the judges' feedback.

What are your favourite stunts?

All of them! It's the best part of our sport. We love twists, 360s, and tick tocks. Anything considered tricky or that looks cool - we like that!

What team bonding activities have worked well for your team?

The best bonding time we have is getting ready for school together after morning practices. We've also gone bowling, had informal gatherings, barbecues, our annual Christmas party, and our coaches throw us a formal Wind-up Banquet at the end of our season. We have to wear our red, white, and black school colours, and our coaches hand out awards and roses to each of us.

What does your team do to help out the school and/or community?

We are really trying to get out into the community this year – it is one of our team goals. We just volunteered at a local trade show – working the door and helping vendors carry their stuff to their vehicles after the show. We are also super excited to be hosting our “Cheer for a Cure” competition this year, with the majority of our proceeds going to the Canadian Cancer Society.

What is your team's workout regiment?

We do circuits during our practices – one group in the weight room, and the other group stunting. We also have core workouts we are supposed to work on at home, and our coaches plan our practices to work us to our potential. They don't let us get away with saying “I can't!”

What do the athletes enjoy most about being on a cheerleading team?

We love trying new things, meeting new people and having new experiences, so this team lets us do all of that and then some. We like that we have really clear goals, both individually, within stunt groups, and with the whole team. This allows us to see our progress and reach new limits! The best part is that we can bond with others who are as obsessed with the sport of cheerleading as we are!

Test your knowledge of cheerleading in the province!

Did You Know....

...That all of the competition results for SCA Sanctioned Competitions can be found on the SCA website?

...That teams looking for coaches (or those looking to coach) can list them on the SCA website on the “Wanted” page?

...Cheerleading is the first sport to gain emerging member status with Sask Sport in the last 14 years?!

...The development of a national governing body for cheerleading is underway? Cheer Canada has been created to lead, support, and promote cheerleading in Canada.

...Membership Assistance Program (MAP) funding is available to ALL SCA member teams? Teams can receive funding for attending a competition in their hometown (\$100), attending an out of town competition (\$200), or hosting a competition (\$400). For complete details see the MAP funding form in the forms section of the SCA website.

...That there are TEN SCA sanctioned competitions scheduled for 2012 in Saskatchewan?!

Featured Stunt - One Handed Heel Stretch

This stunt combines a variety of skills that should only be attempted when each skill can be performed in a safe and stable manner.

Start with a basic toss over to hands, and press or "and go" to liberty. The keys to success for this part of the stunt is for everyone to give 100%.



PCA Nationals in Toronto - Jocelyn, Sarah, Lesley & Lindsey. Placed second in the Quad Stunt category!

The top has to push off the bases hard and stand strong. The bases and third really need to use to power from their legs to get the stunt in the air. When going for a toss over to hands, think about tossing it straight to extension to give yourself plenty of time to get under it. In order to turn this into a one handed stunt, the base must make sure she has a good grip on the heel. The top can pull a heel stretch, provided the stunt is stable.

The top now needs to shift her weight to her heel slightly and when the stunt is solid, the main base and side base can each pull out their front hands (from the toe) and hit a high V. Remember to keep your eyes on your top!

HOW ATHLETES CAN DEAL WITH THEIR FEARS AND STRESSES

By: Stanley Popovich

Some athletes have a difficult time in managing their fears and stresses. As a result, here is a brief list of techniques that an athlete can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

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Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

A person should visualize a red stop sign in their mind when they encounter a fear provoking thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Dealing with our persistent fears is not easy. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing your problems.

About Stan Popovich:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>



THEN & NOW!

The Saskatchewan Roughrider Cheerleaders have definitely changed over the years!

Big Poms & Big Hair - 1982

Saskatchewan Archives (R-PS82-1831-R1-9A)

Lean Green Stunting Machines!!

Standing Tall - 2011 Grey Cup



Dates to Remember

Listed are important upcoming dates for the next 2 months. If you have any questions about the scheduled events, please contact any member of the SCA Executive.

Do you have an important date you want listed in the newsletter?
Email Jill at secretary@sca.ca

Coaches Certification

JAN 21-22

Levels 1-3 and Pom coaching certification in Regina. U of R

FEB 4-5

Levels 1-3 and Pom coaching certification in Saskatoon. Bishop James Mahoney High School.

Judging Clinic

JAN 22

Judging certification in Regina. U of R

Competitions

JAN 28

Weyburn Comprehensive High School - Weyburn

FEB 10

Vanier Cheerdown - Moose Jaw

FEB 11

Campbell Ice Breaker - Regina