

The Saskatchewan Cheerleading Association (SCA) believes in unlocking the maximum potential of the cheerleading coaches in our province. Our member athletes trust that their coaches are knowledgeable about the sport, familiar with provincial rules and regulations, and have the proper training to ensure their team is kept safe and healthy.

The Coaches' Certification Program is a levelled system where each coach must certify at a level before moving on to a higher level. There are 3 levels for stunt groups and one level for pom. The following is a basic breakdown of skills taught/learned at the certification levels as well as requirements needed to achieve certification. This is by no means a complete list but should give you a general idea of the skills at each level. Coaches are not required to take certification beyond the skill level of their team and must have a minimum of 100 hours of coaching at each level before moving to the next level. There are no minimum hours required for Level 1.

Stunt Level 1

This is a 1 day course (Foundation/Technical/Practical) with a written test and practice plan submission. Level 1 does not require re-certification. Cost is \$100.

Skills Covered

- Thigh level stunts
- Stunts reaching shoulder height
- Double-based extension (Senior)
- Straight pop cradle dismounts
- Straight ride basket tosses (Senior)
- Forward rolls, cartwheels, round offs, walkovers
- Basic jumps such as tuck, spread eagle, and toe touch

Required Action to Achieve Certification

1. Complete the Level 1 Rule Book Test prior to the clinic and bring it with you.
2. Attend the Stunt Level 1 Certification (2 days long, includes a written test and practice plan submission). Must pass the written test and practical evaluation.

Stunt Level 2

This is a 4 hour course (Technical/Practical) with a written test and a practice plan submission. An Experience Validation Form is required (100 hours of coaching at this level) to earn the certification. Level 2 requires re-certification every 5 years. Cost is \$60.

Skills Covered

- Advanced extended stunts including liberty variations
- Single skill (ex: full twist) dismounts
- Basket tosses with a single skill.
- Front and back handsprings
- Intermediate to advanced jumps including hurdlers, pike, and double 9

Required Action to Achieve Certification

1. Obtain Stunt Level 1 Certification
2. Complete the Level 2 Rule Book Test prior to the clinic and bring it with you.
3. Attend the Stunt Level 2 Certification (4 hours, includes a written test and practice plan submission). Must pass the written test and practical evaluation.
4. Complete the Level 2 Experience Validation Form (need 100 hours of coaching at Level 2).

Note: A coach can choose to attend the Level 2 Certification session prior to accumulating 100 hours of coaching experience, however, they will not receive an official certification UNTIL they accumulate the necessary hours and submit an Experience Validation form to the SCA.



Stunt Level 3

This is a 4 hour course (Technical/Practical) with a written test and a practice plan submission. An Experience Validation Form is required (200 hours of coaching at this level) to earn the certification. Level 3 requires re-certification every 5 years. Cost is \$60.

Skills Covered

- Elite extended stunts including bow & arrow and scorpion
- Double skill dismounts
- Basket tosses with two or three skills
- Advances and elite jumps that include a twisting element
- Tumbling is not covered at this level.

Required Action to Achieve Certification

1. Obtain Stunt Level 1 and Stunt Level 2 Certifications
2. Complete the Level 3 Rule Book Test prior to the clinic and bring it with you.
3. Attend the Stunt Level 3 Certification (4 hours, includes a written test and practice plan submission). Must pass the written test and practical evaluation.
4. Complete the Level 3 Experience Validation Form (need 200 hours of coaching at Level 2)

Note: A coach can choose to attend the Level 3 Certification session prior to accumulating 100 hours of coaching experience, however, they will not receive an official certification UNTIL they accumulate the necessary hours and submit an Experience Validation form to the SCA.

Pom Certification

This is a 1 day course (Foundation/Technical/Practical) with a written test and a practice plan submission. Cost is \$75.

Topics Covered

- Practice planning
- Ethics, roles, responsibilities
- Routine building
- Teaching and learning styles
- Motivation and feedback
- Mental and physical preparedness

Skills Covered

- Jumps
- Kicks
- Spins/Turns

Required Action to Achieve Certification

1. Complete the Level 1 Rule Book Test for Pom prior to the clinic and bring it with you
2. Attend the Pom Certification (1 day long, includes a written test and practice plan submission)

Only if a coach has coached the *majority of skills* at a given level should he or she certify at the next level.

Coaches are required to have an Experience Verification Form signed by their teacher advisor, athletic director, principal or club owner acknowledging that they have completed the required number of hours at each level before moving to the next level. If a coach registers to certify at a level deemed unnecessary or it is believed that the prerequisites have not been fulfilled, the SCA will contact both the coach and the school representative. If you have any questions about the certification program please let us know.

Tentative Dates & Locations

Saturday, January 21st, 2012 – Level 1 (Stunt)/Pom in Regina – ED193 & ED Auditorium, U of R – 9:30-5:00pm

Sunday, January 22nd, 2012 – Levels 2 & 3 in Regina – ED193 & ED Auditorium, U of R – 9:00-1:00pm

Saturday, February 4th, 2012 – Level 1 (Stunt)/Pom in Saskatoon – Bishop James Mahoney High School – 9:30-5:00pm

Sunday, February 5th, 2012 – Levels 2 & 3 in Saskatoon – Bishop James Mahoney High School – 9:30-5pm

For full-day events, please bring a bagged lunch as we will be allocating only 30 minutes for a lunch break. Keep your eye on the website for updated locations.

Important Information

- Your team must hold a current (2011-2012) SCA Regular Membership, or Associate Membership if you do not belong to a current team, to be eligible to attend the Coaches' Certification. **SCA Membership forms & payment must be received before or with your Coaches' Certification form and payment.** A Membership Registration form can be found on the website at www.sca.ca. You can submit your Membership Registration form and payment with this form.
- Please submit your registration & payment no later than October 17th for the Regina sessions and November 14th for the Saskatoon session. Please let our Executive Director know if you are submitting your form or you are bringing it to the conference, by phone (306) 343-SCA1 (343-7221) or email executivedirector@sca.ca.
- If your cheque is coming from your school board office please state that on the form and to let us know.

Registration Deadline: We will accept registrations up to 5 business days before an event is scheduled to run. We have a minimum registration requirement – if this number is not met you will be notified of the cancellation at least 3 business days prior to the schedule run date.



2011-2012 Coaches' Certification Information & Registration Form

Personal Information

First Name _____

Last Name _____

Address _____

City _____

Postal Code _____

Email Address _____

Phone Number _____

Age _____

Team Name (if applicable) _____

Current Certification (if any) _____

Registration Fees

Please Check All That Apply:

- Stunt Level 1 Certification (\$100)
- Stunt Level 2 Certification (\$60)
- Stunt Level 3 Certification (\$60)
- Pom Certification (\$75)

Total Amount Enclosed: _____

All payments are non-refundable.

Payment Method

- Cheque (payable to Saskatchewan Cheerleading Association Inc.)
- Money Order Mastercard
- Visa Amex

Send Completed Form & Payment To

Saskatchewan Cheerleading Association
P.O. Box 31090
Regina, SK S4R 8R6

Credit Cards: No: _____ Exp. Date: _____

Printed Name: _____

Phone: (306) 343-SCA1 (343-7221)

Signature: _____

Fax: (306) 343-SCA9 (343-7229)

Note: You must have a current SCA Regular or Associate Membership to take the SCA Coaches' Certification.

Office Use Only							
Total Paid:	_____	Money Order	Cash	Cheque No: _____	Visa	Mastercard	Amex
Total Outstanding:	_____	Date:	_____	Cheque Name:	_____		
Name:	_____	Receipt#:	_____	Initials:	_____		