



2009 Coaches' Certification Information & Registration Form

November 21st & 22nd, University of Regina, CKHS 185

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 SCA is bringing in two certifiers from the Alberta Cheerleading Association to provide an opportunity for Saskatchewan coaches' to access a certification program that has been developed and refined over the past several years. There are three levels of certification that are outlined on the last page of this document.

Date & Time

Saturday, November 21st – 9:00am-6:00pm: Level 1 & 2 Certification

Sunday, November 22nd – 8:30am-2:00pm: Level 1 & 2 Hands On Evaluation

Registration Information & Fees

- Your team must hold a current (2009-2010) 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.
- Cost to attend the Coaches' Certification is:
 - \$75.00 for Level 1 Certification
 - \$35.00 for Level 2 Certification **(In order to receive Level 2 Certification, you need to attend and pay for Level 1 Certification, so \$110 for Levels 1 & 2).**
- Please submit your registration & payment no later than November 16th, so that we can place an accurate lunch order. If you are submitting your form after November 16th or you are bringing it to the conference, let our Coordinator Denise Norris, know via email - coordinator@sca.ca.
- If your cheque is coming from your school board office please state that on the form and e-mail our Coordinator to let us know - coordinator@sca.ca.

Registration Deadline: November 16th, 2009.

All payments are non-refundable.

Send Completed Form & Payment To:
Saskatchewan Cheerleading Association
P.O. Box 31090
Regina, SK
S4R 8R6

Please Make Cheques Payable To:
Saskatchewan Cheerleading Association



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Personal Information

First Name

Last Name

Address

City

Postal Code

Email Address

Phone Number

Age

Food Allergies

Fees

Please Check All That Apply:

- Level 1 Certification (\$75)
- Level 1 & 2 Certifications (\$75+\$35 = \$110)

- The team I belong to holds a paid 2009-2010 Regular Membership (\$60 if paying by November 30th)
- I hold a paid 2009-2010 Associate Membership (\$20)
- I am enclosing a 2009-2010 Membership Registration form & payment.
- I am enclosing a 2009-2010 Membership Registration form & payment that will follow from the board office.
- I am enclosing a Coaches' Certification registration form & payment.
- I am enclosing a Coaches' Certification registration form & payment that will follow from the board office.

Total Amount Enclosed: _____

Office Use Only

Total Paid: _____	Money Order	Cash	Cheque No: _____
Total Outstanding: _____	Date: _____		Cheque Name: _____
Name: _____	Receipt#: _____		Initials: _____



Experience Validation Form

Coach Information

Name

Email Address

Home Phone

Cell Phone

School/Club Information

School/Club Name

Advisor/Athletic Director/Principal/Club Owner

Current Division of Team

Email Address

Level 1 Validation

As the advisor/athletic director/principal/club owner of the team listed above, I validate that the above named coach has 100 hours of coaching experience at Level 1* qualifying him/her for certification at Level 2.

Advisor/Athletic Director/Principal/Club Owner Signature

Date

Level 2 Validation

As the teacher advisor/athletic director/principal of the school listed above, I validate that the above named coach has 100 hours of coaching experience at Level 2* qualifying him/her for certification at Level 3.

Advisor/Athletic Director/Principal/Club Owner Signature

Date

COACH VERIFICATION

I verify the information validated above is correct. I possess the required experience to certify at the level(s), which I will be tested.

Coach Signature

Date

*For further details please see Coaching Level Breakdown sheet.

If you have any questions about the certification program, including validation, please contact Denise Norris at coordinator@sca.ca.

Certification Levels

The following is a basic breakdown of skills taught/learned at the certification levels. 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.

Level 1 – Elementary, Junior, and Senior

- 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

Level 2 – Senior

- 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

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. Once a coach is certified at any given level he or she is certified "for life" and is not required to re-certify. 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 contact our Coordinator at coordinator@sca.ca.