

## IMPORTANT NEW INFORMATION FOR CHEER COACHES

In October of 2006, the North Dakota High School Activities Association passed a new regulation for Cheer Coaches. Before that, the only course a coach was required to take if they wanted to stunt above waist high is ASEP Sport First Aid along with the hands-on stunting portion of the certification class. NDCCA believed in order to further safe stunting, additional coaches' education was necessary. Therefore, the following proposal was passed, and became effective last school year:

Additional courses must be completed once every 5 years if a coach wants her team to continue stunting above waist high. These courses would be one of the National Federation courses that are a part of the National Federation's Bronze Level certification:

1. Coaching Principles for Cheer and Dance
2. Motions, Jumps, and Tumbling
3. Spirit Program Management
4. AACCA Safety Certification
5. Partner Stunt Progressions I
6. Partner Stunt Progressions II
7. Attendance at a national cheer coach conference (NCA, AACCA, UPA, etc)
8. National Federation online Coaching Principles course. (different from #1, Coaching Principles for Cheer and Dance)

Once a coach has completed her 5<sup>th</sup> year of coaching, she/he must complete one of the above BEFORE the start of their 6<sup>th</sup> season in order to continue their certification.

At least 2 of the above courses will be offered at NDCCA Coaches Day in Bismarck on Sunday, September 21<sup>st</sup>.

Question: "What if I don't have any of the above at the beginning of my 6<sup>th</sup> year—do I lose my stunt certification for the whole year?"

Answer: No, not if you attend and complete one of the NF courses being offered at NDCCA Coaches Day. Once you complete one of the courses, send in proof with your certification form to Paula Goldmann, and you will then be certified for the next 5 years.

If you have any questions about any of the above items, e mail Billie Ann Caya, [billie\\_caya@earthlink.net](mailto:billie_caya@earthlink.net)