

# High School & Junior (Intermediate) Cheerleading



## **Credentialing/Certification**

The high risk nature of cheerleading requires that all coaches keep up-to-date with skill developments, rule changes and safety issues. SSSAA, the Lakehead District School Board and the Thunder Bay Catholic District School Board will make coaching education opportunities available at no cost to participants (includes registration fees only). Any local courses will be paid for by the aforementioned groups. Any out of town opportunities should be paid for by the participant and will be reimbursed upon completion.

Individuals registering for the AACCA training held in Thunder Bay must register by emailing Dave Pineau at [dpineau@lakeheadschoools.ca](mailto:dpineau@lakeheadschoools.ca). At least one coach per school must be certified through this program or an equivalent program in order to be responsible for a school team.

## **Junior (Intermediate) Cheerleading**

Teams competing in Junior Cheerleading may only perform up to the Junior School Based Teams – Intermediate Level (based on the most recent Red Book with one exception – no extended one legged stunts unless supported on both sides) until the first junior competition in December. After this point teams and individuals who have shown proper skill development may begin working through more advanced levels.

Coaches are strongly advised not to move beyond the Intermediate Level with any of their student-athletes until they are properly trained. Teams that do not compete in the December competition will not be permitted to perform maneuvers beyond the Intermediate Level. Once a full program at the Intermediate Level is performed, these teams may begin working

through more advanced levels. These measures have been endorsed by the Ontario Cheerleading Federation and both the Lakehead District School Board and Thunder Bay Catholic District School Board.

Any cheer camps that involve maneuvers beyond the Intermediate Level must be done so in the proper progression, with immediate supervision and keeping in mind the skill level of the student-athlete.

The rotation for hosting the December Junior Cheerleading Competition will be as so: 2007 – St. Ignatius; 2008 – Churchill; 2009 – St. Patrick; 2010 – Hammarskjold; 2011 – Superior; 2012 – Westgate.

### **SSSAA Policy Decisions:**

#### TRYOUTS

Teams cannot be picked the year previous (i.e. June 2007 for school year 2007-08). SSSAA realizes the time restraints you are under but it is important that any student entering school in September has the opportunity to make the team. This is the same situation that every school team is faced with.

#### FIELD/COMPETITIVE TEAMS

SSSAA no longer differentiates these as two separate teams. SSSAA realizes these are very distinct teams but all that is required in terms of eligibility forms is one for those student-athletes that are going to compete in competitive settings. There is no requirement for field cheerleader names to be submitted.

#### SUMMER CONTACT

Any coach operating a high school team in the summer months will subject the school to a \$500 fine and the coach will be banned from coaching for the remainder of the upcoming school year.

#### OUT OF SEASON PRACTICE

This policy remains intact as it has in the past. Teams may practice or convene once per week in the off-season.