



June 2008



## Checklist for the new season

It is never too soon to think about preparation for the new season. These simple reminders will help to begin your season on a positive note:

1. Create a calendar for the current year. Prepare to meet and distribute the calendar to administrators, parents, and cheerleaders once complete.
2. Check your first aid kit for supplies and expiration dates. Replenish supplies as needed. If you do not own one now is the time to buy one.
3. Returning coaches should re-examine “Skills’ Checklist”– from the previous year and create a new checklist for the new season.
4. Double check that all eligibility forms are completed and submitted on time. Keep copies for your records.
5. Review your cheerleading rules for changes or “new rules”.
6. Attend coaches’ workshops or conferences to keep up to date.
7. Review the basic football rules with the cheerleaders.
8. Cheerleaders may need reminders about grades and behavior.
9. Make time to review new and existing rules with the cheerleaders. Make a test that covers the rules and have the cheerleaders take the test. Require a passing grade before game participation.
10. Review your safety guidelines for games. Plan a trip to the local stadium and discuss procedures for pre-game, during the game, half-time, and after the game.
11. Review with your cheerleaders when to cheer, when not to cheer, and how to exhibit good sportsmanship. Include ways to make the visiting cheerleaders feel welcome
12. Meet with your assistant coaches and review your plan for the new year.
13. Have a “game plan” for every game–what stunts to perform each quarter, how to display good sportsmanship, how to handle defeat.

With planning and patience, the new season can be an enjoyable one for cheerleaders and coaches.

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Next issue:  
AYC paperwork &  
timeline

*Cheers!*  
*Diane*

