



## CAL Cheer Coaches' Meeting Notes – 10/9/2024 @ 6:30PM

### Contact Info:

- **Ben Gorewitz**, CAL Director
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  - Phone: 401-865-6854
- **Brandy Narducci**, Cheer Coordinator
  - Email: [athletics@stphilipschool.com](mailto:athletics@stphilipschool.com)
  - Phone: 401-743-9665

### Forms

- All forms can be found on the CAL website [www.calsportsri.org](http://www.calsportsri.org) under “downloads”
- **Coaches' Code of Ethics**
  - Signed by each coach
  - Turned into Athletic Coordinator
- **Liability Waiver**
  - Must be signed for each participant
  - If a student participated in a fall sport for CAL, they do not need to sign this again
- **Parental Code of Conduct**
  - Signed by each parent or guardian and turned into Athletic Coordinator

### Registration

- **Team Registration Deadline:** October 23rd
  - Athletic Coordinators must be the ones registering
- Send any schedule conflicts/preferences to Brandy Narducci
- **Rosters Due:** November 22nd
  - Athletes can be added until January 10th

### Important Dates

- **Season Begins:** December 7th-8th
- **Christmas Break:** December 23rd-January 4th
- **“Thank a Ref Weekend”:** January 25th-26th
- **No Games:** February 15th-16th
- **Diocesan Basketball Tournament:** March 8th-9th, 15th-16th
- **Cheer Showcase:** TBD (March 2025)

### The Sport of Cheer

- **Purpose:** Support and promote spirit for CAL Basketball season and develop cheer skills.
- **Eligibility:**

- Open to Kindergarten – Grade 8 teams
- Must register with CAL and adhere to DIOCESAN rules and guidelines
- No limit on squad size; all cheerleaders must be listed on the roster

#### Coaches' Responsibilities

- **Training:** Complete Play Like a Champion Training
- **Certification:** USA Cheer certification for mounting squads
- **Safety:** Use mats for all floor exercises; no aerial or extended stunts
- **Conduct:** Maintain sportsmanship; no booing or poor behavior
- **Coaches' Badge:** Coaches' badge must be worn at all CAL events

#### Play Like A Champion Certification

- **Dates:**
  - November 2nd, 9AM-12:30PM
  - November 23rd, 9AM-12:30PM
  - December 5th, 6PM-9:30PM
- **Location:** Rejoice in Hope Center, 804 Dyer Avenue, Cranston, RI
- **Registration:** Available on [www.calsportsri.org](http://www.calsportsri.org)

#### Uniforms & Accessories

- **Approval:** Reviewed by parish/school administration and CAL
- **Restrictions:** No jewelry (except taped medical bracelets), hair pulled back, modest makeup, appropriate uniforms

#### Game Guidelines

- **Cheer Area:** Bleachers or safe distance from sideline
- **Cheering Rules:**
  - Seated bench cheers anytime except during foul shots
  - Standing sideline cheers only during dead ball
  - No mounts on sideline
  - Cheer squads should arrive no more than 30min prior to game time
- **Routine Rules:**
  - Family-appropriate routines
  - Max 2.5 minutes for halftime routines
    - Includes time walking on and walking off the court
    - Time begins with start of music or first cheer motion
    - Time ends with end of music or last cheer motion
  - Music and moves must be approved by school principal or pastor
    - Music may not exceed 1.4 minutes