

**MOUNTAIN VALLEY LEAGUE
CHEERLEADING COACH'S CONTRACT**

There is perhaps no greater single element of importance to youth cheerleading than the coach.

Just as the informed, knowledgeable coaching staff can bring success to a program, so does the uninformed, sometimes well meaning, but over-zealous staff bring disastrous results that not only effect their own program but otherwise damage or tarnish cheerleading.

Negative publicity and a bad public image of youth cheerleading have surfaced in many areas more so in recent years than ever before. Often that notoriety has been unjust or even unfair. Often it has been deserved. Often it has been due to the direct actions of the well meaning but over-zealous or ignorant coach.

1. The distinction must first be made that youth cheerleading is not pro, not collect, and remotely resembles high school cheerleading.
2. The superior youth cheerleading coach is more concerned with her player's grades and citizenship than her team's record. While winning is certainly a part of cheerleading, a greater emphasis should be placed on how a team performs.
3. Knowing and recognizing the distinctions of youth cheerleading and the philosophies that stand behind it, is only a part of becoming a real youth cheerleading coach. Cheerleading itself is constantly changing from year to year. You may or may not consider yourself to be an expert on cheerleading, but are you up to date on the latest training techniques? Do you know about the latest exercises, drills, isometrics, or stretching exercises used for developing youth bodies? How competent are you in the field of athletic medicine or first aid? If it's been a few years since your cheering days you might find your competence in some of the areas listed above might be considerable lacking the responsibility for a number of youngsters this season. The physical education departments at most high schools and colleges are a virtual bank of such knowledge. Most instructors would only be too happy to share with you their knowledge of such things when they know you will be working with youth.
4. Conditioning is such an important part of youth cheerleading. Do you feel comfortable enough with your present level of proficiency in such matters as discussed above: to know when to pour it on the practice field and when to let off for a rest period? If not, you've got some homework cut out for yourself. There are always coach's clinics every year that your association can inform you about.
5. Besides being familiar with philosophies involving youth cheerleading and proper coaching techniques it is extremely important that every coach have a through knowledge of the rules and policies that govern youth cheerleading.
6. Coaches can have a say in the formation of rules. Your contribution in the form of written data can be given to your association representative to be forwarded to the M
7. For many of the youngsters that you will be coaching, this might be their first and last contact with organized youth cheerleading. The idea that cheerleading must somehow supply "lessons" as training for future adult years is best left to the high schools and college coaches. Keep the game free of parental pressure and adult ego and peculiarities. While teaching youngsters teamwork and cooperation and demanding hard work and discipline, you must also strive to make the practices, the games, the youth cheerleading experience a fun and rewarding experience for your players. An experience they will want to repeat and they want their children to experience.
8. The youth cheerleading coach represents the role of a substitute parent. Her off-field contributions to her players can be more significant and beneficial often times than athletic instruction

I have read and understand the MVL philosophies and rulebook. I am aware that my name and finger prints will be submitted to the Dept. of Justice for a personal records check. I am aware that I can be subjected to disciplinary action in the form of reprimand, probation, suspension and/or expulsion by the association or MVL for violation of appropriate constitution, bylaws, rules and/or regulations and that I must confide all appeals to the provisions set forth in these publications.

Name _____ DL# _____

Address _____ CITY _____ ZIP _____ DATE _____

Coaches Signature _____ Presidents Signature _____

Starters Rookies Jr. Varsity Varsity

Head Coach Assistant Coach Junior Coach

Association _____ **League Official** _____