

GCCA NEWSLETTER



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BLAIR**

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Welcome from The President



DEAR COACHES,

GRATEFUL IS THE WORD THAT COMES TO MIND AS WE CLOSE OUT THE 2021-2022 CHEER SEASON AND ARE PREPARING FOR OUR 2022-2023 CHEER SEASON. I AM GRATEFUL FOR GHSA BEING COMMITTED TO OUR ATHLETES AND ALLOWING US TO HAVE ATHLETICS WHILE MAINTAINING A SAFE ENVIRONMENT. I AM GRATEFUL FOR SUPPORTIVE SCHOOL SYSTEMS THAT ALLOWED ATHLETICS TO CONTINUE AS WELL. I AM GRATEFUL FOR MY GCCA COACHING FAMILY THAT ALWAYS PROVIDED ENCOURAGEMENT AND SUPPORT WHEN I NEEDED IT. I AM GRATEFUL FOR MY ATHLETES WHO ENDURED THE LONGEST SEASON OF THEIR CHEER CAREERS. IN A WORLD WHERE THERE SEEMS TO BE NO “NORMAL” ANYMORE, WE WERE ABLE TO PROVIDE AT LEAST A SMALL AMOUNT OF NORMALCY AS WE COACHED OUR ATHLETES ON THE SIDELINES AND THE COMPETITION FLOOR.

COACHING IN THE MIDDLE OF A PANDEMIC HAS CHALLENGED US IN WAYS THAT WE COULD’VE NEVER IMAGINED. THIS CHEER SEASON TAUGHT OUR ATHLETES AND US AS COACHES RESILIENCY. OUR ATHLETES HAD TO LEARN TO BE FLEXIBLE AND ADAPT QUICKLY TO CHANGES. EACH WEEK BROUGHT NEW CHALLENGES THAT HAD TO BE OVERCOME AND OUR ATHLETES STEPPED UP AND FINISHED STRONG. IT MADE ME REALIZE THAT WE CANNOT TAKE OUR TIME WITH OUR ATHLETES FOR GRANTED. IT MADE ME APPRECIATE THE TIME I WAS GIVEN WITH THEM. AS COACHES, ALWAYS KNOW HOW IMPORTANT YOU ARE TO YOUR ATHLETES. EVERY DAY WILL NOT BE EASY AND CHALLENGES WILL COME, BUT THEY WILL ALWAYS REMEMBER THE IMPACT YOU MADE ON THEIR LIVES AND THAT YOU WERE ALWAYS THERE TO ENCOURAGE AND CHEER THEM ON TO THE FINISH OF EVERY SEASON.

OUR GCCA SPRING CONFERENCE WAS JUST WHAT I NEEDED TO GET MY CHEER SPIRIT REFILLED AND READY TO PREPARE FOR THE UPCOMING SEASON. WE HAD SUCH AMAZING SPEAKERS THAT GAVE US SO MANY NEW IDEAS TO BRING TO OUR OWN TEAMS. IT WAS AWESOME TO SEE AND FELLOWSHIP WITH MY COACHING FRIENDS FROM ACROSS THE STATE ALL WHILE REFUELING MY PASSION FOR THIS SPORT AND MY ATHLETES. MY WISH IS FOR GCCA TO HELP YOU TO CONTINUE TO FUEL YOUR PASSION FOR COACHING AND BE YOUR BEST FOR YOUR ATHLETES. WE ALL NEED SUPPORT AND ENCOURAGEMENT AND TO KNOW WE ARE DOING OUR BEST. OUR GOAL IS TO PROVIDE YOU WITH THE SUPPORT AND RESOURCES YOU NEED TO BE THE BEST COACH YOU CAN BE FOR YOUR ATHLETES.

I AM EXCITED AS WE MOVE INTO THIS NEW SEASON. WE NEED TO ENCOURAGE AND LIFT EACH OTHER. WE NEED TO EXTEND GRACE, PATIENCE, AND LOVE TO EACH OTHER, OUR ATHLETES, AND OURSELVES. I WISH EACH OF YOU THE BEST AS YOU FINISH OUT YOUR SCHOOL YEAR WITH TRYOUTS, FITTINGS, AND PREPARATIONS FOR SUMMER CAMPS. I HOPE THAT YOU HAVE A RESTFUL AND REJUVENATING SUMMER AS WE PREPARE FOR THE 2022-2023 SEASON.

CHEERS,

Cyndi Blair
PRESIDENT GCCA

GCCA Leadership Team



CYNTHIA EVANS-BLAIR	PRESIDENT	LAKESIDE- EVANS	CYNTHIA.BLAIR@ CCBOE.NET
STACEY SCHMUHL	1ST VICE PRESIDENT/ COTY COORDINATOR	SOUTH FORSYTH	STACEYSCHMUHL@ GMAIL.COM
CHARITA BOWERS	2ND VICE PRESIDENT	SAVANNAH CHRISTIAN	CBOWERS@ SAVCPS.COM
SHAYLA BRAWNER	PAST PRESIDENT/ COACH OTY COORDINATOR	SOUTH FORSYTH	SBRAWNER@ FORSYTH.K12.GA.US
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MICHELE PILDNER	REGION 2	LOCUST GROVE	MPILDNER@ HENRY.K12.GA.US
SHANNON BEDNAROWSKI	REGION 3	MCINTOSH	SHANNONBED@ BELLSOUTH.NET
GINGER REEVES	REGION 4	SONORAVILLE	GREEVES@ GCBE.ORG
LANE FLOYD	REGION 5	SPRAYBERRY	ROBERT.FLOYD@ COBBK12.ORG
ANETTE GRATZNER	REGION 6	ALLATOONA	COACHGRATZER@ GMAIL.COM
ABBY BATES	REGION 7/ WEBSITE	RIDGELAND	ABBYBATES@ WALKER-SCHOOLS.ORG
REBECCA BROWN	REGION 8	WALNUT GROVE	REBECCA.BROWN@ WALTON.K12.GA.US
HOLLIE BEALE	NEWSLETTER/ REGION REP COORDINATOR/ CONFERENCE ASSISTANT	WEST LAURENS	WLHSBEALE@ GMAIL.COM
DENISE FROST	VENDORS	MORGAN COUNTY	DENISE.FROST@ MORGAN.K12.GA.US
LIN KERR	GCSA/GACA LIAISON	EASTSIDE	KERR.LIN@ NEWTON.K12.GA.US
ANN MICHELLE TOOLE	CONFERENCE COORDINATOR	VIDALIA	ATOOLE@ VIDALIA-CITY.K12.GA.US
APRIL SMITH	TOTY COORDINATOR	PUTNAM COUNTY	APRIL.SMITH@ PUTNAM.K12.GA.US

TOY

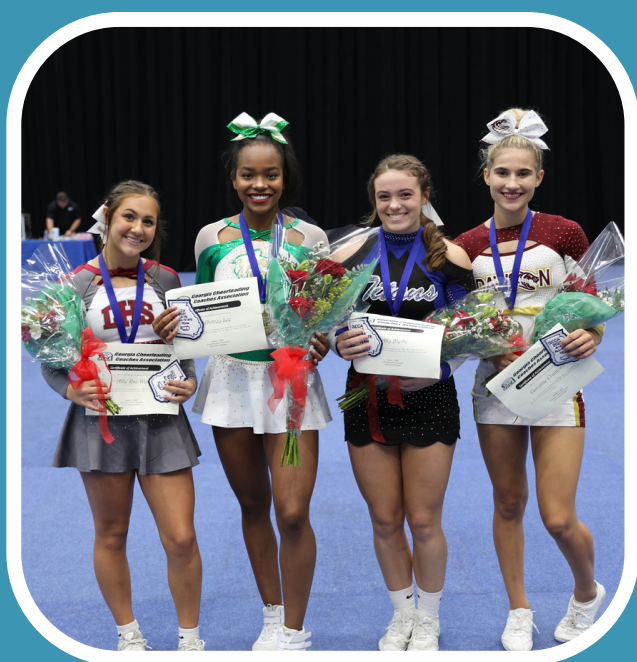
team of the year

RIDGELAND HIGH SCHOOL

PHILOSOPHY:
CHEERING FOR THE
HOPE OF IT ALL



VIDEO:



GOAT

cheerleader of the year

1A-4A

ALLY BLYTHE, LAKE OCONEE ACADEMY
RUNNER-UP: CAROLINE CRANFORD, DAWSON COUNTY

5A-7A

WHITNEY LEE, BUFORD HIGH SCHOOL
RUNNER-UP: ALLIE RAE WARD, LOWNDES

INFO



2022 Dance state Champions



A-2A: STILLWELL SCHOOL OF THE ARTS



3A-4A: WEST LAURENS



5A-6A: STARR'S MILL



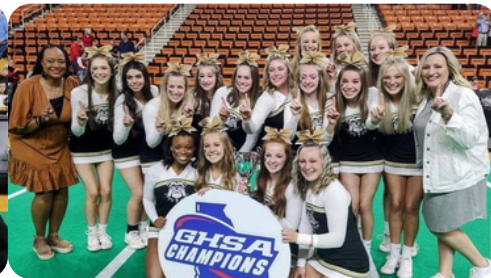
7A: MILL CREEK

2022 Game Day state Champions

A-2A
VIDALIA



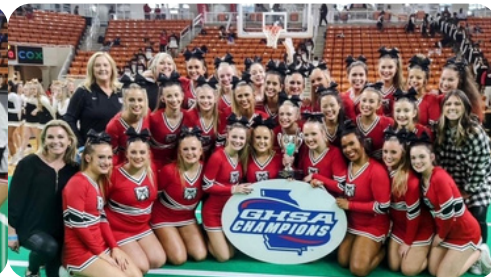
3A-4A
MARY
PERSONS



5A-6A
LEE
COUNTY



7A
NORTH
GWINNETT



DANCE
MILL CREEK



Team Accountability

Coach Anette Gratzer, Allatoona High School

I do not know about you guys, but in the past few years, I have had to extend grace to a lot of my girls. With everything going on, I felt as if I had to be understanding of certain situations as they came. I was getting excuse after excuse and repeating myself over and over. It was exhausting. I told my girls that I spent more time-solving problems than actually coaching because each day was something new. I decided to do something that I said I would never do- a DEMERIT system. Why choose this? I want to keep consistency throughout my program. As a coach, I felt like that was one thing I could work on- fairness across the board. I do not want to say it is okay for my Varsity Basketball cheerleader to miss something, versus not allowing a Junior Varsity Cheerleader to miss. I did not want to bench a girl for being late one day, and the just let the other girl do conditioning for being late. It was important for me to set the tone of expectation. When creating this demerit system, I wanted to emphasize that we were not doing this for punishment, but more so for the fact that we have a responsibility to these young adults to not only build their skills but also build their ability to take on more responsibility post-high school life. When I presented this to my parents, I thought I would get backlash but y'all- I did NOT. They are seeing the same issues day in and day out, and they even came and thanked me(SAY WHAAAT? LOL). I started this by having them sign a contract, and then I gave them a pocket-held demerit form so that they always have it handy. You would be amazed at how they are holding each other accountable. I am excited to see how it works this year and see if there is a difference. If you are interested, just email me at coachgratzer@gmail.com, and I would love to share! Likewise, if you have a demerit system- let me know the good, the bad, and the ugly!



Example of Demerit
Consequences





Congratulations

TO THE

**Ashley Taube GCCA
Coach of the Year for 2022**

**Coach Jen Spiegel
Hillgrove High School**

CHECK OUT OUR UPDATED WEBSITE FOR HELPFUL
INFORMATION & THE LATEST NEWS!

www.georgiacheer.com



March 10-11, 2023

save the date

2023 Spring Conference

UGA - Athens, GA

Center for Continuing Education

Two Things...

The first thing: “Everything is so different. We’ve had to adjust. Kids are not the same. It’s a new world.”

If I had a nickel for every time I have either heard those words or said those words myself in the last two years, I would be jetting off in the heat of July to the Swiss Alps for a pleasantly cool vacation. I could probably afford to take the Crazy Eight’s with me too! Unless you were hidden under a rock somewhere in a desert, you can testify to the harsh truth of those statements. Who could possibly have foreseen how the world has changed and how it continues to change because of worldwide circumstances? We just did not see it coming.

So, what’s my point here? The big reveal: Even as a bright spotlight is focused on the bazillion adjustments that the educational landscape has endured in the last two years, it’s my suggestion that one thing has not changed: children - students-athletes - all need the structure and discipline you as an individual coach provides in the expectations and demands you set for your team. In the face of so many changes, when we as adults know that none of us are returning to the “old, familiar world” we once knew, please realize that you are providing a secure place for your athletes that they need and that they can count on. Simply put, there is security and comfort in knowing that they can depend on the structure you provide for them, both in practice and in performance. There are so many people these days that tell educators and coaches to lighten up, make things easier, chill out and be less demanding. No, no, no. I totally disagree. There are all sorts of good things that come with being kind; I’m not suggesting that kindness takes a backseat. I’m saying that now is not the time to lower your expectations or change the demanding structure you have provided for your athletes in the past. It’s been clear for years that athletics may be the last holdout that exists for good old-fashioned discipline. Now it is time to recognize that athletics also functions as an environment that is familiar and secure for kids in need. Adolescent mental health issues are a greater concern today than ever before; you as coaches are helping your athletes to navigate the slippery slope of monumental change and uncertainty. Being at the gym every day at practice, providing the discipline, expectations, and structure that is necessary for all athletic teams, and being a familiar voice they know they can depend upon - that’s what YOU are doing! Please know that you are supported in your mission and you are appreciated for the enormous benefit you individually provide for your athletes. I think there is no greater task in this changing society we live in today than providing emotional security and support for children, adolescents, and young adults. Stay the course! Keep it up! Know that you matter and that you make a difference!

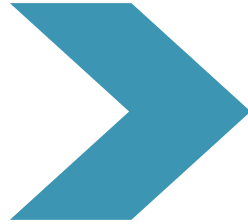
The second thing: One of the best things that came out of my time as a cheer coach is that I met some great folks and made lasting friendships that give me joy every day! Those friends have provided for me in ways that I had no idea I needed; through the years they’ve given me encouragement, perspective, energy, excitement, anticipation, and affection - the list just goes on and on. The best way I can express their impact on my life is to say they make my heart sing and provide an important layer of love and acceptance for me. If there is one bit of advice I would give to all the readers of this column it would be to find your own posse, your crew, your gang - and create with them the opportunity to fellowship and talk and share and belong. My crew came together because we all connected as cheer coaches, but I know of people who all went to high school together, or who taught together at one point, even a bunch that were a part of a now-defunct community theater group. My point is that those people shared some sort of common activity, or common goal at one point, and meaningful friendships developed as a sidebar. They make it a point to meet up together, to travel to fun places, to occasionally sit quietly and talk, to communicate through Marco Polo, to share meals and family stories, to send hilarious memes in group messages, to create laughter and silliness, and, oh yeah, to shop! Because I know the value of those friends to me personally, I wish that for all of you! There is such a blessing in having friends like that, I can’t even begin to describe the good they add to my life. Your posse is out there waiting for you to take the initiative to join them together. I promise that crew will add immeasurably to the richness of your life!

Sue Youngblood





Georgia Cheerleading Coaches Association



GCCA MEMBERSHIP FORM



2022 GACA LEADERSHIP CONFERENCE

In Partnership with the GHSA and GADA

FREE FOR ALL GACA MEMBERS

MAY 31 - JUNE 2, 2022 | HYATT PLACE ATHENS

Round tables, professional panels, networking
opportunities, GHSA Rules and MORE!

SIGN UP AND BOOK YOUR HOTEL ROOM FOR THE
CONFERENCE AT [BIT.LY/GACALEADERSHIPCONF](https://bit.ly/gacaleadershipconf) OR USE QR CODE



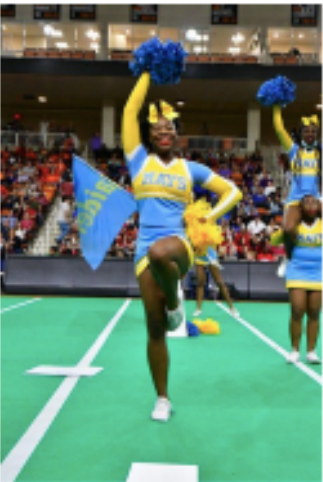
Sportsmanship, Sportsmanship, Sportsmanship!



The lack of sportsmanship has become such a problem with our teams in the last few years. Do you have any solutions to share?

You all know the cheer “Be Aggressive, Be aggressive”?

Let’s leave the aggression for the players and coaches and have our cheerleaders cheer them on and not cheer against the opposing team’s cheerleaders. What do these 3 cheerleaders on the left have in common? They are leading the crowd with a big ole smile on their face. These cheerleaders are not taunting, they are not repeating cheers, and they are not mocking the opposing team’s cheerleaders. Please feel free to stomp, clap, dance, tumble and any other way you want to show spirit—just cheer FOR your team. The high school field and court are no place for negative behavior.



Also, the cheerleaders can make a huge impact on the student sections by guiding them on what cheers to call. As a coach, please encourage your student section not to yell negatively towards the officials. At basketball finals, we had several student sections who yelled obscene cheers against the refs. Please get your Principals and Athletic Directors involved if needed.



Again, I want to commend the cheerleaders of Lovejoy High School who behaved with integrity after being boo’d by parents and fans of the opposing team while performing a half time cheer at the state finals. No high school student should have to be a subject of such unsporting behavior. And, keep in mind, this is what our officials have to endure repeatedly.

Please help us come up with ways to make this a better place for our kids to grow and learn how to create a positive environment for our teams.

Penny Pitts Mitchell

Associate Director

Cheer & Dance/Title IX/Gymnastics/SAAC



IMPORTANT DATES

June 1: Deadline to apply for sanctioned events and submit the online contract

August 1: Date for the first day of practice

August 5: Deadline to register for regular-season competitions

August 10: Cancellation of competitions due to low numbers

August 20: Confirmation of tournaments

October 1: Deadline to submit rosters online at app.ghsa.net

November 5: Region/Sectionals

November 11: 2A, 3A, 4A, 6A State Cheerleading

November 12: 1A, 5A, 7A, COED State Cheerleading

Sponsorships

2022 Platinum Sponsors



Jessica Crawford
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