

## OCCA: Weekly Update (1/13/20-1/17/20)

### COACHES:

OCCA strives to be sure everyone is successful and setting their athletes up to perform to the best of their ability. A few things to remember during this competition season:

1. It is ok to ask for advice or guidance! As coaches, we carry a heavy load within our daily lives. Practice, games, competitions, family, and day job balance. It can be rough and we want you to know there is support and a community willing to be YOUR cheerleader. Please know that you can reach out and ask for advice, tips and guidance. It is the only way to grow as a coach and there is NO SHAME in that.
2. Set your team up for success and success doesn't mean trophies. Success means performing a routine to the best of their ability in all areas and performing a routine they can be proud of. Contrary to popular belief, you don't have to perform the highest degree of difficulty to be successful. Our score sheets are scored heavy on execution. Performing skills your teams are READY to perform safely and skills they execute well should always be the focus.
3. Ask questions at Quality Control. Quality Control is not just for disputing your score, it is also to help understand your score and point you in the right direction. Again, no shame in this, we all need guidance every now and then.
4. If you would like a copy of the performance judge video trainings, please email ([president@occa.net](mailto:president@occa.net)), all OCCA members are eligible to receive the videos.
5. Utilize the tools on the website and reach out if you have questions. The information is there and people are willing to talk with you, you just have to use it. ☺ Here is the link to the score sheet page: [Score Sheets and Rubrics](#)

Required components of a routine! Many teams received a .5 in different categories this past weekend. Be sure to comb through your routine and check off the skills to be sure you will receive a score. Here are the required elements:

- Standing Tumbling
- Running Tumbling
- Jump to tumble combination
- Pyramid (Connected stunts)
- Jumps
- Stunts (at least 4 skills from a range, more on this below)
- Motions (motions are anything in the routine from motions you perform in stunts to cheer motions to jump prep motions.)
- Dance
- Formations/Transitions
- Crowd Leading

**General Tips:**

- If you don't have enough mats (or any), use masking tape to mark. Many teams tape a floor to work on formations.
- Be sure the motions in your cheer and dance are motions your athletes can hit sharp and easily flow with the routine.
- Add some flare to your transitions. Maybe a couple of athletes forward roll to their spot or seat roll. Maybe add some motions. Or maybe a simple transitional stunt that picks up the group and moves to their next formation.
- Avoid kids crossing center or running all over the mat. Simple transitions that naturally flow will score higher.
- Crowd leading doesn't have to include a million props. Simple signs and poms are always great! You can also use stunting, motions, and tumbling elements to lead the crowd. Remember, judges should be able to turn off the sound and still follow what your message is. Organizing props can be rough but make sure it is clear and concise.
- Watch your routine weekly with the sound off. You will notice things you need to correct without the distraction of sound.
- Utilize the majority cheat sheet, found here: [Majority Cheat Sheet](#) to be sure your count is correct on tumbling, stunting and jumping elements.
- Once you have mastered your routine, are there are opportunities to move up a difficulty range? Example: your team has mastered perfect forward rolls, try adding a handstand before the forward roll skill to move up a difficulty range.
- **MUSIC MUST BE LICENSED** and from an approved provider. Please check this list to be sure you are in compliance: [Music Providers](#)

**Majority Example:**

How to avoid the dreaded .5 score or a zero. Below is an example of how the majority system works.

Example:

Newberry High School has 12 athletes on the floor. The following are the majority numbers needed to hit the score sheet difficulty ranges: (use the majority cheat sheet above for a quick count)

- Running Tumbling: 7 Athletes
- Standing Tumbling: 7 Athletes
- Jump to Tumble: 7 Athletes
- Jumps: 9 Athletes
- Stunts: 2 Groups (the groups can include 4 to 5 athletes)

*Continued below.....*

Newberry performs:

**Running Tumbling:** Two athletes can perform a round-off back handspring. They need 7, the two athletes perform the ROBHS 4 times each for a *total* of 8. They have taken advantage of the recycling rule to hit the range. **Score: 4-5.9 range.**

**Standing Tumbling:** Seven athletes can perform a handstand forward roll. All seven athletes perform this skill once throughout the routine. Standing tumbling skills (without a jump) DO NOT have to be performed at the same time. The entire team performs a toe touch forward roll at the same time in the cheer. This will satisfy the required element of a jump to tumble combo. **Score: 2-3.9 range.**

**Stunts (not connected):** Two group majority which means BOTH groups need to perform the same skills (at least 4 different stunts) to score in a difficulty range.

Skill 1: 2 foot extended group stunt (2.0-3.9 Range)  
Skill 2: 1 foot prep level stretch (2.0-3.9 Range)  
Skill 3: ½ twist TO 2 foot prep level stunt (2.0-3.9 Range)  
Skill 4: Single twist toss (4.0-5.9 Range)  
Skill 5: 2 foot prep level and below group stunt (1.0-1.9 Range)  
Skill 6: Straight cradles from group stunts (1.0-1.9 Range)  
Skill 7: Shoulder sits (1.0-1.9 Range)  
**Score: 2.0-3.9 range**

**Pyramid (connected stunts):** A pyramid is a sequence of stunts that includes connected structures (pictures) and transitions. Think of your pyramid like pictures. Your structures should all look different.

Structure 1: Two connected 2 foot prep level stunts (picture 1)

Structure 2: One stunt group presses to 2 footed extended stunt (picture 2, slight change but it is a different picture)

Transition: Group that is extended bumps down to load and changes grips (this will not count towards your transition requirement because it is not a twist, release or inversion)

Transition: One group performs a flip (inversion), catches the flip, and pops back to load position.

Structure 3: One group hits a 1 foot extended stunt (picture 3)

Transition: Both groups straight cradle from the group stunts (release)

**Score: 4.0-5.9 range**

Be the judge! Take a moment and compare the above to the rubrics. What are some things they could do to improve their difficulty scores? What could they add to increase their score?

## PERFORMANCE JUDGE CLARIFICATIONS:

### Tumbling –

- A lot of .5 are being given for standing tumbling. Continue to be diligent with the jump-tumble combo. If you give a .5 because a team does not have a jump to tumble combo please use the following comment.
  - In order to score in a range, 51% of the team must do a jump to tumble combo.
- Teams should only be receiving points for 100% tumbling if **EVERY** athlete is performing the skill. Teams DO NOT get credit for 100% if they have an athlete recycling the tumbling. Teams CAN use recycling to hit your range but recycling does NOT count towards the 100%.

### COMMENTS -

- Comments need to be useful and specific. If the team is not receiving the perfect score, your job is to tell them what they need to fix in order to receive that.
- Do not say great on anything, unless it is a perfect score, because if it isn't a perfect score, then it wasn't great. You do not need to tell them what they did well. That is the coaches job to tell the team what they did well. You as the judge should pinpoint areas that need improvement in order to be perfect.

### iPad review -

- The iPad is there to assist you. It is not there to be used for every routine. The iPad is shared with Tech, building, and stunts. If you are needing the iPad often this means you need more practice in your scribing (taking notes of the routine) and please do so before your next event.
- With the emphasis on synchronized tumbling as a major factor to move through the range, this will make it harder to have exact counts. Stunts judge during an obvious tumbling section it is really helpful for you to shout out numbers of athletes going. Work together up there on the panel and communicate.

## QUESTIONS?

**Performance Judging:** (score sheets, rubric clarification, questions about score)

Contact: Jenny Gonrowski, [perfjudgetrainer@occa.net](mailto:perfjudgetrainer@occa.net)

Please note, another team's scores will NOT be discussed. If you have a questions about your score or score sheets, please include a copy of your sheet and a video of your routine in question. The video should coincide with the sheet in question. Example: Please do not send last week's video with this week's score sheet.

Execution based scores are difficult to discuss as the judge is judging based on the day.

**Safety Judging:** *(stunt legality, safety violations received, safety questions)*

Contact: Haley Thomas, [safetyjudgetrainer@occa.net](mailto:safetyjudgetrainer@occa.net)

If you have a questions about your score or score sheets, please include a copy of your sheet and a video of your routine in question. The video should coincide with the sheet in question. Example: Please do not send last week's video with this week's score sheet. A safety judge is also available at QC table at the larger competition events to discuss violations.

**Competition Coordinator:** *(general questions about events)*

Contact: Bri McCain, [compcoord@occa.net](mailto:compcoord@occa.net)

Competition directors are responsible for their own event. OCCA provides some support but the directors are in charge. If you have feedback or questions about a certain event, please email Bri and she can help you or point you in the right direction.

You are **always** welcome to email [OCCAgeneral@gmail.com](mailto:OCCAgeneral@gmail.com) or [president@occa.net](mailto:president@occa.net) if you need anything, feeling stuck or need some ideas!