

NEW YORK STATE  
PUBLIC HIGH SCHOOL  
ATHLETIC ASSOCIATION

COACHING CLINICS

- Bringing Professional Development to the Membership
- Promoting the Highest Quality of Coaching for NYS Schools
- Improving the Teaching of Fundamental Skills
- Promoting Safety for Student-Athletes
- Promoting Health & Nutrition for Student-Athletes
- Promoting Sportsmanship

SPONSORS



Varsity Brand

UCA - NCA

Welcoming ALL COACHES of Cheerleading  
Schools ♦ Clubs ♦ Associations

SCHEDULE

Cheerleading Coaches Clinic  
May 15, 2009  
Holiday Inn-Liverpool, Syracuse, NY

7:30-8:15	Registration (coffee, juice, bagels)
8:15-8:30	Welcome: Todd Nelson, NYSPHSAA Assistant Director
8:30-9:15	Keynote Speaker - Progress of Cheerleading..... Jennifer Uselton
9:30-10:20	Bringing Safety and Spirit Together..... Chrissy Taggart Choreography ..... Megan Lawton Solving Top 5 Problems ..... Joanne Small
10:35-11:25	Developing A Successful Program.....Marsha Tessler Tumbling.....Jeremiah Deleon What Judges Are Looking For..... Jessica Bailey
11:30- 12:00	NFHS Spirit Rules and Questions..... Jennifer Uselton
12:00-12:45	Lunch
12:50-1:40	Conditioning Your Athletes ..... Megan Lawton Choreography .....Jeremiah Deleon Raising School Spirit..... Joanne Small
1:50- 2:40	Skill Progressions..... Jessica Bailey Coaching and Cheerleading Safety .....Marsha Tessler Utilizing Cheerleaders to Control the Crowd ..... Jennifer Uselton
2:45	Wrap Up

SHARE YOUR FAVORITE DRILL

Bring your favorite drill on paper  
to be shared (100 copies).  
You must bring one to take a copy of all!

New York State Public High School  
Athletic Association, Inc.

CHEERLEADING  
COACHES CLINIC



MAY 15, 2009  
HOLIDAY INN - LIVERPOOL  
SYRACUSE, NY

## ❖ SPEAKERS ❖

**Jeremiah Deleon** was University at Albany's Assistant Cheer Coach for five years. His experience includes being part of NCA's Staff for nine years, an All-Star Coach for CNY All-Stars, X-Factor All-Stars, All-4-One All-Stars and Cheer Intensity All-Stars. Deleon also coached for Guilderland High School and Bishop Ludden High School. Deleon judges all levels of cheer that range from Pop Warner all the way through college levels. Deleon is certified through the American Association of Cheerleading Coaches and Administrators and the National Federation of State High School Associations.

**Joanne Small** has been a high school varsity coach for over 25 years. She has led her squads to win eight Section V Championships in addition to 13 Livingston County League Championships. Small has been honored Section V's Coach of the Year 16 times. Currently, she is the Chairman of Section V's Cheerleading program and has been since 1991. Small is a nationally certified judge on the local, regional and national level. She is the owner of "Empire Cheer" tournaments and has been the cheerleading sales manager at Premier Sports Center in Rochester, NY for the past seven years.

**Christine Taggart** currently resides in Hornell, NY where she has been involved with cheerleading for over 20 years. Taggart has coached at the High School Varsity level for 10 years. Prior to that she coached a Youth Football League for 3 years and was also the Head Coordinator for the Youth Cheerleaders. In 2004, Taggart worked as the Assistant Director and head coach of the Ultimate Cheer Attitude Senior All-Stars. There, she led her squad to winning numerous awards including a National title. Taggart has also been a cheerleading judge for 16 years in the USA and Canada. She has a National Cheer Judge Elite Certification and holds a NCSSE Master Level Certification. Currently she is a National Director for Cheer Ltd and the NY State Director for NCSSE, teaching safety and education to coaches.

**Marsha Tessler** is a former cheerleader from Michigan and coached in New Jersey prior to coaching for 22 seasons in New York. Tessler has been judging for 16 years in all levels of cheerleading at local, state, regional, and specialty competitions, including Pop Warner, High School, All-Star and College teams. Marsha is also an AACCA Safety certifier in the area, and is the Director for Westchester, Putnam, Dutchess and Rockland Cheerleading Coaches Association in Section I.

**Jennifer Uselton** has national coaching experience that varies from school and all-star teams for 17 years. Jennifer worked as a cheer instructor for UCA for 15 years. She earned the Head Instructor of The Year award 4 times in 2 regions. While on the UCA staff, Uselton was selected to be on the elite UCA Core Work Week Staff for 6 years. She is currently the AACCA Coaches Education Coordinator and helped towards creating courses for the NFHS that are currently used today in Bronze and Silver Level Credentialing. Uselton's duties consist of performing certifications, training new certifiers, and creating new seminars that meet the needs of modern cheer coaches.

**Megan Lawton** - UCA

**Jessica Bailey** - NCA

## DIRECTIONS TO HOLIDAY INN-LIVERPOOL SYRACUSE, NY

FROM N/S: TAKE I-81 TO EXIT 25 (7TH NORTH STREET). RIGHT OFF EXIT. FOLLOW 1 MILE TO END. FROM E/W: TAKE I-90 TO EXIT 37 (ELECTRONICS PARKWAY). HOTEL LOCATED ACROSS THE STREET.



## HOTEL RESERVATIONS

For those wishing to arrive Thursday, May 14, rooms are available for \$99.00. Call 315-457-1122 for reservations by May 1. Request the NYSPPHSA Cheerleading Clinic room rate.

### COACHES CRACKER BARREL SESSION

8:00pm - ?

Holiday Inn-Liverpool  
Thursday, May 14

Questions & Answers  
Informal Discussions



## REGISTRATION FORM

NYSPPHSA  
CHEERLEADING COACHES CLINIC  
FRIDAY, MAY 15, 2009

HOLIDAY INN-LIVERPOOL  
SYRACUSE, NY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NO. \_\_\_\_\_

SCHOOL/AFFILIATION \_\_\_\_\_

COACHING POSITION \_\_\_\_\_

Seminar entry fee is \$75 and must be paid as follows:

1. Day of Workshop: credit card, cash, purchase order, check
2. Mail in Pre-registration (by 3/23): purchase order or check

*\*PURCHASE ORDER REQUIRED TO INVOICE SCHOOL*

**Make checks payable to:**  
NYSPPHSA CHEERLEADING CLINIC

**Submit this entry form and fee to:**  
Todd Nelson, Assistant Director  
NYS Public High School Athletic Association  
8 Airport Park Blvd.  
Latham, NY 12110

Phone: 518-690-0771

Fax: 518-690-0775