

NDCCA BOARD MEETING

July 13, 2025

To allow for more open communication and to have a more cohesive working relationship with coaches and Board members, all coaches will now be invited to attend any board meetings. As a reminder, Board meetings are for Board members. Questions from non-board members may be posed during open forum (or otherwise noted on the agenda) and any coach or outside agent may be put on the agenda by request to the Board President or any Director within the organization.

Join Zoom Link: Video call link: <https://meet.google.com/ovm-bgfe-vhw>

Or dial: (US) +1 252-662-0116 PIN: 667 587 769#

In attendance: Mara Nash, Jen Lawson, Audrey Lenz, Brenna Heidbreder, Cailey Hanneman, Carly Johnson, Haylie Wiberg, McKenna Scmitz, Missy Jansen, Triston Allen, Baylie Pounds, StaceyAnn Ziemann, Courtney Pierce, Trent Larrieu

7:00pm	1.	Call to Order	Lawson
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Jen called the meeting to order at 7:02pm

7:01pm	2.	*Approval of Agenda	Lawson
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Cailey motions to approve the agenda, Courtney seconds. Motion carries.

7:02pm 3. ***Approval of Meeting Minutes** **Lawson**
June 21, 2025 - GA meeting minutes:
https://docs.google.com/document/d/1guNhGaL9llvwSainBPqboqKVQbZdfZLJ/edit?usp=drive_link&ouid=102589332861166401321&rtpof=true&sd=true

Audrey motions to approve the minutes, Haylie seconds. Motion carries.

7:03pm 4. **Association Financial Report** **Lenz**
https://drive.google.com/file/d/1WPFkKVsuQNpUqWx5QoLVhKIHFeSWEnv9/view?usp=drive_link
https://drive.google.com/file/d/1h8M9FfxXss02fpdvYWv4ZbvKiP9iHT3a/view?usp=drive_link

Audrey goes over the financial report. Board insurance was purchased. Wix subscription was purchased. The trailer was purchased. Coaches convention payments are still coming through and scholarship payments are going to go out so by September we should have a better view of the profit/loss from coaches convention.

7:10pm 5. **Discussions/Updates** **Lawson**

7:10pm **A. *Coaches Convention 2026 - Dates** **Lawson**
 a. Feedback from 2025 Convention
 https://drive.google.com/file/d/1IK_ag5vuf6D5_YaBxGHs9ZhLYUowvXA3/view?usp=drive_link

Only 12 responses were submitted. Carly stated that for people who work a typical week day job, taking one day off is easier during the week than taking two off if it was Thursday and Friday. Triston stated that we would need to know what people's conflicts are and if they would be able to make work. Audrey states that with one person giving that feedback that it is probably not worth changing that date.

Haylie suggested that a paper be sent out at convention with more simple yes and no questions. Triston suggested that we have the link to scan right at the convention like we did for voting for board members.

Dakia states that she would also prefer Thursday Friday.

Mara states that Thursday Friday is not the best choice due to work and things. Also stated that we should consider sending the feedback out again as more feedback would be nice.

Carly states that we should listen to who has submitted feedback as they took the time to submit without being chased down.

Audrey states that as suggested before we could do feedback submission that day and when you submit your name goes in for a prize.

Haylie suggests doing polls on social media stories.

Triston states that there may not be as many coaches on social media as we think. States that we should listen to those who spoke up and submitted their feedback. Suggests that we make a moment of things at the meetings to give a few minutes for people to give feedback.

Audrey makes a motion to stick with the Friday/Saturday dates. Haylie seconds. 10 in favor, motion carries.

b. Thursday/Friday or Friday/Saturday

i. *Thursday/Friday dates

- 1. June 11/12**
- 2. July 9/10**
- 3. July 16/17**
- 4. July 24/25**

ii. *Friday/Saturday dates

- 1. June 12/13**
- 2. July 10/11**
- 3. July 17/18**
- 4. July 25/26**

Audrey states that looking at past feedback we had that people wanted it to be earlier so that we should look to keep looking at that earlier option.

Carly states the state fair is a conflict.

Courtney states that Country Fest is a conflict.

Mara states the Fargo Fair is a conflict in July.

Missy thinks that the last two weeks are not good options in July.

Jen is worried that the books may not get here in time.

Triston thinks the earlier the better.

Mara motions that we do June 12th and 13th 2026. Trent seconds. 10 in favor. Motion carries.

c. Budget due by: November 1, 2025

B. *Scholarships

Lawson

a. 4 - \$500 scholarships, 2 for Class A and 2 for Class B

Jen feels that we should have 2 scholarships for Class A and Class B. Cailey states that there is not an option to select your class currently. Trent asks how many applications we are getting for those scholarships.

Missy makes a motion that there should be 2 Class A and 2 Class B recipients.

Carly feels that they should simply take the top applicants rather than taking classes into consideration.

Jen asks if it would be fair to then have 4 from class A receive the scholarship.

Audrey states that in the past there has typically been very little class B recipients receiving the awards. Audrey would like to be giving more out in those scholarships.

Triston states that the NDCCA should be focusing on the entire state and if all those who are winning the award are one class, that is not supporting everyone. He feels that it would help to make things more inclusive for everyone.

Trent states that as someone who has come from a small school to now being in a large school that he sees the difference of what kids have the opportunities to do in those schools and those classes.

Missy amends her motion to add that there is a panel of judges from both class A and class b schools to give out the 2 class A scholarships and 2 Class B scholarships. Mara seconds. 10 in favor motion carries.

C. *Grants

Lawson

a. Quarterly review - delete deadline

Jen suggests reviewing our dates and moving to a quarterly review of grant applications.

Audrey motions to move to quarterly reviews. Cailey seconds. 10 in favor, motion carries.

D. * Fees for hosting schools

Lawson

A team reached out to ask if hosting schools get to waive their fees. Mara states that they get to profit off of concessions and shoutouts and other things that are done at the school that day so they should still have to pay their entry fees. Audrey states that she is open to raising their cost that schools get for hosting, but the payment is still there to register. Audrey mentions how some schools charge the board to book the school and some do not, so we do need to shop around and do what is best for the board. Missy states that she feels it would be something that may be a school policy. Trent states that it was his AD that was asking, and they have to charge because of janitorial duties and other things to keep the schools running for the event. States that they barely broke even after hosting. Carly suggests giving 2 free individual registrations. Mara suggests raising the price that schools get for hosting rather than giving discounted registration to that team. StaceyAnn speaks on coaches rooms stating that there are businesses that can be reached out to and people that are willing to donate to those causes. Brenna states that we need to take into consideration that the host team is also not having to pay for travel. She also states that there are things that you can apply for that bring people into your town. Trent asks what the difference would be to get a game day routine free versus getting \$500. Haylie states that the problem with giving the discount is that the smaller schools are getting less because their registration cost is less and larger schools will be getting more. Audrey states that if a school charges us \$500, do we still pay the cheer team the \$500 as well? Mara states that we should come up with a true contract and that we should be shopping around for those cheaper schools to rent out for those events because from a business standpoint it makes the most sense. Missy agrees that a contract needs to be made and the pricing needs to be listed in there that the janitorial fees and facility fees as well as payment need to be listed.

E. Directors and meetings

Lawson

Jen states that it has been brought up that directors should not be speaking at meetings and would like the feedback of the board on this. Mara states that they should be able to speak at the meetings because they are providing insight for the meetings as they are already not a voting position, but they still have valuable insight. Audrey agrees that they are providing insight that we may not have, but they are not at risk for having a conflict of interest. StaceyAnn states that other boards do allow their directors to vote and give input. She is okay with not being able to vote, but feels that directors provide valuable input. Carly agrees that she is okay with not voting, but she does not want to come sit in meetings that she is not able to give input. Missy states that because staceyann

and dakia were voted onto the board that they should be able to vote still. Jen states that they are being paid, but the conflict can come to whether they are “being paid for their vote” which would be the conflict. StaceyAnn states that the general assembly voted her into the position, but the board “hired” her into her position now.

Directors will continue to be able to speak in meetings, without a vote. No changes made there.

F. *Middle school stunting

Lawson

Notes below under ice skating as they were in one conversation:

G. Ice Skating rules update

Lawson

James Weaver - NFHS - Has Hesitation on stunting while on the ice was suggested and he states that there are not currently middle school rules for stunting, however there are USA cheer rules for progression on stunting.

“Junior High and Middle School cheer teams are most often governed at the district level. Many follow the rules of their state high school associations , with additional rules for junior high/middle school. The NFHS Spirit Rules are produced by the National Federation of State High School Associations, and are written with high school cheerleading in mind. USA Cheer recommends that Elementary, Junior High and Middle School cheerleaders follow the NFHS Spirit Rules with the additional restriction”

“Rule 3.5.10 (USA Cheer Add-on): All tosses to cradles are prohibited for Elementary, Middle School, and Junior High cheerleading teams. Legal tosses to skills in Rule 3.5.4 are legal for Elementary, Middle School, and Junior High cheerleading teams.”

We have, however made the rule that middle school cannot go above prep level, but in all reality the only thing that they cannot do under USA rules is basket tosses.

Trent states that we need to allow the middle schools to progress as we are trying to grow the sport. Courtney agrees that they should be able to progress while considering that they are still developing so no inversions and no basket tosses. Haylie speaks from an all star standpoint and states that they have their younger athletes/elementary kids doing extensions. She states that coaching training is necessary and safety is priority, but they should be allowed to progress. Missy states that she agrees with everything and ensuring that there are certifications, also stating that the middle schoolers who are in class b high school teams, they are already doing those skills. Audrey states that once you pull a middle schooler up to high school, they are following high school rules according to NFHS. Audrey does not feel that it is appropriate for younger athletes to be engaging in more difficult skills and risking concussions such as engaging in tosses of various kinds. Audrey does not feel like we should be making a looser rule than USA cheer has.

Carly states that she is very passionate about middle school cheer and thinks that it would be good to get a list of stunts and types of stunts listed on the website and what qualifies as a cheer mat as well. Mara clarifies that there is a mat requirement and it is just a thickness requirement. Triston states that in Texas that the middle school kids stunt just like the high school kids stunt. He feels that it is important that the junior highs are able to stunt and do cradles from prep, things without twisting skills, and begin doing things that are going to help them progress so that the high school teams can progress. He does believe that a cradle from prep level is important to do as they will be progressing to higher level skills as they get into high school. He stated that there would be benefit in doing videos for coaches to have the basic knowledge and skills. He is able to make a course that coaches can take and then get on a zoom and test out on the questions as for what is required if that would be something the board is interested in. He feels that not allowing middle schoolers to stunt will be holding our high schoolers back. Dakia states that we are the high school board, but we have taken over all of school cheerleading. She feels that it does not always matter how old your kids are, but it comes down to their understanding of athleticism and making sure that the coaches are able to understand the safety and progression of skills. She does not feel like restricting the middle schools is the best idea other than saying no baskets, while emphasizing to the middle school coaches that they need to emphasize safety. Courtney states that we need to clarify dismounts as they are already allowed to do cradles, so taking that away now would not be great. Triston feels that the board should take the time to clarify that information out and make sure that the coaches are certified and have passed the testing on the skills as you do in the All Star area of cheerleading. This is to ensure that teams are safe and there is certification that the coaches are knowledgeable in the skills that their cheerleaders are doing .

Trent makes a motion to make a middle school committee with Triston heading it to get things rolling.

Haylie states that there should be an overall coach education committee as well to put out those progressions and ensuring the education of the coaches to make sure that they are knowledgeable and safe.

Audrey states that she loves the enthusiasm to the middle school rules, but that we need to come back to what was being discussed. She states that all middle school sports here in ND are intramural sports, so they are not even true sport groups. She states that there are some schools that are supportive of having middle school cheerleading and that the goal of many middle schools here are simply sideline cheer rather than competitive.

Triston responds to that saying that once upon a time, in Texas they were in the same position where they did not have middle school teams or even freshmen teams, but they had to push forward with the trainings and education and then ADs were then seeing that these kids are athletes.

Audrey states that we are getting there, but we are not getting there yet. She states that her high school account then had to pay for a middle school coach because no one will do it for free and schools are not recognizing it as a sport.

Courtney asks if we are doing USA cheer so middle school can only do sponge.

Dakia feels that they are meaning tosses not from a static stunt, rather a basket toss.

Trent takes his previous motion off the table and states that he would make a motion to move forward with the USA rules for middle school. McKenna seconds. Tabled until Dakia gets more information.

Jen states that we will give Dakia a week and then revisit the topic via google form.

H. Website Update

Johnson

Jen states that we need a coupon code made for the coaches that attended the convention. Carly states that she needs everyone's bios as the website looks like a mess right now in the updating process.

I. Certification Update

Brown

- a. July 20, 2025
- b. August 3, 2025
- c. November 12, 2025

Dakia asks if anyone reaches out about books to let her know and also asks Carly to put out information to the general assembly for the spirit rules as that is coming up.

J. Competition Update

Ziemann

StaceyAnn has no updates at this time.

8:00pm 7. Next meeting Sunday, August 10th @7:00 pm - virtual

Mara suggests that we revisit ice information as that kind of fell behind while discussing middle school topics and that she has been looking into information and rules, as has Jen.

8:00pm 8. *Adjourn meeting **Lawson**

Audrey motions to adjourn the meeting. Cailey seconds. Meeting adjourned at 8:55pm.

If you are unable to join this meeting it is imperative that you let Jennifer or Mara know to assure that we have a quorum.