

REGISTRATION FORM

Registration Deadline – March 29, 2010

- *Each person attending the Conference should complete the form below. Make copies if necessary.
- *Send all ICCA School Registrations in one envelope.
- *Please copy as needed and share with other coaches including Junior High/Middle School coaches.
- *Include a check as payment with your registration form.
- *Do not send purchase orders. We do not bill organizations.
- *In case of inclement weather there is a no refund policy.
- *School memberships provide memberships for any assistant coaches and/or coaches from feeder schools.

Registration Fees

Check appropriate lines

Conference

- _____ \$100 Registration
- _____ \$40 ICCA Membership (you must renew at this time)
- _____ # of additional members attending @ \$100



Add on courses

FRIDAY MORNING: Register for only ONE of the following two courses.

Motions, Jumps, and Tumbling

_____ \$35

Partner Stunt Progression I

_____ \$35

FRIDAY AFTERNOON: Register for only ONE of the following two courses.

Partner Stunt Progressions II (not eligible to take this without passing PSPI – coaches taking the class in the am are not eligible.)

_____ \$35

AACCA

_____ \$50

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Late Fee (Registration after March 29)

_____ \$10

ICCA Membership Only – please go to website: iowacheercoaches.org and sign up online. DO NOT MAIL

\$ _____ Total Amount Enclosed (Checks payable to ICCA)

Name (Print) _____ Email address _____

Home address _____ City, State: _____ Zip _____

Phone Contact Number, including area code _____

School _____

School address _____ City, State: _____ Zip _____

Years of Service as a Cheer Coach _____ District (please circle one) NW NC NE SW SC SE

T-shirt size _____

(The t-shirts are a gift from ICCA. Registrations after the deadline will not receive a shirt since they have to be pre-ordered.)

Send registration/membership form and payment to: ICCA, P.O. Box 207, Huxley, IA 50124. Conference fees do

not include hotel costs. Please check on hotel arrangements on Conference Fee information page.

Cheer Coaches . . . Channel your inner Carrie, Miranda, Charlotte, or Samantha. . . and attend



22nd Annual Spring Coaches' Conference

April 9 – 10 Gateway Hotel, Ames, IA

Spend some time with your cheer gal pals and gather new, exciting information & ideas that you will take home to benefit Cheer In Your City!

National Coaches' Training -- National Federation – AACCA -- UCA

Billie Ann Caya – Keynote Speaker

Ryan Jensen – Expert Speaker

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Coaches: **The Iowa Cheerleading Coaches' Association** is all about training and networking to help our Iowa coaches become successful in building our Iowa students. This year the ICCA is proud to bring in a national speaker, as well as our Iowa speakers to train you for this popular and growing athletic activity.

Networking

ICCA General Membership Meeting, Social, and Round Tables

Keynote Speaker – Billie Ann Caya, a national speaker and NF training expert

Featured Speaker – Ryan Jensen of CSA and Personal Trainer

Exhibitors will be offerings uniforms, camps, clinics, and fund raisers

Get the opportunity to meet and share with other Iowa Cheer Coaches

Training

****The Iowa High School Athletic Association feels that the training of Iowa cheer coaches is so important that they have offered to help pay part of the cost of the following National Federation Coaches Education Courses. Be sure to take advantage of this phenomenal opportunity! ****

National Federation Coaches Education Program

AACCA – This is the United States' leading safety certification course for cheer and dance coaches. The course focuses on performance readiness, skill progressions, and medical and legal responsibilities in cheerleading. The safety manual is edited by legal consultant Dr. Gerald George of the University of Louisiana, Lafayette, where he is the nations' leading authority on gymnastics and cheerleading safety. (Requires renewal every 4 years.) (Cost is \$50 – IHSA will be covering the rest of the cost of this course)

Partner Stunt Progressions I – This course, developed by Universal Cheerleaders Association, focuses on teaching intermediate to advanced stunts in a safe, progressive manner. Lead-up skills, stunt biomechanics and spotting specifics are also covered in both classroom and “hand-on” settings. (Be sure to wear comfortable clothing.) (Cost is \$35 – IHSA covers the rest)

Partner Stunt Progressions II – This course completes the stunt progression courses focusing on the advanced to elite stunts in a safe, progressive manner. Partner Stunt Progressions I is a pre-requisite. (Be sure to wear comfortable clothing.) (Cost is \$35 – IHSA covers the rest)

Motions, Jumps and Tumbling – This course consists of three important elements of cheerleading: motions, jumps, and tumbling. The motions workshop will detail correct motion placement, and offer coaching techniques for improving sharpness and synchronization. The jumps section will cover proper conditions and technique for the most common cheerleading jumps. The tumbling portion will provide information on tumbling progressions and spotting techniques for the basic tumbling elements found in cheerleading. (Wear comfortable clothing.) (Cost is \$35 – IHSA covers the rest)

Other courses offered could include: Sportsmanship, Sport Sociology & Psychology – Mental Training, Assessing Individual Fitness Levels, Practice Perfect, Legalities in Cheer Coaching, and many stunt classes.

SPEAKERS

Keynote Speaker:

Billie Ann Caya: Cheer Coach and teacher at Bismarck High School for 30 years. She is the Executive Director (and founder) of the North Dakota Cheer Coaches Association, a rules interpreter, and stunt certifier for ND. National Federation service includes Spirit Advisory Committee, development of the Coaching Principles course, current course development, Spirit Rules Committee and Sports Education Committee. In 1999 Billie Ann was awarded the NF Section V Coach of the Year. Her teams have won 16 state championships. She is a Bronze and Silver Level Credentialed Coach, a certified judge, and written numerous articles for cheer publications.

Featured Speaker:

Ryan Jensen: Former UNI cheerleader and currently works as a personal trainer and Program Director for Cheerleading Stunt Academy. He has a BA in Sports Psychology and Exercise Science.

Ed Scholz – UCA Iowa

Jim Wegener – Cheerleading Stunt Academy

Many of your favorite Iowa coaches including Donna McKay and Kenna Johnson

Schedule:

Friday, April 9 (Gateway Hotel Conference Center)

10:00 – 2:00 – Registration for add on classes: **AACCA, Partner Stunts Progressions I and II, and Motions, Jumps, and Tumbling** (Not part of conference registration)
(These add on courses will be offered on Friday only.)

10:00 – 12:00 – **Partner Stunt Progressions I and Motions, Jumps, and Tumbling**

2:00 -- 5:00 – **AACCA**

2:00 – 4:00 – **Partner Stunt Progressions II**

4:00 – 6:00 – Registration for Conference

- Come early and visit with Vendors
- Cocktail Party from 4:00 – 6:00

6:30 – 8:30 – Banquet and Awards

Dress in your “city” best for the cocktail hour and banquet! Emulate your favorite character’s look or pull out that “little black dress” for our evening in the city. We wear practice gear and school colors enough! This is your chance to glam it up! But don’t let attire stop you from attending. We just want you to attend.

9:00 – 11:00 – Meet the ICCA Board, speakers, and fellow coaches in the hotel bar in the lobby

Saturday, April 10

7:00 – 8:00 – No official breakfast will be served. There will be coffee, drinks, and some breakfast items offered by the Vendors.

8:00 – 8:50 – Session I

9:10 – 10:00 – Session II

10:20 – 11:00 – Session III

11:00 – 12:15 – Lunch/hotel check out/visit exhibitors/door prizes/awards

12:15 – 1:15 – General Membership meeting and election of officers

1:20 – 2:10 – Session IV

2:20 – 3:10 – Session V

3:30 - Pep Rally and Door Prizes

FEE INFORMATION

Registration Deadline – March 29, 2010

**** Most school districts have allocated funds for coaching clinics. The importance and need for cheerleading coaches to be trained and well informed will undeniably be looked upon favorably by your administration! Please inquire at your school to receive your conference stipend!

Registration Cost:

Registration -- \$100

*Includes Friday night Banquet, meetings, Saturday’s full day of training workshops, and lunch.

Membership - \$40 **Memberships must be renewed at this time.** (Includes all coaches in your school)

Add-on Courses (Courses that are an extra fee and not included in the conference fee)

No walk-in registrations will be taken for these courses unless someone cancels.

Friday morning

1. **Partner Stunt Progressions I** (Friday, 10:00 –12:00) \$35

2. **Motions, Jumps, and Tumbling** (Friday, 10:00 – 12:00) \$35

Friday afternoon

3. **Partner Stunt Progressions II** (Friday 2:00 – 4:00) \$35

(Must have passed Partner Stunt Progressions I in order to take this course. Do not sign up for this course if you are taking PSP I in the morning.)

4. **AACCA** (Friday, 2:00-5:00) \$50

Late fee - \$10 – After March 29, 2010

Hotel Information

The conference fee does not include lodging. Gateway Hotel has completely updated and redecorated all of their guest rooms. Room rates are \$96 per night for a single or double occupancy room.

To make reservations at the hotel, please call (515) 292 – 8600. When making your reservation, please tell them that you want a room in the ICCA block of rooms! Please make your reservations before March 19, 2010. We have rooms reserved for Thursday, Friday and Saturday.

Directions: from I-35, Exit 111B (U.S. 30), travel 4 miles to exit 146, and go south on University Drive to the Hotel at Gateway Center.

You may confirm your registration. Contact Nancy Huether at nhuether@huxcomm.net

