

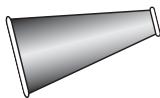
Iowa Cheerleading Coaches' Association NEWSLETTER

May 2013 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

Cheer Coaches...



Wow, wow, wow is all I can say about ICCA's annual conference held April 5th and 6th. We had our highest attendance ever, a brand new location, and amazing speakers. Not to mention the great vendors, sessions, and networking opportunities. If you didn't get to attend the conference this year, please make plans to next year – it will definitely be worth it! Our theme at conference this year was "Celebrate Silver – 25 years!" I know there are only a few of you out there who have been coaching for 25 plus years, but for the rest of you, I want you to celebrate your first year, your seventh year, your 12th year, whatever year it is for you! Celebrate your successes and revel in all you've learned! Use the next couple of months as a time to get organized and motivated for the upcoming year. If you have questions or are struggling with anything, always feel free to contact an ICCA Board member. We are here to help you succeed!

On a final note, make sure you celebrate your graduating Seniors this month! Encourage them to stay involved in cheerleading whether in college, volunteering with youth, or assisting you this summer. You never know when you may be mentoring the next new cheer coach!

CHEERFULLY...

Jenny Crawford
ICCA President



And the Winner Is.....
by Kenna Johnson, Executive Director

The 25th Annual Coaches' Conference provided the perfect background to recognize a large number of individuals who have contributed to the success of the Iowa Cheerleading Coaches' Association over the years, as well as offered their time and efforts to promote cheerleaders and cheerleading across the state of Iowa.

And the Winner is...Continued in next column

Board members for the ICCA offered special recognition of the Iowa Cheerleading Coach of the Year - Jane Bauman of Roland-Story High School; Cheer Contributor of the Year - Lisa Nelson from Nashua-Plainfield; and District Coaches of the Year - Cheryl Rasmussen of Prairie Valley and Bobbie Tucker of Waukee. These coaches were nominated for their exceptional efforts by fellow coaches or school administrators. Tami Doyle of Cedar Falls received the Lifetime Achievement Award. She has coached more than twenty years at Cedar Falls, experiencing a large amount of success in that school's program.

Conference Keynote Speaker Bill Patterson received the Sterling Silver Award of Appreciation for his 25 years of educating Iowa's cheer coaches. Patterson, who grew up in Osage, Iowa, now lives in Texas and travels extensively, promoting cheerleading and cheerleading rules and safety programs around the nation.

Other awards of appreciation were presented to Jim Wegener, Robyn Rodenburgh, and Michelle Barlas for their contributions to various ICCA programs. Jim is the owner of CSA (Cheer Stunt Academy) and has provided the spotters for State Competition for numerous years, as well as instructed countless sessions on stunting at the annual cheer conference. Robyn has choreographed for Iowa Cheer Honor Squad, and Michelle has been the sole choreographer for the All State program over the years.

On a lighter note, the Silver Fox
And the Winner is...Continued on page 2

And the Winner is...Continued from page 1

Awards were presented to the spouses of some of the ICCA Board members for their devotion and dedication to ICCA and numerous ICCA events. Those men included: Steve Huether (husband of Nancy Huether, former ICCA Executive Director); Brad Buck (husband to Traci Buck, Trustee); John Ehn and John McKay (husbands of Jeanne Ehn and Donna McKay, current Executive Directors); and Chris Wesselmann (husband of Financial Manager JoEllen Wesselmann).

Finally, ICCA presented a commemorative glass award to the Iowa High School Athletic Association for the special working relationship that has been allowed to form and flourish over the last 25 years, since the inception of the ICCA. This award was presented to Alan Beste and Elisa Kahler, both of IHSAA.

To conclude the awards were Service Awards presented to coaches from across the state for the commitment as coaches. Five year Service Awards were given to: Alex Budd (Ames); Katie Bales (Ankeny Centennial); Aly Barger (Cedar Rapids Jefferson); Trishanna Sevier (Creston); Juli Springer (Fort Dodge Senior); Becca Jackson (Fremont Mills); Tammy Wickett (Prairie City Monroe); Tracy Shull (Pella); Marci Keesee (Southeast Polk); Kelli Mennen (Southeast Polk); Jenny Eckert (Southeast Webster Grand); and Shelly Bailey (Treynor.) Those awarded 10 year Service Awards: Krystal Fitzpatrick (Kirkwood College); Rhiannon Lillquist (Central Springs); and Kathy Sonntag (Manson Northwest Webster.) JaDee Gloede (Union) received the 15 year Service Award, and Vivian Quinn (Marion) was awarded for 20 years of Service.

Congratulations to all of our award winners! Thank you for all you do for the cheerleaders and coaches in the state of Iowa!

CELEBRATE SILVER

ICCA's 25th Anniversary

by Jeanne Ehn, Executive Director

This year's Spring Conference was a tremendous success! Record numbers not only attended the conference, but also the Add On Classes.

NCA's Bill Patterson came back for another conference. He was at the first conference and has been to many through the years. Bill



Celebrate Silver...Continued on page 3

New Board Members Added

by Kenna Johnson, Executive Director

At the April General Membership meeting held during the Spring Conference at Prairie Meadows, ICCA voted in five new Board Members who will officially begin their duties at the conclusion of the Spring Conference. Those five members are Sarah Buss, Patti Davis, Paula Kirkpatrick, Sherrie Moritz, Cindy Pangburn.

Sarah Buss of Ames was named the new South Central District Representative. Sarah has coached at Ames High School for eight years, experiencing much success with that program. As a full time employee of the Ames Chamber of Commerce, Sarah feels she will be able to work easily with ICCA events and make coaches feel welcomed and included in the organization. She says she firmly believes in ICCA and would like to be a contributing part of its future success.

Patti Davis, coach at Bondurant-Farrar for the past 23 years, will be the new Northeast District Representative. Despite working out of her own "home" district, Patti believes her strengths include advocating for cheerleaders across the state to make the programs in Iowa better. Patti has extensive experience with service organizations, and she will continue to promote those events through her connections with ICCA.

The first of three At-Large Representatives is Paula Kirkpatrick. Paula has coached off and on for a total of 16 years at Tri-County Community Schools. Because of her enjoyment of ICCA events, she became interested in serving on the Board. Her gifts of organization and reliability will be very beneficial as she becomes more active in ICCA duties.

Next as At-Large Representative is Sherrie Moritz of LeMars. Sherrie has coached at LeMars for the past eleven years, and in that time, she has already been busy at ICCA events including state competition, Special Olympics, and most recently the All-Stars program. She knows being part of ICCA will be a lot of fun, but most importantly, the focus of the organization is to better educate the cheerleaders in Iowa.

Cindy Pangburn is the final At-Large Representative recently added to the Board. Six years into her coaching career at Northwood Kensett High School, Cindy became interested in being on the Board to help promote cheerleading in a positive way. She has experience on the Northwood Kensett School Board, so she will bring a new administrative perspective to the ICCA Board as well. She looks forward to working and learning from others through ICCA.

Welcome to all the new Board members!! We're glad to have you! Be looking for their faces at ICCA events next year and take the opportunity to get to know them better!

inspired many coaches at the banquet with his keynote address, telling coaches to be M.A.D. = Make A Difference. The work is worth it. If you didn't laugh while attending one of Bill's sessions, you were probably sleeping - wait, that wasn't going to happen.

Morton Bergue, from California attended his first ICCA Conference and was also an inspiration. I heard several people attended his Ultimate Jump Workout twice so they could take it all in again. Morton helped coaches understand choreography, the current trends in cheer, and gave coaches creative entrances and exits from stunts. He also had fun with creative discipline ideas. After sessions, coaches always seemed to approach Morton for more information, which he happily shared.

Iowa's own coaches were helping as well. Jane Bauman, Donna McKay, Kenna Johnson, and Lisa Nelson had great ideas and presentations for coaches. Jim Wegener gave great tips for stunt progressions and stunt groups. Coaches loved seeing stunts performed and the secrets to success shared.

The conference concluded with great round table discussions and the door prize give aways!

I, personally, want to thank the ICCA Board for their tremendous effort to make this the best conference ever!! It truly was something to Celebrate!! Congratulations to all who attended. Be sure to plan on attending next year's conference the first Friday and Saturday in April. Plans have already started & it promises to be another great weekend Iowa coaches!

New Look for the Online Registration in the Fall

by Jenny Crawford, President & Website

This fall, registration for State Competition, All-State, and Honor Squad will be slightly different than last year. We will again have online registration but it will have a brand new look. The process will be more streamlined than ever before. The forms will assist in adding up what you owe and give you a final confirmation page to print out at the end to submit with your check request.

New Look...Continued on page 4

TRENDS in CHEER

by Jeanne Ehn, ICCA Executive Director

Morton Bergue gave a very interesting session on Current Trends in Cheer at the Spring Conference. Here is a partial look at some of things he said. He also covered choreography with competition, but they are not included in this article.

Uniforms:

- Striping is in the fabric, not sewed on it.
- Bold letters are best. Go for a "traditional look" as it always looks better
- Flyaway skirts are out. Order slim, straight skirts - they are in.
- The athletic and sport look is in. Iowa's guideline list is fabulous. We are in the forefront of the nation in this area.
- Natural makeup for high school games.

Safety:

- Coaches take classes and get certified. They know what they are doing. If they don't know, they learn! Coaches are definitely in charge (not a cheerleader).
- Educate kids on what's safe and not safe.
- Have rules for Social Media, making sure that is goes with school policy.
- Limit what cheerleaders can do. They need to know their cheer level.



Performer vs. Cheerleader

- Traditional cheerleaders are needed. Cheerleaders lead the crowd.
- Performers compete at a competition.
- Men are making a comeback.



CHEER UNIFORM REQUIREMENTS ALONG WITH RECOMMENDATIONS INTENDED FOR AN ATHLETIC IMAGE FOR HIGH SCHOOL CHEERLEADERS

Approved by the IHSAA Board of Control on April 24, 2013

After receiving questions from coaches on uniform selection, plus comments from administrators and officials about appropriate uniforms, we investigated information and have developed recommendations to help clarify this issue. We hope that coaches follow these recommendations when selecting uniforms and accessories. Our goal is for high school cheerleaders to wear uniforms and

Uniform Requirements...Continued on page 4

When you sit down to register online, please have all information with you. You will receive all of the paperwork and instructions in the fall mailing to help you be prepared. You will need information including the name of every cheerleader, t-shirt sizes, etc. If you are unsure about anything before registering, please read through the entire fall mailing first and then e-mail your ICCA District Representative. They will be glad to answer any of your questions. We want this process to go smoothly for everyone.

If you have already registered online as a member for this year, you're halfway there! When you register for State Competition, All-State, and/or Honor Squad, all you will have to do is click on the name of your school from a drop down list, click on your name, and go from there. All of your membership information is already recorded, so you don't have to enter it again! This also gives you a chance to add all of your coaches that are not yet listed as members.

Be looking for registration information in the Fall mailing on www.iowacheercoaches.org in August!

**Online Rules meeting August 5 - 29.
This is for all coaches who plan on
having cheerleaders in Honor Squad,
All-State Tryouts, State Competition.**

Uniform Requirements...Continued from page 3

accessories appropriate for depicting an All-American image both for student-athletes of high school age and the high school educational environment with cheerleaders displaying an overall appearance conducive to serving as public representatives and ambassadors of their school.

Uniform/accessory guidelines that are a National Federation or ICCA/IHSAA rule are marked by an asterisk (*). Cheerleaders are required to follow these rules.

OVERALL

- Appropriate for high school student-athletes
- All-Star and dance uniform/costume performance styles are not appropriate
- Portrays a natural looking, positive, tasteful, and wholesome image
- No risqué or sexually provocative looking uniforms or garments
- *No rhinestones, sequins, or bling on uniforms, warm ups, briefs, shoes, etc.
- *Must wear school issued uniforms that follow requirements/guidelines – solid school colors, not patterned (animal prints, floral, etc.)

Uniform Requirements...Continued from previous column

FEMALE CHEER TOPS

- *Standard shell top covering midriff when standing at attention
- Athletic looking tops (no one shoulder or off the shoulder tops)
- Modest necklines – no low cut tops
- No excessively bare or backless style tops
- Tops with crossing straps in back and/or cutouts should have a liner underneath
- All long liners should be tucked in and may not hang out under cheer tops

FEMALE CHEER SKIRTS

- Balanced look between tops and skirts
- No excessively short or tight skirts – cheerleaders should not be constantly pulling down skirts
- Must fully cover hips, briefs, and shorts and should be long enough to be modest
- Should not just cover the cheek area and should be long enough to be modest
- *No performance shorts
- No low rise or rolled waistbands
- *No undone skirts
- Wrestling skirts – select a tri-pleat or slit for sitting mat side – straight skirts ride up and expose the brief area

MALE CHEER TOPS

- Must be full torso length when standing at attention
- Must be short or long sleeves

MALE CHEER BOTTOMS

- Must be full length pants covering waist to feet or shorts which fall no higher than mid-thigh

CHEER BRIEFS

- *Must be solid colored and same color as main uniform color
- *Contrasting school color on uniform may be used if uniform is white
- *Black briefs are allowed as an alternative, neutral color
- *No silver or white briefs
- *No metallic, sequined, rhinestone, or other bling
- *No markings are allowed, including but not limited to prints, words, symbols, etc.

CHEER FOOTWEAR

- *Athletic shoes appropriate for cheerleading – specifically created for cheerleaders
- *No canvas shoes, sneakers, gymnastic shoes, wrestling shoes, dance shoes, casual shoes, etc.

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NEW REP COUNCIL

by Mindy DeBaun, ICCA Vice President

Well it's official – The New Rep Council was voted on by their districts at the recent Iowa Cheer Coaches Conference and a panel of 8 cheer coaches will make up this new Rep Council. The following members were selected:

- Amber Durr – Nishnabotna High School (Southwest District)
- Dixie Thomas – Glenwood Community High School (Southwest District)
- Lucy Joseph – Iowa City, City High (Southeast District)
- Nicholette Mausser – Ballard High School (South Central District)
- Bobbie Tucker – Waukee High School (South Central District)
- Cheree Harp – Woodward-Granger High School (South Central District)
- Rhiannon Lillquist – Central Springs High School (North Central District)
- Dyanna Quisling – North Iowa High School (North Central District)

The Rep Council went into a short meeting after the district meetings to discuss the expectations of being part of the rep council. Each member told a little bit about themselves and their coaching experience, philosophies and goals. All the members were excited to start a new program to assist ICCA. I enjoyed getting to know these ladies and am excited to work with them in the near future.

Here's to a great start to this program...



by Melissa Hatfield, All-State Director

On April 5th and 6th, ICCA held it's 25th annual conference! It was a great celebration with a many coaches getting educated, great speakers, and lots of CHEER! ICCA wanted to know what YOU, as coaches, had for DREAMS for the future of ICCA. Some of your suggestions were...

- Hold a 2 day State Competition

Dreams...Continued on page 6

ICCA Calendar for School Year 2013 -2014

July 22-27	Shrine Bowl at UNI (Cedar Falls)
August 5-29	Online Rules Meeting - Anyone wanting cheerleaders to participate in All-State tryouts, Honor Squad or the State Competition must do this rules meeting.
August 17	Free Fall Clinic at Clear Creek Amana High School Free Fall Clinic at CAM High School (Anita)
August 24	Free Fall Clinic at Mason City High School Free Fall Clinic at Storm Lake High School
September 24	Online Registration Deadline (All State Tryouts/Honor Squad/ State Competition)
September 27	Payment Deadline (All State Tryouts/Honor Squad/ State Competition)
October 18-19	All State Tryouts – Ames
November 2	State Competition – State Fairgrounds, Des Moines
November 4-18	Online Rules Meeting
November 17	Honor Squad Practice – Ames
November 21-22	Honor Squad Practice & Performance – UNI (Cedar Falls)
December 1	All State Practice – Ames
January 5, 2014	All State Practice – Ames
January TBA	Shrine Bowl Tryouts – Altoona
January 15, 2014	Scholarship Deadline All Stars Tryout Video Deadline
February 2	All State Practice – Ames

Calendar...Continued on page 6

- More collegiate involvement with ICCA
- Boot camps for new coaches
- More local competitions
- Larger venue for State Competition
- Schools hosting "cheer swap" days

ICCA always wants to know when coaches have ideas! Email or call a board member when you think of something! That is why we are here! Remember, ICCA is focused on working for you and your cheerleaders! These ideas were talked about by Board members at a retreat following the ICCA Spring Conference.

Calendar...Continued on page 6

March 2	All State Practice – Ames
March 9	All State Make-up Practice -- Ames
March 10-14	Halftime Performances at Boys' State Basketball Tournament
March 13	All State Practice -- Ames
March 14	All State Performance at Boys' State Basketball Tournament
March 28-29	All Stars Practice & Performance – Dallas Center-Grimes
April 4-5	Spring Conference, The Meadows -- Altoona

Scholarship

by JoEllen Wesselmann, ICCA Scholarship Director

The Iowa Cheer Coaches' Association honors cheerleaders in the state by offering several scholarship opportunities throughout the year. There are various methods of choosing our scholarship recipients, depending on the activity they are offered through.

At the spring ICCA conference, winners of the academic scholarship were announced to the members attending the banquet. Applicants were required to have achieved a 3.5 cumulative GPA at the end of

Why Attend a Free Fall Clinic?

by Kristen Morlan, ICCA SE District Rep.

There are many great reasons to attend the 2013 Free Fall Clinics! While we are all busy at the beginning of the school year, attending a fall clinic is a great way to "jump-start" your season. Whether you are a beginning coach or a 50-year veteran, there are many great reasons to attend a fall clinic.

Reason #1 - Give your cheerleaders a chance to meet other squads in your area. We don't always get to talk to other squads except in a competition situation, so this is a way to just have fun with some new people.

Reason #2 - Meet other coaches from your district and make connections that you can call on throughout the year. There is safety in numbers, and it is sometimes a relief to talk with someone who shares your concerns! This is a time to talk and share experiences, both positive and not-so-positive, and benefit from the knowledge of those around you.

Reason #3 - Get tips on improving jumps, motion technique, and dance from qualified instructors. Your kids will benefit from constructive criticism from someone else!

Reason #4 - Learn fun, new material you can use throughout the entire season. We are all always looking for new material, and this a great way to get it!

Reason #5 - Get answers to questions about rule changes, as well as questions you might have about current rules.

Reason #6 - it's FREE!!!!!!!!!!!!!!!!!!!!!!!!!!!!

And the best reason of all - #7 - spend a great day with your cheerleaders and get ready for that new season!

If you have not renewed your ICCA Membership, it is time. Simply go to the ICCA website - iowacheercoaches.org and click on the membership button. You can sign up each cheer coach in your school. Cost is \$40 per school. Do this now so you don't forget!! If you attended the ICCA Conference you have already joined for the 2013-2014 school year.

Scholarship...Continued from page 6

their junior year, in addition to receiving several references and providing a written essay. This year, four people were chosen out of about forty applicants. Winners of the 2013 Academic Scholarship included:

Courtney Bright – Pleasant Valley HS
Danielle Mescher – Dowling Catholic HS
Jenna Schutter – North Iowa HS
Allix Williamson – Fort Dodge HS

Other scholarship winners from the 2012-2013 year included:

Honor Squad: Kaylin Winders – Dallas Center-Grimes HS,
Kayla Smith – North Cedar HS

State Competition:

1A – Lake Mills
2A – CLGLR
3A – ADM
4A – Mason City

All-State: Courtney Bright – Pleasant Valley HS

All-Star: Kayla Smith – North Cedar HS

In addition to the Academic scholarships named at our conference, the All-Academic Cheer Squad was named. Those named to this squad qualified and went through the appropriate process for application. Included were:

Adams, Sarah.....Norwalk HS
Andersen, Bridget.....Ottumwa HS
Bright, Courtney.....Pleasant Valley HS
Brincks, Alison.....Kuemper Catholic HS
Buckert, Amy.....Mt. Pleasant HS
Bueno, Raina.....Waukee HS
Butler, Mikaela.....Northwood-Kensett HS
Campbell, Jessica.....Dowling Catholic HS
Doocy, Marissa.....North Union HS
Eiklenborg, Megan.....Aplington Parkersburg
Evans, Brittney.....North Union HS
Frerichs, Katelin.....North Iowa HS
Gulasy, Christine.....Assumption HS
Higgins, Alyse.....Lewis Central HS
Hutcheson, Caroline.....Columbus HS
Larson, Haley.....Humboldt HS
Meschler, Dani.....Dowling Catholic HS
Nordyke, Ashlyn.....Ottumwa HS
Salyer, Kayla.....Urbandale HS
Schmidt, Regan.....Turkey Valley HS
Scherbring, Samantha.....Beckman Catholic HS
Schutter, Jenna.....North Iowa HS
Sharp, Cassidy.....Davis County HS

Scholarship...Continued in next column

Scholarship...Continued from previous column

Shockley, Ariana.....Dowling Catholic HS
Siegel, Sarah.....Urbandale HS
Sowers, Cheyanne.....Madrid HS
Sponder, Justine.....Sgt. Bluff - Luton HS
Stanley, Mikaela.....Madrid HS
Swanson, Erica.....Ottumwa HS
Torney, April.....Riceville HS
Van Beek, Coryn.....Central Lyon HS
Venner, Katelynn.....Kuemper Catholic HS
Williamson, Allix.....Fort Dodge Sr. High

Number of Cheerleaders for Post Season Competitions

Cheerleaders at both boys' and girls' events may use signs (to lead cheers), poms, and megaphones. Fans may not have signs in the crowd or poms with sticks for handles. No one may have artificial noisemakers and laser pens. This includes items that clap together to make noise and synchronized ringing of cell phones.

BOYS' BASKETBALL & SWIMMING

Six cheerleaders plus a mascot (all in uniform) may cheer at boys' basketball and swimming sectionals, districts, regionals, and state. These cheerleaders must cheer the entire game/meet without substitutions.

GIRLS' BASKETBALL

Six cheerleaders (all in uniform), which includes the mascot, may cheer at girls' basketball sectionals, districts, regionals, and state. These cheerleaders must cheer the entire game/meet without substitutions.

WRESTLING

Six cheerleaders (all in uniform) may cheer at wrestling sectionals, districts, regionals, and state. No mascots are allowed. These cheerleaders must cheer the entire meet without substitutions. Cheerleaders should also be conscious of space limitations when bringing pillows to the side of the mat (especially at tournaments). NO pillows will be allowed at the State Wrestling Meet.



Things to Consider When Ordering New Uniforms

by Donna McKay, ICCA Executive Director

- Appropriate for high school student-athletes
- Portrays a positive, wholesome image
- Tasteful, athletic-looking tops and skirts (not sexual)
- No rhinestones or bling on uniforms, warm ups, shoes, etc. - similar to uniforms worn by other athletes
- Tops – must be long enough to cover the midriff when standing at attention.
- Skirts – long enough to be modest, loose enough so cheerleaders aren't constantly pulling them down (they don't stay ride up and stay up after jumps, tumbling, etc.).
- Briefs – must be solid colored and the same color as main uniform color except if uniform is white (then contrasting color may be used), black is a good neutral color. Briefs may not have any markings on them, including but not limited to sequins, prints, wording, symbols, etc. Metallic or shimmery briefs are no longer allowed.
- Athletic shoes must be worn – no wrestling or casual shoes and no bling.

Skirts and tops may have length added to them if they are too short for taller cheerleaders.



Rule Reminders

by Donna McKay

These rules should have been followed all season, including practice sessions! Please make sure cheerleaders are legal as we end the winter season. Following the rules is a coach's ethical responsibility. Just saying that shoes with bling are part of your official uniform doesn't make them legal. Coaches not requiring their cheerleaders follow the rules at ALL times are opening their schools and themselves up for liability issues. If a cheerleader doesn't follow the rules, he/she should not be cheering.

- No jewelry is allowed ever – not even spacers to keep holes open.
- Hair must be pulled back off of the face; this includes long strands of hair hanging down the sides of the face.
- No jewels, plastic objects, etc. may be on ribbons. Small sequins which are sewed onto the fabric are allowed.

2013 ICCA/IBCA All-Star Cheer Squad

by BettyLou Jones, All-Star Director

The ICCA/IBCA All-Star Cheer Squad, which was made up of forty cheerleaders from fourteen schools, performed at the halftime of the championship and consolation games at the IBCA All-Star Basketball Games held on March 23rd at the Dallas Center-Grimes High School. Their four minute routine was choreographed by Michaela Wanek of Tipton, Iowa, and included dance, stunts, and a cheer portion.

The cheerleaders were chosen by a video tryout. Once the squad was chosen they were sent a DVD with the material that needed to be learned. The forty cheerleaders met for the first time on Friday, March 22nd and added the stunts and formations for the Saturday performance.

Awards were given at the last half-time performance. **Coaches' Awards** were awarded to the following: **Coryn Van Beek** from Central Lyon High School, **Gioia Merrogori** from North Cedar High School, **Sarah Armstrong** from Winterset High School, **Whitney Croll** from Shenandoah High School, **Lauren Krogman** from Atlantic High School, and **Jennifer Yancy** from North Cedar High School.

This year, the All-Star Cheer Coaches awarded a "Sparkle" award to a cheerleader that exemplified positive attitude and outstanding spirit. This year's winner is Alexis McFarland from Union High School.

Each year, one cheerleader is selected and presented the **Most Outstanding Cheerleader** award for her exemplary performance during the games: This year the award went to **Darian Davis** from Union High School

Each year a **\$250 ICCA Scholarship** is awarded to one senior cheerleader selected by the coaches. This year it was presented to **Kayla Smith** of North Cedar City High School.

2013 All-Star squad members were: Mariah Kucera and Lexie Bieber from Waukon; Kayla Smith, Jessica Leeper, Jordyn Schulz, Emily Scheer, Jennifer Yancy, Rebecca Epault and Gioia Merrogori from North Cedar; Megan Gloede, Kyele Clapp, Katie

- No glitter.
- Cheerleaders must wear school issued uniforms.
- Briefs must be solid colored and the same color as the main uniform color; black briefs are a legal neutral color for all. If the main color is white, the contrasting color is used for briefs.
- Athletic shoes must be worn. Wrestling shoes, casual shoes, and sequins on shoes are illegal.
- No cheering in the area of sidelines extended during basketball games.
- No stunting on concrete or other unsafe surfaces; this usually happens when teams are warming up.
- No stunting during live ball or action situations. This includes free throws.
- Mats are not to be pulled onto the floor during timeouts. If mats are used during pre-game introductions or at half-times, they must be large enough to hold the entire stunt group, plus have room for participants to move in case the stunt falls away from the center. A one-strip folding mat is not wide enough to safely hold all participants.

All Star Cheer Squad...Continued from page 8

Hilmer, Alexis McFarland, Rachel Vaughn, Katie Powers, Kelsie White, Darian Davis, and Grace Sparks from Union. Amy Buckert from Mt. Pleasant; Shelby Johson, Katy Winter, Sarah Armstrong, May-sen Wilkinson, Elizabeth Ford, and Rachel Armstrong from Winterset. Coryn Van Beek from Central Lyon; Megan Garber from Tri-County; Lauren Krogman from Atlantic; Christina Paulson and Marissa Ehlers from Ames; Micheala Clark and Maddison Tyrrel from Albia; Chelsea Sandven, Tori Hamilton, Paxton King and Kelsy Applegate from Humboldt. April Torney from Riceville; Whitney Croll and Emma Christensen from Shenandoah; and Rebekah Harvey from Dubuque.

The All-Star Director is Betty Lou Jones from North Union. Coaches were Becky Corbett from Stanwood and Kenna Johnson from Winterset, and Sherrie Moritz from LeMars. The choreographer is Michaela Wanek.

The Battle of the Summer: North vs. South Iowa Shrine Bowl 2013

by Salli Nichols, Shrine Bowl Director

Once again this summer, football players from the North and South will meet to battle it out on the football field in the hot, July sun. The Iowa Shrine Bowl will take

Iowa Shrine Bowl 2013...Continued on page 10

Spring Cheer! Special Olympics 2013

By Sandy Norby

Spring is right around the corner, and we want to bring it in with some cheer! The Special Olympics is on May 23, 2013 in Ames, Iowa at the Hilton Coliseum. Following registration at 11:00 a.m., the cheerleaders come together to learn and practice their routine for the day. They also host a cheer clinic for the Special Olympics athletes in the afternoon, and perform their routine in the evening.

This experience is a rewarding one for the cheerleaders. It is a great opportunity for cheerleaders to give back, meet new people, and share what they love to do with the athletes of the Special Olympics. Said one former Iowa high school cheerleader, "It was a lot of fun to see how excited the special athletes were and watch them have fun!"

The cost for each cheerleader is a nonrefundable fee of \$10, which is donated to the Special Olympics organization. The first fifty cheerleaders to sign up will get the opportunity to be part this wonderful day. The deadline to register was April 26, 2013. Forms can be found on www.iowacheercoaches.org.

Preparing for a Spring Parent Meeting

by Melissa Hatfield, All-State Director

Getting organized for your Spring Parent meeting is easy!! Remember CHEER!

C - Have a **CONTRACT** or **CONSTITUTION**. Make sure this states your expectations for the next year. List consequences of what could happen if someone breaks the rules. But, make sure to list the rewards also for doing good things! Have your AD look at it and explain to them why this is important. This is also good **COMMUNICATION**!

H - Have a list of events/fundraisers you know your cheerleaders are going to participate in. Make a sign up sheet so parents can **HELP** you out! This gets everyone involved with your program!

E - At tryouts, you might have gotten a list of **EMAILS**. You can send out any paperwork the cheerleaders and parents need to sign before the meeting and have them bring it with them. You can still go over

place July 27, 2013 at 4:00 p.m. at the UNI Dome in Cedar Falls, IA. To cheer on the players, sixty of Iowa's best high school cheerleaders will be demonstrating their amazing skills and athleticism during the game and on the field for an outstanding 10-minute halftime performance.

The Iowa Shrine Bowl experience is not simply one day. From Monday, July 22-Saturday, July 27, cheerleaders fill their days with intense practice of cheers, dances, and stunts, supervised by coaches Salli Nichols, Mindy Debaun, Sandy Norby, and Ronna McGrann. They also host a cheer clinic for patients from area Shriner's hospitals, which will give them the opportunity to share their skills and see for themselves how their fundraising efforts benefit others. Evenings are filled with fun, getting-to-know-you events and activities where all of the athletes get to hang out and relax together.

Tryouts for the Iowa Shrine Bowl cheerleading experience have already taken place, and the squad has been chosen. If you have cheerleaders who have been selected for this opportunity, please remind them that they will receive the routine in the mail in June.



Parent Meeting...Continued on page 10

anything they might have questions about, but it will save time!

E - Make a list of what you need to **EXPLAIN** to everyone. What are the guidelines for transportation to games, how many cheerleaders can cheer at games, uniforms, costs, etc... This will hopefully make your life **EASIER**!

R - Now you can **REST**! Get **REJUVENATED** and **READY** for the new year and all the new and exciting possibilities!



Get Organized!

by Patti Davis, NE District Representative

Tryouts are complete and you have all the excited new squads assembled. Now it's time to Get Organized!

Start at the Top

Your best friends should be the principal and activities director. Share with them the ideas you would like to implement in the upcoming year. Talk

about events to be scheduled such as pep rallies, service projects, class competitions, theme days, incorporate staff. Let them know of any fund raisers and receive approvals.

Incorporate Coaches and Directors

Discuss choreography of your cheers in cooperation with the band music so the best possible coordination of engaging participation. Discuss use of school song and fight song with vocal directors, from Elementary through High School. Discuss school pride and continued traditions. Speak with the coaches you cheer for if they have any requests and incorporate inclusion of activities/athletics for those that you do not cheer but want to support.

Address Program Needs

Look at uniforms inventory, orders needed or schedule uniform repairs. Equipment needs, signs, resistance bands, jump ropes, mats. Look into and schedule camps to enhance the skill levels seen at tryouts for a safe and successful season of new material, dance and stunts.

Communicate

Have your parent meeting. Discuss program policies. How you plan to communicate events/practices. Determine and announce that way of communication, cheer web page, cheer newsletter, cheer calendar, email updates and when and where to find or expect them. Hand out and discuss necessary school forms, address monetary expectations, and try to have camps and practice schedules ready to provide at the meeting for further convenience to parents and family event scheduling.

Share the Spirit!

Gather the squads! Those new, excited, smiling, can't wait to get started cheerleaders! Take advantage of the energy! Discuss the "Fun Stuff" ideas for their seasons. Set team and personal goals. Determine the demeanor of the school and how best to get the most school spirit from the student body to engage with these ideas. Take these ideas, divide and conquer duties among the squad and determine any planning meetings before the end of school. Keep folders on all ideas to remember what works!

Get Started!

Cheer Coaches wear so many hats. When starting your year with good communication, and an understanding of expectations, cheer world will begin with a positive vibe! So take a breath after tryouts, and then **GET ORGANIZED**!

Follow ICCA on facebook!
Join us today!

SUMMER PRACTICES

by Jane Bauman, ICCA Secretary

The school year is not over, but it is time to get ready for those summer practices. First, ask yourself, "What do I want to accomplish?" What is it that you want to get done? Do you want to have team bonding, learn cheers, dances, go to camps, stunt, lift weights; the list could go on and on. In order to make summer practices successful you have to have set goals.

Get yourself organized. Get your charts in order so that everything is at your fingertips. Do you have your ICCA stunt progression sheet ready to go? If not, check it out on the ICCA website.

I have my squad practice for 2.5 hours for five days a week in June. I go first thing in the morning so that they will be able to work when practice is finished. During this time period we work to get ourselves conditioned. This is the main part of my practices. I work hard to avoid injuries and I believe being in condition can help with this. We also learn all of our cheers for the season. Motion technique is stressed starting on day one. We do not have a dance team, so we work on several different dances throughout practices. The girls love to create and teach the dances to the rest of the squad. Once I feel we have a handle on cheers and dances, we begin the process of stunting. This is the fun part so they tend to work really hard on the other stuff so that we get to this.

I also have the kids work on posters and basic locker decorations during practices. This is great for bonding. It seems like this is hard to fit in once school starts, so we make them and I store them until school starts up.

Summer practices also allow your freshmen to meet and bond with upper classmates. This is fun to watch. At the beginning the freshmen tend to stick together but within a week new friendships are formed and then they have friendly faces on the first day of school.

Practice in different places. If you have a city pool, use it. What a great place to work on jumps. We jump from the boards to work on leg placement. We also do water aerobics at the pool. Meet at the park and go for a run. This list could also go on and on. Be creative, make practices fun.

The important thing to remember is that these kids need a break in the summer too. You cannot practice all summer and expect everyone to be there. They need to have family and friend time too. Before you know it, school will start up again.



Online Cheerleading Resources – Start here to learn more!

by Traci Buck, ICCA Trustee

RIGHT HERE IN IOWA

ICCA Iowa Cheerleading Coaches' Association

www.iowacheercoaches.org

*your very own association – get and stay involved!
Get use to checking the website often for new information and updates.

CSA Coaches' resources:

<http://www.cheerdsa.com/coaches.htm>

*at Conference you may have heard Jim Wegener!

SAFETY AND RULES INFO:

American Association of Cheerleading Coaches and Administrators (AACCA)

www.aacca.org

National Federation of High Schools (NFHS) Spirit Association

<http://www.nfhs.org/Activity3.aspx?id=3081&terms=spirit>

CHEER COMPANIES OFFER THESE FOR COACHES:

Universal Cheerleaders Association - UCA/Varsity online library for coaches:

<http://community.varsity.com/library/coaches>

National Cheerleading Association - NCA coaches' resources and Coach Academy:

<http://nca.varsity.com/coaches.aspx>

*at Conference you may have heard Bill Patterson!

CheerGyms.com Consulting for Coaches:

<http://cheergyms.com/Newwebsite/consulting.htm>

*at Conference you may have heard Morton Bergue!

GENERAL – for coaches and cheerleaders, too

Cheerleading.net

<http://cheerleading.net/index2.html>

Cheerleading at about.com

<http://cheerleading.about.com>

1 THE NUMBER ONE THING FOR YOU TO DO THIS SUMMER IS...

by Jeanne Ehn, Executive Director

When I was creating assignments for this newsletter to the ICCA Board, I wondered if anyone would take this topic. Along with that, I instantly wondered what they would choose as their number one thing. Would it be to work on team work with their squad? Or help their cheerleaders learn the basics of cheer? Perhaps it would be something key that they learned at conference like teaching their cheerleaders the ultimate jump workout. Maybe they would focus on getting your program organized for the school year.

I really wanted coaches to have some fun ideas to think about during the summer, so I decided I would have to write on it. It didn't take long and I realized why they didn't pick the idea. There are so many things to do during the summer that it is hard to just pick one. After all, being organized is important and can make your entire year go well. It is also important that cheerleaders know and understand the basics of cheer in motions and jump technique. It can take hours and hours of practice, but once they get it your year also goes much easier. Thus, it could be the number one thing to do in the summer.

I could say work on stunt progressions. Basic. Simple. Slow. Take your time and make sure they understand and can achieve each progression at least ten times without missing before you allow them to move to the next. Along with stunting is safety. Coaches need to explain so cheerleaders understand the importance of it and how to perform each stunt safely time after time.

Maybe it is just paperwork. Get your paperwork for 2013-2014 ready now. Prepare and run off your Cheer Rules Book or Constitution. Prep your stunt check off sheets, uniform sign off sheets, and parental letters. Assign each cheerleader the locker signs for each game. If it involves paper - get it done.

So in all this thinking, I've given you options for the most important thing to do this summer, but none of them are mine. My idea is something that I made sure I did each summer. It is the reason why I could coach for 31 years and never really tire of it. It was something that I looked forward to and held myself to because it was a gift I could give to myself and my cheerleaders. I never strayed from the idea in all the years. There is one exception,

Why Every Coach Should Go To Summer Camps

by Cindy Pangburn



Most coaches have had their tryouts or will very soon. Games, matches, and competition season typically start in the fall, so summer is the time to think about camp. Camp can help you re-energize, re-focus and plan for a successful season.

Camp is an essential element of achieving success as a team! As a coach you are responsible for each and every member of your squad. Whether you are a new coach, just beginning, or you have been coaching for many years and have established traditions and routines. Camp is the ultimate, one stop shopping, to help your squad have a great year!

First, as the coach you must decide what type of camp you will attend. Either your squad can attend a private camp at your own school, or travel to an overnight camp. Both have benefits and you must decide what your needs are. If you are a new coach, going to an overnight camp provides the benefit of attending coaches meetings and classes. Also, networking with other coaches is a tremendous benefit as you can gather much information from those seasoned coaches who have already been through all the worries you may be having. Learning from other veteran coaches is one of the easiest ways to improve your own knowledge and develop those friendships which will help you for years to come!

If it is difficult for you and your squad to travel, having a private camp in your own gym has benefits, too. All coaches are busy and by having a private camp, you as a coach give yourself the gift of time with your squad, something most of us don't have enough of! It will give you time to evaluate your squad and learn where the strengths and weakness are, but also your camp can expose your cheerleaders to areas you may not be comfortable with. When you have a private camp you can set up the agenda and if you feel you don't have as much knowledge or experience in certain areas, then you can have the camp instructors help you learn as well.

You as a coach want to gain as much knowledge as possible at camp to be sure you know everything about how to keep your program safe and fulfilling for your cheerleaders.

but not much. Are you ready? I let cheerleading go. It took a back seat from June 1 until August 1. Two months of not worrying about it. Two months of letting cheerleaders have time away. Two months of giving myself Jeanne time. Two months of fun with family and friends. Two months of relaxing and letting everything else be number 1. Did I think of cheer? Yup. Did I act on ideas? Nope.

After two months, I knew several things I would want to do or changes to make. Thinking about them made things solidify in my head and easy to act on when August 1 came. Was I always ready for practices to start when football started? Easily, and I was fresh and ready for the long year ahead. So were my kids.

My only exception? Camp. I would prepare paperwork before June 1 so it was done. A reminder letter was also ready to mail so I was worry free. We had one (yes you read that number correctly) practice for basic stunts a day or two before camp. The cheers were tryout cheers. Everyone came into camp and then they were gone until August 1. I made sure I videoed everything if we needed help.

What I found was they were just as excited for practice to start as I was. It wasn't uncommon for them to contact me, asking for practice. I always said no to group practices, but if they wanted to work on something, they could review cheers and chants in a mirror, working on their motion technique as an individual. If they wanted to jump, lift weights, or help a fellow cheerleader learn they could. It was their call to make, but not required. And if they did gather on their own, there was to be absolutely NO stunt-ing under any circumstances.

Giving yourself a break makes the next year easier to face. So stop wondering what the number one thing you can do for YOU this summer. Do whatever you want because you are number one. Have a great summer!!

Summer Camp...Continued from page 12

Whichever type of camp you chose, remember as the coach, you make an impression by your words and by your actions. So set a great example by being positive, encouraging, as well as challenging your athletes. But your number one priority is the safety of your cheerleaders! Camp is a beginning, a foundation, and a starting point for the year. You and your squad will go to camp as individuals but leave as a team!

Plan to get to know your cheerleaders, have some fun, and learn new skills. Camp is just as much about the kids becoming better cheerleaders as it is about you becoming a better coach.

SAFETY

by Sherrie Moritz

American Association Cheerleading Coaches & Administrators also known as AACCA is one of the most important courses you can take in educating cheer coaches. This course can be taken online @aacca.org or at the ICCA, Iowa Cheerleading Coaches Association cheer conference which is held in April. AACCA teaches safety awareness.

In every cheer program there should be three parties involved in risk management and safety awareness: 1) the cheerleader, 2) the coach and 3) the administrator. The cheerleader is the central focus of all safety programming. The coach should participant in daily operation of the program and should have proper safety training. The administrator should set clear expectations and limitations for the program.

Cheerleading can be dangerous if the activity is not performed properly. Host a cheerleader/parent meeting so that everyone has a clear understanding of the risks that can be involved in this sport. One of the most important tools a coach can have is a journal to document throughout the season. The coach should also have a medical release form for each athlete, signed by parents or legal guardian. These forms should accompany the team to all practices, games and other events. It is suggested that the coach be trained in basic first-aid and CPR certified; a telephone should be available in case of an emergency. Under no circumstance should an athlete who has sustained a concussion be allowed to return to play until cleared by a qualified physician.

Providing adequate and appropriate supervision is the primary role of the coach. This means the coach must be involved with the team's activities. The coach should check the space to ensure that it is appropriate for the activity. The coach should be able to hear and see the activity in its entirety and be able to intervene if needed. While the coach's main responsibility is the safety of the team, no system is foolproof.

The proper apparel for practice and performances should be snug, but should allow for movement. Loose fitting apparel is not recommended because of potential to entangle another performer's foot during stunts. ICCA/ NFHS spirit rules should be followed at all practices, performances, and other events; this includes wearing the proper shoes. Cheer coaches across the state are expected to follow the NFHS spirit rules year round. Coaches are expected to read over the rule book which is provided for them, and are also required to take an online rules meeting. Coaches must also make their teams aware of the rules and make

sure they follow them at all times.











Stunting is the biggest part of cheerleading today, and if one thing goes wrong it could end a cheerleaders career. Many injuries occur due to a lack of support for cheer programs and hiring coaches that are not properly certified. Teams must work stunt progression before advancing to a new stunt. The most important function of spotting is to protect the athlete's head, neck and back. The purpose for spotting is to assist the athlete in learning new or difficult skills. Even under the best conditions, spotting can never be 100% preventative to injury.

The single most important thing a coach can do is promote safety.



I ❤️ Coaching Because...

by Krystal Fitzpatrick

-  It keeps me young.
-  Watching my team overcome hurdles inspires me to do the same.
-  I get to watch young people grow into positive, motivated, team-oriented, goal-focused adults.
-  Coaching is an outlet for me to teach what I know to others that love cheerleading, too.
-  My children, in addition to my cheerleaders, learn life lessons from watching me coach (like to never give up, how to handle loss with grace, how to work with others, etc).
-  It is exciting to me to see my cheerleaders learn new skills and become better at them, meet their goals and have to set higher ones, get nervous before a routine and nail it, and teach what they've learned to others.
-  I have free, honest fashion stylists available to me at any time.
-  Meeting other cheerleading coaches has given me life-long friends.
-  Even after the worst day, I go to practice and leave having forgotten the day's earlier problems.
-  The relationships that have been built with the athletes that I've had will last for years to come.

SUMMER CONDITIONING AND PRACTICES

by Paula Kirkpatrick, At-Large Representative

The school year is quickly winding down. You have chosen your squad for next fall and are busy planning for next year. There is a lot to do, including making plans for summer. As I look at my new squad, I think about summer practices and conditioning. In the past, I have not placed much emphasis on conditioning, but as I have come to expect more from my cheerleaders and look at them as athletes, I believe we need to condition.

Last summer I created a conditioning calendar for my squad. Beginning in June, I listed specific exercises on each day - Monday through Friday. I focused on two areas - flexibility and strength training for jumps. So I had exercises such as crunches, push ups, V-ups, squat jumps, etc. I also asked them to do jumps 3 days a week, usually listing how many jumps they were to do. This was somewhat successful. Some of my squad was faithful to the calendar. Others did no conditioning on their own at all.

Practices began in July, and we practiced two days a week. I incorporated conditioning into our practices. We did strength training and cardio - usually lasting a half an hour. I conditioned with them, which the girls liked. They seemed surprised I was able to do some of the exercises I was asking of them. I also taught them some Zumba, which they loved, and we went to water aerobics, which they also loved.

This summer I plan to try the calendar idea again. I also plan to incorporate weight lifting beginning in June. I would like to lift as a squad two mornings a week. Once practices begin in July, we will condition as part of our practices. I envision a half hour of conditioning which will include strength training using a circuit and cardio.

I hope that conditioning helps the girls to become more athletic and helps the cheerleaders be seen as athletes. Don't hesitate to try giving your cheerleaders some conditioning during the summer. You might find it successful, just like I did.



*Each day comes bearing its own gifts.
Untie the ribbons. - Ruth Ann Schabacker*

Ask Jeanne

Dear Jeanne:

I noticed several people went on to the ICCA Board at Conference. How do you get on the board anyway?
Wondering

Dear Wondering:

First, let me tell you that to be on the ICCA Board, you have to be ready to give of your time and talents. These ladies give much time of their busy lives to serve cheer coaches and cheerleaders. There are events to organize and run, board meetings to attend, and coaches questions to answer via email or the phone. It seems like one of the easiest things might be writing newsletter articles because they can do that at night after everyone has gone to bed.

Most coaches come on to the board as a District Representative or as an At-Large Representative and eventually move to another position when someone leaves or retires off the board. When there will be openings on the board it is advertised in the November Newsletter. Interested coaches apply and fill out an application. Next, they are interviewed by one or more present board members to get a sense of what the person wishes to bring to the board in new ideas.

Some of you might wonder why we go through such a process. It is because we have had some people join the board, then never do anything, or are so focused on their own personal agenda that they forget to consider what is good for the whole. They don't help, turn in newsletter articles, or attend events. Their attendance at board meetings is sporadic. There is a large commitment to being a board member.



Don't consider joining the board if you have your own personal agenda. The board believes in looking at what is good for Iowa, not a particular school district. Another thing to consider is your philosophy. If you attended the banquet at Conference you know how important school spirit and the support is to our organization and IHSA. Competition is a part of our organization, but it is not the driving force. If competition is your thing and what you believe is the most important, you might want to remain off the board, or be willing to understand the place of it in the whole.

Finally, the most amazing thing about this board is the teamwork that is given by all involved. Each person is willing to give hours and hours so that an event will be successful and Iowa's coaches become better coaches and Iowa's cheerleaders are recognized for the great things they do.

I'm cheering for you!!

Jeanne Ehr



Cheerleading .. Sport or Activity?

by Sherri Moritz, At Large Representative

There is more to cheerleading than short skirts, pom-poms, and bubbly girls. Cheerleaders spend hours year round learning routines, stunts, tumbling, and motions. Cheerleading today should be looked at as a sport because of the hard work and dedication most teams display.

Cheerleading comes with a rules book and a rules meet-

Cheerleading...Continued in next column

Cheerleading...Continued from previous column

ing just like other sports. There has been major controversy on whether or not cheerleading is a sport. The term sport is defined as a physical activity that requires skill and competition. Competition cheer squads should most definitely be considered a sport. These squads work hard year round and spend enormous amounts of money to perform. I believe if a squad is stunting, physically taking a girl off the ground, it should be considered a sport as well.

Many think cheerleaders are just girls in skirts with smiles on our faces, but they are much more than that. They bring positive energy to our crowds

Cheerleading...Continued on page 16

and keep our teams fighting for a win. Cheerleading involves high amounts of skill and muscle. Many squads put the same amount of hard work and dedication into their practices as any other sport. Practices consist of running, stretching, and lifting. Most importantly, girls get thrown, lifted and tossed high into the air. Cheerleading is not a joking matter, people can get seriously injured. Missing a shot in basketball costs the team points but dropping a flyer from a stunt can cost a life. This is a sport where male and females can interact together. Believe it or not, the founders of cheerleading were men. Women did not get introduced until the 1920s. Today, more than three thousand high school and college students in the U.S. are cheerleaders. About 97% of cheerleaders are women and approximately 50% of college cheerleaders are male.

Whether cheerleading is a sport or an activity, cheer programs still deserve respect.

NFHS SPIRIT RULES CHANGES 2013-2014

This synopsis of 2013-14 NFHS Spirit Rules Changes is for information purposes only. For complete list of changes and official rules, refer to the 2013-14 rules book when it becomes available this summer.

RULE 1 **NEW DEFINITIONS:** 1. Downward inversion, 2. Loading position/load, 3. Open-pike position.
REVISED DEFINITIONS: 1. Bracer, 2. Cradle, 3. *Extended stunt/position, 4. Log roll, 5. Release transition/release pyramid transition, 6. Suspended roll/flip. *Note: In extended stunt/position, the level of the hands (not arms) now determine whether a stunt is extended.

2-4-1 **BASE HOLDING OBJECTS:** Now allows a base to hold objects in a hand that is not supporting a top person. (*Rule in 12-13 book was incorrect.*)

2-4-7 **EXTENDED STUNTS THAT DON'T REQUIRE A SPOTTER:** Adds (i.) triple-base straddle sit in which the top person has both hands in contact with a post to the list.

SECTION 5 **INVERSIONS:** Rule 2 Section 5 has been condensed from seven articles to four. Major changes have been made to all except 2-5-1. These changes are:

INVERTED PARTNER STUNTS (*Now 2-5-2; Was 2-5-4,5,6*)

1. Base of support for inverted partner stunts can now begin and remain below an extended position (*New definition of extended: supporting hand(s) is/are above head*)

2. One base or spotter who is "in a position to protect" must maintain contact with the top person's upper body. (*Upper body=waist and above, including the arms*)

3. Downward inversions/inverted dismounts still require a two bases (original or new) in a position to protect the head/neck/shoulder area of the top person.

These bases must maintain contact with the top person's upper body (waist or above, including arms) until the top person is no longer inverted or his/her hands are on the performance surface.

4. New: Inversions in which the top is supported under the feet at shoulder height or above require a second base/spotter in a position to protect, but that second person doesn't have to maintain contact with the top.

SUSPENDED ROLLS/FLIPS (*Now 2-5-3; Was 2-5-2,3*)

1. Suspended backward rolls/flips now have the same rules as suspended forward rolls/flips.

2. All suspended rolls/flips can now land in a stunt shoulder height or below.

3. A single base can now assist a top person in a suspended forward roll/flip to a cradle, provided they maintain hands to hands contact.

4. Feet of top person must be released.

BRACED FLIPS (*Now 2-5-4; Was 2-5-7*)

1. The top person in braced flips has to be positioned between or in front of the bracers.

2. Bracers for braced flips must be in extension preps. (*No more shoulder stands*)

3. The top person can end a braced flip by being assisted to the floor. (*No released landings*)

4. Braced flips now simply require that there are 3 people under the top person: 2 bases & 1 spotter or 1 base & 2 spotters.

2-6-4

TOP PERSON MOVED FROM VERTICAL TO HORIZONTAL: Now allows a top person to pass through an extended po-

sition to catchers who are not original bases provided there are at least three catchers.

2-7-6b LOG ROLLS: Now allows all multi-base log rolls to begin and end in either a face-up (layout or cradle) or face-down position.

2-7-7b RELEASE TRANSITIONS: Now allows a multi-base free standing (non-braced) tick tock that begins at shoulder height or below.

2-7-10 (old) Deleted rule that prohibited releasing a vertical top person from above shoulder height to a catch in a layout position. (*Other rules address this type of stunt.*)

2-7-10 (new) RELEASES: Allows a top person in a horizontal position shoulder height or below or in a cradle to be released to a loading position or stunt shoulder height or below. (*New exception to the release transition rule 2-7-7.*)

2-9-3 SKILLS TO PERFORMING SURFACE: Now allows skills during a dismount to the performing surface provided there are two bases or a base and spotter. (*Constant hand to hand contact is no longer required*).

2-10-2 TUMBLING WITH PROPS: Now allows a one-hand cartwheel while holding pom(s) in the free hand.

BOARD MEETING MINUTES BOARD MEETING MINUTES

GENERAL MEMBERSHIP MEETING APRIL 6, 2013 THE MEADOWS HOTEL, ALTOONA

The meeting was called to order by President Jenny Crawford at 1:52 p.m. Board members present were Jane Bauman, Traci Buck, Jenny Crawford, Tami Doyle, Jeanne Ehn, Kenna Johnson, Betty Lou Jones, Donna McKay, Salli Nichols, Sandy Norby, and JoEllen Wesselmann. There were 93 members present.

Minutes: Bobbie Tucker (Waukee) made a motion to accept the minutes from the 2012 General Membership Meeting. Angie Rubel (Dallas Center-Grimes) seconded the motion. Motion carried.

Membership: Jeanne Ehn reported that as of April, we have 173 members from 84 schools.

Treasurer's Report: JoEllen Wesselmann reported that the

Board Minutes...Continued in next column

BOARD MEETING MINUTES BOARD MEETING MINUTES

Board Minutes...Continued from previous column

ICCA has \$47,010.95 in checking (before conference bills), \$15,400.21 in savings, a CD worth \$16,424.95, and a mutual fund worth \$15,173.63.

Other Director Reports: Reports from Directors and District Representatives were given in writing and included in the conference folders. Donna McKay mentioned that 225 more coaches participated in the online rules meeting, but there were 35 more violations reported during the year.

OLD BUSINESS

Strengthened NF Rules: All rules remained the same.

NEW BUSINESS

Uniform Requirements/Suggestions Sheet: Donna McKay and Jeanne Ehn explained the uniform sheet to the coaches. This sheet listed the uniform requirements and recommendations to help clarify appropriate apparel for depicting an All-American image for high school student-athletes involved in cheerleading. The IHSAA has already given their approval, and they are bringing the sheet to the Board of Control Meeting on April 24 for approval.

Addition of Shrine Bowl and Special Olympics Directorships:

Jeanne Ehn (BCLUW) made a motion to accept the Shrine Bowl and Special Olympics as new directorships. Jane Bauman (Roland Story) seconded the motion. Motion carried.

Election of Slate of Officers: The slate of officers listed in the conference notebook was reviewed.

Special Olympics Director – Sandy Norby

Shrine Bowl Director – Salli Nichols

NE District Representative – Patti Davis

SC District Representative – Sarah Buss

SW District Representative – Kenna Johnson

All Star Director – Betty Lou Jones

Ethics Director – Donna McKay

Secretary – Jane Bauman

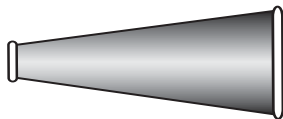
At Large Representatives – Cindy Pangburn, Sherrie Moritz, Paula Kirkpatrick and Krystal Fitzpatrick

Kenna Johnson (Winterset) made a motion to accept the nominations. The motion was seconded by Erica Cleveland (Guthrie Center). Motion carried.

JoEllen Wesselmann (Van Meter) made a motion to adjourn the meeting. The motion was seconded by Trish Sevier (Creston). Motion carried; the meeting was adjourned at 2:15 p.m.

Respectfully submitted,

Donna McKay
ICCA Secretary



2013-2014 ICCA BOARD OF DIRECTORS

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