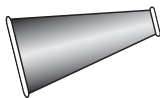


# *Iowa Cheerleading Coaches' Association* **NEWSLETTER**

February 2014     *Jeanne Ehn, Editor*



## **PRESIDENT'S MESSAGE**



### **Cheer Coaches:**

Wow – those last 2 years went fast! It's coming down to my last two months as President for the ICCA and as I look back and reflect, we've made a lot of positive changes that have benefited you as coaches and your cheerleaders. When you think about this last year as a cheer coach, have you made any positive changes? Do you have successes you want to celebrate? I know you do, whether small or big, and I hope you do celebrate those. Do you hold a cheer banquet at the end of the season? This would be the perfect time to show your cheerleaders how proud you are of them. If you've never had an end of year celebration, try one this year. It's a great way to end on an encouraging note. It's also a great motivator for next year for both you and your underclassmen cheerleaders.

I know how I'm going to celebrate all of the accomplishments the ICCA Board has made; I'm attending the ICCA Annual Conference on April 4th and 5th at the Meadows in Altoona. We have a great weekend planned and I hope you can attend, too. We'll have amazing speakers and sessions that are really going to help you with some resolutions you've made for this year. Mark your calendars and come celebrate with us!

I want to thank you for all you've done these past two years to make my experience rewarding. It truly has been a pleasure working with all of you in one way or another. Also thank you for your dedication to Iowa's cheerleaders. If you ever have questions or concerns, please feel free to contact me or any ICCA Board member. Have a great rest of the new year!



**CHEERFULLY...**

Jenny Crawford  
ICCA President

## **BREAKING NEWS!**

*by Jeanne Ehn, Executive Director*

Jim Lord, Executive Director of AACCA, has agreed to be the instructor of the AACCA class in the Add On Classes on Friday, April 4th. He will also stay to be a presenter at our Conference: 5, 6, 7, 8 - CHEER! We are so lucky to get someone with his vast amount of knowledge on cheer rules, safety, conditioning, stunting, and running a cheer program at our Conference.

AACCA is the best known course on cheerleading in the United States and is widely taken by not only high school coaches, but college cheer coaches. The certification is good for four years. Jim will welcome new coaches, experienced coaches, and those who need to re-certify. On top of everything else, we have a great bargain for you. The AACCA class costs \$75. However, IHSAA will pay \$40 of that and you, the coach will only have to pay \$35. WOW!! ICCA coaches you are one lucky group! This Conference is going to be the best ever!!

### **ICCA AWARD Winners**

The ICCA Board of Directors have named three new award winners for 2014.

**Heather Deikmann** from Shenandoah was named the 2014 SW District Coach of the Year.

**Chad Elsberry** from the Iowa High School Athletic Association was named 2014 Iowa Cheer Contributor of the Year.

**Sarah Buss** Ames High School coach was named ICCA's 2014 Iowa Cheer Coach of the Year.

All three award winners will be honored at the ICCA Spring Conference Banquet at the Meadows on Friday, April 4th. Along with those three, JoEllen Wesselmann will be honored with the 2014 Lifetime Achievement Award.



## Why Coaches Should Attend the Annual ICCA Conference

by Donna McKay, Executive Director

### Safety and Liability Protection

As with all jobs and careers, continual education is an expected professional responsibility; this includes cheer coaches. The National Federation lists the following information on their website under Spirit Coaches' Responsibilities:

The following guidelines have been developed and reviewed to serve as a useful reminder of basic procedures for coaching spirit teams. No such review is a substitute, however, for an ongoing program of education about coaching and safety techniques, or for ongoing attention to the abilities and physical condition of each team member.

- Spirit teams should be placed under the direction of a knowledgeable coach.
- The coach should be knowledgeable in first aid techniques and emergency procedures. Coaches must develop an emergency plan for dealing with injuries at practice, games, performances and competitions. Participants must be made aware of these procedures.
- Coaches should remain up-to-date on all new techniques, progressions and safety regulations by frequently attending conferences, clinics and rules meetings. The coach should also belong to appropriate professional spirit organizations.
- Coaches and participants should be trained in proper spotting techniques.

### Sessions and Speakers

The AACCA safety course will again be offered at a discount thanks to the IHSAA; this course is part of the NFHS National Coach Certification Program. Directors are also trying to schedule a Red Cross CPR, First Aid, and AED course, which is part of the NFHS certification program as well. A variety of other sessions will be offered during the conference, so coaches will have the opportunity to choose areas of interest and need. Coaches will find that they learn something new every year no matter how long they have been coaching.

This year Morton Bergue, a well-known coach, choreographer, speaker, and

## ICCA is READY for STATE WRESTLING!

by Jeanne Ehn, Executive Director

On February 19th through February 22nd, IHSAA will host the State Wrestling Tournament (Duals & Individual) at Wells Fargo Arena in Des Moines. ICCA will assist IHSAA again this year in making sure all cheerleaders are in the correct cheering spots and pass safety checks.

Team Duals will be held Wednesday, February 19th. Cheerleaders will enter from the Team Entrance as directed by IHSAA.

There will be **SAFETY CHECKS** in the arena as they were last year. Please be prepared to be checked 30 - 45 minutes before the scheduled start time of your school's matches. Listen for directions by the announcer.

State Individual Tournament will begin on Thursday, February 20th - Saturday, February 22nd. The CHEERLEADER ENTRANCE is on the west side of Wells Fargo Arena on 3rd Street. This is the same entrance as in the past.

Cheerleaders will be expected to adhere to all ICCA/IHSAA & National Federation Rules. The following is an abbreviated list with some minor editing because of space. Go to the IHSAA website - [iahsaa.org](http://iahsaa.org) - OR the ICCA website - [iowacheercoaches.org](http://iowacheercoaches.org) - for the complete list of rules and any updated information. Questions?? Contact Jeanne Ehn [jehn@heartofiowa.net](mailto:jehn@heartofiowa.net) or Donna McKay at [jdmckay44@gmail.com](mailto:jdmckay44@gmail.com)

Coaches please make sure your cheerleaders are aware of the rules and are ready to adhere to them.



judge, will be returning as the conference's keynote speaker and presenter. Last year one coach remarked as she exited one of Morton's sessions that the session alone was worth the cost of the conference. Another national speaker at the conference this year will be Leroy McCullough. Leroy is presently a state director, plus works with college programs for NCA. Leroy cheered at Louisville and was the head cheer coach at OSU who won the NCA National Championship in 2007. For more information on both of these speakers, go to the ICCA website for more information.

### Networking

The conference gives coaches from across the state the chance to meet, learn, and exchange information. Coaches have an opportunity to develop a productive network of supportive people to connect with throughout the year.

### Exhibitors and Prizes

Time is allowed for coaches to visit exhibitors to find out fund raising ideas, information about summer camps, check out uniform ideas, and much more. Exhibitors also donate items for the large number of door prizes given out during the conference.

### Banquet

The banquet allows the ICCA to recognize achievements of those involved in/with cheerleading, hear a motivational keynote speaker, and enjoy a great meal!

Watch for your conference brochure by mail and email, plus information is available on the ICCA website. We hope to see all of you at the conference in April!



## ICCA Spring Coaches Conference

April 4 & 5, 2014

The Meadows Hotel & Conference Center

Online Registration opens March 1

[www.iowacheercoaches.org](http://www.iowacheercoaches.org)

# STATE INDIVIDUAL WRESTLING TOURNAMENT CHEERLEADING INFORMATION

**Coaches - please read this information closely. For complete information go to the ICCA website or IHSAA website.**

- Each qualifying school may have **6 cheerleaders and one coach/chaperone** admitted free at the cheerleading entrance for each session in which they have wrestlers compete. No mascots are allowed. If your school only has 4 cheerleaders and 2 coaches, your school will only receive 4 cheerleader and 1 coach wristbands. No tickets will be sold at the cheerleader entrance. No additional cheerleaders, additional coaches, managers, mat girls, bus drivers or children of any age are allowed to enter at this entrance. Injured cheerleaders must adhere to the same rules as to be admitted for free and will count as one of the six wristbands available. Ineligible cheerleaders will not be admitted.
- **Coaches who are working for ICCA will be admitted with their cheerleaders before the doors open for others.**
- **Coaches do not bring CHILDREN** with you to the tournament (no matter how small). They will not be allowed in the cheer door. No exceptions.
- **THE ONLY ENTRANCE** cheerleaders and cheerleading coaches/chaperones will be admitted in free-of-charge will be the designated "Cheerleader Entrance" on 3rd Street, under the skywalk. This door will open 1 ½ hours before each session. This is the same time the spectator doors open. **NO EXCEPTIONS WILL BE GRANTED!**
- All cheerleaders and coaches/chaperones will receive a **security wristband** when they enter the arena. The wristband allows them access to the floor where wrestling is occurring and the spectator area. New wristbands will be issued each day of the tournament so different cheerleaders can cheer on different days of the tournament and

a different coach/chaperone can accompany them. On days of multiple sessions, a wristband can be exchanged by making arrangement with IHSA staff prior to the leaving the arena from the first session. it will then be cut off and exchanged when the new cheerleader or coach returns for the second session. **WRISTBAND MUST BE WORN ON THE WRIST AND MUST BE TIGHT ENOUGH TO NOT COME OFF!**

- Only those cheerleaders - six-in a bona fide school issued or approved cheer uniform, and one cheer coach per school, who have wrestlers in the finals will be given a wristband for seating in the designated cheer area. All others must have a ticket and sit in the spectator area. NO EXCEPTIONS will be granted.
- **The cheerleading coach, chaperone, or school administrator MUST check-in at the cheerleader entrance and MUST STAY with the cheerleaders until they are through check-in. THEY ARE STILL RESPONSIBLE FOR THE CHEERLEADERS IF THEY LEAVE THE AREA. We urge this person to sit with the cheerleaders in the designated area.**
- A cheerleading room, with a restroom, will be provided on the floor level. However, we encourage cheerleaders to come to all sessions of the tournament already in uniform, ready to cheer. Cheerleaders are responsible for their own valuables and NO VALUABLES SHOULD BE LEFT IN THE CHEERLEADING ROOM AT ANY TIME! NO CHEER ROOM IS AVAILABLE FOR FINALS. Cheerleaders must come to finals ready to cheer: No bags
- **All NFHS/IHSA/ICCA rules are followed.** Cheerleading coaches will also be asked to sign a written statement of compliance indicating they understand the rules. Schools will be notified if their cheerleaders do not follow these rules and they may be prohibited from cheering at the tournaments if rules are violated.
- APPAREL-Participants shall wear an official school-issued cheerleading uniform while cheering. This could include a vest, body suit,

and skirt, or skirt and T-shirt that has been worn as part of the uniform all season. Shorts, dance pants, and state tournament T-shirts are NOT acceptable! Cheerleaders are expected to wear their school-issued uniform just as the wrestlers are wearing a uniform!

- **SHOES - Cheerleaders are expected to wear athletic shoes.** Wrestling shoes or Converse - sequined shoes are not athletic. Do not wear wrestling or Converse shoes. These shoes will not be allowed.
- **ALL JEWELRY IS PROHIBITED,** The exceptions: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Covering jewelry such as earrings or necklaces with clothing or tape does NOT make it legal and will not be allowed.
- **PINS, BUTTONS, or CORSAGES ARE PROHIBITED** while cheering.
- **FINGERNAILS MUST BE KEPT SHORT.** When extending the fingers and looking at the palm of the hand, the fingernails should not be visible over the end of the finger. Any nail that is over the tip of the finger needs to be trimmed. The same rule applies to acrylic nails.
- **HAIR MUST BE SECURED** away from the face & eyes and off the shoulders, such as in a ponytail. Wispy hair pieces must be secured away from the face and not tucked behind the ear. Hair CANNOT touch the shoulders. Bump its and sock buns are NOT legal! Artificial flowers have been ruled illegal. HAIR SHOULD NOT BE CHANGED AFTER THE SAFETY CHECK. By doing so, if the hair is found in violation, the wristband may be taken for the remainder of that session or tournament. Check HAIR GET IT RIGHT for situations.
- **NO GLITTER** is allowed on the face, body, hair, or uniform of a cheerleader. This includes glittery eye shadow. Shimmer is acceptable; glitter is not.
- **TUMBLING OR STUNTING** is prohibited at the state wrestling tournament.



- NO BLANKETS, STUFFED ANIMALS, PILLOWS, OR PILLOW PETS are allowed at mat side OR in the stands. Leave them in the car or bus.
- NO CAMERAS OR CELL PHONES are allowed at mat side or in the locker room area. No iPads are allowed mat side.
- CHEERLEADERS SHALL NOT POUND OR STRIKE THE MAT DURING A PINNING SITUATION. The mats are to remain flat on the floor.
- CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING. If caught they will be removed while cheering and wrist band taken.
- Supports and braces that are hard and unyielding or with sharp edges or rough surfaces must be covered.
- IHSAA policy prohibits the display of any banners or signs, as well as the use of confetti or any other form of paper or debris. Please share this information with your spectators and fans.
- Reserved Seating for cheerleaders and their coaches/chaperones during sessions 1-7 will be directly behind the Head Table and requires a wristband for entrance. A seating area will also be provided during the finals for those cheerleaders with a wrestler competing in the finals.
- RESPECT each other as groups and as individuals.

FAILURE TO COMPLY WITH THESE REGULATIONS MEANS THE CHEERLEADER(S) WILL NOT BE ALLOWED TO CHEER AT THE TOURNAMENT!

IHSAA or ICCA is not responsible for lost or stolen articles.

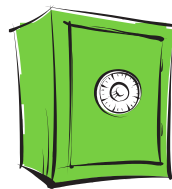
Check out the MAP of Wells Fargo Arena for where cheerleaders are to walk when on the Arena floor @ [www.iahssaa.org/wp-content/uploads/2014/01/Wells\\_Fargo\\_Area\\_Map\\_2014.pdf](http://www.iahssaa.org/wp-content/uploads/2014/01/Wells_Fargo_Area_Map_2014.pdf)

## A SPECIAL REQUEST for Wrestling Cheerleaders

by Jeanne Ehn

Please talk to your squad about **NOT removing jackets and/or pants** when they get to the safety check area from receiving wristbands. This also applies to the hallway to the locker room. Please **wait until they are IN the locker room** to remove coats, jackets, sweats, pants, etc. This is for three reasons:

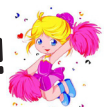
1. The space is crowded with teams getting a safety check, workers, wrestlers & coaches moving through. There isn't room for teams to just stop and do this. This includes just taking off jackets.
2. There are many males in the area. IHSAA & ICCA will NOT say it is okay to just strip in this area when males are walking through the area. The belly check already makes many males and females feel uncomfortable. We will not add to it with cheerleaders lifting their skirts and pulling their pants down. Please do this IN THE LOCKER ROOM, not in the safety check area, or the hallway to the locker room. *This is done in respect of the female body. PLEASE HONOR this request.*
3. This is a request by IHSAA and ICCA for your cheerleaders. Please respect this simple request.



**Coaches keep your  
2013 Spirit Rules  
Book for next year!**

**So at the end of the season, tuck that book  
away in a SAFE place!**

SMILES ARE REQUIRED!



# **Clarifying Hair Rules for Cheerleaders**

## **Official Rulings by the Iowa Cheerleading Coaches' Association**

### **Pulling hair away from the face situations:**

1. Hair in a ponytail and bangs (which would have been in the eyes) **secured** away from the face – **legal**
2. Hair in a high ponytail that is long and goes down the back – **legal**
3. Hair in pigtails or side ponytail that does NOT touch the shoulders – **legal**
4. Hair in a low back ponytail at the base of the nape of the neck – **legal**
5. Short hair with hair that could be in face **secured** away – **legal**
6. Hair in a side ponytail that goes onto or touches the shoulders – **illegal**
7. Hair in pigtails that touches the shoulders – **illegal**
8. **Short hair** that brushes the tops of the shoulders – **illegal**
9. The plastic hair bump-it or bun sock – **illegal**
10. Artificial flowers in the hair – **illegal**

### **Bangs pulled across forehead, wispies, & chunks of hair beside face:**

1. The above - out of eyes and if necessary soundly **secured** away from the face – **legal**
2. Hair that falls into the face while cheering, stunting, or tumbling – **illegal**
3. How do you know if it is legal? If you have to....
  - A. ...move your head to move it away from your face – **illegal**
  - B. ...use your hand to move it away from your face – **illegal**
  - C. ...tuck it behind your ears – **illegal**

### **Accessories:**

1. A few **small** rhinestones punched into a ribbon or headband – **legal**
2. Headbands and ribbons with small sequins sewn on – **legal**
3. Headbands and ribbons with sequins glued on – **illegal**
4. Jewels on the face – **illegal**
5. Large rhinestones on headbands or ribbons – **illegal**
6. Ribbons hanging in the face area - **illegal**

### **Stunting:**

Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.

### **GOAL:**

Fix your hair before the meet or game so you do not have to worry about it. Look like an All-American cheerleader all the time; not just at tournament time.

### **In Summary:**

If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is probably ILLEGAL.

***Why risk a rules violation or being removed from cheering?***

## Coach to Coach:

# State Wrestling Help to get your Squad Prepared

by Melissa Hatfield,

*A Wrestling Cheer Coach who has been there...*

When I was coaching, my favorite time of the year was **STATE WRESTLING!** The tradition, the crowds, and the excitement...you can't compare it to anything! In January, we would start to prepare for our 4 day visit to Des Moines and Wells Fargo Arena for the tournament. Here are some of my tips to make your trip successful for you and your cheerleaders!

\* **Plan ahead!** Make sure everyone is aware of what is going on. If you are lucky enough to stay in Des Moines give parents the hotel information and any expectations you have of the cheerleaders when you are there. Everyone needs to be on the same page. Communication with your Athletic Director is also key! Give the cheerleaders a "packing list" so they know what they need to bring! Include all of your uniform pieces!

\* **Read and re-read any information** you get from IHSA and ICCA! You are going to need to know when doors open, where to go in, and the times of the sessions. Also, don't forget about the rules! When you get to Wells Fargo Arena, all cheerleaders will be safety checked! To make this process go smoothly, be prepared before you even walk in the door. ICCA will have representatives there doing the safety checks and there are a lot of cheerleaders to check in, so have a good attitude, a smile on your face, and everything will fall into place!

\* **When the tournament starts, pay attention!** Things move quickly! Your cheerleaders need to be listening to the announcer at all times. There will be ICCA representatives assisting cheerleaders around the arena. Be courteous of one another and be respectful! They should be listening to where they sit and how they should be sitting. When the match is over the cheerleaders go back to the cheerleader section and wait for the next one. As a coach, you do not come down to the floor. There is too much going on and it is very crowded!

*Coach to Coach...Continued on page 8*

## Nominate **EXTRAORDINARY** Administrators

by Kenna Johnson, Executive Director

**EXTRAORDINARY** (ex-traor-di-nar-y) adj. beyond what is usual, ordinary, regular or established.

*Do you have an EXTRAORDINARY Administrator or Activities Director who goes out of his/her way to promote and recognize the cheerleading program in your school? Now is your chance to recognize that EXTRAORDINARY person!!*

Each year ICCA members are encouraged to nominate administrators who go above and beyond for the cheerleading program in their schools. To nominate your administrator, you must meet the following guidelines:

- You must be a member of ICCA
- The Administrator or Activities Director being nominated must have been in that position at the current school for a minimum of three years.
- The nomination may be made in the form of a letter, listing the administrator's specific contributions to the cheerleading program.
- Nomination information needs to include the administrator's philosophy on the role of cheerleading at your school; any significant positions held in other organizations; previous educational/athletic experience; educational background; and other awards received.
- One letter of recommendation from another school administrator or Booster Club President.
- One letter of recommendation from a current cheerleader.
- Nominations must be postmarked by March 1, 2014.

Nominations must be sent to Jeanne Ehn, P.O. Box 211, Conrad, IA 50621. A selection committee chooses one winner, and the recipient is invited to attend the ICCA Annual Spring Conference Banquet, where he/she will be recognized and presented a specially made plaque.

*"We have one precious life: do something extraordinary today, even if it's tiny. A pebble starts the avalanche." — K.A. Laity*

*\*When you are not at the arena, have things planned to do.* We would always pick a place to eat that we knew everyone would like and wasn't expensive. There can be a lot of down time, so make sure you know how to get to the mall, sky-walk, or possibly take in a movie! If you are staying at a hotel, keep an eye on your cheerleaders. Go to the pool with them and make sure you know where they are. Yes, you aren't a babysitter, but you are ultimately responsible for them. Have fun but they need to know you are there to keep them safe too!

Hope this helps with your upcoming trip to **STATE WRESTLING!** *Good luck!!*



## TECHNOLOGY to Make Coaching Easier

*by Jenny Crawford*

Video doesn't lie, right?

Have you ever thought to yourself, "There's got to be a better way to critique my competition squad's performance?" Well, now there is an easy way to evaluate AND share video, securely over the internet. If you can record it, you can learn from it. Use your iPad or iPhone to quickly capture important events at practice or a competition. Hudl works great with team and individual performances. The web address is <http://www.hudl.com/coaches/>

All you need is a digital camera or the video on a DVD. Hudl apps for both Windows and Mac will take and prepare it for you. You don't even have to worry about the formats or size of the video.

Your cheerleaders and your assistant coaches can use iPhones, iPads, and Android apps to watch the videos and read your notes the moment you make them. High school athletes are constantly on their phones so why not have them doing something constructive to help their team.

With Hudl, you can quickly access video, break-down each count with your own lingo, and divide the performance into shorter clips. Then, add

## REWARD

*by Kristen Morlan, SE District Representative*

Got a parent who always volunteers to work the concession stand for you, a former cheerleader who helps you teach cheers and critique jumps, or a school secretary who makes sure you get all your messages and checks attendance for you? Reward that person with a **Friend of Cheerleading Award**.

Each year ICCA members are encouraged to recognize those people who contribute so much to our programs but get no money and very little recognition. They are always there for you because they want to see your program be successful and they know how difficult it can be to coach through many seasons with many different sports! This award is a special way to recognize these great contributors.

All you have to do is write a letter describing what makes this person such a integral part of your program. Award certificates are given to the nominating coaches at the **ICCA Spring Coaches Conference** and coaches can award them to their Friends of Cheerleading at a convenient time.

Letters of Recommendation should be sent to the address below by March 1.

**ICCA/Jeanne Ehn, P.O. Box 211,  
Conrad, IA 50621**

*technology...Continued from previous column*

notes and share them with coaches and cheerleaders. You can also update your whole team or just a specific group via text or email.

Check with your school to see if they have already purchased a license. There's a price break for each additional membership. You can also download a 30 day free trial. Good luck!



# SHRINE BOWL

by Salli Nichols, Shrine Bowl Director

Iowa's annual Shrine Bowl high school all-star cheerleading experience has successfully moved to the UNI-Dome.

The Shrine Bowl, played on July 26, will feature a group of Iowa's most talented pre-college football players and cheerleaders who will line up across from each other in the UNI Dome for the 42nd Annual Iowa Shrine Bowl. For many, this will be the game of their lifetime because when they line up or take the half-time field, each and every one will also be stepping up to help a child who has been less fortunate in life than them and who desperately need their help.

The Iowa Shrine Bowl Game is an all-star football game between selected pre-college football athletes on each side of a north-south dividing line in Iowa. The half-time performance features 60 of Iowa's talented cheerleaders who have dedicated many hours to an entertaining performance.

Cheerleaders will report to camp on Sunday, July 20 and be involved in Shrine activities and practices throughout the week.

The week's experience is more than a cheerleading experience for those selected, according to coaches.

"The ICCA recognizes the Shrine Bowl is much more than just cheering," said director Salli Nichols. "The education the cheerleaders receive through what is often their first experience with less fortunate young children is something that cannot be replicated through other experiences."

Selected cheerleaders are asked to raise funds which are directly donated to the Shrine Hospitals as the entire week is dedicated to enhancing not only cheerleading skills, but to the philanthropy of the Shriners of Iowa. The 2013 experience in Cedar Falls will be entirely new to not only the coaches, but to the players, as they embrace the UNI campus and the facilities in and around Cedar Falls.

Selected squad members are encouraged to solicit donations to be used towards donations to the Shrine Hospitals.

The players are selected by a process of nomination by coaches, balloting by state-wide sports media

*Shrine Bowl...Continued on page 10*



## How to Choose a Uniform

by Sarah Buss, SC District Representative

I've been coaching for 15 years and have found the following tips to be helpful when selecting your new look.

**1-Budget:** Set your budget early. You are in a losing situation if the girls fall in love with a uniform that exceeds your available funds.

**2-Make a list of Priorities:** For Example: #1-A matching body liner, #2-A paw on the skirt, #3-Choose the main color of the uniform -Etc.

**3-Contact 2 or 3 uniform reps:** Tell them your budget, your priorities, number of uniforms you wish to order and date needed by. They have great programs at their fingertips to design a picture of 2-3 uniforms that fit your request. Then you will have a variety of options to choose from and go with the company that you feel makes the best quality uniform that satisfies your needs.

**4-Things to consider when choosing your next look from my experience:**

**-Does the back of the uniform work well with a bra,** you don't want a bra constantly showing or them yanking up the uniform after every cheer.

**-Braiding.** Under the arms and by the neck, especially metallic, is very scratchy. I find that metallic braiding is hard to work with and sometimes fades and commonly has strings that pop up out of it-confirm braid life expectations with your uniform rep.

**-I would spend the extra money to get 3 color or at a minimum 2 color lettering.** This is your frosting, the final touch that brands your uniform, you want it to stand out and be recognized.

**-Order extra length on your shell tops,** it makes the girl and the crowd uncomfortable when you can see tummy peeking through.

**-Don't forget to ask about shipping costs!** Some companies include it, some add it on to the cost of the uniform and that will affect your budget.

*Uniform...Continued on page 10*

professionals, and official invitation from a representative of the Iowa Shrine Bowl.

The Iowa Shrine Bowl produces this game each year bringing honor and recognition to the players, cheerleaders, their schools and their communities. It has also been an effective tool in raising money for The Shriner's Hospital For Children.

To date, the Iowa Shrine Bowl has raised over \$2,268,000 for **The Shriner's Hospitals for Children**. Funds for The Shriner's Hospitals For Children are developed by ticket sales, advertising in the Shrine Bowl program, merchandise sales, contributions and sponsorships.

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## 2013-2014 SCHOLARSHIP WINNERS

*by JoEllen Wesselmann, Scholarship Director*

ICCA provides scholarship opportunities throughout the school year. So far this year, we have named scholarship recipients at our two major events. Here is information on each scholarship:

State Competition - One participating school from each class is chosen on the day of the competition by a drawing method, under the direction of JoEllen Wesselmann, ICCA Scholarship Director. The head coach from that school is given the opportunity to select one student to receive the \$250.00 scholarship.

Winning schools:

1A – Northwood-Kensett

2A - Roland-Story

3A – Clear Lake

4A – Dubuque Sr. High

Honor Squad: All senior participants' names are eligible for this scholarship, and the winners are drawn by Tami Doyle, Honor Squad Director. This year's recipients are:

Josh Cunningham – Central Decatur-Leon

Larissa Michalek – Pella High School

The application deadline for this year's Academic Scholarship was January 15. Winners will be notified sometime in March. Other scholarships that will be decided in the next few months will be State Basketball, All-State, and All-Stars. Stay tuned for the announcement of these winners!



\*Note – All scholarships are paid to the recipients the first week in August.

**-When you pick the uniform you like, I like to have a variety of people view it** like my AD, the secretary and parents before you order. Sometimes a parent will offer a suggestion you really like. The secretary will bring up that the halter top doesn't meet the school dress code, so they can't wear them in school. Or your AD will bring up that he doesn't like the touch of silver you added because it's not an official school color. Although it seems like a hassle, always do it. It's always better to order a uniform that is RIGHT the first time. I have found it's also great to have other's buy in; they feel part of the process and are equally excited when they come in!

**-Lastly, confirm in writing when your uniform will arrive** and what happens if it does not arrive by the scheduled time. Is there a discount for late arriving pieces? Will they waive shipping? Is there no discount if they are late? Always be up front about your expectations and what kind of customer service you will or will not get with your purchase. This saves the stress of wondering, lay it out all up front.

***Happy Shopping!***

**PLEASE READ  
BEFORE ORDERING UNIFORMS**

Cheer Uniform Requirements with Recommendations  
Intended for an Athletic Image for High School Cheerleaders

Approved by the 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 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.)
- NOTE: See definition of official school issued uniform below.

## **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 – select a single slit, A-line pleated front, or 3-pleat skirt for sitting mat side – straight skirts ride up and expose the brief area – ordering one size up is also more flattering when sitting

## **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.
- Wrestling - boy cut briefs are recommended.

## **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 FOOTWEAR**

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

## **DEFINITION OF SCHOOL ISSUED UNIFORM**

The ICCA definition of an official school issued uniform for high school cheerleaders is a combination of skirt, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading. This includes tops, skirts, and cheerleading warm ups. Yoga pants, shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. There may be an exception for T-shirts if two schools have recently consolidated, but this would be rare.



## State Rules Regarding Number of Cheerleaders

The following rules for cheerleaders are in effect at postseason events.

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

Six cheerleaders plus a mascot (all in uniform) may cheer at boys' 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 must not have pins on their uniforms, on the side of the mat, or on pillows. Cheerleaders may not have extra items such as pillows, stuffed animals, etc. to the tournaments and/or have them mat side because of limited space.

### 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.

## CHEERING FOR A CAUSE

*By Sandy Norby*

Each year, the ICCA offers many events in which cheerleaders throughout the state of Iowa can participate. One even is the Special Olympics held in May. At this event, cheerleaders learn a cheer and dance routine to perform at the opening ceremony. They also host a cheer clinic for the athletes of the Special

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Feb 2014

*Cheering for a Cause...Continued in next column*



## Reminder Keep your NFHS 2013-14 Spirit Rules Book

*by Donna McKay, Executive Director & Ethics*

A new spirit rules book will only be provided to schools on alternating years, so schools will not receive a new rules book for the 2014-15 school year. Rule books are the property of the school unless a coach has purchased their own personal copy. If you are not coaching next year, please pass on the 2013-14 rules book to the new coach and explain the alternating year policy.

Rule updates for next school year will be sent in the fall mailing, covered in the online rules meeting, published in the ICCA newsletter, and posted on the ICCA website.

Schools and/or coaches may purchase rule books at any time from the National Federation.

*Cheering for a Cause...Continued from previous column*

Olympics.

Since 1968, the Special Olympics have provided opportunities to encourage the involvement and acceptance of all people through athletics. This event is an opportunity for high school cheerleaders to use their skills to support the mission of the Special Olympics organization. Through working with the athletes at the Special Olympics, cheerleaders will learn to empathize and encourage the athletes, help build confidence in the athletes, and assist them in learning new skills.

The event is held Thursday, May 22, 2014, at the Hilton Coliseum in Ames, Iowa. Registration begins at 11:00 and ends at 11:30. Cheerleaders will spend the morning and early afternoon practicing, host a cheer clinic for the athletes in the afternoon, continue practicing in the evening, and perform at the opening ceremony at 7:00 p.m. Only 4 varsity cheerleaders are allowed per school, and the first 50 cheerleaders registered are accepted. Materials for registration are due to Sandy Norby, 3237 Hickory Avenue, Osage, Iowa 50461 by May 8, 2014. Information and forms for the event can be found on [iowacheercoaches.org](http://iowacheercoaches.org) after April 6, 2014.



# Jamin Jumps

by Tami Doyle, Honor Squad Director

Does your team struggle with cheer jumps? Does it seem like they never get any better? Get your squad prepped for the Mad Fab 5 jump!

## 1. One of the most important is Strength

You need strength in your legs, arms and shoulders, and your core to have strong jump technique. Your arms and shoulders will help you with the power and momentum you need in your swing for height in your jumps. Exercises you can do include planks (core & shoulders), crunches (core), V-Ups/Pike Ups (core), Squat Jumps (legs/arms), jump rope or toes rises (calves), mini spread eagles (works inner and outer thighs). Many of these exercises will also help train the muscles for powerful snapping movements.

## 2. Flexibility

One needs to continue to work on flexibility to achieve those sky high jumps. Before a work out lunges and squats work great to help muscles warm up. During or following a workout stretching with a partner where a muscle is being stretched to just a SLIGHT discomfort and held for 15-30 seconds. Individual stretches may be done in the same manner holding for 15-30 seconds. Repeat each stretch 2-3 times. These are exercises that should be done each week to achieve the flexibility you desire and to maintain flexibility. One important reminder when stretching never bounce in the stretch!

## 3. Ways to practice Jumps

You can practice jumps with your team many ways. The time you have allotted for jumps in your practice may dictate which way you need practices jumps to get them worked in your practice plan. Jumps should be a part of every practice.

- **Jump Lines** – each cheerleader moves to the front of the line performing a specific jump. This will allow coaches to critique and give helpful advice for improvement. Uses more practice time.
- **Team Jumps** – jump lines are once again used (window formation) and jumps are performed together by counts. To mix things up you can have front two lines move to back after first

*Jamin Jumps...Continued on page 14*

# Visit the Iowa Hall of Pride

by Donna McKay, Executive Director



While you're in Des Moines attending State Basketball, State Wrestling, or just visiting for the weekend, stop by the Hall of Pride located in the Iowa Events Center on the first floor of Hy-Vee Hall. The Hall of Pride was designed to honor Iowa high school students involved in athletics, academics, and the arts, plus the achievements of all Iowans from student athletes, sports legends, movie stars, to scientists.

Not only is there a special exhibit covering cheerleading, but there are exhibits for all sports and activities such as speech, music, and debate. Every high school in Iowa has been invited to showcase their school in the Hall of Pride, and eight kiosks are available to look up your own school.



There are numerous touch screens and interactive games which allow visitors to take on an opponent in a game of basketball, check their vertical jump, sing along with a classic song, call balls and strikes, etc. Visitors can also access trivia and statistics, view interviews, and watch game highlights.



The Iowa Hall of Pride is the first and only one of its kind in the nation. The best part is that all Iowa K-12 students are admitted free while adult admission is only

\$5.00. Don't miss this outstanding educational and fun experience for individuals of all ages!

**IOWA**  
**HALL of PRIDE**  
A High-Tech, Interactive Museum

couple of jumps etc... This type of practice helps with timing and uniformity of jumps. Uses less time the previous idea.

- **Jump Circles** – team gets in circle and performs each jump while giving each other pointers. Jumps can be performed individually around the circle or full circle jumps. Uses least amount of practice time.

#### 4. Buffing up your jumps!

Most important in this area is knowing body awareness. What are arms, legs, toes supposed to be doing! Practice sitting with legs and arms in proper position. Cheerleaders can use another cheerleader or coach to watch them perform a jump – and tell them if their arms/legs/toes are doing the right thing. Watch yourself perform jump in a mirror. Video tape. They need to feel the position they are supposed to be in.

#### 5. THE MAD FAB 5 JUMP

It's challenging, fun, and is still working the skills you need STRENGTH, FLEXIBILITY, AND BODY AWARENESS.

##### Continuous 5 jumps

- Right Front Hurdler
- Right Side Hurdler
- Toe Touch
- Left Side Hurdler
- Left Front Hurdler

\*\* If you want even more of a challenge go for the Terrific Ten – when you finish with the Left Front Hurdler keep going in reverse. Have fun – mix it up and you too will have a team of Fabulous Jumpers!

**3+** You Might Know Your Blood Type – But is Your Mind Type **Be Positive?**  
*by, Traci Buck, Trustee*

Coaches are usually setting the example and leading others, but can sometimes find themselves feeling overwhelmed and allowing negativity to creep in.

It can be difficult to continue thinking in a positive vein during a long Iowa winter, too!

Here are some strategies you can try.

Feeling criticized or unappreciated? Practice an attempt at flipping your thinking. Flip your thinking to what the other person probably has going through his or her mind at the time: that irate parent might be caring for an ill loved one, or experiencing the loss of a job. That school employee that was so short with you may be wrestling with an unexpected scheduling issue of his own. Trying to make it about the other person even for a brief time can help us see how we can serve someone else – which can be uplifting for both of you.

Self-talk works, and it's worth making note of the tone of yours. Avoid self-talk that is negative, making the worst out of situations in your own head. Being humble and self-deprecating may be socially acceptable, but doesn't help get anyone fired up to tackle an issue. Instead, practice coaching yourself the same way you would someone in your cheerleading program. When facing a difficult task or unexpected problem, which types of words do you mentally say to yourself? Remember to repeat encouraging phrases, not critical ones. This is the time to be confident in your own abilities, and tell yourself so.

When in the midst of a long season or an arduous event, try not to focus only on results - remembering that the process itself can be just as valuable. Americans tend to believe happiness and rewards will follow only after much hard work. Finding some enjoyment in the work while it's actually happening is much more likely to bring fulfillment and learning. Being positive is a choice – and the more often we choose something, the more likely it is to become a new habit!

“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.” ~Francesca Reigler

**WANTED**

**Coaches to serve on ICCA's  
Representative Council. Elected  
April 4th after the Conference  
banquet. Contact Traci Buck for  
more information.**

# CELEBRATING the End of the Season in Style!

by Sherrie Moritz, At Large Representative

Getting the entire team together for an end-of-season celebration can be a great way for team members to socialize and reminisce about the events that happened throughout the season!

Here are some ideas for planning an appropriate end-of-season celebration for your cheer squad:

**Pizza Party at the House:** Invite the entire team over to your home for a pizza party. You can also invite the parents to join the fun. Have a few snacks and refreshments. Present awards and short speech. Pizza is inexpensive and easy to clean up. Host the event earlier in the evening so that everyone can get home at a reasonable hour.

**Dinner at the School:** Plan a dinner at your school so that everyone, parents, friends, family members, can attend. You could have the food catered from a local restaurant or ask all the parents to bring a dish for the event. End the event with awards and a short speech from the coach. This can be a great way to get everyone together for dinner and a great ending for the season.

**Favorite restaurant:** Have your squad pick out their favorite restaurant and reserve a room for a team dinner. Make it a local restaurant to keep the HOME town pride going! This can be for your squad, parents, friends, family, etc.



## Helping Your Cheerleaders Finish the Season Strong

by Paula Kirkpatrick

It can be easy to let up in practices at the end of a long season, but it can also be a great time to push for improvement in cheer skills. As we approach the end of winter cheer season, I start looking to spring tryouts and fall cheer season. I think about the members of my squad and how many will be trying out for football cheerleading. It is a good time to really work on skills

*Helping your Cheerleaders...Continued on page 16*

## Finishing your Season Strong as a Coach

by Cindy Pangburn

WOW ~~~ if you are like me you are trying to catch your breath as the winter season of cheering is winding down! I do love basketball and wrestling but after sitting in the bleachers for many days, every week for months I am ok with the seeing the season come to an end. It is such a different season than football with so many activities to prepare and plan for with many games and meets every week, then throw in practices, pep assemblies, winter weather and rescheduled events, cheerleaders getting sick, sometimes it can be overwhelming!!

If you haven't already started thinking and planning for next year hopefully this article will get you excited to start your list making for what you can do better next year. For those of us who coach football, wrestling, basketball and competition squads we know there is never really an off season. Don't procrastinate, now is the time to start making changes!

Hopefully, you have kept track of what has gone well and what may need improving for next year. As you ponder the season take some time to organize your thoughts and make notes, if you haven't already, what has gone well in each of your seasons? What has not gone quite as you hoped? Coming up with a list is a great way to start.

I always talk to my seniors after they are done cheering. I try to do this as soon as possible after they are done so the season is fresh in their minds. I ask them to be honest (and remind them it won't hurt my feelings) my cheerleaders have come up with some great ideas over the years. Really listen to what they have to say. Most often they have as much invested in the season as you and want to see the program become better even after they graduate.

One way which will help you be organized and get your new season off to a great start is to have a parent meeting. Be sure you are prepared and have an agenda so you can stay on track and not waste anyone's time, parents will appreciate it. Have your contracts ready. I pass them out and parents have the opportunity to read over them and ask questions. Also have your practice schedule planned out as far in advance as

*Finishing your Season...Continued on page 16*



that those girls will need to successfully tryout and become members of the football and competition squad.

So at practices we go back to basics and work hard on motions. I get out some music and work those boring old drills to some fun music. I might also add in some dance steps to keep them moving. Then at games I really emphasize good, tight motions. And I praise them when I see those motions.

Jumps are another area we continue to improve on until the end of the season. We begin with single jumps at the beginning but then move to landing clean, good double jumps. By the end of the season, the squad is required to do double jumps at games.

Lastly, we have worked hard at improving our crowd involvement skills. Asking some advice from other coaches, we have worked on transitioning onto the floor at time outs and working the crowd to get them to cheer. We all know this isn't easy. But I hope that this skill, which can be hard for girls to do consistently, will carry over to fall season.

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*Finishing your Season...Continued from page 15*

you can. When I meet with my cheerleaders and their parents in the spring they are given a schedule which has practices, camps, community service and fundraisers which goes through the entire summer. Nothing frustrates cheerleaders and parents more quickly than a coach who doesn't share information and is unorganized. It will help immensely if you give parents and cheerleaders as much notice as possible for them to plan around other sports and summer vacations.

In our school I have the opportunity to have a post season meeting with our activities director and our principal. They have a list of questions for me about my season on what went well and what we could improve. We sit down together and discuss things and I look forward to getting feedback from them as they often have great suggestions!

Another way to evaluate your season is to talk with other coaches. For those of us in smaller schools who don't have an assistant coach sometimes we feel isolated and overwhelmed. When you talk with other coaches it is one of the best ways to gather

information and new ideas on how to improve your own program.

It isn't always easy to find time to make calls or email other coaches. It can also be frustrating to wait for a response as they are busy too. What I suggest, is to attend the ICCA annual coach's conference! It will be held April 4 and 5 in Des Moines. If you haven't attended before it is the best way to gather information, to organize tryouts, keep your athletes safe, learn to handle conflicts with cheerleaders or their parents, plan effective practices, the list goes on and on as to what you can learn at conference. If you don't know all the coaches in your area what a great way to meet them. You will go home with so much information on how to organize for next season and make new friends as well!

Once you have some thoughts in place it is time to take action! Every year we should all become more organized. If we expect our cheerleaders to improve, we as coaches need to as well. Remember by being organized, you are teaching this skill to your cheerleaders. I guarantee if you start off your new season being organized the year will go a lot smoother. Good Luck on a great season next year!



## **BUILDING TEAM**

### **Cohesiveness In and Out of Season**

*by Patti Davis, NE District Representative*

What is a twelve-letter word that really scores? Whether on the scrabble board or as part of your cheer program, building team "cohesiveness" scores high!

In order for cheer squads to reach their true potential, every cheerleader must commit to working hard with their squad for the good of the team and not the individual. You will not be successful as a team if you do not work with and support each member of your team. There is nothing worse than a cheer squad with great potential that doesn't get along.

Cheerleaders need to have each others back no matter what season, and grow as a unit, an extended family per se. If you cheer football, then support the basketball and wrestling cheerleaders. The cheerlead-

*Building Team...Continued on page 17*



ing family is all year long, not seasonal.

Coaches need to find their most effective style of coaching to motivate the cheerleaders. You must build a good relationship with the cheerleaders and share decision making with the team. Invite communication and engage your cheerleaders to look at the big picture, the long term goals you have set.

Learn what is best for your cheerleaders to motivate them to reach goals and how to cope with competitive stress. When setting team goals and sharing ideas, express them so everyone understands and feels comfortable with expectations. With good communication and lower stress levels, you will immediately see better performance. Emphasize skill success and the fun part of performances, whether at the competitive level or all school pep assemblies.

Teach by example how to use positive motivation. By doing so, the cheerleaders will emulate your model and motivate each other to attain goals. They will develop a mutual respect for each cheerleader position on the team and commitment to goals set. You will see as individuals, cheerleaders will perform at their best. Positivity is contagious!

Build trust and understanding throughout your squad. Have social outings like movie night, bowling, scavenger hunts or sleepovers. Have team volunteer activities at child-care or senior care facilities, libraries, and visit home-bound community members. There are so many options to allow the team to interact and express their personalities outside of practice and competitions. When teammates are excited to be a part of a group, they are most likely going to put in more effort as part of the team.

So in and out of season, stick together and enjoy!



## **Representative Council Members Needed**

*by Jeanne Ehn, Executive Director*

The Representative Council will start its second year at the ICCA Spring Conference. This year there were eight coaches who volunteered their time: giving the ICCA Board feed back on events, helping at events, and writing articles for the Newsletter. We thank them for their service! While eight is a good number, we hope

**Representative Council...Continued in next column**

that there will be 12 coaches to serve this year.

We would love to have 2 coaches from each district represented on the Council. Last year there were no members from the NE or NW districts and the SE only had one member (If I could insert a sad face right here I would). BUT, 2014 is a New Year with new things to try! Please, consider running for the Representative Council.

According to what has been laid forth on the Rep Council page on the ICCA website: "A rotation of members on the Rep Council is recommended each year, however, at the end of the one year term, if no one else in that district shows interest, then the current council member will be allowed to re-apply for another one year term." This means we will be looking for 12 new members (two from each district).

Last year we know that there were a couple communication things that were messed up in the application process for one reason or another. To make sure you understand, let me give you the process. Then you can make sure you have it done before Conference.

If you are interested in serving (or serving again) on the Representative Council, you need to make your intentions known & information turned in BEFORE the Conference. All you have to do is contact Traci Buck, ICCA's incoming Vice President of your interest and get her the required information.

If you are interested, I urge you to take a moment and contact Traci now. Make sure you get the information back to her BEFORE Conference so your name can be put on the ballot. If she doesn't have the info, your name will not be on the ballot.

The Rep Council will be elected Friday evening after the banquet in each district meeting. Be prepared to introduce yourself and tell why you would like to serve. This should not be long (your name, your school, the number of years you have been coaching, the squads you coach, and why you feel you want to serve). Let your district get to know and understand why they should vote for you.

This process should help fill our Rep Council. So, come on everyone! Let's get every ICCA district represented. Contact Traci right now = [tbuck1@waukeeschools.org](mailto:tbuck1@waukeeschools.org)

# *Ask Jeanne*

**Dear Jeanne:**

I was wondering if it really is necessary to attend the ICCA Conference? What will I learn?

**Wanting to Know**

**Dear Wanting to Know:**

I can't think of anything that would benefit your coaching and cheerleaders more than attending the ICCA Spring Conference. If you are available, I would urge, almost insist that you attend. Let me go over some things for you.

Each year we hear people say that they can't get over all the ideas, tips and information they take home. **You will learn** many things from the sensational **national speakers**. Last year people could not get enough from Morton Bergue from California. He is coming back and giving this year's keynote address at the banquet. We also have LeRoy McCullough coming from Texas via Oklahoma State where he coached four college championship cheer squads. We've heard marvelous things about him as a speaker. Yesterday, we confirmed that Jim Lord, the Executive Director of AACCA is coming to not only teach AACCA, but to give sessions on Saturday. WOW what a marvelous line up of speakers. One of these gentlemen alone would be worth the price of conference, but to hear all 3? Wow! WoW! WOW!! This is going to be outstanding!!

We structure the speakers so you have **three choices per session**. One of the best things you could do is bring your assistant coaches, junior high coaches, or fellow coaches from your school to get everything covered. Our goal is to get your mind full of knowledge and "racing" with ideas when you go home. I guarantee you will have more **cheer knowledge** when you go home, than you did before.

Attending the conference will **lower your liability** because you have continued your **cheer education**. I know you hear this over and over from us, but it is true. Why wouldn't you want to protect yourself?

One of my favorite things about conference is **meeting the coaches** that I email all year! I love getting to see my ICCA **coaching friends**. No doubt, if you have attended Conference in the past, you have coaches that you had conversations with at lunch or in a session. Maybe you've sat together at Honor Squad or had conversation at State. Conference lets you see each other and really get to know each other. Besides strengthening old friendships, Conference let's you **make new friendships**. Coaching cheerleading can be lonely sometimes if you are the only coach. The friendships that you make can help when you need a cheer friend. If you haven't attended and are new to coaching, this is one of the most important reasons to attend. **Being connected** to others who also coach cheer is huge in the life of a cheer coach for support.

Think of all the **fun**...a **New Year's Eve party** in April, **great food**, and **wonderful vendors** to make your life easier when it comes to fundraising, uniforms, camp, etc. Education to make your job easier. New ideas to try and make your own. Add in a wonderful **venue to explore** and have fun in and the ICCA Spring Conference becomes a must. Don't hesitate, if you want to bring your spouse, there is plenty for them to do in the area!

So resolve to make yourself a better coach and have fun along the way. The ICCA Conference can be a big part of making that resolution a reality. **It starts with saving the date on your calendar!! April 4th and 5th.** We hope you will join us!



I'm cheering for ya!

*Jeanne Ehn*

## REP COUNCIL MEETING

Recap – November 2013  
by *Mindy DeBaum, ICCA Vice President*

On Thursday Night during the Honor Squad practice the REP COUNCIL MEETING AT HONOR SQUAD – THURSDAY NIGHT AND CONTINUED TO FRIDAY AFTERNOON.

**PRESENT:** Mindy DeBaun, VP, Cheree Harp, Nicholette Mausser, Lucy Joseph, Dyanna Quisling, Bobbie Tucker and Patty Davis (sat in for something to do).

**\*\*This meeting was one of our regularly scheduled meeting where I was to touch base with the rep council on various things. Jeanne had recently emailed me a list of questions to ask the rep council. Most of the rep council came prepared with their answers written down or typed out and had a lot of suggestions.**

It was discussed that all coaches really appreciated the new online registration for State Competition and the ease of completing it. They liked the fact of paying for alternates ahead of time. They had suggested a few more lines to add more alternates on the stunt groups and timeout division. They thought that the timeout division was a great new division to the competition.

They also liked the stunt group division and the finals. Some suggested possibly splitting it into different categories/divisions.

We talked on a lot of various topics during this meeting and the Board will look over the topics and suggestions from the rep council. We also talked about Honor Squad and how it is a great opportunity for kids and how much it has grown.

Members of the rep council would like to help with all areas of the conference – EXCEPT they all agreed that they did not want to speak in front of groups.

Overall it was a great meeting with new ideas and very willing representation. All that attended would like to see the rep council go to a two year term instead of one year as they are just starting to feel comfortable with it.

Very productive meeting –

Mindy

## JANUARY BOARD MINUTES

by *Jane Bauman, ICCA Secretary*

The ICCA board of directors was suppose to meet on January 5, 2014 at the Ames Middle School but did not meet because of the weather. These minutes are based on messages via email. The board meeting will be rescheduled for a later date.

The board has been working with Ann Gaffington on the new system for registrations. There are a few changes that need to be made. After contacting Ann, she said that she was willing to make the changes. The cost of the changes is \$700. The board voted and accepted this proposal.

Congratulations to Sarah Buss. She has been voted Coach of the Year.

Congratulations to Heather Diekmann from Shenandoah. She has been voted District Coach of the Year.

The board also voted to honor Chad Elsberry for Contributor of the Year.

The board voted in favor of accepting the changes in the constitution. These changes will be explained at the Spring Conference at Prairie Meadows.

The board voted in favor of donating \$500 to the Hall of Pride in Des Moines, Iowa.

The board approved the following slate of officers.

President: Mindy DeBaun

Vice President: Traci Buck

NW District Representative: Salli Nicholas

NC District Representative: Betty Lou Jones

SE District Representative: Kristen Morlan

All State: Melissa Hatfield

Scholarship Director: JoEllen Wesselmann

### **At- Large Representatives:**

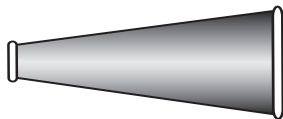
Cindy Pangburn

Sherrie Moritz

Paula Kirkpatrick

Just a reminder that the ICCA Spring Conference will be held at Prairie Meadows. The theme for the conference will be a New Year's theme. This should be an exciting event for all of the coaches from across the state. Please continue to watch for information on this event.

Respectfully submitted,  
Jane Bauman, Secretary



# 2013-2014 ICCA BOARD OF DIRECTORS

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