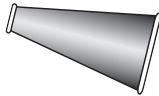




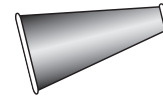
# *Iowa Cheerleading Coaches' Association* **NEWSLETTER**



*May 2014      Jeanne Ehn, Editor*



## ***PRESIDENT'S MESSAGE***



### **Cheer Coaches:**

Greetings to all of our Iowa cheer coaches. Hopefully, a lot of our Iowa cheer coaches were able to attend ICCA's Cheer Coaches Conference. Many of you have voiced praise on how much you had learned at the conference. There were some awesome speakers who shared their knowledge and love of cheerleading, wonderful vendors to greet you, and new friendships made over the weekend.

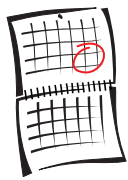
To tell everyone a little about myself – I live in Callender, Iowa (just 20 miles south of Fort Dodge) with my husband Chuck and our twin 17-year-olds (Jacob and Jacey). We also have three older children (Amanda who is married and lives in Callender), (David who lives in Fort Dodge) and (Ashley who is married and lives in Fort Dodge). We also have one granddaughter Paisley who is 4 years old. I own a gym in Fort Dodge and pretty much work with cheerleading 24/7. Yes, sometimes it is overwhelming, but I LOVE it.

I have coached cheerleading at Prairie Valley High School for the past 20 years. Recently our high school joined with Southeast Webster. We are now undertaking a whole new adventure with a new name (Southeast Valley Jaguars). Any coach who has gone through this process knows that it is a huge undertaking from mascots, new colors and yes – new uniforms! This will be quite a project to get accomplished in the next couple of weeks. Our colors completely changed from red and black to teal, black, and silver. We need varsity, JV varsity uniforms, and warm-ups, poms, etc. I also have coached with the Iowa Shrine Bowl for the past 11 years. This has become another passion in my life for a great cause, working with the Shriner's Children's Hospital and kids.

As I take over the helm of the ICCA presidency, I hope that I can share my love of cheerleading and coaching with the many wonderful Iowa coaches that I have met over the past 20 years. Some of my closest friends are in the cheer world. I am always available by email to help with questions or concerns. Please remember that through the Iowa Cheer Coaches Association there are so many wonderful programs offered to coaches and cheerleaders. I know many of you are probably finishing up tryouts, or they are right around the corner. In this newsletter there should be many, many helpful tips to kick-off your new season. Remember to take some time off during the summer to rejuvenate and refresh yourself so that you can go into next year's season with a happy cheer heart!



**CHEERS,**  
Mindy DeBaun  
ICCA President



## **2014-15 Online Rules Meeting Dates**

*by Donna McKay,  
Rule Interpretation Director*

As with other sports, rules meetings will continue to be held online for the 2014-2015 school year to make it easier for ALL coaches and choreographers to obtain needed safety and liability information. The 2014-2015 rules meeting dates are coordinated with the other sports, so the fall meeting will be held online from August 4 - August 28. Another rules meeting, which MAY NOT be used for fall ICCA events because it occurs after the registration deadline, will be held from October 27 - December 1.

Once a meeting deadline has passed, the rules meeting will still be available for coaches to watch, but it will not be available for rules meeting attendance. Coaches are asked to only verify rules meeting attendance once, not each time it is viewed.

## **Keep Your 2013-14 National Federation Spirit Rules Book**

*by Donna McKay, Rule Interpretation Director*

A new spirit rules book will only be provided to schools on alternating years. The next spirit rules book will be sent to schools for the 2015-16 school year.

A new spirit rules book will only be provided to schools on alternating years. The next spirit rules book will be sent to schools for the 2015-16 school year. Rule updates for the opposite school year will be posted on the ICCA website, published in the ICCA newsletter, and explained in the online rules meeting. Schools may purchase rule books at any time from the National Federation.

The IHSAA will have a limited number of rules books available for purchase at \$10 each. If you need a current rules book, please contact Elisa Kahler at [ekahler@iahsaa.org](mailto:ekahler@iahsaa.org).



## **Online Registration Advice for ICCA Events**

*By Jenny Crawford, ICCA Trustee*

Online registration for State Championships, All-State Squad, and Honor Squad will be here before you know it, so let's jump right in.

*To be a participant in ICCA Events, your school must first be an ICCA member.* To join go to the ICCA website and click on Membership. Have all information from ALL cheer coaches in your school ready so it can be entered in the information. Everyone joins for one payment of \$40, but it is important to have email addresses, mailing addresses, and phone numbers. If your school joins or renews now, the Event Registration process will be easier in the fall.

Next, make sure you have received the "fall mailing." It will be addressed to the cheer coach at your school. If you can't find it, ask your Activities Director. You can also access the packet ONLINE at [www.iowacheercoaches.org](http://www.iowacheercoaches.org). I highly suggest printing it out to make it easier to sort through and to record information you will need to make the registration process go smooth. Items you will need from the fall mailing:

- All-State tryout information
- State Championships rules and procedures
- Honor Squad information
- Medical Treatment & Release Form (Make sure you have parents one filled out for their cheerleader participating in ICCA Events.)
- **ALL STATE WORKSHEET**
  - Know in advance to going online, what day your cheerleader(s) can try out:
  - Saturday, Sunday or No preference. All cheerleaders from your school MUST try out on the same day.
- **STATE COMPETITION REGISTRATION WORKSHEET**
  - Know in advance to going online, what division(s) and stunt groups are entering.  
*Cheer/Dance Division: Small Team 1A 2A 3A 4A 4A Large Coed Time-out*
  - Know ALL the names of the cheerleaders competing, including alternates.

**Online Registration Advice...Continued on page 3**

- These names are used for the program so they should be spelled correctly and entered alphabetically.
- If you are pre-ordering T-shirts (they are less expensive that way), have all of the sizes ready.
- **IOWA CHEER HONOR SQUAD WORKSHEET**
  - Have names ready along with T-shirts sizes.

The biggest piece of advice I can give you is to fill out the forms in completion before you sit down at the computer. Have all of your questions answered and no blanks left unfilled. Registration for ICCA Events opens in early August. Early registration will help you get the payment process going so it can be mailed on time.

**Good luck!**



## **Take Advantage of ICCA's FREE Fall Clinics**

### **Don't Miss THE Chance**

*by Salli Nichols, NW District Rep.*

The Iowa Cheer Coaches' Association offer its members the opportunity to attend a FREE fall clinic in all areas of the state. The clinics are held on the last two Saturdays in August and offer all ICCA members and their squads an opportunity to prepare, learn, and kick off the school year with new material and information. The association urges all members to take advantage of these clinics for many reasons.

#### **COACHES — Take this opportunity to:**

- \* Make a trip with your squad and get to know each member better -- through goal setting for the day,

*Free Fall Clinics...Continued in next column*

## **RENEW YOUR ICCA MEMBERSHIP NOW!**

Go to the ICCA website and renew your school's ICCA membership now! Registration for ICCA Events is easier if done now. Don't wait!! If you attended the ICCA Spring Conference, your membership for the 2014-2015 school year has been renewed.

planning of the trip, and simply chatting with the members on the ride to the local.

- \* Set your expectations for practice and any squad event. Take this opportunity to explain and enforce the safety rules: no jewelry, hair expectations, uniform requirements, behavior when present as a squad.
- \* Meet and make connections with coaches in your area. The clinic offers the opportunity for all coaches to meet and discuss any issues or questions that may arise. Topics may include: uniform selection, fundraising, pep rally ideas, ICCA opportunities and MUCH more.
- \* Clarify any rules that may not be clear from the on-line mandatory rules meeting.
- \* Take home music for dances taught as well as motions and words for cheers/chants

#### **CHEERLEADERS — Make the most of a free clinic with:**

- \* Squad communication -- what to wear, agenda setting for the clinic, what to expect, and how to use the material learned
- \* Motion technique -- make your squad stronger by learning and practicing strong motions
- \* Dances -- take home one/two dances that can be used at rallies, games or appearances
- \* Jumps -- learn proper technique for all jumps as well as practice tips and coaching of jumps for practices
- \* Safety -- understand all safety rules for games and practices
- \* Fresh Material -- learn 3-4 chants and 1-2 dances to add to a new school year

**Clinic Information and To Do:** All clinics are from 9 a.m. to 3 p.m. ICCA member schools may attend any Free Clinic at any location. Please contact the ICCA District Rep if you plan on attending the clinic at their location.

#### **Free Clinic Locations & Dates:**

##### **August 2:**

**Northeast District:** West Delaware High School, Contact Patti Davis at bf\_cheers@msn.com

##### **August 16:**

**Northwest District:** Storm Lake High School, Contact Salli Nichols at sallijanichols@gmail.com

**Southeast District:** Clear Creek Amana High School,  
Contact Kristen Morlan at kristenmorlan@ccaschools.org

**August 23:**

**North Central District:** Mason City High School,  
Contact Betty Lou Jones at jonesswa@iowatelecom.net

**Southwest District:** Shenandoah High School,  
Contact Kenna Johnson at kennajohnson47@gmail.com

**South Central District:** Ames High School,  
Contact Sarah Buss at sbluv2cheer@yahoo.com

**EVENT REGISTRATION for ICCA Events  
will begin in early August!!  
Register early to get the registration  
fees processed before the due date!**

**5678 ICCA Conference  
Wrap Up**  
*by Jeanne Ehn,  
ICCA Executive Director*

The ICCA Spring Conference was the first Friday and Saturday in April, and it was a time of new beginnings or shall we say, New Cheer Year's resolutions!

Friday began with add on classes. Coaches could visit with vendors and attend the kick off session before attending the Spring Banquet. We honored our Administrator of the Year, District Coach of the Year, Iowa's Cheer Coach of the Year and our Lifetime Award winner, followed by a great keynote address by Morton Bergue. Be sure to read about each award winner in this newsletter. To finish Friday there were ICCA district meetings and the election of this year's Rep Council.

Saturday was packed full of educational classes that centered around each coaches' New Cheer Year Resolutions to improve their program. ICCA flew in excellent speakers from Tennessee (Jim Lord), Texas (LeRoy McCullough), and California (Morton Bergue), to help ICCA coaches make sure their resolutions would come true. There was laughter, conversation, and many ideas shared to Iowa's coaches.

Next year's conference is a week earlier because of Easter. Mark your calendars for March 27 & 28th and plan on attending. Planning has already begun!



## AWARD WINNERS

### **Chad Elsberry** **ICCA's Contributor of the Year**

Chad Elsberry joined the Iowa High School Athletic Association staff in 2000 and is currently the Director of Community Outreach. His jobs with the IHSAA are vast, but for ICCA, Chad primarily oversees and assists with ICCA publications.

Chad has coordinated the printing of ICCA's State Competition program at the IHSAA offices. Through the years he has offered advice on appearance, ad cost, and production of the program and made changes promptly. He also has been involved with the ICCA Newsletter layout and printing, and was the person to suggest that we save money and "go green" with our newsletter to our membership. The Conference brochure and program printing are done through Chad's supervision, as well as the IHSAA fall mailing.

When it is time for State Football and State Basketball, we submit ICCA information to Chad and his staff for IHSAA State Championship programs for Honor Squad and All-State.

Chad's input is highly valued, and we can't thank him enough for his patience and warmheartedness. Chad has done so many things for ICCA, but few know how valuable Chad is to our organization. From advice, to design, to support, Chad has made a tremendous difference. There may have been times when Chad just shook his head in amazement, but he always made the ICCA staff feel valued with his kindness.

It is the body of work and assistance that Chad has offered ICCA over the years that we celebrate at our Spring Conference. The Iowa Cheerleading Coaches' Association is very proud to name Chad Elsberry, Iowa's 2014 Cheer Contributor of the Year.

### **Mark Hanson** **ICCA's Administrator of the Year Award**

ICCA is proud to present Mr. Mark Hanson of Ottumwa High School with the Administrator of the Year Award. Mr. Hanson has been the principal at Ottumwa High School for three years and has been instrumental in the development of their "Bulldog Nation." With the development of this, Mr. Hanson has brought a strong sense of pride to OHS, now referring to their school

*Award Winners...Continued on page 5*

as THE Ottumwa High School. First and foremost, Mr. Hanson took the hallways of OHS from being “aesthetically pleasing country blue and mauve” to the newly repainted Bulldog Red and White. By making changes within the halls of the school building, this sense of pride reaches out to every single student and teacher, stating they are united as ONE.

Mr. Hanson is a “charismatic and energetic presence.” He is a role model in every sense of the word for his students, leading cheers at athletic events and pep rallies, reinstituting class competitions at pep assemblies, and just generally encouraging student involvement at any and all school activities. In fact, he moved the pep assemblies to the school auditorium in order for all students to attend. Associate Principal Michael Mass commented, “As a former coach and athlete, Mr. Hanson believes that student involvement in activities is an important part of education, and he does everything in his power to improve our programs.” All of this comes in conjunction with the cheerleading program at Ottumwa. He helped the cheerleaders put the “pep” back in pep assemblies and supports the cheerleaders as they try to spread school spirit. High School student Emily Bittner said, “Mr. Hanson has not only graced our school with the drive and standards that are essential to succeed, but he has focused in on every club and organization in the school with an open mind – cheerleading included.”

In addition to his work with the cheerleaders, Mr. Hanson has initiated the Silver Cord program at OHS. Students are asked to volunteer 100 hours of community service each year of high school. Upon completion of 400 hours, students are awarded a silver cord to be worn at graduation. He has also implemented the 10 Standards of Success to encourage students to become better learners and citizens.

Finally, students and teachers alike made the comment that Mr. Hanson takes the time to listen to every individual, and his door is always open. Not only has Mr. Hanson made a difference in cheerleading, the reputation of Ottumwa High School, and Ottumwa as a whole, he has made an impact on the lives of many – forever.

Congratulations 2014 ICCA Administrator of the Year, Mark Hanson of Ottumwa High School.

## **Heather Diekmann ICCA’s District Coach of the Year**

Heather Diekmann of Shenandoah High School has been named the 2014 ICCA District Coach of the Year. Nominated by her fellow coach Angie Trowbridge, Heather is completing her fifth year as Shenandoah’s basketball cheerleading coach.

In addition to her regular duties throughout the winter, Heather keeps busy with the cheerleading program in Shenandoah year-round. She spearheads their summer cheerleading activities, predominantly through community service work like Relay for Life. She has had a number of cheerleaders participate in the ICCA All Stars program, and often does the choreography for the Shenandoah cheer squads.

Outside of school, she is active on the Shenandoah Education Association and the Turnbull Child Development Center board. Heather recently earned her Master’s Degree as well. Fellow coaches Angie Trowbridge and Wendy Palmer both said Heather has been helpful to them as coaches in different seasons, and she is a motivator for cheerleaders and coaches alike!! They are both proud to have her as their teammate.

Congratulations, Heather Diekmann, for being named the 2014 ICCA District Coach of the Year!

## **Sarah Buss ICCA’s Iowa Cheer Coach of the Year**

The Iowa Cheerleading Coaches’ Association is proud to name Sarah Buss of Ames High School as the 2014 Coach of the Year. Sarah is currently in her eighth year as head coach of the Fall Cheerleading program at Ames. She is also in her fifteen years as Drill Team Coach at Ames. Additionally, Sarah teaches gymnastics and dance in various other capacities.

In her time as cheerleading coach, Sarah has led her squad to State Championships in 2009, 2011, and 2013, and coached 20 All-State cheerleaders. She was named the ICCA District Coach of the Year in 2010. Most recently she became the South Central District Representative for ICCA. Beginning in 2009, Sarah became the host of the ICCA Honor Squad practices, inviting the more than 200 cheerleaders and coaches into her school building for the day-long

practice in November. Following that, in 2012, she also offered to host the ICCA All State tryouts and practices held throughout the school year. Due to the cooperation of her school administration, Sarah has helped create a strong working environment between the ICCA and Ames Community Schools.

Outside her busy life of cheerleading, Sarah is very active with community organizations, taking on a large variety of community service projects. Professionally Sarah is the Ames Chamber of Commerce Director of Membership and Events. Through that affiliation, her outreach to other organizations is vast. She has been active on several committees through the Mary Greeley Medical Center, including their Pink Glove campaign, a national contest that raised money for the American Cancer Society. Her teams have donated winter clothing items to children as close as Ames Community School District and as far as dresses for little girls in Uganda. Sarah's list of community involvement is extensive and speaks volumes about her belief in the community of Ames, her school district, and her cheer and dance squads. In addition to this wonderful list of accolades, Sarah received the 2013 "4 Under 40 Award" presented by the Young Professionals of Ames.

Sarah and her husband Nathan live in Ames with their three children: daughters Jocelyn and Ireland and son Laiken.

Congratulations 2014 ICCA Coach of the Year Sarah Buss!

### **JoEllen Wesselmann ICCA's Lifetime Achievement Award**

It is with extreme pleasure JoEllen Wesselmann of Van Meter High School is named as the 2013-2014 Iowa Cheerleading Coaches' Association Lifetime Achievement Award recipient. JoEllen has coached for more than 20 years; in that time, she has participated in countless cheerleading events, both in Iowa and in other states. She has been a valuable resource for fellow coaches, a boundless spark of energy for those around her, and a very devoted person to the world of cheerleading.

In Iowa, JoEllen has served in a variety of capacities for the Iowa Cheerleading Coaches' Association.

Early on her service began as District Repre-

sentative. Soon after that, she served as ICCA President, and now is the Financial Manager for the organization. She has been a strong voice for the ICCA, holding the ideals of our organization in the highest regard, being present at all ICCA events. She has had squads compete year after year in the State Competition; she has also had cheerleaders participate in Honor Squad, Shrine Bowl, and All Stars to name a few. She has judged All State tryouts for years and been integral in teaching classes to other coaches, including Stunt Progression classes at the annual spring conference and a number of Free Fall Clinics. Her squads have participated in many community service projects, including Susan G. Komen Race for the Cure and Special Olympics. JoEllen also coached a young all-star team in the Des Moines area for a number of years.

On a larger scale, JoEllen has been part of the Cheer Forum a number of times and formerly attended the National Federation Rules Committee meetings, where she represented the ICCA proudly. She has judged competitions in various states, traveling thousands of miles to be part of the events happening in other states. Involvement in such activities has helped her cheer program remain current with cheerleading trends.

Essentially, JoEllen has devoted herself to cheerleading. If there is something asked of her, she takes that task on with the best of her ability. JoEllen is highly respected by her peers and the ICCA Board of Directors. Most importantly, she has had the support of her family – husband Chris, daughter Elizabeth, and sons Zach and Ross – through it all! The Iowa Cheerleading Coaches' Association is very proud to award JoEllen Wesselmann with the ICCA Lifetime Achievement Award.

**2014 -2015 Spirit Rule  
Changes can be found at the  
end of this newsletter. This  
will allow you to copy it for  
easy reference. You may wish  
to place a copy in your 2013-  
2014 Spirit Rules Book.**

# ICCA Scholarships Awarded in 2013-2014

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 their junior year, in addition to receiving several references and providing a written essay. This year, four people were chosen out of over fifty applicants. Winners of the 2014 Academic Scholarship included:

Megan Adams – Ames HS  
Julie Gunderson – Waukee HS  
Wade Rollins – Davenport West HS  
Kara Streebin – Bedford HS  
Audrey Wood – Waukee HS

## Other scholarship winners from the 2013-2014 school year included:

### *Honor Squad:*

Josh Cunningham – Central Decatur HS  
Larissa Michalek – Pella High School

### *State Competition:*

1A – Northwood-Kensett HS  
2A – Roland-Story HS  
3A – Clear Lake HS  
4A – Dubuque Sr. High

*All-State:* Megan DeMouth - Waukee HS

*All-Star:* Miranda Kollasch – North Union HS

### *Bank Iowa:*

State Football Best Participating Cheerleaders - Van Meter  
State Basketball Best Participating Cheerleaders - South Hamilton  
State Basketball Half Time Performance Service Award - BCLUW

# Bank Iowa Awards

by Jeanne Ehn, Executive Director

ICCA has an official sponsor assisting with giving scholarships and grants to worthy ICCA cheerleaders and squads. We are very grateful for Bank Iowa and what they have helped us give to cheerleaders.

At the State Championships, Bank Iowa sponsored our first Student Achievement Awards for a cheerleader who has outstanding achievement in high school. The following cheerleaders were winners of the first Student Achievement Awards: Class 1A awarded Chelsea Pierce from HLV; Class 2A was Abby Peterson from Shenandoah; Class 3A was Cassandra Adamson from Williamsburg, and Class 4A was Jennifer Klodt from Ottumwa.

At the State Football and Basketball Championships, Bank Iowa sponsored a grant to the best participating cheerleading squad. Criteria for the award was the squad with the best cheerleading skills: leading their crowd in a positive way with the crowd responding, using good cheer skills and the incorporation of stunts, jumps, signs & pons, etc. in leading the crowd, and good sportsmanship in leading their crowd. The Van Meter cheerleaders won this award at State Football and South Hamilton cheerleaders won this award at State Basketball.

A second award was given at State Basketball to the Half-Time Performance squads for Community Service & Caring for Others. Each squad was asked to give their community service and/or how they helped others during the present school year. BCLUW was presented with this award.

## Building **CONFIDENCE** in Your Team

You have the ability to build up or tear down their confidence. Which will you pick?

**Watch them** - give praise. Even small steps toward the goal should be praised.

**Listen to them** - help them work through their problems.

**Make them feel special** - let them see you care.

**Let them lead** - then give praise.

**Laugh together, laugh often, enjoy each other.**

**Give things to them** - High fives, a pat on the back, verbal praise, your smile, your excitement towards their achievements



# ACADEMIC ALL STATE



## Cheerleaders

Raelynn Aicher  
Nicole Allen  
Nicole Behr  
Mikayla Boyenga  
Taylor Boyle  
Sierra Brand  
Emma Bruen  
Moriah Cooper  
Taylor Cork  
Kristen Daniel  
Avery Davis  
Megan DeMouth  
Taylor Delaney  
Stephanie Dunbar  
Megan Frischmeyer  
Megan Garber  
Julie Gunderson  
Olivia Jorgenson  
Laura Klaes  
Jennifer Klodt  
Edan Lambert  
Allyssa May  
Madison Mead  
Ellie Meyers  
Kendra Miller  
Danielle Moore  
Alissa Netcott  
Megan Novotny  
Briana Overhue  
Abby Peterson  
Chelsea Pierce  
Hannah Refinschneider  
Madi Rhodes  
Tatiana Riesenbergl

## School

BCLUW  
Waukee  
Bishop Garrigan  
Ottumwa  
Oskaloosa  
Sergeant Bluff-Luton  
Fort Dodge Senior  
Ames  
Waukee  
Kemper Catholic  
West Central Valley  
Waukee  
Colo Nesco  
Fort Dodge Senior  
Saint Edmond  
Tri-County  
Waukee  
Hudson  
Osage  
Ottumwa  
MOC-Floyd Valley  
Clarke  
Glenwood  
Garner-Hayfield  
Central Springs  
BCLUW  
Ballard  
Crestwood  
Glenwood  
Shenandoah  
HLV  
South Hardin/BCLUW  
Marcus Meridan Cleghorn  
Kuemper Catholic

## ICCA Coach

Kelly Trinkle  
Bobbie Tucker  
Erin Miller  
Debb Kent  
Ashley Reed  
Julie Van Dyke  
KC Williams  
Dana Logan  
Bobbie Tucker  
Katie Beldt  
Traca Waddell  
Bobbie Tucker  
Chelsea Holdridge  
KC Williams  
Amber Barwin  
Paula Kirkpatrick  
Bobbie Tucker  
Katie Miller  
Debbie Goodale  
Debb Kent  
Kayla DeVos  
Jennifer Pollard  
Dixie Thomas  
Kristi Carew  
Rhiannon Lillquist  
Kelly Trinkle  
Barb Chieves  
Lindsey Steinmetz  
Dixie Thomas  
Angela Trowbridge  
Patty Dentel  
Valerie Daters  
Heidi Holmes  
Katie Beldt

## **ICCA REP COUNCIL**

*by Traci Buck, ICCA Vice President  
and Chairperson of Rep Council*

To gain more diverse feedback from coaches or past coaches from around the state, ICCA has again asked for applicants for our Rep Council - with 2 representatives from each of our 6 districts.

The following twelve coaches were elected to a one-year term at our annual Conference in April. Along with ICCA's District Representatives, they welcome your input and ideas!

### **NORTHWEST**

Heidi Holmes, Marcus Meriden Cleghorn  
[heidiholmes22@gmail.com](mailto:heidiholmes22@gmail.com)

Jessica Kruse, Central Lyon  
[jessica\\_nelson9977@yahoo.com](mailto:jessica_nelson9977@yahoo.com)

### **NORTH CENTRAL**

Brittany Zimpfer, Iowa Falls-Alden  
[bzimpfer@ifacadets.net](mailto:bzimpfer@ifacadets.net)

Kelly Trinkle, BCLUW  
[ktrinkle@bcluw.org](mailto:ktrinkle@bcluw.org)

### **NORTHEAST**

Erin Taylor, Linn-Mar  
[etaylor@linnmar.k12.ia.us](mailto:etaylor@linnmar.k12.ia.us)

Bridget McWhorter, Benton Community  
[bmcwhorter@benton.k12.ia.us](mailto:bmcwhorter@benton.k12.ia.us)

### **SOUTHWEST**

Angie Trowbridge, Shenandoah  
[Trowbridgea@shencsd.com](mailto:Trowbridgea@shencsd.com)

Dixie Thomas, Glenwood  
[dixiechic@mchsi.com](mailto:dixiechic@mchsi.com)

### **SOUTH CENTRAL**

Katie Bales, Ankeny Centennial  
[Pompoms2004@hotmail.com](mailto:Pompoms2004@hotmail.com)

Nichollette Mausser, Ballard  
[dorfcheer@hotmail.com](mailto:dorfcheer@hotmail.com)

### **SOUTHEAST**

Lucy Joseph, Iowa City - City High  
[lucy.joseph@gmail.com](mailto:lucy.joseph@gmail.com)

Heather Swanstrom, Ottumwa  
[heather.swanstrom@ottumwaschools.com](mailto:heather.swanstrom@ottumwaschools.com)



## **You Could Hear Them Roar? 2014 All-Star Cheer Squad**

*by Betty Lou Jones, All Star Director*

The 2014 ICCA All Star Cheer Squad was a hit at the Iowa Basketball Coaches Association All-Star Games held March 29th at the Dallas Center-Grimes High School in Grimes. The 44 cheerleaders, 40 girls and 4 boys from across Iowa performed a four minute routine at the two consolation games and two championship games. The choreographer was Megan Moritz from Le Mars. Megan is a cheerleader at the University of South Dakota.

The cheer routine used music about "Diamonds" for the first part, and songs "Eye of the Tiger" and "Roar" for the second part. The routine consisted of dance, cheer, stunts and tumbling.

The cheerleaders are chosen by a video tryout in January. The routine is then sent to them to learn. On the Friday before the games the cheerleaders come together for an extensive practice to put the stunts and formations together.

At the halftime of the last game medals are given to all the participants, and special awards are given to cheerleaders who have in some special way demonstrated not just their cheer abilities but that little extra "something" to make this a much better cheer squad. This year eight coaches awards were given. The recipients of these awards were Megan Gloede, Union; Ashlyn Schaefer, Northwood-Kensett; Shelby Johnson, Winterset; Emily Drost, East Sac County; Alisha Gleason, Union; Becky Bormann, North Union; Lexie Bieber, Waukon; and Heather Spangler, North Cedar. Two Most Improved Cheerleader awards were given to Annika Ekstam from Bondurant-Farrar and Philip Runia from Humboldt. The coaches also chose two very special awards: Most Valuable Cheerleader award was given to Lauren Krogmann from Atlantic, and a \$250 ICCA Scholarship to Miranda Kollasch of North Union.

The squad was coached by Betty Lou Jones, Director; Sherrie Mortiz, Cindy Pangburn, and Michaela Wanek.



by Sherrie Moritz,  
At-Large Representative

Summer is fast approaching and with that means summer practices, camps etc. It also means warm weather and heat days. To prevent heat illness such as heat cramps, heat exhaustion, or heat stroke) during summer practices, it is important that your child's coach follow the following guidelines for summer practices:

**Limit your practice time.** Try have hold you practices in the early morning or early evenings. Start you practices out slow, then gradually increase. If you're not use to outdoor activity take it easy at first.

**Dress properly.** Avoid dark colors as they absorb the heat. Have them wear light-colored, lightweight cotton shorts with tank top. Wear clothing that will allow the air to circulate around your body and help keep you cool through evaporation. Wear clothing made of a light weight, breathable fabric. Cotton and other natural fabrics are good, as are the newer "sports" fabrics that wick away perspiration.

**Sunburn is your enemy.** Wear a good sunscreen and remember to keep reapplying it.

**Drink plenty of water.** It's important to replace any fluid you lose through sweating. Don't wait until you're thirsty to drink; drink before, during and after all outdoor exercise or activity.



## SUMMER CONDITIONING

by Paula Kirkpatrick, Representative at Large

Once my squad is chosen, I begin to think about next season. I want to help my cheerleaders be ready for that season. I believe that means beginning with conditioning. Conditioning reduces injuries and increases skills.

Starting in May, the cheer squad will lift weights twice a week. At our school we use a program called Bigger, Faster, Stronger and this tells the athlete what weight to lift and how many reps to do.



Summer Conditioning...Continued on page 11

## Signs and Symptoms of Heat illness...

by Sherrie Moritz, At-Large Representative

- Feeling faint
- Nausea
- Cool and clammy skin
- Ashen coloring
- Sweating heavily
- Irritability
- Dizziness or confusion
- Collapsing
- Hyperventilating
- Unconsciousness

### Treatment of Heat Cramps, Heat Exhaustion or Heat Stroke

- Get the person out of the sun. Move them to air conditioning or in the shade.
- Remove and/or loosen all clothing.
- Lay the person down and elevate their legs slightly
- Offer the person sips of cold water or even better, a sports drink. Nothing iced or containing alcohol or caffeine. And don't allow them to gulp their drink down.
- Fan and cool them off by spraying them with water.
- If the person is nauseous, turn their body to the side to prevent choking.
- If you suspect heat stroke, which is a life threatening condition, or the person has the following symptoms, call 911 or seek medical advice:
  - Temperature above 105 degrees
  - Headache, dizziness or loss of consciousness
  - Disorientation, agitation or confusion
  - Sluggishness or fatigue
  - Seizure
  - Hot, dry skin that is flushed, but is not sweaty
  - Rapid heart beat
  - Hallucinations

### ● When in doubt, call 911.

## SUMMER FUN!!

Read! Sleep! Family! Fishing! SHOP! Picnic!  
Pool! Friends! Garden! Pedicures! Manicures!!  
Travel! Swim! Walk! Run!! Bike! Laugh! Sew!  
Quilt! Create! Bake! Fairs! Volunteer! Cuddle!  
Giggle!! Sun! Movies! Ballgames! Pray! Enjoy!

A new idea I have this year is giving the squad a two week conditioning challenge in May. I will set up exercises I want them to do each day. If they complete the challenge they will get a reward. A fitness place I attend does this, and it is a great motivator.

We will continue weight lifting twice a week throughout the whole summer. When school is out the squad will receive a calendar that has different conditioning exercises to do each day. The areas of focus will be legs, arms, core strength and flexibility. A speaker at conference told us that burpees and wall sits are great for cheerleaders, so those will definitely be on the calendar.

Practice begins in July. Summer practices will contain conditioning. I also like to include some fun things during the summer like water aerobics, Zumba and maybe yoga.

I hope one of the messages my girls get is that conditioning is important for overall health, fitness and safety.

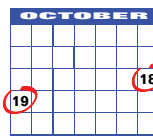
## ***WHO CAN BE A MEMBER OF THE ICCA HONOR SQUAD?***

***by Traci Buck, ICCA Vice President***

The only requirements are that ICCA member schools may send up to three participants, and those three must be juniors or seniors cheering for a varsity squad for the current school year. The criteria used to determine who gets to go is up to you, Coach! Here are some ideas:

- Most Valuable/Best Effort
- Most Improved Cheerleader
- Academic Award - GPA
- Most Improved - Academic
- Leadership Award
- Character Award
- Most Community Involvement/Service
- Spirit Award

There are many ways you can HONOR your squad members, these are just a few. No matter which way you decide to choose, Honor Squad weekend is a memorable one and we hope you will take part!



## **MARK YOUR CALENDARS!**

***by Melissa Hatfield, All-State Director***

Mark your calendars now with the dates for **All-State 2015!**

Tryouts will be held at Ames Middle School on Saturday, October 18th and Sunday, October 19th, 2014.

Practice dates are as follows:

Sunday, December 7th, 2014

Sunday, January 11th, 2015

Sunday, February 1st, 2015

Sunday, March 1st, 2015

Sunday, March 8th, 2015 - makeup practice

Thursday, March 12th, 2015 - afternoon/early evening

The performances at Wells Fargo Arena will be on Friday, March 13th, 2015!

Email All-State Director, Melissa Hatfield at [melissahatfield1980@hotmail.com](mailto:melissahatfield1980@hotmail.com), with questions.

## **Getting a Head Start on Scholarship Preparation**

***by Kenna Johnson, ICCA Executive Director***

Each year, the ICCA gives away more than \$5000 in scholarships. These scholarships are awarded in a variety of ways, some through a formal application process and others by "luck of the draw." As a coach, summertime is the perfect time to begin the process of getting materials together in order to apply for the academic scholarships that require an application.

Once the final grades are posted for the 2013-2014 school year, go see your school's Guidance Counselor and check on your upcoming senior's grade point averages. To apply for the ICCA scholarship, cheerleaders must have a minimum 3.5 GPA. This will help you figure out which seniors are eligible to apply. Once those seniors are determined, encourage them to begin working on their Activities List, which would include any honors they have received in school or cheerleading, as well as community service work. This Activities List can come in a variety of forms, but an Excel document might be easiest.



Recommendation letters are also required for application for the ICCA scholarships. Obtaining these letters early is key; the sooner the cheerleaders ask for the recommendations, the easier it is to complete the application process. As cheerleading coach, you will be required to write one letter of recommendation per cheerleader applying for the scholarship. Letters will also be required from another teacher in the school system and one community or church member the cheerleader knows personally. Finally, a letter from the Guidance Counselor is needed, stating the cheerleader's GPA through the end of his/her junior year of high school. (This is not a letter of recommendation. It simply confirms the GPA.) This letter may be signed by either the Guidance Counselor or the Principal.

Besides the academic scholarship application already mentioned, a similar process is held for the All State program. One scholarship is awarded to a senior All State cheerleader who meets the required standards. An Activities List and recommendation letters will also be required for this scholarship application. Now, if your cheerleaders are not eligible for the academic scholarship, there are other ways to become involved and possibly chosen for a scholarship! Cheerleaders who are seniors and attend Honor Squad, All Stars, and State Competition could be selected at random for scholarships. Additionally, the ICCA has established scholarships to be given to participating squads at the state football and state basketball tournaments based on their ability to lead their school crowds; the ICCA provides these scholarships in conjunction with Iowa High School Sports Network and Bank Iowa.

The Iowa Cheerleading Coaches' Association is proud to give back to the cheerleaders in the state of Iowa, and offering scholarships is one of the most valuable ways we can do just that. Don't miss out on a great opportunity for a scholarship! Start planning and working with your cheerleaders NOW!!

# THE JOYS OF COACHING IN THE SUMMER

**S** - Stretch and condition! Get your cheerleaders physically fit before the season starts!

**U** - Understand your rules and expectations! Make sure questions are answered now about your rules/expectations. Don't wait until something happens for the questions to pop up!

**M** - Move Up, Up, Up! Work on stunt progressions! Focus and perfect on the small things before you move forward.

**M** - Meet the parents! Have multiple parent meetings and make sure they are helping out where they can. That will reduce your stress later!

**E** - Enjoy the weather! Take advantage of the sun and get some outside practices going. Make sure to not be outside when it is too hot, and always remember the water! Check your surroundings, but grass can be so much fun to practice on.

**R** - Retreat! Hold a cheer retreat with your team. Work on team building skills, get to know each other better, and have fun!!



# Competing in the State Competition is a **GOOD** Thing

*by Cindy Pangburn, ICCA Representative*

State Competition can be an unnerving thought for new coaches or those coaches who have not been a part of our State Competition in the past. I know just how you feel!! I was one of those nervous coaches a few years ago when I made the decision to compete for the first time.

It is important to consider some things before you make the decision to compete. But, cheer competitions have become a big part of cheerleading and are

an excellent way to take your squad to the next level. You need to think about cost, distance and transportation and specific dates. As a coach are you ready to take a chance? Because I am guessing your squad is ready! It will take many extra hours of practice but I guarantee it will be worth it!

Be sure when you make the decision to compete you plan far enough in advance. Our State Competition is Saturday November 1st. It will be held at the Jacobson Building on the State Fairgrounds. Getting ready for a competition will take more work than preparing to cheer at football, basketball and wrestling. You may want to learn your routine during summer vacation because once school starts your cheerleaders may be very busy!

One thing new coaches can overlook is the deadline to have paper work turned in. When you receive your fall mailing from ICCA you will have all the information about State Competition you need. Be sure to know when those dates are and have all the paper-work and fees mailed on time.

Even though it may seem like a lot of work your cheerleaders will gain so much from competing. First of all, I am guessing many on your squad have been talking about it amongst themselves and are waiting for you to give the go ahead! If your cheerleaders are like mine, they watch competitions on ESPN and You Tube more often than you realize! Also, when you challenge your cheerleaders you will be surprised at how quickly they will become engaged and are ready to meet or even exceed your expectations.

If you are new to competition cheerleading and are unsure about choreography ask some of the coaches in your area or you can email anyone on the ICCA board. You can either do the choreography yourself, or if you do not feel that is an area of expertise for you, then you can hire someone to do the choreography for you. You may be surprised at how much more your squad will bond as they work toward the goal of competing. Be sure to set realistic goals, especially the first year. Remember to remind your squad there is technically only one winner but they can be winners in other ways. It can be learning to do harder motions or dance moves. Also, it could be by learning how to do triple jumps or perfecting stunts which has been a challenge for them. They will also feel a sense of accomplishment once

they learn the routine and perform it in front of a crowd and they will be starting a new tradition at their school, one of which they can be very proud of.

You need to help them remember even if they don't win a trophy they are still winners just because they made the effort! I always remind my squad to remember the "feeling" they have as they come off the mat when they have given 100% and did their routine to the best of their ability! Cheer competitions can be a lot of work, but they are also a lot of fun and you will be making memories that will last a lifetime. Remember to bring a positive attitude to a cheer competition. You are acting as a representative of your school and community and have a responsibility to be polite and courteous of your opponents. Above all else have fun!!



## Special Olympics 2014

*by Sandy Norby, Special Olympics Director*

If you like smiles, hugs, high fives music and cheers then Special Olympics 2014 is for you! Come join us on Thursday, May 22, 2014 at Hilton Coliseum for a fun filled day. Go to [www.iowacheercoaches.org](http://www.iowacheercoaches.org) and click on the Special Olympics' link for information.

The first 50 cheerleaders that send in their registration form and \$20 fee (per cheerleader) to Sandy Norby will have the opportunity to be on the cheer squad. It will be a low stress day but it will be a day that cheerleaders will always remember.

Cheerleaders will learn a cheer/dance routine in the morning, lead a cheer clinic for the special needs athletes in the afternoon and meet new friends all day long. If this sounds like something you would enjoy, then be sure to sign up, but remember we only take the first 50 girls that sign up!

**Hope to see you there!**

### **ICCA Goal:**

To promote, develop, improve, protect and support cheerleaders, cheer coaches, and cheerleading in Iowa.

## ***SIMPLE TIPS TO IMPROVE JUMPS***

1. Cheerleaders should stretch before and after work outs.
2. Stretch not only during practice, but out of practice.
3. Know the types of jumps and the demands of each one.
4. Do Jump Drills (individual and team) to build muscle.
5. Stay in Shape: Strong core, legs and hip flexors!
6. Use weights & jump in front of mirrors to correct mistakes.

For more information on stretches, drills, and jumps go to [www.wikihow.com/Improve-Cheer-jumps](http://www.wikihow.com/Improve-Cheer-jumps)



## **Planning for a Parent Meeting**

*by Patti Davis, NE District Representative*

Every coach knows that communication is key to a successful season. To set the tone for the season, start off with a productive parent meeting that follows an agenda and keeps everyone on track. This meeting should provide an opportunity to review athletic policies, procedures and expectations, and the roles of the coach, player and parent within the structure of the program.

I also invite the cheerleaders to be in attendance at this parent meeting. This is helpful if there is a question of interpretation on rules, policies and expectations. Both parent and cheerleader hear the same information.

**Coach introductions:** Share a bit of background and coaching experience about yourself/any assistant or volunteer coaches. This is also a great time to include, how to reach you, the best methods of communication and expected response time.

**Parent introductions:** Have parents introduce themselves and name/introduce their cheerleader.

**Coaching philosophy:** Explain team rules, expectations, and practice regimen. Discuss safety procedures, accident policies and communication of this information to parent and school. Clarify cheer priorities such as schoolwork, school spirit and service projects.

*Parent Meeting...Continued from previous column*

**Goals for the season:** Discuss fitness, skills checklist, commonly misunderstood or new rules of cheerleading, competitions, and school spirit/sportsmanship.

**Equipment and uniforms:** Explain uniform distribution and care, any shoes, warm-ups, socks, bows, etc. that will be required. Determine if these are parent responsibilities or fund raised monies. If you are using a check out method on equipment, explain that policy. Sign out sheets or rotations work well for check out of resistance equipment, etc.

**Player responsibilities:** Explain expectations regarding schoolwork/grades, carbs/hydration, practice and game preparation, and respect for coaches, officials, opponents/cheer squads and teammates.

**Parent responsibilities:** Help cheerleaders arrive on time with all their cheer gear. Notify the coach of absence/illness. Have parents sign and return the Athletic Forms Packet. Remind of physicals offered at school and dates to be eligible to participate. Sign up with the Athletic Booster Club as they support and subsidize the Cheer Program.

**Logistics:** Discuss practice times/locations and games schedules. If there is a school or conference website, provide that for updated schedule changes, postponements, cancellations and directions to events. Provide your phone and/or email. Again remind the best forms of communication with coaches for quickest response. If you have a cheer webpage, refer to that for immediate updates.

**Competitions:** Talk about competition dates, locations and costs. Give plenty of notice to set aside time. Offer additional practice expectations.

**Volunteer needs:** Recruit volunteers as necessary as team parents. This person/persons may be the coordinator of all things cheer. Fundraisers, long trip goodie bags, or meals. Help schedule Booster event volunteers. Some offer homes for team dinners, bonding events like movie night, team competition preparation. Assist with service projects.

**Q&A time:** Ask parents for questions about general topics—questions with answers that other parents will benefit from hearing.

**Set the tone with a positive, productive parent meeting** and you will (hopefully) have a positive, productive season. **CHEERS!**



## Ask Jeanne



**Dear Jeanne:**

Bow rules?? HELP!!  
**A Coach**

**Dear Bows:**

Bows! BoWs!! BOWS!!! I understand your confusion. It seems like cheer bows have taken over our lives! So many questions about bows: What is legal and illegal? Where should they be placed on the head? Is this bling legal? Do the bows need to be in school colors? Is this glitter okay? Bows are expensive, how much should each cheerleader be expected to pay for bows? Should they have 3, 5, or 7 bows per season? Is it okay if the bows have wire in them? How about hard ornaments on the bows? Bow questions are all over in emails.

How about this one: Is this plan okay? We found an animal print ribbon that isn't in our school colors, but we really like it. We want to add some glitter to make sure it sparkles. And to make it stand out, we would like to put words like "Go," "Fight," "Win," with puffy paint in our school colors on the ends. Will that make it legal? We also will have each girl's name on the bow. Is this legal?

And then there was this, "We saw cheerleaders who had bows where the ribbon was at least 4 or 5 inches wide. Is that legal? They were huge!"

Really? Bows, it seems, are dominating everyone's conversation when other things should be the concern.

Here's my take. Can we make bows 100% illegal? Okay, maybe not, but can we at least just go back to the basics and plain ribbon? Then maybe we/ICCA Board members will get some questions about cheer - leading. Questions for better jumps. Questions about taking motion technique to another level. Questions about leading a crowd. Questions about promoting good sportsmanship. Bows aren't going to make your cheerleaders better cheer leaders. They only cause conflict. I know I'm getting into personal opinion here, but you have no idea how bows have taken over every cheer conversation and event.

I'm going to go out on a limb and guess that the majority of cheer coaches have had several conversations with their cheerleaders about bows. Maybe it was about legality or one of the many issues that bow companies have created with their creativity. Or perhaps the bows are an issue when one group wants to wear one bow verses wearing another bow. Be honest. Have bows caused controversy? Let me ask one other question. Have your cheerleaders spent big bucks on bows because they feel they have to be professionally made?

Truly, the bow companies have it the best because everyone wants bows bigger, brighter, and bolder in any way, shape, or form because the cheerleaders saw a squad wearing them, and that squad was good. If there is demand the companies are going to make it! The company doesn't care if they are legal or illegal. They are going to create it because coaches and cheerleaders give in to paying a great deal of money for each bow. All it takes is a bit of company promotion of beauty and skill through a bow. "Wear a bow in this larger size and judges will think you are amazing." You laugh, but it is true. "The Look" is important because it is a trend. What happened to the athletic trend?

So what to do? Coaches, I need you to help lead your cheerleaders out of the craziness.

Let's go back to the basics, the way it was before things went out of control. Let's go to athletic. Do we really need bows that look like giant hats sitting on top of heads? Do we need bows that distract from those pretty faces? So many big bows are wiggling when gals shake their heads that I worry about the bows falling off. I don't watch the face, I watch the bow wiggle. Forget about the cheerleader who is smiling, hitting great motions, or dancing to her best ability. I'm focused on that bow and if it will fall off her head. Either get a smaller bow or put it at the back of the head. One or the other is good, and both would be great!

Perhaps some of you saw Jim Lord come in to the Keeping Your Cheerleaders Safe session at the Spring Conference with a big bow planted on his forehead and the bow tails in his eyes. It is true that if a tail of a bow gets in the eyes, they are illegal and a rules violation. That can easily happen if bows are placed too far forward on the head. He went on to say judges really don't like bows in the face. He wants to start a new trend to moving the bows to the back of the head with tails down. I have to say I'm with him. I want to look at the cheerleader's face and not the bow.

I'm urging you today to take bows back to simpler time when a ribbon in the hair cost a few cents. Okay, maybe a dollar, but don't fall into the bow money trap. Keep it simple. Make bows simple. Go athletic! Then, don't hesitate to ask those questions about cheer leading! Now we're talking about what we should be talking about!!



**I'm always cheering for you!!**

*Jeanne Ehr*

**GENERAL MEMBERSHIP MEETING  
APRIL 5, 2013  
THE MEADOWS HOTEL, ALTOONA**

The meeting was called to order by President Jenny Crawford at 12:53 p.m. Board members present were Traci Buck, Sarah Buss, Jenny Crawford, Patti Davis, Tami Doyle, Jeanne Ehn, Melissa Hatfield, Kenna Johnson, Betty Lou Jones, Paula Kirkpatrick, Donna McKay, Kristen Morlan, Sherrie Moritz, Salli Nichols, Sandy Norby, Cindy Pangburn, and JoEllen Wesselmann. There were 93 members present.

**Minutes:** Jeanne Ehn (Board) made a motion to accept the minutes from the 2013 General Membership Meeting. Debb Kent (Ottumwa) seconded the motion. Motion carried.

**Membership:** JoEllen Wesselmann reported that as of April, we have 162 members from 88 schools.

**Financial Manager's Report:** JoEllen Wesselmann reported that the ICCA has \$33,168.73 in checking (before conference bills), \$15,401.68 in savings, a CD worth \$16,515.54, and a mutual fund worth \$15,402.06.

**Other Director Reports:** Reports from Directors and District Representatives were given in writing and included in the conference folders.

**OLD BUSINESS**

**Strengthened NF Rules:** All rules remained the same.

**NEW BUSINESS**

**Vote on Constitution:** Debb Kent (Ottumwa) made a motion to accept the constitution changes. Trish Sevier (Creston) seconded the motion. Motion carried.

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

President – Mindy DeBaun

Vice President – Traci Buck

All-State Director – Melissa Hatfield

Scholarship Director – JoEllen Wesselmann

SE District Representative – Kristen Morlan

NC District Representative – Betty Lou Jones

NW District Representative – Salli Nichols

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

Bobbie Tucker (Waukee) made a motion to accept the nominations. The motion was seconded by Sandy Norby (Board). Motion carried.

Kristen Morlan (Board) made a motion to adjourn the meeting. The motion was seconded by Debb Kent (Ottumwa). Motion carried; the meeting was adjourned at 1:02 p.m.

Respectfully submitted,

Donna McKay  
ICCA Executive Director

# MARK Your Calendars!

## ICCA DATES for the 2014-2015 School Year

July, 2014: Shrine Bowl, UNI, Cedar Falls

### **August, 2014: ICCA Free Fall Clinics**

NW - Storm Lake, August 16

NC - Mason City, August 23

NE - Manchester, West Delaware, August 2

SE - Tiffin, August 16

SC - Ames, August 23

SW - Shenandoah, August 23

**August 4 - August 28, 2014: Online Rules Meeting** (Required for coaches & choreographers involved with ICCA events) \*\*\*ALL COACHES and choreographers must complete the AUGUST ONLINE RULES MEETING to participate in ICCA EVENTS. The winter rules meeting will not be accepted for State, All-State, and Honor Squad registrations.

September 26, 2014: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Competition, Honor Squad (no other type of registration is allowed)

October 1, 2014: **Deadline for mailing entry fees** for ICCA Event Registrations

October 18 & 19, 2014: All State Tryouts, Ames

October 27 - December 1, 2014: Winter Rules Meeting (this will not qualify coaches for ICCA Events)

November, 1, 2014: State Competition, State Fairgrounds, Des Moines

November 16, 2014: Honor Squad Practice, Ames

November 20, 2014: Honor Squad Practice, UNI, Cedar Falls

November 21, 2014: Honor Squad Performance, UNI Dome, Cedar Falls

December 7, 2014: All State Practice, Ames

January 11, 2015: All State Practice, Ames

February 1, 2015: All State practice, Ames

February 2, 2015: ICCA Scholarship application deadline

February 18 - 21, 2015: State Wrestling Dual & Individual Tournaments, WFA, Des Moines

March 1, 2015: All State Practice, Ames

March 8, 2015: All State Practice, makeup practice, Ames

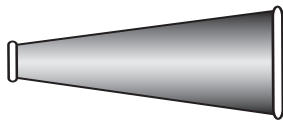
March 9 - 14, 2015: Boys' State Basketball, WFA, Des Moines

March 12, 2015: All-State Practice, Ames

March 13, 2015: All State Performance, WFA, Des Moines

March 27 & 28, 2015: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona

May, 2015 - Special Olympics, Ames



# 2014-2015 ICCA BOARD OF DIRECTORS

**President ..... Mindy DeBaun**

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**District Representative - South Central..... Sarah Buss**

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**Special Olympics Director.....Sandy Norby**

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**District Representative - At Large..... Cindy Pangburn**

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## EXECUTIVE DIRECTORS

*AWARDS, CONFERENCE, STATE COMPETITION, TRUSTEES*

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# 2014-15 National Federation Proposed Spirit Rule Changes

**Rule 1** Add the following to the definitions section, Rule 1:

Lift – See Stunt

Stunt/Partner Stunt/Lift –

**Rationale:** Adding “Lift” to the definition of Stunt/Partner Stunt will clarify for spirit groups who regularly use that term that, by definition, a Lift is technically a Partner Stunt.

**Rule 1** New: **Foldover Stunt** – An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person’s ankles/feet remain in the grip of the base(s) (e.g. yo-yo, pancake, etc.).

Change: **Roll** – A hip-over-head rotation that is executed either on the performing surface or in a partner stunt in which the top person is in contact with a person on the ground.

Change: **Suspended Roll** – A stunt in which upright base(s) or post(s) hold a top person’s hand(s)/arm(s) while the top person performs continuous foot/hip-over-head rotation.

Change: **Tumbling** – Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. *NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.*

**Rationale:** Definitions added or adjusted for the purpose of clarification and/or as a result of changes in Rule 2. *Clarification in the definition of tumbling is indicated as a result of the revised definition of “Roll” and also to clarify that gymnastic-type skills performed by a top person while in a stunt are not considered to be tumbling.*

**2-3-8 ART. 8 . . .** Supports, braces, soft casts, etc. which are unaltered from the manufacturer’s original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer’s original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids or tosses.

**Rationale:** This rule is intended to appropriately minimize risk for all participants. 1. Supports, braces, soft casts, etc. which are unaltered from the manufacturer’s original design/production do not need additional padding. 2. Altered supports/braces, soft casts, etc. would require additional padding only if the participant is involved in partner stunts, pyramids, or tosses. 3. A plaster cast and a walking boot present potential risk of injury to other squad members only if the participant wearing such is involved in partner stunts, pyramids or tosses. 4. Tumbling is not included in this list since this would not pose a risk to other squad members. A health care professional is the appropriate person to determine whether these individual skills are safe for an injured participant wearing a plaster cast or a walking boot.

**2-5-2 & 3 Rule 2-5-2 & 3 Rewritten –**

ART. 2 . . . A top person may be inverted in partner stunts/pyramids provided all the following conditions are met:

a. In all inverted partner stunts:

1. At least one base or spotter must be in a position to protect the head/neck of the top person.
2. The base or spotter maintains contact with the top person's upper body (*waist and above, including arms/hands*) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

**Exception:** A top person in an inverted position on the performing surface can be released to a loading position below shoulder height.

b. Inverted partner stunts must begin and end below an extended position. An inverted top person is allowed to pass through an extended position, but must not pause or stop while extended.

c. If the base of support is at or above shoulder level, a spotter is required.

**Exception:** Double base suspended rolls do not require an additional spotter.

d. If the inverted top person is moving downward (downward inversion):

1. At least two people on the performing surface must be in a position to protect the head/neck of the top person
2. The bases/spotters maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.

**Exception:** In a foldover stunt, the top person may initiate the inversion without upper body contact.

3. The top person must not go directly to an inverted position on the performance surface from a prep position or higher.

e. Suspended rolls are permitted provided:

1. Two people on the performing surface control the top person in suspended forward or backward rolls with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
2. A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two-person cradle, loading position or the performing surface.

NOTE: A single base/post suspended roll that ends on the performing surface requires a spotter per rule 2-5-2(c).

3. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved with any other skill when the suspended roll is initiated.
4. The feet/ankles of the top person are released.

f. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person does not perform any skill (e.g., toe touches, twists, etc.). Dismounts to the performing surface from shoulder height or above must follow Rule 2-9-2.

**ART 3. . Art 3 Deleted**

**ART 3. . (Old ART 4)** Braced forward or backward flips or rolls in a pyramid are allowed. (No other changes).

**Rationale:** Inversions have become a common element of cheerleading. The changes to Article 2 and elimination of Article 3 are being made to reduce confusion among coaches, interpreters and judges, to address concerns that correct techniques for executing specific inversions are illegal, and to allow greater creativity without adding undue risk to participants.

Rewriting Article 2 and deleting Article 3 will result in the following changes:

1. 2-5-2a & d: Adds the requirement that upper body contact must be sufficient to control/stabilize the position of the inverted top person.
2. 2-5-2a: New Exception: Allows an inverted participant on the performing surface to be released to a loading position.
3. 2-5-2b
  - a. Allows inversions to pass through (but not stop in) an extended position.
  - b. New Exception: Foldovers/pancakes that pass through an extended position do not require constant upper body contact.
4. 2-5-2e: Requires a spotter for single base/post suspended rolls that end on the performing surface.
5. 2-5-2f: Allows inversions to dismount to a cradle or an upright position on the performing surface.
6. Deleting Article 3: Suspended Rolls are now incorporated into Article 2 and will follow the same rules as other inverted partner stunts.
7. Article 4 becomes Article 3: Adding “or rolls” covers situations in which a top person rotates hip-over-head without a release by all ground personnel.

**2-5-4 New** Add New 2-5-4: “An inverted top person must not hold objects (poms, signs, etc.) in his/her hands”.

**Rationale:** Under current rules, poms are prohibited only during basket (& similar) tosses and signs with corners/edges are prohibited during cradles. Because inverted top persons’ hands are frequently close to heads/faces of ground level participants, allowing an inverted top person to hold objects creates as much risk to participants as does tosses and cradles – especially if an inverted stunt is missed or dropped. This revision will minimize risk.

**2-7-5** Delete NOTE.

**Rationale:** The NOTE is not needed.

**2-7-6** Delete NOTE.

**Rationale:** This information is already covered with new 2-7-6 wording.

**2-7-6** A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a top person involved in a release stunt.

**Rationale:** The top person in a log roll may be in contact with a bracer in another stunt. This clarifies the NOTE’s intent.

**2-9-1** **EXCEPTION:** The bases may make a ¼ turn to catch a cradle.

**Rationale:** Allows this information to be stated once in the proper book location.

**2-9-8** A twist to a cradle or to the performing surface must not involve more than 1¼ rotations.

**Rationale:** Clarifies that a maximum of 1¼ rotation is permitted. The last sentence is covered in 2-9-1.

**2-9-9** In all dismounts to catchers who are not the original bases, the following conditions must be met:

- a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
- b. The new catchers must remain close to the original bases.
- c. The new catchers must be in place and may not be involved with any other skill when the release is initiated.
- d. The top person may not perform any skill (twist, toe touch, etc.) following the release.

**Rationale:** These two revisions to this rule will restrict the distance the top person can travel in these dismounts which will minimize risk.

**2-10-1** Tumbling or rebounding over or under a stunt, person or prop is illegal with the exception of non-aerial tumbling over a person or prop on the performing surface.

**Rationale:** Currently, very low-risk stunts (such as a cartwheel over the rim of a hula hoop on the floor) are prohibited. Allowing additional non-airborne tumbling (i.e., cartwheel, walkover) to be performed over a person or small prop provides opportunities for creativity without adding undue risk to participants.

**2-11** Delete all three articles of Rule 2-11.

**Rationale:** The information in article 1 is stated in rule 2-9-8. The information in article 2 is stated in rule 2-10-5. The restriction in article 3 is not necessary as physical limitations prevent excessive twisting in this simple, low-risk jump.

### **Editorial Changes:**

Rule 1 – Revise the definitions for dismount and leapfrog as follows:

Dismount – Ending a stunt by releasing a top person to the performing surface or releasing to a cradle.

Leapfrog – A non-release transition stunt in which the top person...

2-6-13 – A flip from the performing surface that lands in a partner stunt is illegal.

