



Iowa Cheerleading Coaches' Association NEWSLETTER



August 2015 Jeanne Ehn, Editor

Oh the Places You CAN Go.....With ICCA!

by Kenna Johnson, ICCA Executive Director

"ONE fish, TWO fish, RED fish, BLUE fish." "I do not like them, Sam I Am. I do not like Green Eggs and Ham." "Marvin K Mooney, please go NOW!" I grew up reading Dr. Seuss's books, and of course, there are certain lines that will stick with me forever. However, when I think about the Iowa Cheerleading Coaches' Association and cheerleading in the State of Iowa, there are three other quotes from Dr. Seuss that stick out for me. Do you really KNOW the places you can go with ICCA???

First of all, the famous author said, "Unless someone likes you cares a whole awful lot, nothing is going to get better. It's not." Many of us are guilty of complaining about a situation at our school. Maybe there just isn't a lot of school spirit with the student body, or the administration doesn't understand the cheerleading program. Parents may be difficult, or your cheerleaders just keep missing stunt after stunt. How exactly can YOU make that situation any different, knowing you're often an "army of one?" First and foremost, ICCA wants coaches to have the chance to be educated and informed, hopefully so you can deal with the difficult situations that come along with coaching cheerleading. From Online Rules Meetings and Concussion videos each fall to the variety of courses and sessions offered at our annual spring conference, ICCA wants you, as coaches, to be knowledgeable experts within your field. Our website (www.iowacheercoaches.org) is packed full of information, and if you can't find the answers on the website, there are certainly the names and emails of people you can contact for further information. ICCA is your outreach for making changes!

"You'll miss the best things if you keep your eyes shut." With your membership to ICCA come a whole lot of resources. Just like you're reading right now, a newsletter is issued quarterly to all members. That newsletter is compiled of articles written by the ICCA Board members about topics that are of timely interest to you, our members. By providing your email with your membership, you receive access to that newsletter. You will also receive "Email Blasts" both from ICCA and the Iowa High School Athletic Association (because ICCA and IHSAA work together) with the most current information and/or reminders for special cheerleading events throughout the year. Because ICCA wants you to be the best coaches you can be, ICCA wants to keep you informed of all the latest cheerleading topics.

Finally, "If you never did, you should. These things are fun, and fun is good." Obviously he was speaking about the Iowa Cheerleading Coaches Association! Every year ICCA provides coaches and cheerleaders countless opportunities! For coaches,

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Welcome to the Iowa Cheerleading Coaches' Association

by Salli Nichols, 2015 ICCA Lifetime Achievement Award Winner

....and we REALLY do mean that statement. There is no better feeling for the directors of the ICCA than to see that our membership is growing and the purpose of the organization is gaining strength in Iowa's schools. The ICCA is based in the belief that the experiences and education offered through the ICCA strengthen the youth of Iowa and lead to a better future. Thanks for joining the ICCA -- your efforts truly WILL be rewarded -- we believe that!

WHY join this organization of cheerleading coaches? Here is just a smattering of what you might gain:

- **Broaden your knowledge:** The ICCA offers the opportunity to continually learn about cheerleading. Through the spring conference, newsletter articles and educational opportunities, any member is able to find courses, seminars and/or presentations to keep themselves up to date on the latest opportunities and trends in the cheer world. Staying educated and informed on cheerleading will only help you in the long run and will put you one step ahead of what is can happen in both daily practice and game situations, but competition as well.
- **Take charge of your job:** Being a cheerleading coach can be one of the best experiences in life as you take charge of young lives and experience the opportunity to teach, guide and lead teens. Although at times, you may experience resistance or difficulties with individuals or even school officials, being a part of ICCA, you will be informed, supported and educated. Your membership in the ICCA will provide you with the resources and support to be able to move your program forward and gain respect from not only community and family members, but school officials as well.
- **Provide life changing experiences for your squad members:** Many organizations have resources available, but the ICCA provides many opportunities for coaches and cheerleaders to grow together. Those life enhancing opportunities include:
 - * **HONOR SQUAD:** Each fall, members are encouraged to nominate up to 3 cheerleaders for the opportunity to perform at the half-time of Iowa Football Championships. There is no tryout process and coaches and cheerleaders are able to receive recognition and work together with over 200 cheerleaders and coaches.
 - * **ALL-STATE:** Coaches and cheerleaders are

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the annual Spring Conference is a great time to network with other cheerleading coaches and celebrate all you have done throughout the cheer year. For the cheerleaders, there are events like Honor Squad, All Stars, Shrine Bowl, All State, and the State Championships – all opportunities for cheerleaders to showcase their hard work and talent outside their own schools. Additionally, ICCA offers scholarships at each of those events as well as Academic Scholarships each year, rewarding cheerleaders in another way. And don't forget all the awards that ICCA gives away each year! You can nominate a coach within your ICCA District for a "Coach of the Year" award, or if you have a great administrator/athletic director you would like to recognize, you can nominate him/her for that award. Maybe there is someone in your school district who has gone above and beyond to support your cheer program; there's a "Friend of Cheerleading" award for him or her. ICCA wants to recognize important people in the cheerleading world – and that all starts with you!

Let ICCA help you have the cheerleading program you dream of by staying informed and getting involved. Just reading this article right now has you set on the right path! After all, with ICCA's guidance, Dr. Seuss says, "Will you succeed? Yes, you will indeed. Ninety-eight and three-quarters percent guaranteed."



PRESIDENT'S MESSAGE

by Mindy DeBaun, ICCA President

Happy Late Summer Coaches!

I hope everyone has taken a little bit of time for themselves before the true cheer season begins. By now you have had tryouts, a parent meeting, uniform fittings, and probably gone to a summer camp. For me, after tryouts, the real work begins. We have fundraising and then team bonding, get ready for camp, and organize the parent meeting.

If you are a new coach – remember that the parent meeting is really beneficial to the squad and the parents. It is a great time to go over expectations and any concerns that a parent may have. I visit with all the parents on how the season goes, excused and unexcused practices, who cheers what games and what is expected as a cheerleader representing our high school. We talk about social media and the do's and don't's of social media. We also talk about grades and what is expected from the school with that. It sounds like a lot – but all of these issues are important with coaching.

Also a reminder that all the ICCA dates and information will be coming to your school in August. Here are some important dates: The online rules meeting will open up on August 3rd and will close at midnight August 27th. You have to take the online rules meeting and view the concussion video in order to participate in any of the ICCA events this next year.

If you have questions on this please contact any of the ICCA board members. There are many, many wonderful opportunities for your cheerleaders so please take advantage of them.



As always we at ICCA are here to help you. Cheers!

attend a tryout in which judges choose approximately 60 of the most talented cheerleaders in Iowa, followed by practices and a performance at the Boys' State Basketball Championships.

- * **SHRINE BOWL:** ICCA coaches and cheerleaders tryout for a position on the All-Star Shrine Bowl squad of approximately 60 cheerleaders. The squad joins together with the philanthropic efforts of the Shriners and spends one week on the UNI campus in July.
- * **ALL STARS:** Through a video tryout, ICCA coaches select and work with a squad that preforms during the All-Star basketball game held in the spring.
- * **STATE CHAMPIONSHIPS:** Every school can send their cheer squad to be a part of the day when the squads are named State Champions. It is a chance to recognize the squad for their efforts! Everyone should want to be a part of that.
- **Enhance your network:** We all know that networking is key for the growth of any organization or career. Making connections is critical, and joining the ICCA gives coaches countless opportunities to connect with other coaches, industry leaders and even vendors. For most people, creating professional relationships is important, and joining the ICCA allows you to have a sense of community and professional knowledge.. From this, you are able to support and help fellow coaches as you lead and support teens.
- **Be a Leader:** ICCA gives you an opportunity to develop your skills as a coach, and this is important not only for your personal growth, but for your growth in your squad, school and community. ICCA provides opportunities for all coaches to become involved with leadership by volunteering to assist with ICCA events. The organizations' REP COUNCIL allows coaches to get involved with the organization and help lead and educate.
- **Make new friends:** Using the ICCA as a professional networking group will be an opportunity to not only meet new people, but give you a circle of like minded friends who understand exactly what you may be experiencing when others do not.
- **Strength in Numbers:** We know that the cheerleading coach's life often demands working long hours as we hold practices, ride buses and spend hours outside of school on schedules, uniforms and simply managing squads. At any time, you may have ideas for cultivating growth, yet not feel up to not only orchestrating them but organizing them too. In an organization like the ICCA, you have access to an established support system of experienced coaches who are motivated to get things done. The battle is half-won!
- **Stay Inspired and Stay Motivated:** Learn to love what you do! You may not even know that you love cheerleading as much as you do, but it's important to be proactive about things you discover on the journey. Joining the ICCA will give you the opportunity from the very beginning to feel supported and discover something new in the field of cheerleading.

KICK IT UP A NOTCH! PARTICIPATING IN ICCA EVENTS

by Angie Trowbridge, SW District Representative

As coaches, part of our mission is to provide our athletes with opportunities – small and large, individual and group. As cheer coaches, we're blessed to have many of those opportunities within our reach through ICCA. It might be scary to do, but it's worth it to make that first move (whether it's considered a baby step ahead or a leap of faith).

I can remember still being a fairly new coach attending conference, and I made friends with a coach named Gina. At that point I'd only taken my girls five miles down the road to the Free Fall Clinic and confessed to her I was nervous about doing anything else. She made it her mission to ask the right questions and prod me just enough to make me feel comfortable enough to try Special Olympics, and then Honor Squad the following fall. Several years later, the only ICCA event my crew hasn't appeared in is All State. Any of the cheerleaders who have participated will tell you that some of the best memories happened because they took advantage of the opportunities they were given.

Can you relate to that coach, the one who knows about what's out there but isn't sure how to go about it? We, in ICCA, are all here to help you and your athletes! My BEST advice, though, is to start small. Are you (or your school) cost-conscious? Attend a Free Fall Clinic in any district you want, and you and your athletes will network and learn equally. Do you want to expose them to causes beyond? Take them to the Special Olympics or encourage them to try out for the Shrine Bowl – I guarantee that each of your hearts will be full from the experience. Do you want to showcase athletes for their talent? Have them try out for All-Stars, or take them to Honor Squad. Do you have a driven, competitive crew? Try your hand at the State Cheerleading Championships (Time-Out is a GREAT starting point)! Do you have athletes who bring their best in the classroom as well? There's a recognition and scholarship program for that. Want to up YOUR game, and become a stronger, more educated, safer coach? Spring Conference is just the place. There is something for everyone, for just about anything!

Maybe the question now is, "What's in it for my athletes and me?" At the very base of it all, the sense of community that you get by participating is worth more than any dollar amount it might cost to go. Coaching a non-sanctioned sport that typically doesn't earn gate or ratings for its school it's easy to feel misunderstood and on your own, but by going to even one or two ICCA events a year makes a world of a difference. Here are a few things I've noticed since I've taken my crew to events:

- **Networking** – Suddenly, the world gets smaller and more fun for your athletes. At a regular game, you'll occasionally get, "Hey, I remember her from [event]!"
- **Sportsmanship and interscholastic cooperation** – A fancy way to say that if you know someone from another school, you're more willing to work together in a positive way toward a common goal.

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Head coaches: Urge your assistant cheer coaches and volunteer coaches to take the Online Rules Meeting and Concussion Video Training. It lowers EVERYONE'S liability!

Correct It Positive

Great coaches can correct mistakes in a positive way. The best idea is to give the positive of the situation first, then make the correction. Here are some ideas to help.

- I like how you _____, but try
- Let's think of another option.
- You do such a good job of this, if we add _____ it will be perfect.
- You are so close. Next time _____.
- That was maximum effort. Here are some things to make it even better.
- This is so close to perfect! Just try this....

Become an ICCA Member!
Go to www.iowacheercoaches.org
and click on Become a Member.

**ICCA Event Fees mail in date:
October 1! Being late costs \$50!**

Keep Your 2015-16 National Federation Spirit Rules Book

A new spirit rules book will only be provided to schools on alternating years. The next spirit rules book will be sent to schools at the beginning of the 2017-18 school year.

One Rules Book Per High School

The IHSA will provide one National Federation Spirit Rules Book to each high school in the fall mailing. Cheer coaches need to share this rules book; it does not belong to only one coach. A school may purchase more rules books for \$10.00 each by contacting Elisa Kahler (ekahler@iahsaa.org) at the IHSA.

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- **Stories** – These kids love to share their experiences, good and goofy! These experiences also allow them to expand in other things (It's easier to write in Language Arts when you've got something to write about!)
- **Personal growth** – It's a humbling thing to reach beyond what's comfortable and grow as a person as a result. I'll never forget what it was like for my girls and me to hear the National Anthem sung at the Special Olympics, or how it feels to get warm fuzzies from the excited athletes as they entered the Opening Ceremonies. That moment when you KNOW you make a difference, and you're inspired by others to continue doing so? Golden.
- **Recognition and recruitment** – When you create a positive tradition of attending special cheer events, people notice, from local media and admin to parents and students deciding upon what sports to do.
- **Pride** – For a student-athlete, knowing that you represented your school in a positive way is a big deal. Watch this pride spread to other activities and people.
- **Ownership** – Do you want your athletes to truly grasp the significance of the NFHS/IHSAA Spirit Rules? Take them to an ICCA event and have them go through rules checks. They'll get it – and they'll bring it back to their team.
- **Bonding** – There's something about making a freakishly early-morning road trip with another human being that connects you. Maybe it's the fact that it's too early to be anything but yourselves. Maybe it's discovering a shared like for coffee. Maybe it's a bundle of little things that allows your athletes to get to know and appreciate their coach better. THIS is the Facetime that matters.

We coach a sport that is so much more than skills and drills. When those who have cheered are too old to hit motions, too feeble to stunt – they'll always have the experiences of those special cheer events. Go – take that baby step ahead, that leap of faith – and pick an ICCA event that will help you, your athletes, and your program take off! We're here with you every step of the way to make it happen.

**ICCA Online Registration
for ICCA Events
(All-State Tryouts, State
Championships, Honor
Squad) opens August 10!
Register Early!**



ICCA FREE CLINICS!!

The ICCA **FREE** clinics are calling your cheerleaders!! ICCA members can take any cheerleader (middle school, freshman, sophomore, j.v., varsity) and any number to the clinic. The entire squad does not have to attend, but may if you wish. Remember, it is **FREE!!** Learn new material, it is **FREE!** Have fun, it is **FREE!!** Network with coaches, it is **FREE!**

Below are the locations, dates and ICCA District Rep to contact. Please check the ICCA website - www.iowacheercoaches.org for more information. If one date doesn't work, go to another clinic. We don't care where you attend!! Who can resist **FREE??**

August 2015: ICCA FREE Fall Clinics

- NE - Manchester, August 8 (Patti Davis)
- NW - Storm Lake, August 22 (Salli Nichols)
- SC - Ames, August 22 (Sarah Buss)
- SE - Tiffin, August 22 (Kristen Morlan)
- NC - Mason City, August 29 (Betty Lou Jones)
- SW - Shenandoah, August 29 (Angie Trowbridge)

STATE COMPETITION - IT'S NOT JUST ABOUT THE TROPHY!

by Kristen Morlan, SE District Representative

This is the time of year when you and your squad contemplate what you *want to achieve* this season. One achievement you should put on your list is participating in the Iowa Cheerleading State Competition in November! There are many different opportunities for your cheerleaders whether it is in the cheer/dance, group stunt, or the timeout/sideline divisions.

Competing at the state championships can be a *very rewarding experience* whether you come home with a trophy or not. It's an *opportunity* for your cheerleaders *to perform in front of a crowd that understands how much work goes into preparing for an event* such as this, and that will be active, positive supporters of your efforts. Your squad gets to be *evaluated by experienced judges* who will critique you and give you positive responses that will show you where you are strong, and where you could improve.

Competing at state also lets your squad *see a lot of different squads* from the state in a very short period of time! Your squad will see other teams, other styles and different ways to cheer that

they wouldn't see in any other way. This is a great opportunity to get ideas for new dances, stunt sequences, jump technique and motion technique that they can take home and make their own.

But what if you've never competed before and have no idea what to do? Enter the **Time Out division** to get your feet wet and get your squad some experience. This division is designed for new squads and putting together a routine for this category can include a lot of what you already do in front of your home crowd. This is a great way to get your cheerleaders some experience on a smaller scale in a smaller venue. Then maybe the following year, they will be ready to take on the cheer/dance division!

What's most important about entering the competition is what your squad will take away from the experience? The **skills** your cheerleaders will develop in preparation for the competition will make them better cheerleaders at home. **Stunt sequences** they use in their routine can be **incorporated** into home cheers, and **dance** moves can be utilized with other songs. The motions they drill and the jumps they perfect will blend into their performances in front of their home crowds.

Even if you don't come home with a trophy, participating at the state competition will benefit your cheerleaders in many ways. It's a **positive experience** that they will carry into their future cheer lives!

ALL STATE TRYOUTS

by Melissa Hatfield, All-State Director

Calling all high school cheerleaders! All-State tryouts are coming up faster than you think! Tryouts for the 2015-2016 All-State squad will be held on October 17th and 18th in Ames.

Candidates trying out for the squad will be judged on motion technique, jumps, dance, tumbling, and personality.

In September, there will be a video posted on the ICCA website (iowacheercoaches.org) with a dance that ALL cheerleaders trying out will need to learn. It is their responsibility to know this material before tryouts! At tryouts, they will learn a cheer and be able to practice their tumbling and jumps.

More information and details will be in the packet that coaches receive from IHSAA and ICCA. Please make sure to read all of the information carefully! If you have any questions, please email All-State Director, Melissa Hatfield (melissahatfield1980@hotmail.com).

Consider sharing the Newsletter with your Athletic Director so they get the scoop on ICCA, too!

Why Coaches Need to Complete the Online Rules Meetings

by Donna McKay, Rules Interpretation Director

A coach might wonder why it's so important to complete the online rules meeting for cheerleading each year. Listed below are four rationales for why the rules meeting completion is imperative for cheerleading coaches.

1. It's mandatory for ALL Iowa high school cheerleaders to follow these rules for safety and liability reasons. National Federation Spirit Rules. Since rules change and/or new rules are added each year, coaches need to be knowledgeable on this information to make sure their cheerleaders are in compliance with the updated rules.
2. The rules are written for the safety of the participants. The spirit rules regulate stunts and situations for improved participant safety. As coaches, it only seems reasonable that we would want to keep our athletes protected and healthy.
3. Understanding and following the rules can help protect yourself and your school from possible litigation. Anyone can be sued, but the possibility of being found negligent is lessened if coaches are aware of and following the required spirit rules. Being liable could be anything from paying out monetary awards to losing jobs and personal property. Using a defense of not knowing the rules isn't relevant, since it's the RESPONSIBILITY of coaches to know the rules and make sure they're enforced.
4. Knowing and abiding by the rules of your sport are professional duties of coaching. Coaches are expected to stay current in their sport; this includes continually educating themselves by attending rules meetings, conferences, and/or classes.

Each of these rationales alone is more than enough reason to complete the online spirit rules meeting each year. Following, or not following, the rules speaks volumes on the integrity and character of a cheerleading program, which is also a reflection of that school, coach, and cheerleaders. It's the duty of cheerleading coaches in Iowa to take responsibility for their cheerleaders and instill in them the qualities of leadership, which includes following rules. Thank you to all of you coaches who make this a priority!



WHY SHOULD WE PARTICIPATE IN HONOR SQUAD?

by Tami Doyle, Honor Squad Director

- NO tryouts
- You get to **HONOR 3 juniors or seniors** for whatever reason you choose
- Cheerleaders meet **new cheer friends**
- Coaches get to **network** with other coaches
- Cheerleaders/Coaches may learn a **new skill** to take back to their school
- **Performing in the UNI Dome** at State Football Championships
- Awards: T-shirt, Event Bow, Medal, Name in Championship Program
- Cheerleaders/Coaches receive lunch day of performance
- **Bonding time** with your cheerleaders (hotel stay, night out, goofy times)
- **Pictures** in the Dome
- **ITS REWARDING AND LOADS OF FUN!**

Working with your AD during the year

by Cindy Pangburn, District Rep at Large

Summer has flown by once again and the school year is ready to start! I am sure many of you are very busy with practice and the upcoming football games. Those of you who don't coach until winter sports may not be practicing but I am sure you are organizing and thinking about your seasons.

One of the best things you can do for your program and for yourself as a coach is to plan a meeting with your athletic director. Some of you may be thinking there are many things I would rather do, while some of you already make this a part of your program plan. In my years of coaching I have had different athletic directors so I have experienced firsthand the type of athletic director who did not make cheerleading a priority to the athletic director I have now who is very aware of what goes on with my program and is very supportive. My current AD helps promote cheerleading not only in my school, but wherever he happens to travel.

I coach in a small school so my AD has had direct experience with cheerleading as his daughter cheered in my program. It certainly gave him a perspective most AD's don't have the opportunity to have.

The first thing you need to do is to *make an appointment with your AD*. Be sure to schedule enough

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www.iowacheercoaches.org

by Jenny Crawford, Website Director

The Iowa Cheerleading Coaches Association provides cheer coaches several avenues of communication including the annual cheer conferences, this newsletter, all of our events and our web site. On our web site, there are over 20 links to opportunities for cheerleaders and coaches and I encourage you to explore them when you can. Today, I would like to highlight a few of my favorites.

Annual Conference: This link has current conference information no matter the time of the year. If you look at the conference page today, you will find a recap of the 2015 conference including speaker information and take-aways. You will also find information for the 2016 conference including the theme, dates, location, and slated speakers.

All-Stars: Click on this link and you will see pictures and learn about an awesome opportunity for your cheerleaders to work together with the Iowa Basketball Coaches Association. The cheerleaders perform at basketball games at the end of March, meet cheerleaders from around Iowa, and have an opportunity to win a scholarship and several awards.

Calendar: This page is the 'go-to' place to find the dates for EVERYTHING ICCA is involved with including rules meetings, All-State practices, Honor Squad tryouts - the list goes on and on.

ICCA provides this website for you, the cheer coach, for communication and resources. Email me with any questions or submissions for the web site at jennycrawford1@msn.com.

As always, if you want to submit a picture from your cheerleading program to scroll across the home page, send it to jennycrawford1@msn.com for consideration.

Change in State Championships for 2015

There has been one change in the divisions in the 2015 State Championships. The 4A and 4A Large divisions have been combined with up to 20 cheerleaders being allowed to participate. This decision was made earlier in the spring when many schools were going through tryouts.

Concussion Video training is now open and recommended for every cheer coach! This video is required each year for coaches in ICCA Events. Go to the ICCA website and click on the link to begin. Be sure to use the same email and log in information from last year.

time so you don't have to rush! If this is your first visit plan for extra time as your AD will have questions. Be sure to have written information to share, if you have a cheer contract bring a copy, also your practice schedule and if you are a squad that stunts bring the list of stunt progression so you can share how you always make safety a priority!

Also, before you meet with your AD I *suggest sharing the ICCA website* so they can review the information, specifically for them as athletic directors. They will come better prepared; will be more informed and able to have a much better discussion with you!

When you plan your parent meeting it is beneficial if your AD can attend as well. It shows the parents of your cheerleaders that your AD is aware of what goes on in your program and that he/she supports what you are doing.

At our school we have *post season meetings* with our AD. We do this to review the season: what went well and what could be improved on. I suggest having the meeting as soon as the season is done while everything is still fresh in your mind!

Also I suggest *good communication with your AD*. If you have an injury during one of your practices share that so if the parent contacts the AD he/she is aware of the situation. Also, if you have a disgruntled cheerleader or a parent be sure to let your AD know so he/she better help support you and your program.

Your Athletic Director can be one of your best supporters! Be sure to meet with him/her during the year and keep lines of communication open. It will help you have a more successful season.



OH HAPPY DAY!

By Sandy Norby, Special Olympics Director

It was another beautiful day for the Special Olympics held on May 21, 2015. There were 43 energetic high school cheerleaders who came from all over the state with 10 schools represented.

Sherrie Moritz from LeMars, along with her daughter Megan, taught the cheer/dance routine. Once the routine was learned, we went to hold the cheer clinic with the special needs athletes. A large crowd was waiting for us. The room was filled with cheers, chants, smiles, and high fives!



The evening was filled with awesome entertainment, speeches, and the routine. The special needs athletes performed cheers and chants along with the high school cheerleaders and they had a wonderful time!

Thank you to all the coaches who took time out of their day to bring cheerleaders so they could make a special needs athlete's day extra special! Looking forward to seeing you next year!

Parents

by Jeanne Ehn, Executive Director

"The parents are more difficult to deal with than the kids." "Parents! Blah!!" "I swear parents are blind. Do they not see what their teens are like? I can't believe they defend them!"

If you are a veteran cheer coach, you've maybe had these thoughts or actually said these words when talking to another coach or your athletic director. To be really successful in coaching, every cheer coach needs to have a plan when dealing with parents.

Communication is key. Like most things in life, parents become most concerned when they don't know what is going on or there is confusion. Include parents in communications with cheerleaders, especially if it involves any kind of change. This means they become a part of the Facebook page, Tweeting, or whatever media you use. Parents receive the text that practice is cancelled, or the reminder to bring extra gear when it is expected to be raining or very cold at game time.

Hold a parent meeting with cheerleaders and athletic director also present. This is a vital part of the communication process. Ask parents to sign in so you have a record of their presence to help lower your liability. The beauty of the parent meeting is everyone hears the same thing at the same time. Questions can be answered and problems solved before it ever becomes a problem. Hand out the rules and give expectations, making sure you include academic and good conduct policies. If you haven't had a parent meeting yet, schedule one today!!

Invite parents to Practice Night. This could be done in connection with the parent meeting, but consider doing this at another time. I always held mine about a week into the official season. Many years it was the same night as the "soap scrimmage" of the football team, but with an earlier start. Nothing answers questions more than a parent seeing that their child is taken care of in all situations; so invite them to watch. At the practice, explain what the group or individuals are doing and how it fits into the over-all program. Show them an actual practice including warm-up, jumps, motion technique, the stunt progressions and spotting (explaining the importance of not advancing until ready), etc. When it comes to stunting, ask cheerleaders to explain each stunting position including the spots. Next, explain your emergency procedure and then run a "mock" drill. By letting parents see what naturally happens at practice, as a coach, you are educating the parents and calming fears. Suddenly, they understand more of what is going on and a trust develops along with a tremendous pride. Parents love to see their kids grow in ability. This will help them understand all you as a coach are asking of each cheerleader.

Hold true to your word in consistency. This builds an element of trust that is very influential. If you said that practice is going to be over at 5:45 p.m., it needs to be over at 5:45 or before. Next, you can't play favorites. If you have a rule, enforce it, otherwise get rid of it.

Use their abilities. Parents can organize things to make your job easier. Turning certain jobs like orga-

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nizing food after a practice/game makes less stress for you and they enjoy helping. Just make sure to communicate needs and what is happening well ahead of time.

Contact them when necessary and treat them professionally. If they need to be called because of an injury, a violation in conduct code, or for a surprise at Homecoming, get it done. Be honest, but professional. Remember, if this is a negative call, odds are high that they will be embarrassed. Be patient and try to empathize, but be consistent. Your purpose is to inform, not judge. They will appreciate you including them in the process. (When you hang up, call your athletic director so they are aware as well if the situation warrants it.)

Thank them. There are many ways to thank the parents who have gone beyond basic, including the ICCA's Friend of Cheerleading Award. My favorite is to personally tell them. A face to face compliment and thank you works the same way with parents as it does your cheerleaders.

Nothing will build pride in a program more than parents. They are the buffer when their children come home grumpy or stressed (you've thanked them for being that buffer at the practice) from practice. They are the ones who will celebrate when their cheerleader shares success. Building positive feelings makes a positive season.

Finally, there are times when there is more parent drama than kid drama. Hold fast to doing what is right for the kids. Keep communication open and include your athletic director. Sometimes, the best words are from that famous song, "Let it go! Let it go..."

Improving Motion Technique

by Kenna Johnson, Executive Director

What's the easiest way to make any cheer, chant, dance, or stunt look good?

What's the quickest way to get a crowd involved? Two simple words: **MOTION TECHNIQUE**. Devoting practice time to improving Motion Technique can give your squads the most "bang for your buck" so to speak. So what is the best way to improve? PRACTICE, PRACTICE, PRACTICE!!

Motion technique focuses on **five major concepts**: (1) **PLACEMENT** is the correct location of each motion. Most coaches prefer motions to be slightly forward. (2) **PATHWAY** refers to the most direct path or shortest route from one motion to the next. With this topic, uniformity is key! Each cheerleader should be moving from motion to motion in the same way. (3) **PRECISION** means sharpness. Cheerleaders want to "HIT" motions on a specific word or count. Skills to build precision also build muscle memory. (4) **PERFECTION** ties all these things together; all cheerleaders hit motions at the same time the same way. Again **UNIFORMITY** is key to perfection. Finally, (5) **POSTURE** is important not to forget. Cheerleaders should tighten their elbows, not their wrists; shoulders should be back and relaxed; the head and chest held high; belly pulled in tight, and don't forget to **SMILE!**

A few basics that also need to be practiced: Are cheerleaders holding hands in a bucket, candlestick, or blade? When they clap, do they clap versus clasp? When motions are done in fists, thumbs should be wrapped and not sticking out. Keep a close eye out for "bent" wrists. Some cheerleaders bend their wrists too far back or too far forward. Imagine having popsicle sticks taped to the wrists to keep them flat. Since most motions focus on the arms, they need to be accurate and strong, tightened through the elbows with relaxed shoulders. Most motion technique drills are performed with feet shoulder width apart. This allows motions to be performed strongly.

To get really good at motion technique, **begin with easy motions and add on**. For example, start with 4 of any of the basic motions here: high V, low V, touchdown, low touchdown, T, clap, clasp, then add on. Keep repeating those 4 over and over until they the placement is correct, the pathway is uniform, and your squad is near perfection. Then move on to 4 new, different motions. Go through the same process. Now add all 8 motions together. Continue to add to your technique drill. It maybe be helpful to limit to about 16 motions, then start a new drill. Develop 2 or 3 great drills, then start linking them together. Once the basic levels are done, move on to more difficult motions such as:

- Punch, half T, overhead clasp ("nutcracker"), tabletop, box
- L, diagonal, bow and arrow, muscleman, K, checkmark

It's always best to **add music to the drills** so cheerleaders get used to "hitting" on a count or beat. To spice up your motion drill practices, perform motions slowly to an 8 count. (Hold each motion for 8 full counts, allowing you to move around and make corrections.) Once the drill is successfully learned (after lots of repetition), speed up to 4 count, then 2 count. For a real challenge, play games with single counts or let kids make "new" motions combining other simple motions.

Other options for practice:

- Break cheers into smaller sections, focusing just on motions piece by piece
- Use a bowling pin formation
- Add a front or side lunge, sumo squat, or kneeling stance for variety
- Try drills in single file lines – view from the front, then the side
- When using music, repeat the drill over and over through an entire song
- Pair up. Partner 1 does 4 motions, then Partner 2 does same 4 motions. Move on to the next 4 once motions are clean
- Count 5, 6, 7, 8, HIT on 1 – hit same motion over and over with counts to build muscle memory
- Have cheerleader 1 hits the first motion, then everyone else joins in on the second motion
- Play "Simon Says!", shouting out motions in random order
- Add ripples, dividing the squad into three or four groups and starting on counts 1, 3, 5, and 7

Motion drills need to be part of each and every practice session. Be sure to add variety to the drills so cheerleaders don't get bored or unenthusiastic about it. For example, once drills are learned, do serious drills one day, then take a lighter (more fun) way the next. The most important thing to remember: Drill Regularly!!!

GETTING 'IN SHAPE' FOR THE FALL SEASON

by Paula Kirkpatrick, At Large Representative

It is time to make sure your squad is ready for the fall season and most especially for the first football game! Your squad needs to be ready for that first time in front of the crowd, cheering on their team. As a coach, it is my responsibility to be sure they are in shape and ready for that game. Here is how I do that.

Have at least one practice out on the sideline. That way each squad member knows exactly where to stand. Also, then they are used to the surface they will be jumping and stunting on. Practice how and where they will stand during the *National Anthem*. Practice the *starting line up* procedure. Tell them *exactly what is expected* while they are on the sideline. I want my squad to hold their poms, but they won't know that unless I tell them! I expect them to *jump* after every cheer. Again, I have to tell them my expectations. We also practice exactly what I want them to do when we score a touchdown. That way they know!

Clearly explain expectations for *behavior before and during* the game. Be sure they know what *time to arrive* on the sideline. Talk about behavior during the game. My cheerleaders know they are to watch the game and not talk to friends along the sideline. *No phones during the game.* Explain exactly what to do if a *player is injured on the field*. Talk to them about *half time* and what you expect. I give my cheerleaders that time to get something to eat and drink, but they must be back on the sideline and ready to go with 1 minute left to go.

As a coach, I want my squad to look prepared and successful in front of the crowd. It is my job to make sure they are "in shape" for that first game!

Stunt Progressions

These progressions are referred to many times in cheerleading. NO partner stunt should be attempted until each individual skill in the progression is mastered. Be sure to record the stunt progressions of each cheerleader to lower liability. Include the cheerleader's name, the position (flyer, base, back spot), and the date they mastered the progression by doing it 10 times successfully.

1. Step – up drills
2. Double – base thigh stand
3. Double – base shoulder stand
4. Extension Prep, step off dismount
5. Cradle drills
6. Extension prep, cradle dismount
7. Press Extension, return to shoulders, cradle dismount
8. Press Extension, cradle dismount
9. Full extension, Step – up Liberty
10. Ground up Liberty
11. Braced liberty – tick tock
12. Skills to cradles (i.e. toe touches & twists)
13. Basket toss drills ("rides") – remember these must be done on a matted surface
14. Basket toss skill execution (i.e. toe touches) – must be done on a matted surface

TRANSPORTING CHEERLEADERS

by Sherrie Moritz, At Large Representative

At the beginning of the season I fill out all my transportation sheets and turn them in to the bus barn. This way I do not have to worry about filling them out before each event. I pick up the keys for a school vehicle the date of our event. If a school vehicle is not available we ride the bus, if the bus has room.

The cheerleaders have a **designated area** where they meet to load up. Cheerleaders know they need to be **on time** or they will be left. When transporting to and from events, they know they must be **buckled; pick up the trash** when we arrive home and **noise level must be kept to indoor voices**. We ride together as a group and ride home together as a group.

If we ride the bus, the cheerleaders are too **respectful to others** on the bus. Which means, if the team is not allowed to eat on the bus, then neither are the cheerleaders. If the team is asked to keep it down on the bus, then the cheerleaders also will keep it down. However we get to an event, whether it's a school vehicle or bus, we go as a team and we have a lot of **fun**. As a coach I learn a lot, sometimes too much. We sing, eat, laugh and tell lots of stories. It is great team building.



When S-T-R-E-S-S Hits...

by Jeanne Ehn, Executive Director

Each one of us has been there, and each of us handle **STRESS** in different ways. Sometimes it hits and we don't know it! Sometimes we are just ready to yell at anyone within arm's length! What should we do when **STRESS** hits? Here are some suggestions:

- **Walk away!** Take your own time out!
- If you are at practice, **move on to something else**. It could be as simple as having the team get a drink of water or just move on in the practice schedule. Taking a break will always help keep stress at a lower level. Count to 5 and remember, your cheerleaders are under stress, too! Giving a break always seems to help.
- **Close your eyes and breathe threw your nose**. Concentrate on feeling the cold air. Do this five times. Relax. Lead your team through this exercise. It is amazing how it can calm nerves.
- **Find the good**. What makes you smile in or out of cheerleading and the situation?
- Sometimes the best thing to do is take a **big break**. Call off practice or do something totally different. Go get ice cream together, or go to the park and play on the playground equipment. Giving the mind and body a

When Stress Hits...Continued on page 10

break can be huge in the overall picture and allow for refocus the next day.

- **Organize a to do list.** This gives direction and makes you more organized.
- Exercise helps burn the stress in the body. Personally, go for **a walk, run, or ride the bike.**

Don't let **S-T-R-E-S-S** bring your cheerleaders or you down, just de-stress!

FIRST FALL PEPRALLY... GO, FIGHT, WIN THEM OVER!!

by Patti Davis, NE District Representative

Well, it is again that time of year. The first **Pep Rally**. Take a breath and charge forward with energy, positivity, and great communication!!

First, determine your **Pep Rally agenda and theme**. Communicate this to proper administration and staff. Let them know the amount of time needed, the location, and start time. Make sure to invite suggestions from your administration to include at the **Rally**, and even invite them to speak as part of the new school year kickoff.

When putting together your **Pep Rally schedule/agenda**, remember to answer these questions: What is the theme? What materials do you need? Who will be involved? Once these things are determined, you may communicate, divide and conquer.

Here is a generic **Pep Rally agenda**:

- Band plays as students enter
- School Song to begin the **Rally**
- Cheerleaders lead cheer/chant, Stunts
- Drum Line/Dance Team/Other performance groups
- MC -Announcements, theme for game nights, recognitions
- MC – Introduce Skit or Games played
- MC –Introduce Team Captains, Coaches, or Staff to give enthusiastic talk
- Cheerleaders lead last Chant for team motivation/support
- School Song/Fight Song to end the **Rally**

A great way to involve the band each **Rally** would be to have them play music upon student body entering your rally location. Have your band play the School Song/Fight Song to start and end the **Rally**. Therefore, structuring the student body without question of what comes next. Encourage the Drum Line and Dance team to participate during the Rally. Include the Choral Group to lead the School Song. Remember, the more participants, the more energy and enthusiasm shared by all.

Online Safety Rules Meeting: August 3 - August 27. This is for ALL cheer coaches but required for all coaches with cheerleaders in ICCA Events.

Designing Your Middle School/Jr. High Program

By JoEllen Wesselmann, Scholarship Director

When leaving my last job and after 23 years of coaching high school cheerleaders, I said I would never coach again! It was too hard leaving “my girls” and handing them over to someone else. In early November, I was approached by our AD, asking if I would PLEASE coach the MS basketball cheerleaders. I avoided him and the situation for a couple of weeks, slithering into the building and by his office each day. (For those who know me, you also know that I have a hard time saying “NO”, especially when it comes to cheerleading and the fluffing of my ego by telling me what a wonderful job I would do!) To make a long story short, I became the Ballard MS BB Cheer Coach!

When becoming a MS coach, I knew I had to become a whole new kind of coach. There really was very little pressure to do anything, except help the kids to grow and teach the basics of cheerleading a game. I had to consciously reevaluate my goals, and learn to ENJOY the “fun” parts of the sport.

Here are some things that I decided to focus on:

1. **Determine what the purpose of the program is.** Middle school sports were originally intended to be an introduction to the activity and meant for all students to be able to participate. Somewhere in the last 50 years, somebody decided that we should hold tryouts to determine the lucky few who were going to be selected to the team. Do other sports do this? I realize that if numbers allow, they typically divide the participants up by ability levels, but somewhere along the way, each student is able to participate on some level. (I understand that if you end up with 100 cheerleaders, it would be too hard to manage; if anyone has that problem, please contact me!)
2. **Concentrate on teaching the basics of cheerleading.** In addition to teaching chants and cheers, you have to TEACH the kids motion technique, how to lead a crowd, jumps, how to stand, start cheers, end cheers, how to take the floor during time outs and between quarters, how to yell, how NOT to talk / giggle with each other during the game (a biggie!), along with teaching them to cooperate with and be kind to each other! You have to TEACH them to be a team!

confidence speaking in front of large groups is best. Determine if you want to recognize summer team accomplishments. Will you be introducing all Fall Activity teams? Do you have new Staff/Coaches to introduce as well? Have all this information in script form prior to the **Rally**, as a courtesy for preparation by the MC.

Have the cheerleaders perform a stunt learned at camp, and teach a new cheer/chant. They may also offer any announcements on activities/themes at games and encourage all to bring their school pride and participate.

Plan a skit or game. It could be organized between grades, homerooms, activity groups, or just random student/staff drawing. Make sure all are invited prior to the **Rally**. Keep track of the participants and use different students at each **Rally**. If only using student participants, invite staff to be involved and assign them a team.

For the **Pep Rally** speaker(s), find your most loved, fun, teacher or student. One that can demand good listening skills from the student body, and is full of energy and positivity. They make the best speakers to engage with the student body.

The Mascot is always a nice addition to the energy for anything school spirit! Utilize the mascot for many tasks throughout the **Rally**!

As in great leadership, cheerleaders should always engage with and include, as many student groups possible, including participation by Staff. This lends to more energy, more personalities and a great enthusiastic start to the new school year!

With an organized plan of attack, now it's time to GO, FIGHT, WIN your school over!

Designing...Continued from page 10

3. **Take time to have fun.** You aren't coaching a professional team! Make it fun, and play games during practice and even during games. (Who can think of a new cheer to do the fastest, jump contests, etc.)
4. **Encourage all to be leaders!** Teach the kids to take turns. Some will try to dominate and others will let them. Create opportunities for those who are less likely to take a leadership role to have a forum to lead.
5. **Focus on the Positives.** We all know to do this, but really focus on it. Don't just encourage the kids, but take time to encourage YOURSELF. Look for the little things that are going well, and celebrate them! **ENJOY THE KIDS!**

I hope that these little reminders help you to enjoy these developing student athletes! At the conclusion of the season, I found that this was a very rewarding season, and although I didn't have anybody ready to tryout for All-State, I gave some students the opportunity to be a part of our team, learn some basic cheerleading skills, and try something new! Have a great 2015-2016 school year!

Coaching Tip: Keeping the Balance Between Coaching and Family/Self Needs

by Julie, Karns, Representative Council Member

I will admit first of all that I am NOT an expert on this subject. What I can do, though, is draw upon some of the mistakes I've made and the things I've learned in my seven years of coaching cheer. Sometimes it's hard to juggle all of the responsibilities of a coach as well as the commitments to family, community, and self.

Determine your personal priorities. While cheer may be a very important part of my life, I am still a person with a life outside of cheer. And every coach's personal priorities will be different. Remember that home is home, and the best way to let cheer overcome your life is to allow cheer issues to come home with you. If you're with your family, be with your family. While we all know that coaching is a time-consuming job, don't allow your personal life to play second fiddle to cheer every time.

Determine the goals for your squad for the year. Every squad is different. If I have a large amount of new cheerleaders who need to work on fundamentals, my overall goal for the year will be different than if I have a squad full of returning cheerleaders with advanced skills. While I have high hopes for that young squad to make it to advanced skill level, those hopes may or may not be realistic. If my goals for that young squad are too rigorous, I will end up spending much more time on that squad than originally planned, and my personal life will end up taking the back seat.

Delegate responsibilities. This is something it took me several years to figure out – I don't have to do everything. Can I delegate some responsibility to my captains or maybe a willing parent? It was hard for me to give up the control at first, but it freed up some time for me. And I found that those added responsibilities make the cheerleaders and parents more invested in the program, and they will end up with more appreciation for the coach after having walked in those shoes a bit.

Start organization early. Is there a time of year that is quiet in your cheer year? For me, that time is the month of March. It's this time of year that I start looking ahead at the next year and try to determine where I might make adjustments. I try to get the cheer schedule done for the summer months during the month of March so it is finished by the time the new cheerleaders and parents are trying to make summer plans. If I have these things done ahead of time, I won't have to be in a rush to finish them when it's time for the first parent meeting in April.

Technology can be your friend, but don't throw away your paper planner. This is purely a personal preference. While we are living in a digital world, I can't get rid of my paper planner. It's the best way (for me) for organize all of my activities in the same place. Everyone is going to be different. Maybe you like to color code everything digitally on Google Calendar, or maybe your smartphone keeps everything organized for you. I need to see the whole week on one page, and a smartphone screen is too small for me to see it and visualize it

comfortably. In whichever way is best for you, sync those multiple calendars so you are able to see them all together. Also, the cheerleaders and parents may prefer more than way to read the cheer schedule. Since I like digital as well as paper, I have offered both forms to them as well.

Don't pass up opportunities to relax. I can't stress this enough. I'm a busy body by nature, and sometimes it is difficult to get myself to relax. Even if it's only 20 minutes before the cheerleaders are set to arrive for the home football game, take some time to gather your thoughts and relax in whatever way is best for you. It could make a difference as to whether you have a pleasant or a stressful evening. If it helps, schedule it in. Relaxing is not wasted time. Remember, you're worth it!



Ask Jeanne

Dear Jeanne:

Why is it important to do and record Stunt Progressions? Do they always have to start from the beginning?

Taking Time

Dear Taking Time:

Take the time to do the stunt progressions and recording them will **lower your school's liability and your liability!** This alone should be enough reason to do this, but it is what good coaches do. Maintaining a record of each cheerleaders' ability stunting wise is the **professional** thing to do.

Doing the progressions and recording them helps keep cheerleaders' safe. If given the chance, many cheerleaders would go directly to advanced or even elite skills. But are they ready for those skills? If a cheerleader can't understand the concept of "step, lock, tighten" in a step up drill, they won't suddenly understand it in an extension or more elite stunt. Stunt progressions build in ability and **show the coach when each cheerleader is ready to move on** to the next level. The early progressions teach the basic techniques of stunting at a level closer to the ground. As they progress the same techniques can also be applied at a more elite level. As a coach, DO NOT just let cheerleaders move on to the next progression if they don't properly do the progression below. Safety should be the number one concern of everyone - coaches and cheerleaders.

Each year progressions should be **treated as a separate thing**, so yes, they have to start from the beginning each year. Besides, showing their abilities from year to year would help in your defense should something go wrong. Don't forget that **review is a good thing**. Some cheerleaders might consider it boring, but skilled cheerleaders will look at it as a way to improve and help others improve. The more you know, the easier it is to move on to a more advanced skill.

ICCA/IHSAA STRENGTHENED NATIONAL FEDERATION SPIRIT RULES

The Iowa Cheerleading Coaches' Association and the Iowa High School Athletic Association have chosen to strengthen some of the NFHS Spirit Rules for cheerleaders in Iowa.

- NFHS Spirit Rule 2-3-2: "Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants." ICCA/IHSAA addition: "All nails, including artificial nails, must be cut to a length so that the nail is not visible when the cheerleader holds up her/his hands from the palm side. This is what is considered safe."
- NFHS Spirit Rule 2-3-3: "The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity." ICCA/IHSAA addition: "All cheerleaders' hair must be pulled away from the face and off the shoulders: i.e. ponytail. This would be for both stunting and non-stunting squads. Ribbons may not have large or hard objects (including sequins of any size) sewed or glued onto ribbons."
- NFHS Spirit Rule 2-3-7: "Glitter that does not readily adhere on the hair, face, uniform, costume, or the body is illegal. Glitter may be used on signs, props, or backdrops if laminated or sealed." ICCA/IHSAA addition: "No spray on/roll on/lotion glitter. Glitter in eye shadow should be minimal."
- All briefs should be devoid of any markings including but not limited to sequins, metallics, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits/spandex/briefs. If school uniforms are black with yellow striping, the briefs should be black. The only time the briefs should be the striping color rather than the main uniform color is when the main uniform color is white. Black briefs are allowed as an alternative, neutral color.
- Teams shall wear official school issued uniforms (including warm ups) that are of similar color and/or marking. Uniforms should be in solid school colors, not patterned (like animal prints, floral, etc.); they should not have rhinestones or sequins on them. No performance shorts are allowed.
- All uniforms, including footwear, must be in compliance with the NFHS Spirit Rules Book.

NOTE: These rules will be in effect for ALL Iowa school (grades 7-12) events, including practices, pep rallies, performances, games, meets, tournaments, competitions, and all other events in which school cheerleaders participate.

recording the progressions. Just be sure to record the following: the cheerleader's name (not the stunt group), the stunting position the cheerleader is doing (base, flyer, back spot), and the date of completion. Each cheerleader has to do the stunt correctly 10 times before moving on. Even then, if you as a coach don't feel confident in their ability, don't let them advance.



Note: I know many coaches love to just have "stunt groups" and just that group works together. I personally like to see **diversity**. This allows the coach to mix cheerleaders into several stunt groups. If a cheerleader has to be gone, it doesn't stop the rest from moving ahead. It also builds confidence of the younger cheerleaders. Groups do develop, but cheerleaders aren't limited.

**I'm always cheering for ya!
Good luck with your cheer year!**

Jeanne Ehn

BOARD MEETING MINUTES BOARD MEETING MINUTES

ICCA Board Meeting Minutes from June 2015

Submitted by Jane Bauman, ICCA Secretary

The ICCA board of directors met on June 7, 2015, in Story City, IA. The meeting was called to order by President DeBaun at 9:33 AM.

To date there are 100 schools registered as members. If you have registered by did not pay the registration fee, please complete that process right away. Jenny Crawford made a motion that beginning in January 2016, registration fees will increase to \$50.00. This was seconded by Sarah Buss. Motion carried.

The Executive Directors gave information about State Competition. There were issues with security personal and the internet last year. These concerns have already been addressed with people at the fairgrounds. There will be changes with entering the event in November. Teams will enter from the parking lot area and patrons will enter from the old team entrance, Cost to attend the event will be \$10.00 which is now in line with all other sporting events. Kenna is working on getting a new videographer. Registrations begins on August 10 and ends on September 25. ALL fees are due October 1. REGISTER EARLY!!!!!!!

A reminder that on line rules meetings open on August 3 and close at midnight on August 27. You must watch and print the certificate in order to participate in ICCA events. Coaches also need to make sure they are watching the concussion video that is provided by the ISHAA. ALL schools will get new rules books this fall. Make sure you hang onto the book.

The Spring Conference was another success. Many coaches attended and the speakers were outstanding. Morton Bergue has been hired for the 2016 conference and Jeff Brewster will return

Board Minutes...Continued form previous column

in 2017. Conference fees will be \$110.00. Watch for exciting information on the next conference.

There has been a lot of conversations going on with the Constitution. In January, the board will vote to change the name to Constitution and Bylaws. A committee was formed to work on questions that have surfaced dealing with the Executive Directors. This committee will bring recommendations to the October meeting.

Schools need to remember to check uniform rules before making purchases. Also, remember that ALL briefs need to be a solid color that goes with the uniform.

Wording was changed on the different awards that ICCA offers. Make sure that you read the changes carefully when they come out in the mailing. District representatives are going to take a more active role in nominating coaches from their district for coach of the year.

All-Sate: Melissa is working on securing a new choreographer.

Honor Squad: Robin will once again choreograph the routine. Practices will be held at the Ames High School. Watch for details. A motion was made to increase the fee to \$40.00. Motion carried.

All Stars: Forty-one cheerleaders participated this year. There are some concerns that more practice time is needed.

Shrine Bowl: The web site is up and running for this event. Make sure to check it out. Tryouts will be held on October 18 for one day only. The board recommended that we avoid having tryouts on the same day as All-State. However, this is the date that the temple was open to host the tryouts.

Special Olympics: A total of 43 cheerleaders participated this year. A special exhibition will be held at the state competition highlighting the little special olympic cheerleading squad.

Free clinics are right around the corner. Make sure you contact your district representative to let them know that you are coming. This is a great event that is free.

NW: August 22 Storm Lake Elementary School
SW: August 29 Shenandoah High School
NC: August 29 Mason City Lincoln Intermediate Building
SE: August 27 Clear Creek Amanda High School
SC: August 22 Ames High School
NE: August 8 Manchester, West Delaware High School

The next meeting will be held on October 4, 2015, in Story City. The meeting adjourned at 1:45.

Respectfully submitted,
Jane Bauman

**Check the ICCA Calendar for a
FREE ICCA CHEER CLINIC in your area.**

CLARIFYING THE HAIR RULE FOR CHEERLEADERS

SECURING 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 ponytail that's lying on or over the front of the shoulder – illegal
7. Hair in a side ponytail that goes onto or touches the shoulders – illegal
8. Hair in pigtails that touches the shoulders – illegal
9. Short hair that brushes the tops of the shoulders – illegal

NOTE: For State Wrestling, cheerleaders must not have hair covering any part of their ears. This is to make it easier for monitors to check for jewelry and plugs as cheerleaders travel back and forth between the stands and the mats.

Bangs pulled across forehead, wispies, and 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

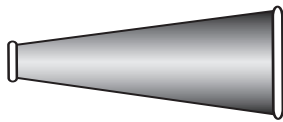
Accessories:

1. A few small rhinestones punched into a bow or headband – legal
2. Headbands and bows with **small, flat** items sewn on – legal
3. Flat clips or bobby pins – legal
4. Headbands and bows with sequins or other items (any size) glued on – illegal
5. Large items on headbands or bows sewed on – illegal
6. Bows touching the face area including the forehead – illegal
7. Alligator type clips, including those on bows or other items – illegal
8. The plastic hair bump-it, bun sock, or anything under the hair to lift it up – illegal
9. Hair interwoven with beads – illegal
10. Flowers, feathers, etc. in the hair – illegal

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 not **secured** and probably ILLEGAL. Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.

2015-2016 ICCA Calendar Dates

- August 2015: ICCA Free Fall Clinics
- NE – Manchester, August 8; NW - Storm Lake, August 22
- SC - Ames, August 22; SE - Tiffin, August 22
- NC - Mason City, August 29; SW - Shenandoah, August 29
- August 3 - August 27, 2015: Online Rules Meeting
- ****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.**
- August 10, 2015: ICCA Fall Event Registration Opens
- September 25, 2015: DEADLINE for ONLINE ICCA Event Registration: All-State Tryouts, State Championship, Honor Squad (No other type of registration is allowed)
- October 1, 2015: Deadline for mailing entry fees for ICCA Event Registrations
- October 17 & 18, 2015: All State Tryouts, Ames
- October 18, 2015: Shrine Bowl Tryouts, Za-Ga-Zig Temple, Altoona
- October 26 – November 30, 2015: Winter Online Rules Meeting (not accepted for fall event registrations)
November, 7, 2015: State Championships, State Fairgrounds, Des Moines
- November 15, 2015: Honor Squad Practice, Ames
- November 19, 2015: Honor Squad Practice, UNI, Cedar Falls
- November 20, 2015: Honor Squad Performance, UNI Dome, Cedar Falls
- December 6, 2015: All State Practice, Ames
- January 10, 2016: All State Practice, Ames
- January 15, 2016: Deadline for Iowa All-Stars video tryout
- February 1, 2016: ICCA Scholarship application deadline
- February 7, 2016: All State practice, Ames
- February 17 - 20, 2016: State Wrestling Dual & Individual Tournaments, Wells Fargo Arena, Des Moines
- February 28, 2016: All State Practice, Ames
- March 6, 2016: All State Practice, makeup practice, Ames
- March 7 - 12, 2016: Boys' State Basketball, Wells Fargo Arena, Des Moines
- March 10, 2016: All-State Practice, Ames
- March 11, 2016: All State Performance, Wells Fargo Arena, Des Moines
- March 25 - 26, 2016: Iowa All-Stars, Dallas Center-Grimes High School
- April 8 - 9, 2016: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona
- Aug, 2016: Special Olympics, ISU, Ames
- July, 2016: Shrine Bowl, UNI, Cedar Falls



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