



Iowa Cheerleading Coaches' Association NEWSLETTER



February 2015 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

Hello Coaches –

Happy New Year! This message is hopefully finding you rested up after the holidays! I hope all of you had time to spend with family and friends and make some special memories. As we go into this next semester of classes, you are all probably running to and from basketball games and wrestling meets and yes, probably even thinking about when you are going to have tryouts for next season.

There are a lot of fun activities coming up through ICCA events. Please remember to get involved. The Shrine Bowl tryouts are coming up, Special Olympics and All Stars. All of these events are on our ICCA website so that you can find information there. All of them are also a great opportunity for your cheerleaders on your squad – don't miss them.

Please, remember that ICCA is here for you – ask us questions! The coaches' conference is also coming up (March 27th and 28th) so mark your calendars now and watch for information on that. It is such a great time to get refreshed and rejuvenated, make new friends and visit with old friends. It is a time to soak up some new ideas and share some of your ideas.



Here's to 2015 – making it a year to remember!

Cheers,
Mindy DeBaun
ICCA President

RESIGNATION

Due to personal reasons, Traci Buck has officially resigned from the ICCA Board of Directors effective January 11, 2015.

Traci served as ICCA's president from 2004-2005. Since that time she had been serving as a Trustee on the board of directors. Traci was currently serving as Vice President and was scheduled to be the ICCA President again in 2016.

Traci is planning on still helping at ICCA Events and states that it was a very difficult decision to make.

At the January Board meeting the ICCA Board appointed Melissa Hatfield, ICCA's All-State Director, to the position of ICCA Vice President. Melissa will serve one year as vice president and then become president in April of 2016. Melissa will also continue as All-State Director while vice president and president.



Three National Speakers Highlight This Year's Coaches' Conference

By Donna McKay, Executive Director

ICCA is very excited to announce THREE national speakers have agreed to be presenters at our Spring Conference, March 27 & 28. Check out the bios of these great speakers and make plans to attend.

Jeff Brewster – Jeff has been an NCA head instructor for 25 years and is a former coach and cheerleader at Hofstra University. He has judged at the state, regional, national, and world levels, plus is the announcer for the NCA/NDA High School, All-Star, and College National Championships. Jeff is a speaker at the NCA/NDA National Coaches' Conference and has choreographed routines at all levels, plus has been the Show Director for the NCA/NDA Disney Christmas Extravaganza for the past seven years. Jeff will be giving a two-hour Choreography 101 session on Friday afternoon as one of the Add-On sessions available to coaches, plus speaking on Trouble Shooting Stunts, Jumps, and Hands On Cheers and Chants during the regular conference time.

Jared Erlenbaugh – Jared is a coach of Ultimate Athletics All-Stars located in Wauconda, Illinois. He cheered at Kentucky and was a member of the UCA National College Championship Teams in 2006 and 2008. Jared has choreographed for Henry Clay High School, plus multiple state finalists and championship schools. Jared will kick off our conference on Friday late afternoon and will also have sessions on stunting, tumbling, and choreography.

Jim Lord – Jim is the Executive Director of AACCA and we are very lucky to have someone with his vast knowledge at our conference. Jim will be the Keynote Speaker at Friday night's banquet and the instructor of the AACCA class on Friday morning. Jim will also be speaking during the regular conference on topics such as Understanding the National Federation Spirit Rules and Game Day Cheering.

AACCA is the best known course on cheerleading in the United States and is widely taken by not only high school coaches, but college cheer

**Editors note: IGHSAU has given ICCA permission to reprint this memo in our newsletter.*

SPORTSMANSHIP----WHERE HAS IT GONE?

A note from the Mike Dick, IGHSAU Executive Director

"AIR BALL, AIR BALL, AIR BALL!"

**"BOOOOOOOOOOOOOOOOOOOOO!" "REF, YOU STINK!"
HOLDING UP NEWSPAPERS OR TURNING THEIR
BACKS TO THE FLOOR AS THE OPPOSING TEAM IS
INTRODUCED!**

These are just a few of the examples that can typically be seen or heard at many high school basketball games around the state, and the list could be much longer. State organizations, school administrators, and coaches are placing great emphasis on good sportsmanship during school assemblies, pep rallies, and in-service sessions. So where are we going wrong?

I firmly believe that high school students in Iowa have not invented any of the above negative actions. With the popularity of ESPN and other TV and media outlets, it is now possible to watch multiple college basketball games every night of the week. Take your pick from watching the Cameron Crazies or the Missouri Antlers and notice the behavior. It is commonplace to see hundreds of students bouncing up and down on the bleachers; students sitting directly behind the basket waving during free throws, students chanting "Nuts and Bolts ..." after a perceived missed or controversial call, students holding up various pictures and posters, students chanting "air ball, air ball" every time a player touches the ball after shooting an air ball, etc.

These antics have filtered down into the high school game. For whatever reason, high school students seem to think they need to display similar behaviors, which simply do not fit within the confines of good sportsmanship in high school athletics. So how do we change this culture?

It will take a collaborative effort from many different sources. Kids need to hear what is acceptable and what is not acceptable from their school administrators, teachers, coaches, cheerleaders, parents, and the players themselves, anyone they look up to and respect. Getting the message in front of them every chance possible through PA announcements, video board messages, speeches from the captains or seniors, etc. is essential. We must make fans realize that it is possible to have fun in an enthusiastic manner without being obnoxious, negative, or inappropriate. No one is trying to take the fun out of attending a game, but the expectation must be for fans to conduct themselves in a positive manner and demonstrate good sportsmanship.

The next step is to enforce the expectations. While not fun or easy to do, those who have the authority or power (including parents and student leaders) must be willing to confront inappropriate behavior. Seeing it or hearing it and doing nothing to stop it is enabling it. It sends a message that it must be OK or someone would have said or done something. In cases of extreme or severe poor sportsmanship, there may even need to be consequences assessed such as letters of apology, school detention or suspensions, or even being banned from attending future contests.

So as we head into the conclusion of the season with conference championships and state tournament berths on the line, let's all work together to promote and demand good sportsmanship. Please remind those involved that high school athletics are "educationally based" and an extension of the classroom. Inappropriate behavior is not condoned in a math or science classroom. Why should it be allowed in the gym during a basketball game?

coaches. The certification is good for four years. Jim will welcome new coaches, experienced coaches, and those who need to re-certify. On top of everything else, we have a great bargain for you. The AACCA class costs \$75. However, IHSAA will pay \$40 of that and you, the coach will only have to pay \$35. WOW!! Coaches should really take advantage of this great opportunity.



Why Coaches Should Attend the Annual ICCA Conference

by Donna McKay, Executive Director

Conference Date: March 27 & 28

Location: The Meadows and Conference Center, a part of Prairie Meadows in Altoona
Add on classes and banquet on Friday.

Training classes on Saturday

Registration Opens online February 25 - March 17

Safety and Liability Protection

As with all jobs and careers, continual education is an expected professional responsibility; this includes cheer coaches. The National Federation lists the following information on their website under Spirit Coaches' Responsibilities: The following guidelines have been developed and reviewed to serve as a useful reminder of basic procedures for coaching spirit teams. No such review is a substitute, however, for an ongoing program of education about coaching and safety techniques, or for ongoing attention to the abilities and physical condition of each team member. Spirit teams should be placed under the direction of a knowledgeable coach. The coach should be knowledgeable in first aid techniques and emergency procedures. Coaches must develop an emergency plan for dealing with injuries at practice, games, performances and competitions. Participants must be made aware of these procedures. Coaches should remain up-to-date on all new techniques, progressions and safety regulations by frequently attending conferences, clinics and rules meetings. The coach should also belong to appropriate professional spirit organizations. Coaches and participants should be trained in proper spotting techniques.

Awards, Awards, Awards - It is Time to Nominate

by Kenna Johnson, Executive Director

Before Brad Paisley and Carrie Underwood can sing a note. Before Ellen DeGeneres can crack a joke. Even before Billy Crystal can imitate Hannibal Lecter, one thing had to happen. There had to be NOMINATIONS!!! No awards show could be complete – or even exist, without nominations! It's that time of year again! ICCA wants you to nominate individuals or groups of individuals for the Activities Director/Administrator of the Year Award, the Friend of Cheerleading Award, and the Sportsmanship Award.

Activities Director/Administrator of the Year Award

ICCA members are invited to nominate special administrators who go above and beyond in assisting and/or recognizing the cheerleaders in their school. The Activities Director or Administrator must have been in that position at the current school for at least three (3) years. Nominations are only accepted from current ICCA members. Nomination letters should be submitted in letter form, making special note of the administrator's specific contributions to your school's cheerleading program, his/her philosophy on the role of cheerleading at your school, along with any awards he/she has received, significant positions held in organizations, previous educational and athletic experience, and educational background. Additional letters of recommendation are also encouraged from another school administrator, booster club president, and/or cheerleader. The winner is recognized at the ICCA Annual Spring Coaches' Conference Banquet in April.

Friend of Cheerleading Award

Maybe you have some special parents or another teacher, coach, or bus driver who has become especially close or been extraordinarily helpful to your cheerleading squad, but they receive no money and typically no recognition. This is the time to nominate that person for the Friend of Cheerleading Award. Submit a letter of recognition explaining that this person/group of people have done to be worthy of this award. Award certificates are given to the nominating coaches at the ICCA Annual Spring Coaches' Conference; coaches can then present them to the deserving individuals at a convenient time at their own school.

Sessions and Speakers

The AACCA safety course will again be offered at a discount thanks to the IHSAA; this course is part of the NFHS National Coach Certification Program. A variety of other sessions will be offered during the conference, so coaches will have the opportunity to choose areas of interest and need. Coaches will find that they learn something new every year no matter how long they have been coaching.

Networking

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

Exhibitors and Prizes

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

Banquet

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

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

Awards...Continued from page 3

Sportsmanship Award

As cheerleading coaches we see the cheerleaders and crowds at lots of other schools. Along the way, you maybe have seen a group – cheerleaders, students, fans – who have exemplified a very high level of sportsmanship throughout the year. ICCA members are encouraged to send a letter of recommendation, explaining the reason for recognition.

All nominations are due **MARCH 5**. Once nominations are submitted, they are reviewed by a special committee, and a winner is chosen. Nominations are to be mailed to: Jeanne Ehn, P.O. Box 211, Conrad, IA 50621



Maintaining School Spirit Throughout the Year

by Heather Swanstrom,
Rep Council Member

Maintaining school spirit throughout the school year can prove to be quite difficult at times. It feels like at the beginning of the year the student body and cheerleaders, alike are pumped up for the football season and all of the fall festivities. As the year progresses and the weather turns colder, school spirit sometimes also takes a downward spiral (at least this is something I notice at our school). Last year we started having pep assemblies throughout the entire year to keep the momentum going. Teaching the student body crowd involvement cheers at the assembly that they can use at the basketball games, helps keep them engaged, and have positive "go to" cheers. It is important to keep things fresh and fun throughout the year for not only you as a coach, but for your cheerleaders and the student body. Below are five different ways to keep the spirit alive in your school.

Five Steps to Keeping the Spirit Alive

1. Create class competitions that can involve the entire student body. These can take place at pep assemblies or at school sporting events. Our school has a flag that gets passed from class to class depending on who wins the competition during the assembly.
2. Set themes for all home sporting events; even for sports the cheerleaders may not cheer for throughout the year. This gets the student body connected in a variety of ways.
3. Create a slogan/theme for your cheer squad to refer back to throughout the year. This can be done at camp, or at the beginning of year as a squad so there is something to refer back to and bind everyone together.
4. Assign cheer buddies for each of the cheerleaders. A veteran cheerleader is assigned to a a newbie to help show them the ropes, help them with cheers and does bonding activities with them at different times throughout the year.
5. Keep practices upbeat, as the year progresses. Add in strength training, continue to work on team building and add in games since many of the girls will be cheering together the following year.

STATE INDIVIDUAL WRESTLING TOURNAMENT CHEERLEADING INFORMATION

*From the Iowa High School Athletic Association
Iowa Cheerleading Coaches' Association*

COACHES/CHAPERONES DO NOT BRING CHILDREN (OF ANY AGE, INCLUDING INFANTS) WITH YOU TO THE TOURNAMENT. THEY WILL NOT BE ALLOWED IN AT CHEER DOOR. NO EXCEPTIONS!

EACH QUALIFYING SCHOOL MAY HAVE SIX CHEERLEADERS AND ONE COACH/CHAPERONE ADMITTED FREE AT THIS ENTRANCE FOR EACH SESSION IN WHICH THEIR WRESTLERS COMPETE (NO MASCOTS). IF YOUR SCHOOL ONLY HAS 4 CHEERLEADERS AND 2 COACHES YOUR SCHOOL WILL ONLY RECEIVE 4 CHEERLEADER AND 1 COACH WRISTBANDS. NO TICKETS WILL BE SOLD AT THE CHEERLEADER ENTRANCE! NO ADDITIONAL CHEERLEADERS, ADDITIONAL COACHES, MANAGERS, MAT GIRLS, BUS DRIVERS, OR CHILDREN OF ANY AGE ARE ALLOWED TO ENTER AT THIS ENTRANCE! INJURED CHEERLEADERS MUST ADHERE TO SAME RULES AS TO BE ADMITTED FOR FREE AND WILL BE COUNTED AS ONE OF YOUR SIX WRISTBANDS AVAILABLE. INELIGIBLE CHEERLEADERS WILL NOT BE ADMITTED.

- THE ONLY ENTRANCE cheerleaders and cheerleading coaches/chaperones will be admitted free-of-charge will be the designated "Cheerleader Entrance" on 3rd street, under the skywalk. This door will open 1 ½ hours before each session, which is the same time the spectator doors open. NO EXCEPTIONS WILL BE GRANTED!
- DROP OFF FOR CHEERLEADERS: For the cheerleaders' safety, coaches NEED TO USE THE DROP OFF LANE ON THE RIGHT HAND SIDE OF THE ROAD (by HyVee Hall) to drop cheerleaders off. CHEERLEADERS NEED TO USE THE CROSS WALK TO CROSS THE STREET at the corner. PLEASE instruct your cheerleaders to do this for everyone's safety. The Des Moines police do not want cars stopping in traffic to drop off cheerleaders at the cheer entrance. Please respect this request as it is via the DM Police Department.
- Cheerleaders and their coach MUST enter through the Cheer Entrance for each session. Cheerleaders must undergo a safety check before each session and before they will be allowed admittance to the main floor in the arena.
- All cheerleaders and coaches/chaperones will receive a security wristband when they enter the arena. The wristband allows them access to the floor where wrestling is occurring and the spectator area. New wristbands will be issued each day of the tournament so different cheerleaders can cheer on different days of the tournament and a different coach/chaperone can accompany them. On days of multiple sessions, a wristband can be exchanged by making arrangement with IHSAA staff prior to leaving the arena from the first session, it will then be cut off and exchanged when the new cheerleader or coach returns for the second session. WRISTBAND MUST BE WORN ON THE WRIST AND MUST BE TIGHT ENOUGH NOT TO COME OFF! ONLY THE CURRENT WRISTBAND OF THE CURRENT SESSION MUST BE ON THE WRIST!

- ONLY THOSE CHEERLEADER(S) (maximum 6) IN A BONA-FIDE, SCHOOL ISSUED OR APPROVED CHEERLEADING UNIFORM, AND ONE CHEERLEADING COACH PER SCHOOL, WHO HAVE A WRESTLER(S) COMPETING IN THE FINALS WILL BE GIVEN A WRISTBAND FOR FINALS AND BE ALLOWED TO SIT IN THE FREE SEATING AREA. All others MUST have a ticket and sit in the spectator area. NO EXCEPTIONS WILL BE GRANTED!
- NO SPECTATORS (ADDITIONAL COACHES OR COACHES' CHILDREN) WILL BE ALLOWED ON THE FLOOR OF THE ARENA!
- A cheerleading room, with a restroom, will be provided on the floor level, however, we encourage cheerleaders to come to all sessions of the tournament already in uniform, ready to cheer. Cheerleaders are responsible for their own valuables. NO VALUABLES SHOULD BE LEFT IN THE CHEERLEADING ROOM AT ANY TIME! NO CHEER ROOM IS AVAILABLE FOR FINALS.
- The cheerleading coach, chaperone, or school administrator MUST check-in at the cheerleader entrance and MUST STAY with the cheerleaders until they have been through the ICCA safety check. They are still responsible for the cheerleaders if they leave the area. We expect this person to sit with the cheerleaders in the designated area.
- NO PILLOWS, PILLOW PETS, STUFFED ANIMALS, OR BLANKETS ARE ALLOWED. Leave these articles at home or in the bus. People with these objects will take them to the vehicle before the team will be allowed in for a safety check.
- We recommend NO BIG BAGS and NO BOOTS as they take up too much space in the cheer seating area. Come as ready as you can to EVERY SESSION. A small backpack would be allowed if necessary (except for Finals where no bags are permitted). All bags must fit under the seats and not be in the walk areas or on empty seats. This includes the walk area in the rows of seats.
- Cheer Coaches - Please talk to your squad about NOT removing jackets and/or pants when they get to the safety check area from receiving wristbands. They should wait until they are IN the locker room. This is for two reasons:
 - The space is crowded with teams getting safety checks, workers, wrestlers, and coaches moving through. There isn't room for teams to just stop and do this. This INCLUDES taking off jackets!
 - This is an IHSAA and ICCA request. There are many males in the area. We will NOT say it is okay to just strip in this area when males are walking through. The belly check already makes many males and females feel uncomfortable. We will not add to it with cheerleaders lifting their skirts and pulling their pants down. Please do this IN THE LOCKER ROOM, not in the safety check area, OR the hallway to the locker room. This is done in respect of the female body. PLEASE RESPECT this request.
- The Iowa Cheerleading Coaches' Association will monitor the cheerleaders at the State Wrestling Tournament to see that NFHS/IHSAA/ICCA rules ARE followed. Cheerleading coaches will also be asked to sign a written statement of compliance indicating they understand the rules. Schools will be notified if their cheerleaders do not follow these rules and they may be prohibited from cheering at the tournaments if rules are violated.

- THERE IS NO CHEER ROOM FOR FINALS. Cheerleaders are required to come in ready to cheer (must be in uniform with hair, nails, etc.). No big bags are allowed.
- ALL National Federation Rules and the IHSAA/ICCA rules will be followed.
- APPAREL- Participants shall wear an official school-issued cheerleading uniform while cheering. An official school issued uniform for high school cheerleaders is a combination of skirt, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading. Yoga pants, shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. SHOES - Cheerleaders are expected to wear athletic footwear meant for cheerleading. It does not have to match. Wrestling shoes, canvas shoes, sneakers, gymnastic shoes, dance shoes, and casual tennis shoes are not considered athletic. These will not be allowed. Please do not tie ribbons or other items to shoestrings.
- ALL JEWELRY IS PROHIBITED, except religious or medical medals which must be taped to the body under the clothing. Covering jewelry with clothing or tape does NOT make it legal. Plugs in piercings must be removed; they are not legal.
- PINS, BUTTONS, or CORSAGES ARE PROHIBITED while cheering.
- FINGERNAILS MUST BE KEPT SHORT. When extending the fingers and looking at the palm of the hand, the fingernails should not be visible.
- HAIR MUST BE SECURED away from the face and eyes and off the shoulders, such as in a ponytail. Hair CANNOT touch the shoulders. Bump its and sock buns are NOT legal! Artificial flowers and beads woven into the hair are not legal. HAIR SHOULD NOT BE CHANGED AFTER THE SAFETY CHECK. By doing so, if the hair is found in violation, the wristband may be taken for the remainder of that session or tournament. Please see Clarifying the Hair Rule for examples of legal and illegal hair.
- Cheerleaders should not wear false eyelashes since wearing them does not promote an athletic image.
- NO GLITTER is allowed on the face, hair, or uniform.
- TUMBLING OR STUNTING is prohibited at the state wrestling tournaments.
- NO CAMERAS OR CELL PHONES are allowed in locker room area to respect everyone's privacy. Cheerleaders may not have cell phones, cameras, etc. mat side, which includes stuck in the uniform, when cheering. The wristband may be taken if a cheerleader is not complying with this rule.
- CHEERLEADERS SHALL NOT POUND OR STRIKE THE MAT DURING A PINNING SITUATION. The mats are to remain flat on the floor.
- CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING. If caught they will be removed from cheering and the wristband will be taken for the session.
- SUPPORTS AND BRACES THAT HAVE BEEN ALTERED FROM THE ORIGINAL DESIGN MUST BE PADDED.

- Cheerleaders must sit around the mats in the areas designated by the mat supervisors. This is for the safety and welfare of the contestants and cheerleaders during the tournament.
- IHSA policy prohibits the display of any banners or signs, as well as the use of confetti or any other form of paper or debris. Please share this information with your spectators and fans. **BALLOONS** are not allowed in any circumstances.
- No COOLERS may be brought in for wrestlers or personal use.
- Reserved Seating for cheerleaders and their coaches/chaperones during sessions 1-7 will be directly behind the Head Table and requires a wristband. Please sit only in this reserved section of seating.
- A SEATING AREA WILL ALSO BE PROVIDED DURING THE FINALS FOR THOSE CHEERLEADERS WITH WRESTLERS COMPETING IN THE FINALS ONLY. At the Finals, coaches may NOT save seats for cheerleaders while they are cheering. Cheerleaders need to be seated in our designated area. It will be normal to not sit together as a team at first. As people leave for home, seats will open and teams will then be able to sit together.
- There are other events in downtown Des Moines including HyVee Hall this year. Come early as parking will be difficult. Be aware some parking ramps DO NOT take a debit/credit card.
- There is NO WI-FI in Wells Fargo Arena.
- RESPECT others-including other cheer squads and/or individuals.
- AGAIN THERE IS NO CHEER ROOM FOR FINALS. Cheerleaders are required to come in ready to cheer (MUST BE IN UNIFORMS with hair, nails, etc.). No big bags are allowed.

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

.....

Number of Cheerleaders for Post Season Competitions

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

BOYS' BASKETBALL

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

GIRLS' BASKETBALL

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

WRESTLING

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

CLARIFYING HAIR RULE FOR CHEERLEADERS SITUATIONS TO ANSWER HAIR QUESTIONS

by The ICCA Board of Directors

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 side ponytail that goes onto or touches the shoulders – **illegal**
7. Hair in pigtails that touches the shoulders – **illegal**
8. Short hair that brushes the tops of the shoulders – **illegal**

Bangs pulled across forehead, wispsies, 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 on bows or other items – **illegal**

Hair Rules...Continued on page 10

ANGIE TROWBRIDGE Named Iowa Cheer Coach of the Year

by Kenna Johnson, Executive Director

“If the time spent finding new opportunities and methods for my students and athletes counted as exercise, I’d give Barbie and run for her money,” says the Iowa Cheerleading Coaches’ Association’s 2015 Coach of the Year, Angie Trowbridge of Shenandoah High School. It is just that enthusiasm that has set Angie apart and earned her one of the most important honors ICCA offers.

Angie is currently in her eleventh year of coaching cheerleading at Shenandoah, where she is also a Spanish teacher. She began coaching football and basketball, but after six years, she solely took on football coaching. In that time, her cheerleaders have taken part in the State Championships, Honor Squad, All-Stars, Shrine Bowl, and Special Olympics. In 2014, the Shenandoah cheer squads placed 6th in the Small Group Time-Out Division and 6th place in the 2A Stunt Group Division, the school’s first showing in Stunt Group. Angie also hosts a UCA commuter camp late each summer, and the ICCA Free Fall Clinic has been held in Shenandoah numerous times. Angie is also very proud to say that many of her cheerleaders have gone on to cheer in college.

One of Angie’s outstanding characteristics is her ability to continually strive to find opportunities to grow her program. This doesn’t only include ICCA opportunities, but also reaches out to other coaches and cheerleaders across the state. Angie is always looking to build a stronger cheer program, making goal-setting a key part of each school year. She has also built a solid network of resources in the cheerleading world; many of those connections she has made at ICCA events, including the Spring Coaches’ Conference. She has reached out to others, serving on the ICCA 2014-2015 Rep. Council. Her name will also appear on the Slate of Officers at the Spring Coaches’ Conference, running to become the new Southwest District Representative.

At a local level, Angie’s cheer squads stay very busy with community service projects. They have participated year after year in the local Relay for Life, run water stands at the Wabash Trace Marathon, and sponsored fall and winter elementary cheer clinics. They also sponsor “Mani Mondays,”

Angie Trowbridge...Continued on page 10

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. Artificial flowers 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.

SAVE THE DATE!

**ICCA Spring
Conference,
March 27 & 28th**

traveling to local nursing homes to paint the fingernails of the residents, and most recently, took the task of delivering YellowBook phone directories throughout their whole community. Angie one day has a dream of developing a youth cheer program through the Shenandoah Parks and Recreation department. Individually, Angie stays active in the Southwest Iowa Theater Group and her local church.

Also outside of cheerleading and school, Angie is a very busy mom to Aurora (9), Annabelle (4), and Aidan (2). She gives much credit to her husband Justin, who holds down the “Fort of Trownado” as she refers to it. She also cites the other cheerleading coaches in Shenandoah and her parents, Declan and Gayla Gross, for much of the success of her program. Angie says, “I’ve got a wonderful family who puts up with my random craziness and supports me through EVERYTHING!”

ICCA would like to congratulate Angie Trowbridge on being named the 2015 Coach of the Year!

Larry Peterson Named Iowa Contributor of the Year

by Jeanne Ehn, Executive Director

Each year, ICCA has the privilege of recognizing an individual or group of individuals who help our organization succeed with the Contributor of the Year Award. The winner of this year’s award fits the simple description perfectly. ICCA is proud to recognize Larry Peterson from Sioux Rapids as Iowa’s Cheerleading Contributor of the Year for 2015.

Larry, known to most people as Pete, is most often seen at IHSAA state events where he has assisted IHSAA for 30 years helping officials, teams, and the IHSAA staff. His list of jobs is varied and keeps him busy at IHSAA State Championships as he does many jobs behind the scenes. ICCA is lucky that this kind man believes his job is to help everyone, including ICCA. For example, if a vacuum is needed to clean the cheer warm up mats at State Basketball, Pete is the person to talk to for assistance. The vacuum will be there in just a few minutes, and if you are lucky, he will have someone vacuuming them as well.

Probably the thing most people don’t know is what Pete does for the All-State Squad and has done for many years. All-State practices on the floor of Wells Fargo Arena on Friday morning at 7:00 AM. The floor is shiny and ready when they arrive to warm up. Pete has prepared the floor for them so that they stay safe. This means that the floor has been dry mopped, gum removed from sidelines, and then wet mopped so it is dry well before they arrive. Normally, on Friday’s of State Basketball week, he is at Wells Fargo Arena well before 5 AM so it all gets done. While the squad is practicing, he will haul the plaques out for our director so they may be handed out.

What Pete has given to ICCA goes beyond finding a vacuum, or preparing and mopping the floor and hauling plaques. It is knowing that he has our/ICCA’s back at State Basketball and State Football. It doesn’t matter if it is a cheer coach, a game cheerleader, a performance cheerleader, the Honor Squad, or the All-State Cheerleaders, if there is a need, Pete will do whatever is necessary to help.

ICCA is fortunate to have Larry “Pete” Peterson on our team. Thanks for keeping our kids safe, Pete! Congratulations to Larry Peterson, Iowa’s Cheer Contributor of the Year for 2015.

We've got a new look! If things look a little different at www.iowacheercoaches.org, don't worry, you are in the right place. This new site has efficient navigation with a subtle, easy on the eye color scheme. Our logo is the same, just new colors. Our home page is constantly updated to give you the latest news, general news and featured links. Also on the home page, you will see links to AACCA, the National Federation and the Iowa High School Athletic Association.

Do you have questions? You can easily find contact information for our board members, or contact our president, Mindy DeBaun. Need our mailing address? It's located at the bottom of each page. Want to connect with ICCA through Facebook or Twitter? One click on **Like** or **Follow** is all it takes. You can also see the latest tweets without having a twitter account. If you are reading this newsletter – it's here, too!

Can't find what you're looking for? Try the new search bar on the top right of your screen. Try this: Type **newsletter** in the search box and see what shows up. Now try **annual conference**.

Want to submit a picture from your cheerleading program to scroll across the home page? Send it to jennycrawford1@msn.com for consideration.

I will continue to be your web site contact. Email me with any questions or submissions for the web site at jennycrawford1@msn.com



"WRESTLERS CLEAR THE MAT!"

by Sandy Norby, Special Olympics Director

That will be a familiar sound coming up on February 19-21 as state wrestling will be under way in Des Moines at Wells Fargo Arena. For cheer coaches and cheerleaders everyone must be prepared.

Cheer coaches: Be sure to read the information that is sent to you and in this newsletter! It will let you know where to go to get checked in for your sessions, rules on hair, fingernails, uniforms etc. Also, information for Wells Fargo Arena. Be sure to go over all the

Clear the Mat...Continued in next column

Clear the Mat...Continued from previous column

rules with your cheerleaders so they fully understand them.

Coaches also you might want to bring bobby pins, nail clippers, and makeup wipes (for those girls that seem to think glitter is ok on their eyes and it is not) The ICCA members who will be checking you in will not have those items available to you! PLEASE leave the big cheer bags in the van, there is not enough room in the stand for those bags! One more important thing is that when you get checked in at Wells Fargo and go down the stairs, if your cheerleaders have warm ups on, coats and such, please go to the locker room and get mat ready. As we have many girls coming down those stairs and by stopping there to get ready only blocks the path.

Cheerleaders: State wrestling is a wonderful experience for you to be cheering at, but remember you are also responsible for bringing your own necessities. extra bobby pins, nail clippers, hair spray, and most of all everything you need for your cheer uniform! Don't leave this up to your coach as she has enough to worry about this week.

Most of all, come with a great attitude and your experience at state wrestling will be awesome!



Things to Do When NOT at Wells Fargo Arena

by Sherrie Moritz, At Large Representative

State wrestling will soon be upon us and that means one thing: cheerleaders, lots of cheerleaders! When you are not mat side in Wells Fargo, here are a few tourist attractions and other fun activities for team bonding:



Visit the Iowa Hall of Pride located at 330 Park Street (within the Iowa Events Center) in downtown Des Moines, Iowa. The Hall is brand new and full of interactive technology. The Iowa Hall of Pride will amaze, entertain, and educate you and your cheer squad. Admission is free for K-12 and \$10 for adults. FREE parking

is available to Iowa Hall of Pride guests within the Wells Fargo parking lot on the Southside of the Hy-Vee Hall.

- ✓ Visit the State Capitol! Tours can be scheduled between 8:00 am and 3:30 pm Monday through Friday. Saturday tours are every half hour starting at 9:30 am and ending at 2:30 pm. Tours last anywhere from an hour to an hour and 20 minutes, and group tours must be scheduled in advance. The Capitol building is located on East 9th and Grand in Des Moines, Iowa.
- ✓ Do what every girl loves to do: SHOP. Des Moines has several shopping malls so take off your cheer shoes and put on your shopping shoes. Visit Jordan Creek Mall, Merle Hay Mall, South Ridge Mall, Valley West Mall, and other various strip malls. Shop till you drop!
- ✓ After a long and exhausting day if none of the options above seem to spark your interest, relax at your hotel, order pizza, swim, play games, or watch an entertaining movie (like Bring It On!). Take this opportunity to get to know your squad and have a few laughs.
- ✓ Support your Iowa wrestlers and cheerleaders by attending other sessions throughout the day at the Well Fargo. State wrestling is a good time for your squad to meet new friends and reconnect with old friends!

Remember: Your down time is not about spending money to entertain your cheer squad, it is about the quality time spend with your squad.



Coaches are Responsible for Knowing This Information Before Purchasing New Uniforms!

by Donna McKay, Executive Director

The goal in Iowa is for high school cheerleaders to wear uniforms and accessories appropriate for depicting an All-American image both for student-athletes of high school age and the high school educational environment with cheerleaders displaying an overall appearance conducive to serving as public representatives and ambassadors of their school. Coaches are responsible for knowing this information, which can be found under Spirit Rules on the ICCA website. These requirements and recommendations were approved by the IHSA Board of Control on April 24, 2013.

Coaches should focus on an athletic looking uniform over performance-oriented; cheerleading uniforms should not look like dance team uniforms/costumes. It is helpful for coaches to have uniform representatives come to the school with samples. This way correctly fitting uniforms can be ordered, plus length can be added to tops and skirts if needed. Listed below is a brief overview of the requirements and recommendations.

Overall

- Must wear school issued uniforms that follow requirements/guidelines – solid school colors,
- not patterned (animal prints, floral, etc.)

Note: See definition of official school issued uniform below.

- Appropriate for high school student-athletes
- Portrays a natural, positive, tasteful, and wholesome image skirts
- No rhinestones or bling on uniforms, warm ups, briefs, shoes, etc. – similar to uniforms worn by other athletes

Tops

- Must be long enough to cover the midriff when standing at attention
- One shoulder tops should not be ordered
- No low cut or excessively bare or backless style tops unless a bodysuit/liner is underneath
- Male tops must be short or long sleeved and cover the midriff when standing at attention

Skirts

- Long enough to be modest with a balanced look between tops and skirts
- Loose enough so cheerleaders aren't constantly pulling them down (they don't stay ride up and stay up after jumps, tumbling, etc.)
- Must fully cover hips and briefs
- Should not just cover the cheek area
- Wrestling skirts – select a single slit, A-line pleated front, or 3-pleat skirt for sitting mat side (straight skirts ride up and expose the brief area) – most of the time girls should size up one size in their wrestling skirts versus football skirts; when cheerleaders sit it can make the skirts fit tighter in the hips and rear which causes skirts to ride up

Briefs

- Must be solid colored and the same color as main uniform color except if uniform is white (then contrasting color may be used)
- Black is a good neutral color
- No silver or white briefs are allowed
- Briefs may not have any markings on them, including but not limited to sequins, prints, wording, symbols, etc.
- Metallic or shimmery briefs are not allowed
- Boy cut briefs are recommended for wrestling cheerleaders

Shoes

- Athletic cheerleading shoes must be worn
- Wrestling, casual tennis shoes, canvas tennis shoes, etc. are not allowed

Definition of School-Issued Uniform

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



DEPARTMENT OF EDUCATION INFORMATION ON STUDENTS PURCHASING UNIFORMS AND ATTENDING REQUIRED CAMPS

by Donna McKay, Executive Director

This information was given to the ICCA by Nicole M. Proesch, Legal Counsel for the Department of Education. Please read carefully and make sure your program is following the rules in regards to uniform purchases and camp attendance.

“Anything that is required or essential for any student activity of the district would fall under the “no fee”. Cheer or dance uniforms are necessary and required for cheer or dance squads, being that they are necessary this would be the responsibility of the district to provide those. Districts can hold fund raisers if they do not have sufficient funds, and most districts in the past did ask a booster club to donate or to lead the fund raisers for that purpose.

Is the district customizing the uniforms in some way? Anything done to customize the uniforms could not be paid from district funds. It may be that by requiring customized uniforms this is how the district is transferring the costs to the cheerleader. However, uniforms can have removable customizing such as a name that is sewn on and can be removed, if customizing is necessary for some purpose.

If the district requires students to attend a camp, then the district must pay. Although, the district should carefully consider whether or not they can require a student to attend a camp outside of normal practice at the school under the guidance and leadership of the district's cheer/dance sponsor.”

As in other athletic activities, cheerleaders would be responsible for purchasing shoes, socks, briefs, and possibly a bodysuit (if it is not a specific uniform). Uniforms are required to cheer and if schools require warm ups, bags, and poms then all of these items are to be purchased by the school.



All-State Preparing for Performances

by Melissa Hatfield, All-State Director

They have been practicing their jumps, dance, and tumbling. Perfecting a routine they will only perform three times on one day. The 2015 All-State Squad has been hard at work since December making sure the routine is flawless. This 33 member squad will perform at three halftimes during the Boys State Basketball Tournament in March.

Cheerleaders from all across the state tried out for this team in October. Squad members were selected based on their motion technique, dance, jumps, and tumbling skills. So, if you are at Wells Fargo Arena on Friday March 13th, make sure to check out the All-State Squad performance, or watch it on television from the comfort of your easy chair. You will not be disappointed!

Organizing When the Cheer Season is Over!

by Patti Davis, NE District Representative

The real question, do Cheer Coaches have an end of season?

Many Cheer Coaches go from one season to the next. Therefore planning is ongoing. So my best suggestion, what works for me, make an ongoing list, cheer itinerary, or calendar. This gives you a continuous look forward, allows a place for notes to be taken throughout the year and offers a place for changes/additions to be noted after an activity or event. This calendar/list also reminds you of all the deadlines and details for cheer, school, ICCA, etc.

The items you may want to list for "end of season in the spring" would include:

- ☐ Return of uniforms, poms, etc.
- ☐ Repair or cleaning of those items for next participants

WE ARE COACHES

by Betty Lou Jones, All-Star Director
and NC District Rep.

So many times I look at the game program at a football or basketball game and see that they have listed the person coaching the cheerleaders as an advisor, moderator or sponsor. I believe that this is not giving the respect that we, as cheer coaches, deserve.

A person in charge of the cheerleaders instructs the squad just like other sport coaches. We are not just an advisor giving advice or a sponsor providing funding, we are instructing. We plan and run practices for improvement. We teach skills needed to be good cheerleaders. We are coaching!

Cheer coaches have a rules book that is published by the National Federation which we must follow. We have a rules meeting which we must follow, and we must take the concussion course just like any other coach. No, we do not have to have our coaching certification but do drama coaches get theirs?

Iowa has a cheerleading coaches association, The Iowa Cheerleading Coaches Association (ICCA) which offers at their annual conference many training sessions, plus there are other ways a person can become knowledgeable in the sport of cheerleading. Such as getting AACCA certified.

We put many hours into our cheerleading programs. We need to "be the coach" and earn the respect needed so every program at every game in the state of Iowa says, Cheer Coach!

SHRINE BOWL INFORMATION

by Salli Nichols, Shrine Bowl Director

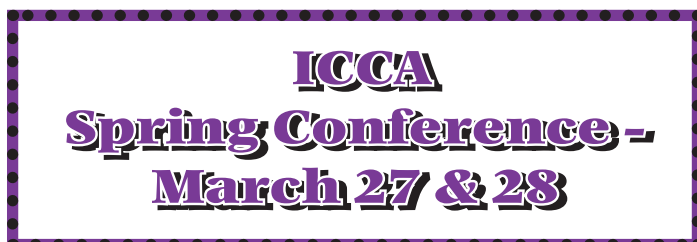
On Saturday, July 25th, 2015, a group of Iowa's most talented pre-college football players and cheerleaders will line up across from each other in the UNI Dome for the 43rd Annual Iowa Shrine Bowl. For many, this will be the game of their life because when they line up each and every one will also be stepping

- ☐ Collect and replenish med kits
- ☐ Do a locker cleanse, sell or re-purpose for sale old uniforms, etc.
- ☐ Determine any new items to be ordered, poms, shoes, uniforms
- ☐ Make a supplies to purchase list, for banners, signs, lockers, etc.
- ☐ Plan your year-long practice schedule
- ☐ Reserve space for practice/events
- ☐ Update your Rules and Bylaws or review for additions or changes
- ☐ Determine weight room program plan to post
- ☐ Plan for tryouts, secure dates/locations and offer expectations
- ☐ Communicate tryout info through signage, and/or social media
- ☐ Plan your Parent meeting, camps, and fund-raisers
- ☐ Write your parent meeting letter

The idea of collecting everything regarding dates and schedules prove beneficial to provide at the parent meeting. There you can offer handouts, calendars, links to where these updates and schedules are available, and even have the requirements for monetary/time commitments and paperwork updates, all at one time.

In my experience, if you offer this information to the parents to complete at the spring parent meeting, they appreciate your organization and consideration to their needs. They also appreciate the one stop shop idea to complete it all on one day instead of bits and pieces over a longer time period. This also allows them to do family scheduling for vacations/activities and they know the cheer commitment to work around. Cheer families may then move on with fast paced family/work lives, and know they have completed everything for their cheerleader. As a Coach, to complete so much in one day is truly a gift.

After all of this has been successfully completed, sit down, take a breath, and try to give yourself a moment. Cheers!



up to help a child who has been less fortunate in life than them and who desperately needs their help.

The Iowa Shrine Bowl Game is an all-star football game between selected pre-college football athletes on each side of a north-south dividing line in Iowa. Cheerleaders from all areas of the state will join the talented group, performing a cheer, dance, tumbling routine for halftime entertainment.

The cheerleaders are selected by a process of nomination by coaches, followed by a try-out process with the Iowa Cheerleading Coaches' Association.

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

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

The Iowa Cheerleading Coaches' Association has supported the philanthropic efforts of the Shrine Hospitals for the past thirteen years.

The sixty selected cheerleaders will join players and coaches on the University of Northern Iowa campus July 19-25 for a week long experience in philanthropic appearances and practice leading up to the culminating performance and games.

Questions can be directed to Salli Nichols at
sallijanenichols@gmail.com

Ways to say, "YES!"

Awesome!

Way to go!

That was great!

Wonderful

I am proud of you!

I knew you could do it!

I love it!

Wonderful!

That was first rate!

Beautiful!



SAYING GOOD BYE TO YOUR SENIORS WITH STYLE!

by Kristen Morlan, SE District Representative

It's the end of the season and you want to recognize your seniors for all of their hard work in this season and in previous seasons! How can you give them the recognition they deserve without spending a fortune? I've compiled a list of possible rewards you can give those seniors who are leaving your program!

- **Senior Scrapbook** – enlist your younger cheerleaders to compile a scrapbook of memories for each of your seniors. Buy a scrapbook and create a memory for each cheerleader full of photos, quotes, stickers, and personal messages.
- **Senior Posters** – print out a variety of photos from the season and paste them to a large piece of poster board, complete with stickers and glitter. The other cheerleaders then leave personal messages for each cheerleader, giving each senior a poster that contains memories and photos from their experiences.
- **The College Basket** – compile a collection of supplies they will need in their next adventure in college! This could include a giant bath towel, soaps, laundry supplies, whatever you think they might need, all contained in a giant laundry basket. A roll of quarters is always essential to any college student's life!
- **Senior DVD** – Create a personalized dvd for each senior of his/her high school cheerleading career. This can include video from games, pep rallies, competitions, and practices. Enlist the younger cheerleaders to give interviews about each cheerleader to personalize the DVD.

The most important aspect of the senior gift is to give that person the feeling that he/she has made an impact on the program, the squad, and on you. Knowing that you will remember that person is what is most important, no matter what he/she contributed to your program. Whether you spend a fortune or a few pennies, the memories created are what are the most remembered.

SECRETS TO COACHING CHEERLEADING

By Katie Bales, Rep. Council Member

Whether you are from a large or small school, I believe to coach Cheerleading the same basic elements are required. The list can continue on forever, but here my five key elements I strive to accomplish every year.

Organization is KEY! What do you need to do for your parent meeting? What fundraiser are you going to do during football season? How many posters do you have to paint for the wrestling tournaments? Sit down and have a plan of everything you want to do during the course of the year. Going over everything from tryouts to the end-of-year banquet and making a detailed list of what you want to do will relieve stress. If you have a plan in place or at least an idea of where you want to go it will make everything so much easier throughout the season.

Handbook or Rulebook — We have found that having a handbook for the cheerleaders can help to solve many of the issues that pop-up during the season. It includes everything from dress codes to attendance requirements. The handbook along with a form for both the cheerleader and parents to sign saying they have read through and agree to the rules and regulations has been EXTREMELY helpful. I cannot tell you how many times we have pulled out those signed forms during the year as backup for a disagreement we were having with a parent. Make sure you are reviewing it on a yearly basis and keeping it up-to-date!

Support — Take your plan, ideas and your handbook to your Athletic or Activities Director and review everything you want to do and the direction you are taking your squads. Once you have the support of the Activities or Athletic Director, your year will go much smoother.

Get Help — Being the Head Coach of a large school is a huge responsibility. Not all of us are Wonder Woman! So ask for help from an assistant coach, parents, or your upperclassmen! Delegating some of the smaller tasks to others will help keep stress levels down and can help build a better relationship between your staff and cheerleaders. Have your assistant coach run one of the fundraisers, set up a parent volunteer system to help with fundraisers and decorating for

events and banquets, allow the upperclassmen to teach the newer cheerleaders on your squads the cheers. This will not only help bring everyone together but gives your upperclassmen a chance to stand out and be leaders.

The last thing I try to implement and probably one of the most important is **FUN**. Have FUN!! If you do not enjoy coaching then your cheerleaders will not enjoy cheering. Take some time and get to know your cheerleaders and create fun team bonding activities to incorporate into practices every once in a while. When they do something great—do the happy dance along with them! You will learn together and grow together.



SPECIAL OLYMPICS

by *Sandy Norby*, Special Olympics Director

With winter sports in full swing sometimes it seems impossible to look ahead to spring. But once the winter sports season is over, and you have a break to rejuvenate what better way than to have a *fun filled day at Special Olympics!* It will be a day spent with other cheer coaches from across the state and your cheerleaders will be able to meet new cheerleaders, learn a short cheer dance routine, and perform at Hilton Coliseum in Ames, Iowa! But, the most important time spent will be *teaching the Special Athletes' cheers, chants, and giving a lot of hugs and high five's!* A cheer clinic will be held in the afternoon with these very fun loving athletes and watch the smiles beam!

If this sounds like something you would like to do *Thursday, May 21, 2015*, is the date for this awesome day! We accept only *four cheerleaders per school* and there is a *\$20 registration fee per cheerleader attending. All registration fees go towards the Special Olympics.* More information will be posted on the Iowa Cheer Coaches website in April and if you have any questions feel free to contact me at sandynorby74@gmail.com

Weight Lifting in the Off-Season

by *Paula Kirkpatrick, At-Large Representative*

Weight lifting? Who us, the cheer squad? Why do we need to lift weights? What benefit will we get as a team?

When I heard coaches talking at conference and other events about their squad lifting weights, I too was skeptical. I thought those same questions. Plus, to be honest, I did not know much of anything about weight lifting. I was intimidated by the weight room itself. I didn't understand how to use the machines, or the weights, and I did not want to go in there with a bunch of football players.

What changed my mind was talking to a college cheer coach about her squad lifting on a regular basis. She felt there was great benefit to becoming stronger. I also did some research, and I talked to the football coach and PE teacher at our school. Both were very willing to help me and my cheerleaders get started.

At our school we have a program called Bigger, Faster, Stronger. It is a computer program. The girls test on several of the pieces of weight equipment. The weight they can lift is entered in the computer. The computer program then generates weight and reps for different lifts.

Starting in the summer of 2013, my cheer squad lifted twice a week at 8 in the morning. I feel there were several benefits. First, of course, was adding strength. Strength helps in stunting, jumping, and strong motions. I feel we definitely saw an increase in the level of stunts and jumps the squad could do. A second benefit was getting most of the squad members together weekly, with a common goal. We were all working together to get better. Most of my cheerleaders participate in other sports and being stronger benefits those sports, also. Thirdly, I truly feel that lifting weights increases the perception of the cheerleaders as athletes. Athletes lift weights to get better. Cheerleaders are athletes.



WHY EVERY COACH SHOULD GO TO CAMP

by Cindy Pangburn, At Large Representative

You have a brand new squad and are excited for a new season! You are making plans for practices with each of your different squads. If you are a new coach I am sure you are a bit nervous how to make it all work! If you are a veteran coach you have some plans but are always looking for new ideas to improve your program. A must for every coach is to go to CAMP. You can choose to go away to camp or have a camp in your home gym, but there are many benefits with whichever one you chose.

Attending a camp can be considered an investment in your cheerleaders! It will help them improve and learn new skills as a whole, but also as individuals. It is a great way for new coaches to get some experience before the school year starts. If you go away to camp you can network with other coaches and learn so much from them. Learning what works and what doesn't work for others can save you so much frustration. Veteran coaches are willing to share their great ideas.

Coaches can also learn many things about their squads. When you spend many hours working on cheers, motions and jumps you can tell very quickly which cheerleaders have a high commitment level and which ones may need some encouragement in this area. You can also see which cheerleaders are the best team players and who will be a great mentor for the new squad members.

Hopefully when you go to cheer camp every squad member is there, so you can have time to really evaluate each and every cheerleader. Watching them work together for many hours over a period of days is so beneficial. You can tell who your coachable athletes are and who you may need to find a different approach in how you work with them. It gives you a chance to see the skills they are already doing well at and which skills they will need to work on.

If your squad does stunts it is also a great opportunity to mix up your stunt groups. When you

- ☒ OPTION 1
- ☐ OPTION 2
- ☐ OPTION 3
- ☐ OPTION 4

Camp Time Options!

by Tami Doyle, Honor Squad Director

Have you registered for Camp yet? Confused on what type of camp to attend – check out your options below:

1. **Overnight Tradition Camp** – This type of camp will offer you the most for the dollar. Lots of material (cheers, spirit chants, dances, stunting, pyramids, safety progressions, jumps, specialty classes, one on one instructor time, team bonding activities, leadership building and individual/team awards). These camps are usually held at a University.
2. **Resort Camps** – This type of camp will follow the Traditional Camp schedule at a little faster pace so that in the afternoons your cheerleaders will have some free time in the afternoons to enjoy activities on the resort or spend additional practice time. This camp is usually held at a resort hotel.
3. **Home Camp** – This camp can be 2-3 days at your school. Same materials will be taught based on what your team would like to work on. More individual attention. Budget friendly.
4. **Day Camp** – This camp will offer a limited amount of material that can be taught in one day. Hours typically are from 8-5. Camp may be at your school or hosted by another school within the area. More than one team may attend. ICCA Free Clinics are an example.

Okay, now you know which camp fits your squad's needs, but how do you choose which company to use for your camp needs. Many schools have a tradition of which company they choose to use. This could be for loyalty, material, or cost. Below is a brief list of companies and a brief explanation of what they have to offer.

NCA – Game day and Performance training. Safety progressions, Coaches instruction, leadership training. Focus efforts on strengthening teamwork, building confidence and teaching the importance of positive attitudes. Staff hand-selected from the top cheer programs in the country. Staff AACCA certified. Check

practice at home it is likely that the same cheerleaders always want to base together with the same flier. At camp those groups usually don't happen and it will give you a great idea of who is most capable working with others and how their attitudes are when they don't get to choose who they work with.

Making time to go to camp with your cheerleaders is a great to start your season as it shows them you are making the commitment to them and what better way than to devote your time and energy in helping them become better all-around cheerleaders. There are few things that bring a team together as much as spending days sweating it out in the summer heat during cheer camp! Surviving camp together can unite a team at the start of your season and that can go a long way to having good relationships and a successful year. Most importantly remember to have fun!

Camp Time Options...Continued from page 18

out www.NCAcamp.com or contact your Varsity Spirit Fashion Representative.

UCA – Leadership on an off the field, focused on traditional role of cheer. The primary purpose of a cheerleader is to support athletic programs and lead crowd before and during games. Instrumental role in raising, leading and maintaining school spirit in and around communities. Instructors selected from college teams. Safety progression and coach's instruction. Check out Varsity.com or contact your Varsity Spirit Fashion Representative.

Jump & Jam – home camps are individually structured around YOUR squad! You call the shots and only learn what you want! At Jump and Jam, you get individualized one-on-one attention with EVERY clinic from extensively trained instructors that know the latest techniques. We have specially choreographed cheers with visual effects and cutting edge hip-hop/funk dances that will pump up both your cheerleaders and your fans! Check out www.jumpandjam.net.

There may be other options such as using a local college cheer team or skilled individuals to run a private camp for your team.

Now you're ready – GET REGISTERED FOR CAMP TODAY!!

Fundraising for Fun!

by JoEllen Wesselmann, ICCA Treasurer

When I received my “assignment” to write this newsletter’s article, I thought to myself, “YUCK!” Why would anybody ask me to write a fundraising article! My patented response to any salesperson who ever contacted me about fundraising was to tell them that I wasn’t allowed to fundraise. Which, incidentally, was the truth at one time. However, I was rather stretching the truth. I really haven’t ever talked to a coach who told me that they LOVE to fundraise, but from a past-coach perspective, I can give you a few pointers to contemplate. I’m not going to promise that I will turn you into a fundraising genius, make you “rich quick”, or even make you enjoy it. I do hope to give you some ideas to think about.

The first thing that is needed to have a successful fundraiser, is to get the KIDS to buy into it! If they aren’t excited about what you are doing, I can pretty much promise you that it will be a flop! All it takes is one of your “vocal” (big-mouthed) kids to “pooh-pooh” what you are doing, and it’s all downhill from there.

Give them a goal to reach. If you need new uniforms, focus on that, and how much you will need to make it a reality. Then, be realistic about how much you think you can earn by a particular event. Kids are sometimes unrealistic when choosing what fundraisers they want to do. I hate to tell them this, but they aren’t probably going to raise \$4,000 doing a four-hour car wash in a town of 1,000 people. It’s just not going to happen, unless you have a wealthy donor who decides to write you a healthy check!

Decide if you want to sell a service or a product. I have done both typed of fundraisers, with both being successful. Often, people don’t want to buy some **THING** that they ordinarily wouldn’t need or buy, but want to help your fundraising efforts. These people appreciate a service fundraiser, where you help them by doing something FOR them. I had a group who sold their time for “so many kids for so many hours”, and they did quite well. This was a

hit, because they could work in small groups and the time was flexible and was worked out with the individuals who bought the packages. One group cleaned a lady's home right before a holiday, one group raked leaves in the fall, others did babysitting in pairs. This is all very flexible and can be quite profitable.

If you decide to sell an actual product, **know your community!** For instance, if your community is mostly people 65 and older, selling basketballs with your team logo on them probably isn't going to be a huge seller. However, you might have better luck with selling small fruit baskets, or doing providing a service to them, like raking their leaves or shoveling snow. If you choose a product, make sure no one else is selling the same thing. One small town does not need every the entire band, football team, and cheerleaders selling wrapping paper or cookie dough, especially at the same time!

Develop a tradition. Try to select something that you can do every year, so if you have devoted customers, they know you will be selling it and wait to purchase it until your fundraiser.

Advertise, Advertise, ADVERTISE!!! Let everyone know that you are trying to raise money, and what it will be used for! Who knows, you might just have someone hand you a donation. (I once had a nice check sent by people whose daughter cheered twenty years before. I also had uniforms donated by another! You never can tell what might happen.) It certainly can't hurt your sales or efforts!

Get help from parents! There is no reason you should have to organize it all, transport kids, be with them if they are going out in the community to do their jobs, distribute flyers, etc. **YOU CAN'T DO IT ALL!** Moms who volunteer to help can be your best friend or your worst enemy... make them your friend!

Lastly, but most importantly, **TRY TO HAVE FUN!** Make teams, have competitions, give prizes, celebrate success, encourage parents to help, and participate yourself! It is another opportunity you have to see your kids and parents outside of practice/game situations. I had a young lady, who no matter what we were doing for fundraising, **ROCKED** the **HOUSE!** She wasn't always the best cheer-

leader, dancer, etc., but this was her niche on our team. She won every contest we ever had and **LOVED** every minute of it. Her joy in selling became fun for the whole team to watch and encourage! When she graduated, we had another girl who stepped up and took over that role. It was similar to watching kids become leaders in stunting or leading cheers.

Feel free to contact me for ideas for organizing fundraisers or anything else you can think of!



HOW TO NOT LET DISTANCE FROM ICCA EVENTS BE AN ISSUE

by Jessica Kruse, Rep. Council Member, NW District

My schools are located in the northwest corner of the state. Depending on where you are at in our school district; you could be just minutes away from South Dakota or Minnesota. So, coming from the very northwest corner of the state, traveling to ICCA events can be difficult. Despite the distance, I have found a few things that help my team accomplish it!

Be informed. This means simply having an awareness and understanding of the events available through the ICCA. For me, this means attending the ICCA Spring Conference and studying the ICCA Events schedule as soon as it is available. This is learning about and using the resources available, such as the ICCA website and newsletters! Being an informed coach means knowing what events are feasible for my school, my girls, and me to attend. The hardest part about being informed is not being afraid to ask questions. I am not new to coaching but my involvement in ICCA is fairly new, so there is a lot that I am still learning. I am sure people are getting tired of my questions!

Plan ahead. From the day the ICCA schedule is available, I begin the groundwork for planning our season. I work with our athletic directors and our transportation specialist to arrange our schedule of events and transportation. This also means a fair amount of planning for fundraising throughout the year, because

we know with traveling, comes expenses. I like to notify our parents of the dates of events at our parent meeting in the spring. This keeps them informed but also allows them time to plan for travel too.

Be thankful for central locations. This one may seem too simple and obvious but I grew up in a state where we traveled all across the state several times a season to play other schools. This meant at least one bus ride that was over 5 hours long each month! So traveling to the center of the state a few times a year is worth the lessons your cheerleaders will learn, as well as the things you will learn yourself!

Just Do It. I steal this last one from Nike but it is my favorite phrase for motivation. If you are thinking about attending an ICCA event...JUST DO IT. I have taken so much from each of the events that I have attended and my girls have grown both as cheerleaders and as people. Whether it was surviving the stress of driving across Iowa in the snow last April to get to the conference or laughing with my girls while our hotel was being evacuated due to fire alarms at Honor Squad, I have learned, re-learned and reminded myself that I am so much more than just a coach. And after all, isn't that truly what is important?



PLANNING TRYOUTS

by Sarah Buss, SC District Representative

I find this one of the most exciting times of the year, yet my heart breaks for the hopefuls that will not get to wear a uniform.

I always start my first meeting by being honest with my expectations and realistic what skills they will need. I also use demonstrations. I'll have an alumni cheerleader there showing what a good jump, motions, and showmanship look like. This also helps eliminate grey area. If I write, "Must be able to do a toe touch." They can see that it is an athletic jump. NOT the stretch they do in PE class where they reach and

Tryouts...Continued in next column

touch their toes. Seriously folks, I had a very long discussion one year with a passionate mom who felt my listings were vague and she indeed did think that is what I meant. Ok fair enough, from now on I bring demonstrators and take names of who attended the informational meetings so in the future I can say, "No your daughter was at the meeting and saw that it is not the stretch from PE." Live and learn!

I also feel strongly about asking each parent to sign off of a tryout packet PRIOR to tryouts. This alleviates any parent saying they didn't know the expenses/risk or commitment level of the sport. Then you back it up by saying the following several times, "As outlined in the tryout packet, which you and your parent have read and signed off on. You were given the expenses, risks, time and attitude expectations should you make the squad." This follows nearly everything I say all year long. So when there is an issue, I revert back to that signed tryout packet. The girls raise their hands to ask a silly question, and I ask if they need a new copy of the tryout packet they signed. They get the point and I have very little trouble with rules. (KNOCK ON WOOD)

The actual tryout consists of:

- Showmanship - 10 points
- Toe Touch - 10 points
- Cheer - 10 points
- Dance - 10 points
- Tumbling (Back handspring or greater) 5 points

I get questioned sometimes on why I weight Showmanship so high. Because watching grumpy cheerleaders isn't fun. Then you will have the parent who complains that is too many points to loose for her simply forgetting to smile because her princess was just nervous. To which I reply, "You don't think she will be nervous when in front of an entire stadium?" End of conversation.

Have alumni come and help. This keeps you from giving attention to one athlete over another and the excuse that you only helped some but not all. I teach the material, I tell them and show them (via an alumni or graduating athlete) how I want to see it done and then let them loose to practice. Have your alumni/graduating girls go to all 4 corners and have each corner be a work station for one of the 4 things on your

Tryouts...Continued on page 22

tryout list (Jumps, Cheer, Dance, Tumbling). The athletes can go to the corner they need the most help with and rotate as needed. I have 3 days of practice and they must only attend 1. This is kind of a test to see who comes every day and who doesn't, but it also allows flexibility because the average kid is busy. I also like it when some practices are smaller, it is less intimidating for the freshmen and it gives time for some who need to help to get it due to smaller crowds.

I have outside judges as well as a schools staff member and former coaches judge. A group comes in, I verify their name and grade and off they go. After the group leaves I ask each judge for their score and I enter it into a spreadsheet. Once the squad trying out is done, I sort and know who made my team instantly. If there are ties, I do a call back right away. I have my assistant read the numbers of who made it and remind them of the fitting meeting held the following week. Shred the score sheets the judges used, and send a copy of the overall scores to your AD for reference, adding commentary if needed.

After tryouts I like to send a hand written short note to those that did not make it. I thank them for their time and encourage them to keep working hard and continue to get involved with their high school.

Good Luck!

Bethany Brink Named NE District Coach of the Year

Bethany Brink has coached at North Linn High School for seven years. During that time she started cheerleading squads for football, basketball, and junior high. The past two years she has taken squads to the State Championships. It is the first time cheerleaders at North Linn have been given the opportunity to have this great experience. The cheer program at North Linn continues grow in numbers, and is now taken very seriously in not only the school but in the community. Besides the State Championships, Bethany has had cheerleaders participate in the Shrine Bowl, Honor Squad, and at the Special Olympics. Bethany's squads have raised money for St. Jude's Children's Hospital, volunteered at the Special Olympics, and assist in several ways at wrestling tournaments.

4A and 4A Large Division Combined for the State Championships

by Jeanne Ehn, Executive Director

The State Championships will have one less division next year as the 4A Large Division has been combined with 4A to make one division. To ease the squad participant numbers of 4A schools, coaches will now be able to register up to 20 cheerleaders instead of 16 cheerleaders as in the past. This offers a compromise for all schools as the divisions combine. 4A Large used to have an upper limit of 25 registered cheerleaders.

Participation in the 4A Large division has been small the past five years, with its lowest number of four squads at the 2014 Championships. That was down two squads from the 2013 Championships' number of six. The ICCA Board looked at the numbers last June and decided to wait to see the numbers of the 2014 Championships before making a decision.

The ICCA Board considered delaying the vote until June, but a concern was raised for 4A schools picking cheerleaders for competition squads this spring. It wouldn't be difficult to add cheerleaders, but it would be difficult to cut numbers if the decision was delayed, so the Board took action.

The decision also brings in line all schools competing in divisions by their school size. Last June the ICCA Board of Directors eliminated the Small Team Division which allowed 1A, 2A & 3A the opportunity to compete with a smaller squad. To continue having a 4A and 4A Large division went away from the school size theory and the lack of choice other schools have when deciding which division to enter. To remove 4A Large as a division allows all schools to compete against schools of their own size.

Divisions in the State Championships will be Cheer/Dance (1A, 2A, 3A, 4A & Coed), Time Out (Small & Large Team) and Stunt Group (1A, 2A, 3A, 4A & Coed).



Ask Jeanne

Dear Jeanne,

It seems like cheerleading is now a year round sport. I'm not sure if I should practice after tryouts in the spring and summer, but I don't want schools to get ahead of my school. Plus, we've got so much work to do. Any wisdom?

Not Enough Time

Dear Time,

I understand what you are asking. There are schools who literally end up practicing all year by the time state tournaments conclude, and practices and tryouts happen. If a school decides to practice in the summer, only a few weeks might pass before the season is beginning again. It is smart to start planning now, so you can figure out what you would like to do and information can be given out in a timely manner to administration, parents, and cheerleaders.

I use to feel strongly that cheerleaders shouldn't practice all year. Coaches and the cheerleaders needed to have a break so the burn out doesn't set in so quickly. Sometimes the work for cheering and State Championships can be stressful if it isn't broken into simpler, smaller chunks. This can happen if time doesn't become an issue, meaning having a routine and learning cheers and chants early allows everything to be practiced and not scrunched into a few practices, thus creating less stress.

While I feel cheerleaders and coaches need time apart and time to do other things, perhaps a combination of summer practice and time off can work to your advantage. My advice is to do as little in the spring as possible. The parent meeting is necessary so everyone gets the same information and important dates. Send a copy to your administration as well. Then give everyone a break, all have earned it.

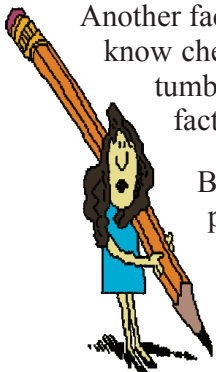
If summer practices have to happen for your squad, set a day of the week so the consistency of knowing the day (or two) where their attendance is needed will stick in the mind. For example, if you practice every Monday and Tuesday morning it will be easier to remember than random days. Parents and cheerleaders will appreciate knowing the days so jobs, vacations, and activities can be planned.

Still give blocks of time off. If your team practices two days in a row and then have 5 days off, it will still provide time away and give them a chance to do other things. Plus, the memory retention will be better two days in a row rather than, for example, practice on Monday and Friday. Too much time is in between so time will be spent re-teaching what they've forgotten. Consider this idea, practice in the evening one day, and then in the morning the next day. This might not work all the time, but could be great for 4th of July week, or county fair week when there are conflicts. It gives maximum time away, yet stays to the plan.

Plan the summer practices ASAP so you can transfer it to the school calendar. The dates can be given to the parents and team at the parent meeting. This means planning the cheers, the chants, the stunt progressions, etc. that will be worked on at each practice. This will help you keep the number of practices down so the entire summer is not cheerleading. When the group gets done with what has been set, it is time to go have fun doing something else.

Some coaches practice in June and not at all in July or vice versa. This too, might be a great idea. Basics happen, then it is time away before the season begins. Practicing a bit in July gets them easing into the season. Both ideas have advantages to pick from. You just have to pick what works best for your squad.

Another factor that plays into summer practice is when cheer camp is scheduled. What does the team need to know cheer and chant wise to attend? Do home cheers need to be perfected with incorporations of stunts, tumbling and jumps? Do they need to be to a certain progression in stunts? Those things will need to factor into your summer practice schedule.



Be smart when scheduling summer practices. Everyone needs time away, including you! You will probably have to do a couple years of experimentation until you figure out what is exactly right for you and your school/squads. Just make sure you are communicating to administration, parents, and cheerleaders. Having a plan will reflect into what your goals and expectations are for everyone. No matter what, plan for some time off, and have fun!

Jeanne Ehn

ICCA Board Meeting Minutes

The ICCA board met on Sunday, January 11, 2015, at the Ames Middle School. All members were present at the meeting except for Salli Nichols and Mindy De-Baun. Amended Minutes.

The meeting was called to order by Jenny Crawford. The minutes were approved and accepted.

JoEllen Wesselmann informed the board that we have 173 schools registered which include 373 coaches. She also gave figures for our financial situation: ICCA has \$41,351.34 in checking, \$15,402.78 in savings, \$16,658.38 in a CD and \$15,469.18 in an investment.

Please note the new change in the ICCA mailing address: JoEllen Wesselmann, P.O. Box 207, Huxley, IA 50124.

ICCA decided that we need a new computer for our treasurer. The computer that she is working with now is having lots of issues. She was given the go ahead to purchase a new computer but she needs to stay under \$1000.

Our financial director also has spoke to our accountant. She was informed that Quickbooks needs to be updated every 2-3 years. She will work with Ben Applegate to get it updated.

The Directors gave their report. It was decided to leave the entrance fee at \$15.00 to participate at the State Competition. However, to stay in line with the other athletic associations we will raise the gate fee to \$10.00.

ICCA had the opportunity to purchase 4 mats for \$300. These mats will be used for warm ups at the competition. Patti Davis volunteered to store the mats at her husband's warehouse. Betty Lou Jones made the motion to purchase the mats and it was seconded by Jenny Crawford. Motion carried.

Much discussion was held on the divisions at the state competition. It was decided that we will leave everything the same for the following year. This

Board Minutes...Continued from previous column

will discussed again at our June meeting. The directors are going to create and send out a survey to the 4A and 4A Large schools before making any decisions. Minutes Amended: Coaches need to have their squad numbers before June so after discussion the Board took an email vote to combine the 4A and 4A Large Divisions. Motion passed to combine 4A and 4A Large. The maximum number of cheerleaders a school can enter in 4A will be 20.

Mark your calendars, the Spring Conference is coming up. The theme this year will be "Be True to Your School". Jim Lord will be the keynote speaker. Jim Erlenbaugh and Jeff Brewster will also be speaking. You will NOT want to miss out on all of the fun.

Traci Buck resigned from the board effective immediately. A motion was made by Jane Bauman and seconded by Paula Kirkpatrick to elect Melissa Hatfield as the new vice president. Motioned carried.

The rep council met at Honor Squad and at the spring conference. A few concerns have surfaced and the board is working to solve the issues.

Expect a new rules book this year. A total of 553 coaches completed the rules meeting on line. An issue has come up with wearing false eyelashes. At this time, we are simply going to go with the statement that they do not promote an athletic image. Also remember, bows can not touch the face. Please make sure your squad is following this rule.

A total of 223 cheerleaders participated in Honor Squad. It was a great routine and preformed well. A huge thank you to Robin for putting this routine together. We look forward to having her choreograph the routine again next year.

There are a total of 33 girls on the All State team. Melissa Hatfield reported that things are going well.

Special Olympics will be held on May 21, 2015 at Hilton in Ames. The information on this will be on the website by conference time.

The district representatives reported on when they

would like to hold their fall clinic. Watch for more information on the dates in the months to come. Most of them will be held on either August 22 or the 29. The NE will have their clinic on August 8.

Congratulations to the following people for receiving awards from ICCA. Angie Trowbridge was named Iowa Cheer Coach of the Year. District coach of the year is Bethany Brink from the NE region. ICCA is also proud to award Larry Peterson as Contributor of the Year.

The Cheer Forum will be held on July 10-11. Donna McKay will represent ICCA at the forum.

A slate of officers is being put together by the directors. This slate will be presented at the Spring Conference.

We made a change to the constitution. You will need to be on the board for at least 3 years in order to be president or vice president.

Discussion was held on getting a committee together to work with Donna on rules interpretation. She would like to be able to turn this over to someone but it is a lot of work. Discussion was held on working with Donna for a year and then making the decision on whether the person or persons think that they want to do the job. This will be discussed again in June.

Our next meeting will be on May 31, 2015 at Jane Bauman's house in Story City. The meeting will start at 9:30.

Cheerfully submitted,
Jane Bauman



DID YOU READ THESE ARTICLES?

Pages 1 & 2

President's Message
Resignation of a Board Member
3 National Speakers Highlight Coaches' Conference
Sportsmanship-Where Has It Gone?

Pages 3 & 4

Why Coaches Should Attend the Annual Conference
Awards, Time to Nominate
Maintaining School Spirit Throughout the Year

Pages 5 & 6

Cheerleading Information for State Wrestling

Pages 7 & 8

Cheerleading Information for State Wrestling (cont.)
Number of Cheerleaders for the Post Season

Pages 9 & 10

Hair Rules for Cheerleaders
Angie Trowbridge - Iowa Cheer Coach of the Year
Larry Peterson - Contributor of the Year

Pages 11 & 12

A New Look for Website
Wrestlers Clear the Mat
Things to Do When Not at Wells Fargo Arena
Information Before Purchasing New Uniforms

Pages 13 & 14

Information Before Purchasing New Uniforms (cont.)
Department of Education Information for Students
All-State Preparing for Performances
Organizing When the Season is Over
We Are Coaches
Shrine Bowl Information

Pages 15 & 16

Organizing When the Season is Over (cont.)
Shrine Bowl Information (cont.)
Saying Goodbye to Your Seniors
Secrets to Coaching Cheerleaders

Pages 17 & 18

Secrets to Coaching Cheerleaders (cont.)
Weight Lifting in the Off-Season
Why Every Coach Should Go to Camp
Camp Time Options

Pages 19 & 20

Why Every Coach Should Go to Camp (cont.)
Camp Time Options (cont.)
Fundraising for Fun
How to Not Let Distance Be An issue

Pages 21 & 22

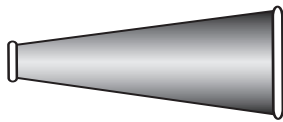
How to Not Let Distance Be An issue (cont.)
Planninf Tryouts
Bethany Brink - NE District Coach of the Year
4A and 4a Large Division Combined for State

Page 23 & 24

Ask Jeanne
Board Minutes

Page 25 & 26

Board Minutes (cont.)
Did You Read These Articles
2014-2015 ICCA Board of Directors



2014-2015 ICCA BOARD OF DIRECTORS

President Mindy DeBaun

Home: 315 Agnes Avenue, Box 95, Callendar, IA 50523
PH : 515-548-3470
Email: mindydebaun@gmail.com

Vice President/All-State DirectorMelissa Hatfield

Home: 2244 Willow Avenue, Ainsworth, IA 52201
PH: 563-210-0255
Email: melissahatfield1980@hotmail.com

Scholarship/Treasurer/Trustee/Membership...JoEllen Wesselmann

Work: Ballard Community Schools
Home: 1030 Northpark Blvd., Huxley, IA 50124
CELL: 515-494-3541
Email: iccajo@hotmail.com or jwesselmann@ballard.k12.ia.us

SecretaryJane Bauman

Work: Roland Story HS jbauman@roland-story.k12.ia.us
900 Hillcrest, Story City, IA 50248
PH: 515-733-4386
Home: 936 Washington Street, Story City, IA 50248
CELL: 515-290-2058
Email: Baumann4462@gmail.com

Website/Trustee Jenny Crawford

Home: 3309 East 53rd Ct., Des Moines, IA 50317
PH: 515-262-3220
Email: jennycrawford1@msn.com

District Representative - Southeast/TrusteeKristen Morlan

Work: Clear Creek Amana High School
PH: 319-545-2361
Home: 503 Redbird Run, Tiffin, IA 52340
CELL: 319-321-3333
Email: kristenmorlan@gmail.com

All-Star Director/District Rep. - North Central..... Betty Lou Jones

Home: 307 5th Street, Box 249, Swea City, IA 50590
PH: 515-272-4354
CELL: 515-320-1857
Email: jonesswea@iowatelecom.net

Cheer Honor Squad/TrusteeTami Doyle

Home: 4201 Paddington Drive, Cedar Falls, IA 50613
PH: 319-266-4265
CELL: 319-239-4277
Email: tjdoyle@cfu.net

District Representative - Northeast.....Patti Davis

Bondurant-Farrar High School
1000 Grant Street
Bondurant, IA 50035
School Phone: 515-957-8191
Email: patti_davis@bondurant.k12.ia.us

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

School Address: Ames High School,
Attn: Sarah Buss
1921 Ames High Drive, Ames, IA 50010
Phone: 515-450-7640
Email: sbluv2cheer@yahoo.com

Shrine Bowl Director/District Rep. - Northwest Salli Nichols

Home: 712 Meadow Lane, Storm Lake, IA 50588
PH: 712-299-8208
Email: sallijanichols@gmail.com

Special Olympics Director.....Sandy Norby

Home: 3237 Hickory Avenue, Osage, IA 50641
PH: 641-732-5644
CELL: 641-330-7442
Email: snorby@osage.k12.ia.us or sandynorby74@gmail.com

District Representative - At Large.....Sherrie Moritz

Email: rsasm@frontiernet.net
PH: 712-546-8963
CELL: 712-540-8963

District Representative - At Large.....Paula Kirkpatrick

Home: 213 N. Irons St., Keswick, IA 50136
PH: 641-660-4070
School Phone: 641-634-2632
Email: paula.kirkpatrick@tri-countyschools.com

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

School Address: 704 7th Street N
Northwood, IA 50459
Home Phone: 641-324-1624
Email: cpang60@yahoo.com

EXECUTIVE DIRECTORS

AWARDS, CONFERENCE, STATE COMPETITION, TRUSTEES

Jeanne Ehn***Newsletter***

P.O. Box 211
Conrad, IA 50621
PH: 641-366-2914
jehn@heartofiowa.net

Donna McKay***Rules Interpretation Director***

842 7th Street SE
Mason City, IA 50401
PH: 641-423-1556
jdmckay44@gmail.com

Kenna Johnson***SW District Rep***

720 North 9th Ave.
Winterset, IA 50273
PH: 515-250-8968
kennajohnson47@gmail.com