



Iowa Cheerleading Coaches' Association NEWSLETTER



May 2015 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

Happy spring to all the hardworking cheer coaches out there!

What an awesome cheer coaches' conference we just had a couple of weeks ago! I hope that you were able to take advantage of some of the amazing classes and speakers! From the choreography classes to the stunting classes and roundtable discussion – it was a fun-filled and packed conference! Also, maybe you were able to find the uniform company that you want to work with next season or a fundraising company that is going to help your cheerleaders offset some of the costs of being a cheerleader. I always leave the conference feeling revived and ready to tackle the approaching season.

By now, possibly, you have had tryouts and picked your teams and are planning summer camps and practices, but please remember to take some time for yourself and your family. Cheerleading truly is a 365 days of the year job; however, we have to take a break and rejuvenate a little or you will get burned out.

I just returned from NCA College Nationals in Daytona Beach, Florida. What an amazing event and spirit-filled week! I got to see some of the best college teams in the world AND some pretty amazing mascot competitions (truly funny), and stunt groups all of course while enjoying some sunshine. It made me reflect on cheerleading and what wonderful opportunities there are out there for our cheerleaders beyond high school! If you have cheerleaders who want to cheer at the next level – as a coach – help them find out how they do that. Contact your local college or have your athletic director help you. There are some great scholarships out there for cheerleaders and sometimes all they need is a little help making those contacts! Give them three or four colleges to contact, don't just limit them to one. If they want to continue cheering – coaches you can help them do that! Plus, it is fun to see your cheerleaders advance to the next level!

Remember as always ICCA is here to help you! I met so many wonderful coaches at the conference and look forward to hearing from everyone on how their season is going!



Keep cheering!
Mindy DeBaun
ICCA President

2015 Conference Takeaways!

By Jenny Crawford

If you attended ICCA's annual conference at the end of March, I am positive you left with a lot of great information and plans to implement everything you learned. It's already May – what have you done? What did you go back and do right away, or plan to do in the fall? Maybe this list will help you recall....

- ▶ Creating a Strong Foundation for Your Season
- ▶ Hands-On Cheer and Chants
- ▶ Game Time Cheering
- ▶ Marvelous Motions
- ▶ Theme The Year
- ▶ Organization = Post-It Notes
- ▶ Everybody Jump, Jump, Jump!
- ▶ Stunting Fundamentals
- ▶ Conditioning to Maximize
- ▶ Building Elite Stunts
- ▶ Understanding Inversions and Other National Federation Rules
- ▶ Reducing Coaching Risk and Liability
- ▶ Trouble Shooting Stunts Choreography Do's and Don'ts

Conference is a time for you to get educated, meet new people and have fun. Why not continue this online? See what your fellow coaches are doing with what they learned at conference. It's networking online!

2015 Conference...Continued on page 2

2015 Conference...Continued from page 2

There will be a section on our web site on the conference page called:

2015 Conference Reflection and Takeaways

Submit anything you have already done or plan to do, to me at jennycrawford1@msn.com for consideration for this section. Just like this!

"After attending the Theme The Year session at conference, I met with my assistant coach. We came up with a theme for next year and have already started designing the t-shirt. We plan to implement this theme at our spring banquet, too!"

I can't wait to hear all of your ideas!

As always, if you want to submit a picture from your cheerleading program to scroll across the home page, send it to jennycrawford1@msn.com for consideration. Email me with any questions or submissions for the web site.

Conference Wrap Up

by Jeanne Ehn, Executive Director

The 2015 ICCA Spring Conference, Be True to Your School, was a complete success! Over 154 ICCA coaches attended to improve their coaching skills. That is a record for attendance.

The Conference started with Friday's add on classes of AACCA, Choreography 101, and Partner Stunt Progressions. Well over a 100 coaches attended at least one of the add on classes, with many attending two. The Conference officially launched with Jared Erlanbaugh's "Creating a Strong Foundation for Your Season" on Friday afternoon.

This was the first time we had Jim Lord, the director of AACCA, as our keynote speaker at our banquet. His wonderful message of pride in your school and helping others will stick with many for a long time. Award winners were recognized (see the complete list below) and we thanked recently retired Rick Wulkow from IHSAA for his years of dedication to ICCA.

Saturday was full of educational classes from our three national speakers: Jeff Brewster, Jim Lord, Jared Erlanbaugh and several ICCA

COACHES' CONFERENCE 2016 - GUESS WHO IS RETURNING TO IOWA?

Next year's ICCA Coaches' Conference will again be held at The Meadows Hotel and Conference Center in Altoona, Iowa on April 8-9, 2016. Because of high coaches' demand, we are excited to welcome back Morton Bergue, an international speaker, choreographer, and president of Cheergym.com located in California. The AACCA Cheerleading Safety Course will also be offered as well as add-on classes, plus numerous sessions for coaches' continued education. Put the 2016 Conference on your calendar now! We hope to see you there!

All-Star Wrap Up

by Betty Lou Jones, All-Star Director

The ICCA/IBCA All-Star Cheer Squad performed at the IBCA All-Star Basketball Games held on March 28th at the Dallas Center-Grimes High School in Grimes. Forty-one cheerleaders from across Iowa were chosen by a video tryout to be members of this years squad. The squad performed a 5 minute routine at the half-time of the consolation and championship games.

Once chosen, the cheerleaders were given a video of the routine to learn before they arrived in Grimes. After arriving they put together formations and stunts to round out the routine.

The squad is coached by All-Star Director Betty Lou Jones, Becky Corbett, Sherrie Moritz, and Michaela Wanek. The routine was choreographed by Megan Moritz.

Winners of the All-Tournament Coaches Awards were Kalie Peters and Kassie Peters of George-Little Rock High School, Elizabeth Scheer of North Cedar High School, Mason Kelling of Union High School, Alison Wright of Central Lyon High School and Cheyenne Short of Cardinal High School.

Most Valuable Cheerleader Award was given to Megan Gloede of Union High School, she also was awarded the \$250 ICCA Scholarship.

All-Star Wrap Up...Continued on page 3

speakers. Each shared their cheer knowledge with coaches. Sessions included motion technique, jumps, several levels of stunting, take home cheers and chants, themes for a year, organization, round tables, etc. In all 16 full sessions and a round table with 5 topics were offered to coaches.

Conference 2016 will be April 8 & 9 at The Meadows at Prairie Meadows. Get those dates on your calendar and block it off right now! Plan on making your room reservations early! You aren't going to want to miss when we roll-out the red carpet for Conference 2016.



Rick Wulkow and Morgan Trinkle Named "Friends" of Cheerleading

Former IHSA Executive Director Rick Wulkow and BCLUW's Morgan Trinkle were named the 2015 ICCA Friend of Cheerleading at the Spring Coaches' Conference March 27. Both Wulkow and Trinkle were cited for their exemplary dedication to cheerleading, each in their own way. Wulkow has been key to the development of many ICCA programs and activities, particularly addressing coaches' education and providing opportunities for cheerleaders across the state of Iowa. Trinkle's efforts were served on a more local level, assisting her high school program in any way possible. She was also available for a helping hand in the BCLUW cheer program. Congratulations to Rick and Morgan, and thank you for supporting cheerleading in Iowa!

ICCA PRESENTS NUMEROUS AWARDS AT SPRING CONFERENCE

Twenty-seven coaches were recognized on March 28 at the ICCA Spring Coaches' Conference for their years of service in cheerleading. Coaches received a certificate of service for one, five, ten, fifteen, twenty, or more years of coaching. Coaches receiving one-year

Awards Presented...Continued on page 4

Members of this year squad are:

Lindsay Barroso of Ames, Kirsten DeVary of North Union, Kalie Peters of George Little Rock; Elizabeth Scheer of North Cedar; Emily Carlson of Ames; Katie Moon of Iowa Christian Academy; Ericka Dunning of South Tama; Mercedes Siela of Spencer; Mary Larsen of Humboldt; Lindsey Crock of North Cedar; Hailee Roberts of Marcus-Meriden-Cleghorn; Mariah Hancock of Waukon; Hannah Bloch of Ames; Kirsten Mullikin of Waukon; Megan Gloede of Union; Hannah Sieperda of Central Lyon; Jenny Zhou of Ames; Kassie Peters of George Little Rock; Rachel Armstrong of Winterset; Kirstin Krumm of Tri-County; Lizbeth Gonzalez of Humboldt; Dayna Korthals of Central Lyon; Julianne Wycoff of Cardinal; Jade Blake of Waukon; Kiersten Kreuder of Bondurant-Farrar; Paige Bendt of Glenwood; Whitney Cota of Waukon; Carlee Brent of Pleasantville; Anna Bourke of Ames; Tamisha Rogers of South Tama; Chole Sunde of Eagle Grove; Alison Wright of Central Lyon; Kylea Jackson of North Cedar; Paige Menage of Central Lyon; Hannah Rogers of Waukon; Katy Hackworth of Nishnabotna; Zoe Zahrt of Spencer; Caitlyn Benson of Ballard; Cheyenne Short of Cardinal; Payton Howald of Marcus-Meriden-Cleghorn, and Mason Kelling of Union.



ONLINE RULES MEETING DATES

The 2015-2016 rules meeting dates are coordinated with the other sports, so the fall rules meeting will be held online from August 3 to August 27. Information about the online rules meetings can be found on the ICCA website. Another rules meeting, which MAY NOT be used for fall ICCA events because it occurs after the registration deadline, will be held from October 26 to November 30.

Each school will now receive one new 2015-2016 National Federation Spirit Rules book next year, and the school needs to keep this book for two years. Schools do have the option of purchasing more books from the IHSA if they would like to have a book for each coach. Otherwise, cheer coaches need to share that one book.



certificates were Gwendolyn Walton of Woodward-Granger; Kaitlyn Ferm of Adel-DeSoto-Minburn; Caroline Jeshani of Dowling Catholic; Christina Paulson of Ames; Marcie Findlow of Prairie City-Monroe; Tonya Earleywine of Prairie City-Monroe; Brittany Hamilton of North Scott, Eldridge; Kendra Hollenbach of Lewis Central; Tamara Mull of Vinton-Shellsburg; Haley Admire of Waverly-Shell Rock; and Kim Fryman of Manson Northwest Webster. Five-year service awards were presented to Maggie Haines of Winterset; Heather Seward of Des Moines East; Renae Reichenbach of WACO; Dena Hejlik of West Hancock; Rachel Tucker of West Delaware; Erin Taylor of Linn-Mar; Brittanie Dusenberry of South Central Calhoun; Colleen Day and Megan Knight of North Scott, Eldridge; and Lucy Joseph of Iowa City, City High. Four coaches received ten-year awards: Karen Utterback of Waterloo West; Toni Tews of Manson Northwest Webster; Joyce Burt of Central Lee; and Mechelle Ficek of Griswold. Jane Bauman of Roland Story received recognition for 15 years of service, and Mindy DeBaun of Southeast Valley was awarded for her 20 years of cheerleading service. Congratulations to all those coaches!

ICCA RECOGNIZES THE STATE'S BEST

Several award winners were recognized at the banquet of the Spring Coaches' Conference. Sarah Buss, ICCA's State Cheer Coach of the Year for 2014, was recognized by the National Federation for her accomplishments. Iowa's Cheer Contributor of the Year, Larry Peterson was also awarded for his outstanding service and assistance to the All-State squad and assisting ICCA at state tournaments. Bethany Brink from North Linn was commended for being the NE District Coach of the Year. ICCA presented our 2015 ICCA Cheer Coach of the Year Award to Angie Trowbridge for her outstanding dedication to growing and leading her cheer squad at Shenandoah. Rick Wulkow, retiring Executive Director of the Iowa High School Athletic Association, was recognized for his outstanding service to ICCA for the past 27 years. The ICCA banquet awards concluded with the recognition of our Lifetime Achievement Award winner, Salli Nichols. Congratulations to all these award winners.



2015-2016 ICCA REPRESENTATIVE COUNCIL

Katie Bales - Ankeny - SC
Desire Grismore - Wayne Corydon - SC
Julie Karns - Clarinda - SW
Nikole Keaster - Mount Pleasant - SE
Debb Kent - Ottumwa - SE
Francie McClenathan - BGM - SC
Ashley Meyer - Spencer - NW
Bridget McWhorter - Benton - NE
Trish Sevier - Creston - SW
Erin Taylor - Linn Mar - NE
Kelly Trinkle - BCLUW - NC

The purpose of the ICCA Rep Council is to have active coaches from the different districts get ideas and suggestions from fellow active coaches and bring them to the ICCA Board. We want coaches to feel like they have a voice and by talking with the Rep Council members you should know that your suggestions will be heard! Please feel free to talk to any of these Rep Council members at games and events in your area, or contact your District Representative on the Board.

Contact ICCA Vice President, Melissa Hatfield, for more information about the ICCA Rep. Council.

Special Olympics 2015 *by Sandy Norby, Special Olympics Director*

Winter is over and spring is here, now all the cheer coaches can take a break and relax. If you would like to spend the day with 50 enthusiastic high school cheerleaders, their cheer coaches, and make a lot of special athletes smile, join us on May 21, 2015, in Ames, Iowa at Hilton Coliseum!

The cheerleaders will learn a fun cheer/dance routine that day, and it will be preformed that evening during the opening ceremony of the State Special Olympics. During the afternoon a cheer camp will be held with the special athletes where they will learn cheers and chants and then perform those with the high school cheerleaders that evening.

If you are interested in joining Sherrie Moritz and Sandy Norby for an amazing day, and help make those special athletes smile go to : www.iowacheercoaches.org and click on the Special Olympics tab to get the paper work information. We take the first 50 cheerleaders that sign up.

If you have any questions feel free to email Sandy Norby.
sandynorby74@gmail.com or call 641-330-7442

Hope to see you there!

Shrine Bowl

by Salli Nichols, Shrine Bowl Director

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

The Shrine Bowl, played on July 25, will feature a group of Iowa's most talented pre-college football players and cheerleaders who will line up across from each other in the UNI Dome for the 43rd Annual Iowa Shrine Bowl. For many, this will be the game of their lifetime because when they line up or take the half-time field, each and every one will also be stepping up to help a child who has been less fortunate in life than they, and who desperately need their help.

The Iowa Shrine Bowl Game is an all-star football game between selected pre-college football athletes on each side of a north-south dividing line in Iowa. This year's half-time performance features 55 of Iowa's talented cheerleaders who have dedicated many hours to an entertaining performance.

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

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

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

Shrine Bowl...Continued in next column

Selected cheerleaders are asked to raise funds which are directly donated to the Shrine Hospitals as the entire week is dedicated to enhancing not only cheerleading skills, but to the philanthropy of the Shriners of Iowa. The 2015 experience in Cedar Falls will be entirely new to not only the coaches, but to the players, as they embrace the UNI campus and the facilities in and around Cedar Falls.

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

The players are selected by a process of nomination by coaches, balloting by state-wide sports media professionals, and official invitation from a representative of the Iowa Shrine Bowl.

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

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

Shrine Coaches: Mindy Debaun, Salli Nichols, and Sandy Norby are joined by coach and choreographer Ronna McGrann for a week of intense practice coupled with Shrine activities.

Included in the week are rock climbing and collaboration with both the football players and cheerleaders, in addition to an evening with local Shriners and officials from all over the United States. The week is highlighted by a mini-camp, hosted for Shrine patients of Iowa. Players and cheerleaders join together to help patients experience the game of football and the experience of cheering and dancing.

Iowa cheer coaches are encouraged to nominate cheerleaders for the tryout process next fall in order to be a part of this life-changing experience.

2014-15 SCHOLARSHIP AWARD WINNERS

by JoEllen Wesselmann, Scholarship Director

It is my privilege to serve the Iowa Cheer Coaches' Association and its members as Scholarship director. In my approximately 20 years in this position, our scholarship offerings have increased immensely. We have added scholarships that are tied to the many programs for cheerleaders in our state. This year, we will award two Honor Squad, one All-State, one All-Star, four at State Competition, and three Academic scholarships, for a total of \$3500 given to graduating senior in the state of Iowa.

I would like to take this opportunity to ask you to encourage your cheerleaders to apply for the academic scholarships that we offer. We consider this an exceptional honor, and when numbers of applicants increase, our number of scholarships awarded will reflect that increase. The guidelines for application are that the candidates must have a 3.5 GPA at the end of their junior year, letters of recommendation from their coach and one other community member, a letter of verification of their GPA from the school administration, and lastly, a one page essay about how cheerleading has influenced their life. Next year's application deadline will be moved to February 1, with the hopes of more students applying. This information will come to you in the fall mailing; and in addition, is on the ICCA website.

ICCA congratulates all of our award winners, along with their coaches - who teach, mentor, and support them throughout their high school years!

Scholarship/Recipient

School

Coach

Honor Squad

Vanessa Swendsen	Mason City HS.....	Kris Penca
Taylor Peyton	North Linn HS.....	Beth Brink

State Competition

Abigail Harberts.....	1A – Grundy Center HS.....	Kari Broer
Courtney Shirbroun.....	2A – Southeast Valley HS.....	Mindy DeBaun
Anna Taylor.....	3A – Center Point-Urbana HS.....	Melissa James
Bailey Moore	4A – North Scott HS.....	Megan Knight

All-State

Shelby Trinkle.....	BCLUW HS	Kelly Trinkle
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All-Star

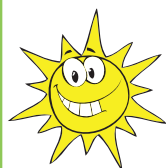
Megan Glaede	Union – LaPorte City	Jadee Glaede
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Academic Scholarships

Daniela Rodriguez	Shenandoah HS.....	Angie Trowbridge
Rebekah Sletten	Osage HS	Debbie Goodale
Shelby Trinkle.....	BCLUW HS	Kelly Trinkle

The ICCA also recognizes the accomplished students who qualified and applied for our Academic Scholarship, by naming them to the 2015 All-Academic Cheer Squad:

<u>Name</u>	<u>School</u>	<u>Coach</u>
Anderson, Marissa	St. Edmond HS.....	Amber Barwin
Barkema, Abigail	BCLUW HS	Kelly Trinkle
Bourke, Anna	Ames HS	Dana Logan
Christopher, Katarina	Hudson HS	Natalie Miller
Engeldinger, Miranda.....	Southeast Valley HS.....	Mindy DeBaun
Haag, Mackenzie.....	Garner-Hayfield-Ventura HS.....	Kristi Carew
Hancock, Katie.....	Center Point-Urbana HS	Melissa James
Kofoed, Morgan.....	Central Decatur HS	Kathy Akers
Krueger, Kristen.....	Dowling Catholic HS.....	Linda Laughrun
Livermore, Madeline.....	West Central Valley HS.....	Traca Waddell
Mensen, Emily	Center Point-Urbana HS	Melissa James
Offenburger, Madison	Chariton HS	Katelynn Stream
Palmer, Mikayla	Shenandoah HS	Angie Trowbridge
Pint, Alexis.....	Hudson HS	Natalie Miller
Purcell, Caitlyn	BCLUW HS	Kelly Trinkle
Rodriguez, Daniela	Shenandoah HS	Angie Trowbridge
Ryan, Molly	St. Albert HS	Lisa Dunning
Sheldahl, Madeline	Ballard HS.....	Nicolette Mausser
Shirbroun, Courtney.....	Southeast Valley HS.....	Mindy DeBaun
Sletten, Rebekah	Osage HS	Debbie Goodale
Sutor, Jennifer	Dowling Catholic HS.....	Linda Laughrun
Taylor, Anna.....	Center Point-Urbana HS	Melissa James
Theilen, Brittany	Roland Story HS	Jane Bauman
Trinkle, Shelby.....	BCLUW HS	Kelly Trinkle
Trotter, Jessica.....	Hudson HS	Natalie Miller
Wold, Erika	St. Ansgar HS.....	Diane Mayer
Zulk, Hannah.....	Spencer HS.....	Ashley Meyer



THE BEST THINGS YOU CAN DO FOR YOUR CHEERLEADERS THIS SUMMER

By Katie Bales, Representative Council Member

What I believe to be the best things to do for your cheerleaders over the summer is to get organized and get your squad involved.

Organization is an important part of any program. If you are able to set aside a little time every week to go over your ideas for the next year. Going over everything from Cheer Camp to the end-of-year banquet and making a detailed list

Best Things...Continued on page 8

Get Organized for Summer

by Paula Kirkpatrick, At Large Rep

Schedule summer workouts and practices. Parents and cheerleaders are planning summer events and they would like to have a calendar of cheer events so they can be organized. The earlier you can get that to them, the better.

Plan for uniforms. I have girls try on uniforms in the spring so I know if I need to order fill in uniforms over the summer. That also helps me know if any uniforms need repair. If you are ordering new uniforms, have a rep come in and size girls now so you can order early in the summer.

Get Organized...Continued on page 8

Best Things...Continued from page 7

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.

Get your squad involved this summer! Yes, summer camp and practices are usually in the mix somewhere but you need to be visible in your community in other areas too! Get out there and volunteer. Being a cheerleader is so much more than just cheering on the side lines anymore. We are cheering on our community and our town as well as our school.

Always try to have fun! I always tell my other coaches – If you do not enjoy coaching then your cheerleaders will not enjoy cheering! Take some time this summer to get to know your squads. Try to get out and do something fun with them. Schedule a picnic or a day at a water park; something that does not involve cheerleading or practicing; go out and have fun WITH them. The relationships that you build with your squads do so much not only for those squads but for the program as a whole.

Get Organized...Continued from page 7

Plan team time for over the summer. I like to have the squad over once a month for a team night. It is fun to get to know the girls and for them to have some fun together.

Choose a camp. I get input from my girls and we decide on a camp so we can get it on the schedule as soon as possible.

Pick a shoe style and have the girls get them ordered. They need to get them broken in before practices and camp so they don't have big blisters!

Relax and take some much needed time for yourself!!

**ICCA Free Clinics are in
August! Take your
cheerleaders!
It's FREE!**



ICCA/IHSAA STRENGTHENED NATIONAL FEDERATION SPIRIT RULES

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

- **NFHS Spirit Rule 2-3-2: "Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants." ICCA/IHSAA addition: "All nails, including artificial nails, must be cut to a length so that the nail is not visible when the cheerleader holds up her/his hands from the palm side. This is what is considered safe."**
- **NFHS Spirit Rule 2-3-3: "The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity." ICCA/IHSAA addition: "All cheerleaders' hair must be pulled away from the face and off the shoulders: i.e. ponytail. This would be for both stunting and non-stunting squads. Ribbons may not have large or hard objects (including sequins of any size) sewed or glued onto ribbons."**
- **NFHS Spirit Rule 2-3-7: "Glitter that does not readily adhere on the hair, face, uniform, costume, or the body is illegal. Glitter may be used on signs, props, or backdrops if laminated or sealed." ICCA/IHSAA addition: "No spray on/roll on/lotion glitter. Glitter in eye shadow should be minimal."**
- **All briefs should be devoid of any markings including but not limited to sequins, metallics, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits/spandex/briefs. If school uniforms are black with yellow striping, the briefs should be**

Spirit Rules...Continued on page 9

black. The only time the briefs should be the striping color rather than the main uniform color is when the main uniform color is white. Black briefs are allowed as an alternative, neutral color.

- **Teams shall wear official school issued uniforms (including warm ups) that are of similar color and/or marking. Uniforms should be in solid school colors, not patterned (like animal prints, floral, etc.); they should not have rhinestones or sequins on them. No performance shorts are allowed.**
- **All uniforms, including footwear, must be in compliance with the NFHS Spirit Rules Book.**

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

WHY ATTEND A FREE FALL CLINIC?

by Kristen Morlan, SE District Rep

There are many great reasons to attend the 2015 Free Fall Clinics! While we are all busy at the beginning of the school year, attending a fall clinic is a great way to “jumpstart” your season. Whether you are a beginning coach or a 50-year veteran, there are many great reasons to attend a fall clinic.

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

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



Attend a Free Fall Clinic This Year!

By Angie Trowbridge, SW District Representative

It's August, and your teams are coming back together. Want a cheap, fun opportunity for your teams to bond while meeting others in the area? Join us at a Free Fall Clinic! You'll learn chants and a dance at each; load up on fresh, free material by attending more than one!

Where do you go? Check out the dates and places below, which also appear on our website. If you're closer to a different district's clinic, attend that one and meet even more people!

- August 8th – NE District, Manchester – Contact Patti Davis
- August 22nd – NW District, Storm Lake – Contact Salli Nichols
- August 22nd – SC District, Ames – Contact Sarah Buss
- August 22nd – SE District, Tiffin – Contact Kristen Morlan
- The Online Spirit Rules Meeting closes before these last two!
- August 29th – NC District, Mason City – Contact Donna McKay
- August 29th – SW District, Shenandoah – Contact Angie Trowbridge or Kenna Johnson

The Free Fall Clinics are an awesome way to start getting your squads involved in ICCA events, and for coaches to network with each other and share ideas. Who knows? If you haven't already, you might be brave enough to take that chance and try some of the other opportunities ICCA offers!

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

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

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

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

AND THE BEST REASON OF ALL #7 - spend a great day with your cheerleaders and get ready for that new season!

Remember that you can attend a clinic not in your district if another date works better for you. Just be sure to let the district rep know that you will be coming! FYI - Southeast District at Clear Creek Amana High School is air conditioned!!!!

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"I've made the Team, Now What?"

by Sarah Buss, SC District Representative

This is the title of my parent meetings that I have shortly after tryouts. At this meeting I disperse the following:

- A copy of the rules they signed, so they too have a copy. This comes in handy to point out that they have a signed copy also. A favorite saying of mine is, "Talent will get you in the door, but character will keep you in the room."
- A list of optional camps to attend and optional summer open gyms.
- Coach contact information and how to use and not to use that info. ☺

**Check the Uniform
Guidelines at the end
of this newsletter or on
the ICCA website before
placing orders for next
year.**

Getting CHEER Parents ready for the fall...

by Patti Davis, NE District Rep.

As much as we are all looking forward to a beautiful spring and fun filled summer...in a blink we will be back to the school routine and fall.

Some thoughts/ideas for preparation of your cheer family parents, to give them all they need for a great cheer start!

COMMUNICATION, the continued key to success! Make sure if you have a parent meeting, notifications go out early. Take time to have any practice schedules, times and locations ready for a handout at the parent meeting. Place this information online, through an email blast, cheer webpage, Facebook or Twitter group, or any other option your school offers/allows. Consider school calendars, bulletins, announcements, etc. Whatever the media best received in your school district, take advantage!

Communicate the continued importance of academics, attendance, rules and expectations. Offer a handout at the parent meeting and post this information as well.

COMMITMENT, make sure the parents have an understanding of the monetary, time and team commitment their cheerleader has made. Request continued support in making and follow through on this commitment. Cheerleaders must attend practices, events, activities that the program offers. Go over the rules to follow for the cheerleader's own safety. Strongly

- The *schedule of games*, if you have it. And treat assignments at those games.
- *Reminders of dates* that all paper work must be turned into the office like concussion forms and current physicals. Also remind them they are **NOT** allowed to practice if it is not turned in.
- The meeting *date of the Cheer Swap & Shop*. This is a fancy name for girls who want to re-sell stuff they don't use or have out grown.
- The *meeting date to order anything NEW* with the various Reps.
- The meeting *date to get fitted for uniforms*. Do this is in the spring so you can order additional sizes and quantities if needed.
- The *date practice will start* in the fall.
- **MOST** important part: *Request* to meet and shake the hand of and thank every parent in attendance. I find that the personal connection is very important and valuable. A person who feels appreciated will always do more than what is expected.

“Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence.” Keep your meeting light: ask if any parent can recite their favorite cheer, tell success stories of past seasons, or show them pictures of you in your high school cheer uniform. Your meeting should not feel like a meeting where they are meeting the warden and your cheer program will be the prison they are banished to for the next season! HA ☺ So be firm but kind, detailed but flexible, and CheerFULL not CheerEmpty. “True leaders don't create followers. They create more leaders.” Good Luck!

ONLINE RULES MEETING
August 3 - August 27. This
rules meeting must be taken
to participate in ICCA Events:
State Championships, All-State
Tryouts, and Honor Squad.

suggest parents understand these rules and ask they actively support them.

CONDITIONING, for a healthy, safe cheerleader. Discuss any conditioning, cardio, stretching, needed to stay in the best condition. Handout and post any weight room schedules. Talk about carbs and hydration for keeping the body healthy and energized to be able to get through cheer practices. Athletes lifting athletes is different than any other sport requirement. The components of conditioning and proper diet are crucial to a healthy cheerleader.

CONSIDERATION, to all Coaches and cheer teammates, is requested. Ask parents to assist with cheerleaders being considerate and respectful of fellow teammates, coaches and to have self-respect. If questions or concerns arise, speak with the Coach about it, to try and resolve any situation, before saying, texting, etc., anything. Make sure a policy is in place for the protocol for any misunderstandings, and explain that protocol to parents. There is so much trust placed between cheerleaders, especially when stunting, therefore, being considerate, first and foremost should be a strongly stated policy.

CONCLUDE with your excitement for a new year with all its possibilities. Thank the parents for their support and assistance through all things cheer. With a great supportive parent base, a cheer coach can manage many more cheerleading obligations and at the top of the list is more time with your team!!

CHEERS!



ICCA Free Clinics
are in August!
Take your cheerleaders!
It's FREE!

HELP! EMERGENCY!

by Sandy Norby, Special Olympics Director

“Help! Emergency!” is not what any of us like to hear. But in case there is an emergency you should be prepared to handle it, even in the summer. As cheer coaches there needs to be a plan and this plan should be practiced enough so every squad member knows their part. The first thing in a coach's cheer bag needs to be all the medical cards with each cheerleader's medical information, contacts, insurance, doctor and whatever else is on that card. When I was a coach I had all those medical cards in a small photo album with the plastic sleeves. If I was not with the squad, it went with the person who was supervising.

Have a plan set for if something happened, who was going to call 911, who was going after a principal or athletic director for help, who would stand by the entrance of the building to help direct the emergency crew. Delegate these positions to the squad members who you think would be calm and controlled during this time. Stress to all the squad how important it is to remain calm during this time. You don't want to upset the injured person and nobody can think clearly if everyone is screaming and crying! So stay calm, and go after help as fast as you can.

Hopefully, everybody can have a great season without any emergencies. But remember to be prepared for anything that might happen!



HOW TO: SUMMER PRACTICES

by Erin Taylor, Representative Council Member

Want to give your squads a competitive edge when it comes to camp and the fall season? Hold summer practices!

The first step in starting summer practices is asking your administration if you can hold them. Most schools allow summer practices as non-compulsory, meaning that you can only “strongly encourage” your cheerleaders to attend. If this is the case, like



REMINDERS FOR PRACTICES IN THE SUMMER HEAT

by Sherrie Moritz, At Large Representative

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

Limit practice time. Try to hold practices in the early morning or early evenings. Start your practices out slow, then gradually increase, especially if your cheerleaders are not used to outdoor activity. Take it slowly.

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

Sunburn is the enemy. Wear a good sunscreen and remember to keep reapplying it if practicing in the sun. Practice in the shade or in the air conditioning, if possible.

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

Signs and Symptoms of Heat illness...

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

it is at my school, don't take it as a reason to hold back on anything.

The key to getting everyone to attend summer practices is getting your schedule out early. Our schedule is approved and made public by March of every year. Also, keep a consistent practice time and day. My practices are Monday and Wednesday mornings. It is likely that your cheerleaders hold jobs or participate in other activities in the summer and a consistent practice schedule helps them plan to attend practices.

Keep summer practices fun. Summer can be the foundation of a great season. Mix up your practices - do more team building and games during a summer practice than you would during the season. Do more conditioning during the summer as well. It is a lot easier to spend the time getting in shape when you don't have the demands of weekly games or competitions. Plus, getting in shape will make those regular season practices easier.

Finally, don't forget about time off. Everyone needs a break every now and then. You as a coach need time to recharge and prepare for the upcoming school year. The cheerleaders need time for their bodies to rest, and their parents will appreciate being able to schedule vacations. We always take two to three weeks off following camp.

MAKE THE MOST OF SUMMER!

BUILDING "TEAM" DURING THE SUMMER

by Kelly Trinkle, Representative Council Member

Sometimes building a stronger team during the off season in summer involves no cheering or organized practices! In addition to our organized practices, here are a few ways we try to improve teamwork and build team bonding.

Senior Practices - I share the cheerleader's contact information (with their approval of course) with the incoming seniors. They arrange a time to get together to work on the school song, cheers, chants and other ideas for the upcoming season. They meet at each other's

Treatment of Heat Cramps, Heat Exhaustion or Heat Stroke

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



Summer Motions!

by Jeanne Ehn, Executive Director

Summer should be a time of relaxing and low stress so cheerleaders and coaches can rejuvenate. With this thought in mind, why not take the time to really work on the most basic of all cheerleading - motion technique.

As a coach, you need to know exactly what each motion should look like. For example: Do you know what a T-motion looks like and the mistakes commonly made? If you don't, it is time to educate yourself BEFORE you get to that first summer practice. Simply type in "motion technique in cheerleading" in your browser and You Tube and many websites will be there to help.

houses, the park, pool, etc. WITHOUT me. The reports I have always gotten back from the girls are positive. Though they are supposed to be working on cheerleading, I have always heard there is a lot of snacking, talking, laughing and goofiness that goes on. Not sure how much actual cheering, but it's a great time for them to get to know each other and build friendships and bonds. I stress to my seniors absolutely NO STUNTING or tumbling at these practices and EVERYONE must be included.

Beginning of the Season Party - I always host a party at the beginning of the season late in the summer. We barbecue, play games and even sing karaoke! The cheerleaders love it, and I believe it's good for them to see me in a different setting at my home with my family, just being me!

Group Texts - Something fun we have started is group texting. Not only convenient for me to get information to them, also a great opportunity for them to communicate with each other! I cannot tell you how many times I sent a text out in a group with important dates and times, and 50 texts later, the girls are still talking to each other. Sending pictures, emojis, and just having fun texting and interacting with their team. Best part, I am part of the conversation to make sure it stays positive and appropriate!

These are just a few ways we try to build teamwork and friendships during the summer months. Be creative and come up with your own ideas too!



Summer Motions...Continued from page 13

Start with a proper way to make a fist, a blade, do a lunge, and clap. Teach the proper stances (feet apart or feet together), where you want their hands & arms (on hips, arms and elbows in at sides, or hands behind), and posture with chin up.

The next step is placement. Making sure each person has the correct placement for each motion takes time. This is where many coaches make a mistake. Go slow! Everyone thinks it is easy, but it really isn't. If a cheerleader has poor placement, it takes a while to transfer that new muscle memory and get rid of the old in cheers and chants. Urge cheerleaders to correct their cheer & chant placement on their own once

Summer Motions...Continued from previous column

they know the correct placement. It was always easy for me as a coach to see those that did that and those that did not.

Give tips for success for each motion, and what you do and don't want to see (like a straight wrist verses a bent wrist). When one motion is mastered, move to a second. When that is mastered, add it to the first, etc. Generally, each motion has a counter motion (High V verses a Low V). It can be helpful to teach these in pairs, but when doing drills, separate each so the cheerleader has to think about each motion.

Use mirrors as much as possible. If they can not only physically feel, but see what a properly placed motion is, each cheerleader will be well on the way to correcting their errors. It also helps to video motions, especially when transferring to the cheers and chants. The video camera isn't going to lie.

Work in pairs. Connect an experienced cheerleader with an inexperienced, highly skilled with those needing much work. Mix partners each time. Create a motion drill. This can be done with partners or as a group. First do the drill to 8 counts, then 4 counts, 2, and eventually, 1 motion to each count. If you want to really be crazy, half counts is exciting! If you are working in a mirrored area, buy some washable car window paint and write the order on the mirror.

Once placement is mastered, work on sharpness by hitting each motion quickly and by the shortest distance. A coaching tip: Don't allow your cheerleaders to become lazy or just do motions halfway. Challenge the experienced cheerleader to quicken their motions, yet achieving a smoothness to them. No body jiggles when doing motions quickly. Finally, do the drills, cheers, and chants as a group. Everyone should look exactly alike and have perfect technique! Great motions take time and effort, but the impressiveness of excellent motion technique will set your cheerleaders apart from squads.

**ICCA Event Registration will open
August 10 and close September 25.
Enroll early so the October 1 payment
deadline can be met! Names can be
changed if necessary, but get payments
processed!**

PREPARING FOR SUMMER CAMP

By Melissa Hatfield, ICCA Vice President
& All State Director

Your squad is chosen and you are staring to look at the calendar for Spring and Summer practices. You see CHEER CAMP written in bold lettering during one of the weeks. Can you believe it is time to start preparing already! The more you get done now, the easier everything will go as you get closer to camp. When I was coaching, this is the checklist that I used when getting all my "ducks in a row"!

- * Communicate with the parents about how much camp will cost. Make sure they know ahead of time what their financial responsibility will be. If there is a deposit that is required, receive that from each cheerleader and get your school to cut and mail a check to the company running your camp ASAP. Also, check with the company running your camp about how to pay the remaining balance your team might owe.
- * Give each cheerleader a calendar with camp dates!
- * If you are having a home camp, communicate with your administration about reserving the space you need. We would always use the whole cafeteria, but would also need the small gym too at times. Make sure you have options in case something doesn't work out.
- * If you are going to an away camp, arrange transportation for your cheerleaders to get there. You might have to check with your school about what is allowed and what is not. My cheerleaders were not allowed to drive anywhere unless it was in town. Check out your options for school vehicles and/or buses.
- * We would always get matching outfits for camp. We would have 3 sets of shorts and t-shirts. Get sizes and order ASAP. This is a very busy time for uniform companies so get your orders in early! Good tip - order things that can be worn at other events during the year! This will save your kids some money in the future!
- * Have a list of your expectations during camp.

Preparing for Summer Camp...Continued on page 16

Perspective #1:

Getting Organized for all Cheer

By Cindy Pangburn, At Large Representative

Another school year has come to an end or is almost over. I am sure you are all looking forward to summer vacation and fun things like going to the pool, sleeping in and spending time with your families. But, now is the time to be sure you are organized for your fall cheer season.

You all have new squads and are getting to know your cheerleaders. Summer goes by very quickly so now is the time to get organized!! One of the first things you need to do is to plan practices. At my school I actually request the gym for our practices in April, so if this is something you haven't done you need to get this done as soon as possible so you have somewhere to actually practice.

Also, before everyone is done for the year make an appointment with your principal and/or athletic director. Now is a great time to meet with them to talk about your season you just finished as well as discuss new ideas for next year.

Be sure to get your practice schedule and any other important dates in writing and get it to your cheerleaders as soon as possible! The parents of your cheerleaders will appreciate your organization and it will help them plan their summers as well.

It is helpful to have a DVD or a private Facebook page with all of your cheers, and be sure to include the words to the cheers. This will help save you time at practice.

Have a written practice plan. It will help so you can be sure everyone learns the basics like correct motions. It will help you be sure to cover all you need to from conditioning and jumps to stunt progression. Be sure to mix it up though as your cheerleaders may get bored if your practices are exactly the same every time. Be sure you have fun at practice too!

If you need to order things like poms, shoes, warm ups and uniforms don't wait now is the time

Perspective #1...Continued on page 16

Whether you are staying at home or going away, your cheerleaders should always know how they should act and what your rules are. If you are going away to camp, there are company rules they will have to follow as well.

- * Work on some of the basics before camp. Going over motion technique, jumps, and cheers ahead of time will help prepare your squad to move on to harder skills during camp. Don't forget stunt progressions!

Camp should be a fun and rewarding experience! Your kids will learn some great new material that they can use all year long. Good luck and happy camping!

Perspective #1...Continued from page 15

to get everything ordered. Especially uniforms, as the earlier you order the less time it will take to get them. Uniforms can take up to eight weeks to receive and you want to be sure you are ready when football season is here.

Summer is also a great time to make things like posters and locker signs. Once school starts your cheerleaders will be very busy and you want them to concentrate on their academics. So, if you can plan some fun practice time, bring snacks and have everyone work together to get posters and signs done now. Once school starts you and your cheerleaders will be glad this is done.

You may also want to make plans for Homecoming. Even though it is a long way off it is best to plan now. I always talk with my seniors early in the summer and have them start thinking about what they want to do. At our school we have class competitions and a pep assembly on Homecoming Day and it takes a lot of planning! My principal appreciates it when my seniors make an appointment with him during the second week of school to let him know what we want to do. Believe me; it will make your life much easier if you plan now.

Lastly make sure your cheerleaders and their parents know what you expect of them this summer.

Great communication now will help prepare everyone for a great fall season of cheer!!

Perspective #2:

Start Preparing Now to Avoid the CHAOS!!

by Kenna Johnson, Executive Director

You know that saying about “two steps forward and one step back?” Planning in the cheerleading world is often like that. Actually it’s probably more like “two steps forward and many GIANT LEAPS backward!!” As coaches, we fight to get organized and maintain good communication with all the people we need to stay in continual contact with. Unfortunately though, sometimes there just isn’t enough time to fit everything in. Use your (so-called) “off” summer months to start planning ahead!!

By this time, your tryouts for the coming school year should be completed, and you can start looking toward August. In order to save yourself a lot of time and effort (and even some headaches), there are a number of things you can be doing now to be “school start ready!”

First of all, schedule a meeting with your Athletic/Activities Director. Block out a good amount of time, so your conversation won’t be rushed. In this meeting both your expectations of your program and the AD’s expectations of your program can be equally shared. What direction is your program headed? What ICCA events do you plan to participate in? What does that mean for the school in terms of finances, transportation, and even classroom coverage if you’re a teacher? Knowing that the demands of cheerleading are physically different than other sports, how will your AD support your program? How can you work together in times of difficulty, including parental issues? Open communication with your AD is one of the best first steps you can take into a new school and cheerleading year.

The next step is to inventory EVERYTHING. Now, that goes beyond uniforms and pom poms. Yes, you must inventory those to make sure you have the correct numbers for the coming year (or years). You also need to do a TIME inventory. That includes summer practices, your vacation, the cheerleaders’ vacations, cheerleading camps, other sports camps or activities, fairs, etc. By doing this you should be able to

determine what the best plan of attack is for your summer months. Some coaches look at the craziness of the schedules of their athletes and choose to say "See you in the fall," while other coaches try to schedule around all the insanity. (On a personal note, my summer cheer practices were voluntary. "Be there when you can" was our strategy.) If you choose to have practices, keeping an attendance log will help you manage all those different schedules.

Any ordering you need to do should be done as soon as possible. Uniforms take a long time to get in, while shoes and poms are often in stock. If your teams order specialized t-shirts, sweatshirts, etc., start working on designs and styles. This is an easy task to tackle BEFORE school starts.

Another task that can be handled in a relatively short amount of time is scholarship applications. The ICCA Academic Scholarships are for seniors with a minimum of a 3.5 GPA. Check with your guidance counselor to see who is eligible to apply, then contact the proper cheerleaders to get the ball rolling. Cheerleaders should start working on their paperwork and essay early. Recommendation letters could also be requested early in the fall since the deadline for the scholarship is not until January.

Finally, WATCH FOR THE FALL PACKET FROM IHSAA and ICCA!!! That packet will have all the necessary information for all ICCA events for the coming year. It will also serve as a reminder for the ONLINE RULES MEETING AUGUST 3-27. It will also tell you ONLINE REGISTRATION for ICCA events begins AUGUST 10. When that fall packet arrives, you also need to be arranging with your business office for payment for all ICCA events. Don't get caught at the last minute having to arrange for a late payment!! (Keep in mind that the dollar amount on the online entry doesn't change; names, however, can be changed up until the registration closes!!)

If all else fails, contact your District Representative for help!! Heck, contact them anyway!! Plan to attend a Free Fall Clinic or just open the lines of communication with someone new!! Keep this in mind: "Do something today that your future (in-season) self with thank you for!!"

AD Knowledge

by Jeanne Ehn, Executive Director

How well do you work with your athletic director? I know some of you will say you work very well together, and others are probably just shaking their head. Many athletic directors feel cheerleading is the most difficult of all the things they do. I've heard the concern in many AD phone calls. Here are some ideas to improve your relationship with your athletic director.

Communicate! Avert problems with good communication. This means including your athletic director in communications you have with parents and cheerleaders. Send a copy of your rules booklet and practice schedule (including practice times) so he/she has it for easy reference. While you're at it, get them the ICCA calendar so ICCA events get on the calendar, too.

Invite him/her to your parent meeting and include what will be covered. Having parents and the AD in the same room, hearing the same things, will make things much easier when there are questions at a later date.

Remember this saying: "Before is better than after. After is better than never!" This idea is simple. If there is some sort of issue at practice, the best thing to do is alert your AD right away so they hear what happened from you BEFORE the parent calls. Even if you tell them late, it is better than never. Timing is everything in the AD's busy world.

This one might seem corny, but pick your battles wisely. If you, as a coach, are in his/her office day after day with complaints and problems, it will get old. Your athletic director has many things to do and oversee. Sometimes, you just have to suck it up and deal. With all that said, you have to figure out when you have to defend your program - just pick wisely.

Help! Everyone wants their lives to be easier, including your AD. What can you and/or your cheerleaders do to help your athletic director? Ask and volunteer to assist. Maybe it is make and put up signs for a wrestling tournament, or help clean the tables at an athletic barbecue before an early football game. Volunteering yourself and your cheerleaders to help will be appreciated.

Finally, say thank you. Thank you for attending the State Championships. Thank you for helping with a problem. Thank you for doing a good job as athletic director. Everyone likes a note of thanks.

Good luck!



Ask Jeanne

Dear Jeanne:

Note: Two questions that seemed to be asked several times at our recent ICCA Spring Coaches' Conference. Here are questions and an answer for each to help all.

1. Can my cheerleaders have fingernail polish on their nails while cheering? Are there National Federation rules about nail polish color?

The quick answers to the questions are YES and NO!

The only National Federation rule regarding nails is with the LENGTH of the nail. If when looking at the palm of the hand, if the nail can be seen, it needs to be cut/trimmed. This includes acrylic nails.

Cheerleaders can wear ANY COLOR of nail polish while cheering. There are no National Federation rules regarding COLOR of fingernail polish. Some coaches have rules regarding the color of nail polish for their squads, but that same coach does not have the right to impose their rule on cheerleaders from other schools, even at the coaches' school.

I also checked with ICCA event directors to see if they have requirements about nail color for an ICCA event.

You'll note that any color of nail polish may be worn for ICCA events.

State Championships - any nail color may be worn

All-State Tryouts & Performances - any nail color may be worn

Honor Squad - any nail color may be worn

All-Stars - any nail color may be worn

Shrine Bowl - any nail color may be worn

2. Why isn't there a non-tumbling division in the State Championships?

This question has been brought up several times over the years to the ICCA Board of Directors. It has been considered as an option, but because the board just equalized squad size so schools compete against schools of the same size, and are now comparable to other high school sports, a non-tumbling division goes against what we have set.

The Board of Directors worked on the non-tumbling issue when we made the new rubrics and score sheets several years ago. The emphasis of each score sheet was placed on what coaches could teach and easily learn to teach. Coaches can learn how to teach jumps, stunts, and motion technique. For example, it isn't hard for coaches to demand that cheerleaders point their toes when jumping, or hit correctly placed motions. Learning to teach tumbling safely would be a much larger challenge, so tumbling points were lowered.

The totals of the three score sheets equal 200 (210 for coed) points. Of the 200 points, only 20 total points are for tumbling with the breakdown of each category 5 points. Things like motions and jumps are 30 points each and are broken down to 15 points per category. Motions have 15 points for difficulty and 15 points for execution. Jumps have the same break down as well. The same things are reflected in the stunting rubrics. It has 20 point totals in pyramids and partner stunts, and 10 points in tosses for a 50 point total. All are more than tumbling.

Don't let tumbling or the lack of tumbling be your squad's excuse of a poor finish or not participating in the championships. If your cheerleaders perform at the highest level in motion technique they could get 30 points. If they perform at the highest level in running tumbling they will get 10 points. If they scored at the highest levels of jumping they will receive 30 points. If they score at the highest level of standing tumbling, they will

receive 10 points. Two basics that every coach can teach equals 60 points to the 20 points of tumbling. It really shouldn't take long to see where your emphasis of perfection should be.

I know it can be hard as a coach to see squads tumble when yours does forward rolls. I've been there. For years I knew our only tumbling would be forward rolls, and to have one or even two cheerleaders who tumbled was a rare treat. Instead of worrying about it, I decided I would see to it that my squad scored as high as possible in all other areas, including no rules violations. We did those forward rolls. We were creative with their placement so they became accents to the routine, and we did them correctly. From there, we didn't worry about tumbling. As a coach, I controlled what I could control.

Most importantly, I emphasized doing our best and representing our school. If we did our best, it didn't matter where we would place. A better team(s) might beat us, and that was okay, because the life lessons of the preparation: friendships, teamwork, and performing far out weighed the lack of tumbling. It was an honor to complete and be a part of cheerleading in our school. Not once in the twenty-plus years of taking teams to state, did I ever think of not competing because of the lack of tumbling skills by a squad. There were too many more important things to cheerleading.

Finally, if this continues to bother you, do something about it to help your team succeed (be it in tumbling or any cheer skill). Find a gym and start taking your team for tumbling lessons. As a coach make a difference in the skills that need improving no matter what it is. Focus on the skill (in this case tumbling) that needs improvement. They will make progress. It takes time and they aren't going to instantly start doing layouts and fulls, but they will improve. The best lesson a coach can learn is always provide your cheerleaders ways to improve. If you don't know how to teach it, find someone who does. Don't fall victim to an excuse. This quote says it all.

"Excuses are tools of incompetence, used to build monuments of nothing." ~ Thomas J. Smith

You, as the coach, hold the answers. Find one way or another to improve.

I'm always cheering for YOU!

Jeanne Ehn

Ways to Say Thank You!

1. Send a heart-felt note! Write a poem! Send flowers! Send a gift card! Create a video!
2. Bake a cake! Take them a plate of cookies!
3. Help them at their home: wash windows, mow their lawn, clean their house.
4. Buy them a book! Give them movie tickets! Create a poster of thanks that all participants sign!
5. Return the favor! Give them a certificate. "This certificate is good for _____."
6. Give them something related to something they love to do: golf, swimming, gardening, running, etc.
7. Talk to them. A smiling, sincere, thank you and why it was appreciated will go far.

BOARD MEETING MINUTES BOARD MEETING MINUTES

ICCA Board Meeting Minutes

General Board Meeting Minutes

The ICCA held their annual General Board Meeting on March 28, 2015 at Prairie Meadows. The meeting was called to order by President DeBaun at 11:08 AM.

A motion was made by Kristen Morlan to approve the Board Program Minutes. It was seconded by Donna McKay. Motion carried.

Membership: JoEllen Wesselmann reported that at this time there is about 150 members.

Financial Report: JoEllen Wesselmann reported on the financial state of the organization. As an organization we need to try and have a years worth of savings in case of an emergency.

Checking: \$34,736.47

Savings: \$15,736.04

CD: \$16,568.38

Invested: \$15,151.20

Donna McKay talked about giving experiences to the kids. It is important to get the kids involved in a variety of ICCA events. As coaches we need to encourage other coaches to get involved in ICCA events. Being involved in ICCA opens up possibilities for our cheerleaders. President DeBaun shared the same feelings and reminded coaches to be involved in the events provided by the ICCA.

As a reminder, coaches need to remember to follow the uniform requirements before ordering uniforms. If coaches are unsure of these guidelines, they are encouraged to ask.

Constitution: The constitution was revisited on page 19 of the program. Jane Bauman made a motion to accept the changes. It was seconded by Paula Kirkpatrick. Motion carried.

Officers: A slate of officers was also listed on page 19 of the program. A motion was made by Debb Kent to accept the slate of officers. It was seconded by Linda Laughrun. Motion carried.

The meeting was adjourned at 12:24. Donna McKay made the motion and Kenna Johnson seconded it.

Respectfully submitted,

Jane Bauman

ICCA Secretary

DID YOU READ THESE ARTICLES?

Pages 1 & 2

President's Message
2015 Conference Takeaways
Conference Wrap Up
All-Star Wrap Up

Pages 3 & 4

Conference Wrap Up (cont.)
All-Star Wrap Up (cont.)
Awards Presented
Online Rules Meeting Dates
ICCA Recognizes
2015-2016 ICCA Representative Council
Special Olympics

Pages 5 & 6

Special Olympics (cont.)
Shrine Bowl
2014-2014 Scholarship Award Winners

Pages 7 & 8

2014-2014 Scholarship Award Winners (cont.)
The Best Things You Can Do
Get Organized for Summer
National Federation Spirit Rules

Pages 9 & 10

National Federation Spirit Rules (cont.)
Why Attend a Free Fall Clinic?
Attend a Free Fall Clinic This Year!
I've Made the Team, Now What?
Getting Cheer Parents Ready

Pages 11 & 12

I've Made the Team, Now What? (cont.)
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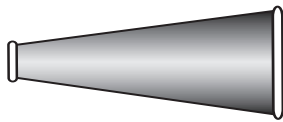
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2015-2016 ICCA Calendar Dates

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

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

Approved by the Board of Control on April 24, 2013

After receiving questions from coaches on uniform selection, plus comments from administrators and officials about appropriate uniforms, we investigated information and have developed recommendations to help clarify this issue. We hope that coaches follow these recommendations when selecting uniforms and accessories. Our goal is for high school cheerleaders to wear uniforms and accessories appropriate for depicting an All-American image both for student-athletes of high school age and the high school educational environment with cheerleaders displaying an overall appearance conducive to serving as public representatives and ambassadors of their school.

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

OVERALL

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

Note: See definition of official school issued uniform below.

FEMALE CHEER TOPS

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

FEMALE CHEER SKIRTS

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

CHEER WARM UPS

- *Must be an actual warm up constructed for cheerleading.
- *Cheerleaders may not wear yoga pants, leggings, etc. as cheerleading warm ups.
- *Warm ups may not be worn while cheering inside (basketball and wrestling)
- *Baggy and/or slick, slippery warm ups may not be worn while stunting.
- *Follows overall requirements and recommendations listed above

CHEER BRIEFS

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

MALE CHEER TOPS

- Must be full torso length when standing at attention
- Must be short or long sleeves
- *Follows overall requirements and recommendations listed above

MALE CHEER BOTTOMS

- Must be full length pants covering waist to feet or shorts which fall no higher than mid-thigh
- *Follows overall requirements and recommendations listed above

CHEER FOOTWEAR

- *Athletic shoes appropriate for cheerleading – specifically created for cheerleaders
- *No canvas shoes, sneakers, gymnastic shoes, wrestling shoes, dance shoes, casual shoes, etc.
- *Follows overall requirements and recommendations listed above

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. Pants (including yoga pants), leggings, shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. There may be an exception for T-shirts if two schools have recently consolidated, but this would be rare.

APPROPRIATE CHEERLEADING SHOES

The National Federation Spirit Rule 2-3-4 states that “Apparel and accessories must be appropriate for the activity involved. Cheerleaders must wear athletic shoes.”

All cheerleaders, including wrestling cheerleaders, must wear shoes actually designed for cheerleading. Even though some shoes look like tennis shoes, they are not legal if they aren’t cheerleading shoes. Not all cheerleading shoes are made the same, so it’s important for coaches to check out shoes before ordering them. This could (and should) involve actually putting on the shoes and jogging and jumping in them so you can feel the shoe’s flexibility, cushioning, and support.

