



Iowa Cheerleading Coaches' Association NEWSLETTER



August 2017 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

As I jump back in to the coaching "game" after being away for 5 years I am coming to the realization the importance of good sportsmanship and promoting school spirit. I obviously knew these things were important when I coached before, but as I walk in to a brand new school, it's making me say, "How in the world is this going to work?" Are the students going to be willing to step out and be leaders? How can I get the cheerleaders step up and be the "trend setters"? So many questions!! Here are a few things we are working on going in to the new school year.

Being good role models is key! Set the tone and expectation with everything you do...coaches included.

Make the process FUN! The only way to get kids excited about new things is to make them fun and exciting. Try and schedule a few pep assemblies here and there with fun, interactive things happening throughout.

Include the school staff! The kids and staff can work together and start a spirit club. That way, ideas from all fronts are included.

We are who we are...and not anyone else! Our school has it's own identity. We will make everyone excited about who we are and what we are doing!

We support everyone from athletics to academics to fine arts. We are inclusive and are there for the "team".

As we go through the new school year, **things can change and be added.** But, our main goals will always be the same.

Try something like this at your school! Good luck with the upcoming year and remember, ICCA is cheering for you!

Melissa Hatfield
ICCA President

ATHLETIC DIRECTORS – WHY COACHES SHOULD JOIN THE ICCA

by Donna McKay, ICCA Executive Director

Some schools might only have one cheer coach or have a turnover of cheer coaches every few years. Others might be looking for training, and/or opportunities for coaches and cheerleaders. Where can schools and cheer coaches go when they're seeking information or help with cheerleading? The Iowa Cheerleading Coaches' Association is an organization with a goal of promoting, developing, improving, protecting, and supporting cheer coaches, cheerleaders, and cheerleading in Iowa.

The ICCA works closely with and is supported by the IHSAA. Together we provide education to Iowa cheer coaches, facilitate online rules meetings, promote sportsmanship, and help administer the National Federation Spirit Rules for cheerleader safety, plus coach and school liability protection. The National Federation, ICCA, and IHSAA agree that a school cheerleading squad's first responsibility is to lead or direct the cheering of fans.

The ICCA offers:



Free Fall Clinics where member coaches can bring cheerleaders to learn new material (cheers, dance). Coaches can network, ask questions, and discuss the NFHS Rule changes.



An annual Spring Coaches' Conference with national speakers and the opportunity for cheer coaches' training, including AACCA (partial fee paid by IHSAA).



An ICCA/IHSAA sponsored State High School Cheerleading Championships each November which

Why Join ICCA...Continued on page 2

**NEW/National Federation RULES for
2017-2018 can be found on the
ICCA website.**

attracts thousands of student athletes and is open to any ICCA member school.



Newsletters full of information which are published four times a year to assist member coaches with the daily organization and management of their cheer programs.



Participation for cheerleaders of member schools in programs such as Honor Squad, All-State, All-Iowa, Shrine Bowl, and Special Olympics, as well as the previously mentioned State Championships and Fall Clinics.



Recognition for both member coaches and cheerleaders through coaching awards and cheerleading scholarships. Other awards given are an Administrator of the Year and a Contributor Award.



A comprehensive website to help both coaches with special tabs for athletic directors and administrators with more detailed information concerning cheerleading,

As in any occupation, it's important to take advantage of situations that allow us to grow in our jobs. The ICCA prides itself on offering a variety of events for both coaches and cheerleaders to help with this improvement. We encourage all coaches to make the most of these opportunities. To become a member, coaches should visit the ICCA website to register (http://www.iowacheercoaches.org/membership_howto.htm).

Take a Shot at State!

by Kenna Johnson, Executive Director

You have been working on motions and jumps for months. Your squad can execute stunt progression drills and are headed toward more advanced stunts. You've worked on sideline chants, quarter cheers, and pep rally ideas. Even the posters for the hallways are complete...

OR..... you have done NONE of these things. So what do you do next??? Register for the 2017 State Cheerleading Championships!!!

Yes, this sounds a little crazy, but this suggestion about being challenged, giving your squad a deeper sense of purpose. It is also about giving them a showcase for all of their hard work!! Many teams go through the routine of Friday night football games, Tuesday and Friday basketball games, or weekend wrestling tournaments. Why

Working Successfully with your Athletic Director

by Kelly Trinkle, NE District Rep

As a cheerleading coach, it is important for you to develop a positive relationship with the Athletic Director at your school. Depending on your situation, this could be a daunting task. In some schools cheerleading is gaining respect and being treated as an equal in their districts, but others are not so lucky. Here are a few tips to get that relationship going:

Be Professional - Set up a meeting at the beginning of the season. Let him/her know what your plans for the season are. Show him an example of a practice plan so he knows what you will be working on. Answer any questions he/she may have (they may REALLY not understand your activity) Invite him to your parent meeting. If you do encounter an issue that you need to go to him about, be mature.

Stand Up for Your Program - Help him/her to see that your program is just as important as other activities at your school. Talk to him/her about working together with him/her and the other coaches to boost school spirit! Emphasize on how important it is! Let him/her know that in order to do these things, you need time and space to practice.

Working Successfully...Continued on page 3

ONLINE RULES MEETING DATES

by Donna McKay, Rules Interpretation Director

As with other sports, rules meetings will continue to be held online to make it easier for ALL coaches and choreographers to obtain needed safety and liability information. The 2017-2018 rules meeting dates are coordinated with other in-season sports. The fall rules meeting will be held online from **July 31 to August 24**. Another rules meeting, which MAY NOT be used for fall ICCA events because it occurs after the registration deadline, will be held from **October 23 to November 27**. Information about the online rules meetings may be found on the ICCA website.

Coaches should only enter their names at the end of the meeting one time, even if watching the PowerPoint multiple times. Once a meeting deadline has passed, the rules meeting will still be available for coaches to view as a reference, but it will not be available for rules meeting attendance certification.

Shot at State...Continued from page 2

not take on something new and try the state competition?? There are divisions for all types of teams!!

For inexperienced coaches and/or cheer squads, taking part in the State Championships for the first time can be very scary. The best place may be to start in the TIME OUT division. This is exactly as it sounds – your squad performs what they would for a regular time out situation in a game. This category allows cheerleaders to work on sharp motions, clean jumps, basic stunts, and the best part of it: the “routine” can be practiced and performed at football games prior to the championships!! Coaches and cheerleaders alike can focus in on cheerleading basics, providing a strong focus for the direction the team is headed, plus it combines regular season cheering with another performance opportunity in a different venue.

The State Championships can also push the experienced squad to new dimensions. Whether it is in the Cheer/Dance division or the Stunt Group division, team skills can be challenged and even pushed to new levels by taking on the task of competing. The Cheer/Dance category takes all of the skills you have been working on – along with the incorporation of some dance skills – and put them together in a 2:30 routine. As an additional challenge, teams might choose to utilize smaller groups for the Stunt Group division. For many, this is the ultimate task as all team members must be totally in sync and work as one solid unit.

Competing in the state cheerleading championships is a great way for squads to come together and form strong team bonds. They have another focus for the work they are doing during a regular season, but more importantly, it teaches them how to work through good times and bad times, success and accomplishment, maybe even injury or failure. Consider the State Championships and help your cheer squad develop skills that will possibly take them far into the future.

ICCA Deadlines!

August 24 - Spirit Rules Meeting CLOSES

September 27 - ICCA Event Registration CLOSES

September 27 - State Championship Apparel CLOSES

October 3 - Fees & Paperwork Deadline

Working Successfully...Continued from page 2

Be Understanding of All Other Activities - As important as it is for you to stand up for your program, you also need to be supportive and understanding of all other activities at your school. This is a hard one, because we all tend to think that what we are coaching or participating in is the most important. Not so. We all benefit from every program! There are no cheerleaders without basketball, wrestling, or football. Having a Pep Band is beneficial to the cheerleaders and the sports teams. Cheerleaders that act in the play or sing and dance in the Show Choir are developing skills to make them better cheerleaders as well. We are all in it together!!!

Understand Where He/She is Coming From - Remember how much is on his/her plate! He/She is in charge of EVERY program in your school. Scheduling practice times and spaces for him is a nightmare, and he/she is dealing with EVERY coach, just like you.

Be Responsible - For him/her to respect you and your cheer squad like any other activity, you must treat it that way as well. Having daily practices, scheduling performances and holding your athletes accountable just like any other sport!

Thank Him/Her and His/Her Secretary - Always thank him/her in front of the parents at your end of season banquet! Send a thank you card at the end of the season or the end of the year. Or have the cheerleaders make one. Make some cookies or get a gift card for them. Let them know that you appreciate all they did for you! We started doing this after each season last year, and he hung them on his wall in his office! :) It was awesome seeing them up there when I would walk in, and you know what? He saw them daily as well and was reminded that we appreciated what he had helped us with :)

I hope some of these things will help you start a relationship between you and your Athletic Director! It really is just about “give and take.” Good Luck!



***IF YOUR SCHOOL IS NOT AN ICCA
MEMBER, GO TO THE ICCA WEBSITE
(WWW.IOWACHEERCOACHES.ORG)
AND JOIN TODAY!***

Music Royalties: No Longer an Impossible Task!

by Kenna Johnson, ICCA Executive Director

Now that we have a year under our belts with the Music Royalty situation, ICCA is ready to help you tackle your own music situation! No longer do you need to fear doing it correctly!! Following a few simple guidelines, you can have your music and cheer to it too!

Seeking out a music provider is the first step. USA Cheer has provided a list of what are called "Preferred Providers," businesses that provide the proper legal licensing to schools and cheers squads. The Preferred Provider list is available at: <https://www.usacheer.org/presssafety/preferred-providers>. There are hundreds to choose from; be sure to take time to search through the providers to make sure they can provide what you need for both music and licensing.

What DO I need for music, you ask? Understanding some of the music terminology is helpful. Music will refer to BPM, meaning Beats Per Minute. Music for cheerleading usually falls between 132 and 160 beats per minute. Anything below 132 would likely be too slow, and above 160 would certainly be too fast.

Also, are you looking for a Ready-Made Mix or a Custom Mix? A Ready-Made mix would be something that is already cut; you use it "as is." A Custom mix would require you to choose songs by specific artists, then the selection of parts of those songs. A Custom mix allows you to personalize the music exactly as you want it. Both the Ready-Made and the Custom style mixes can allow for additions like voice overs and sound effects, but they must be done at the time of purchase and they do cost more. Each individual addition you make could cost \$20 or more.

Speaking of cost, a Ready-Made mix is probably more cost efficient, especially if music is not something you have a strong background with. Ready-Made mixes generally cost between \$69 and \$109 each (without any edits or additions.) If you want to make edits to a Ready-Made mix, you need to be willing to spend closer to \$200. Custom mixes can become much more expensive because of the number of songs involved. A Custom mix of maybe 5 songs would be \$200-\$300. Additional edits could run the cost up to even as much as \$500 or more. You must keep in mind that music is all about choice. (REMEMBER!! You can ALWAYS perform to a single song legally downloaded from iTunes. It is the most cost efficient option!)



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State Apparel to be Available Online

by Kenna Johnson, Executive Director

Apparel for the 2017 Iowa Cheerleading State Championships will again be **available online**. The online store will coincide with event registration, opening August 10 and closing September 27. The **online store will feature short-sleeved and long-sleeved t-shirts with the year's official design**, as well as a single colored design on both **crewneck and hooded sweatshirts**. Participating teams will also be listed on the shirts with the official design. All items will be offered in multiple colors.

As of publication of this newsletter, it is the intention of the apparel supplier to ship orders prior to the actual event rather than for pick up the day of the event. A minimal shipping fee will be charged for each order. (Coaches, in order to save on shipping, consider placing one single team order.) Limited quantities of items will be available on site the day of the competition, but once those items run out, they will no longer be available. Purchase early as the prices will go up the day of the event.

Changes in the State Championships

by Jeanne Ehn, Executive Director

The goal of the ICCA Board of Directors is to have the best possible State Championships. With this thought in mind, some changes have been made for the 2017 Championships.

Changes in Location: In an effort to save expenses in the future, the ICCA Board of Directors voted in June to use the Jacobson Center for the performances of ALL teams in 2017 Championships and just use the Varied Industries Building as a changing area. While we know this will make a longer day, we are very excited that EVERY team will be able to perform in the Jacobson Exhibition Center.

Changes to Group Stunt:

- A. For the first time, coaches may enter a team in the all girl division and a team in the coed division. In the past, a school would have to pick the group stunt division that they enter and remain in that divisions. Now schools have more choices of picking a school classed (1A, 2A, 3A, 4A) all girl division, or coed, or a combination (1 team in all girl and one team in coed). Coed is an open division.
- B. There will be no finals for group stunt. In the past the top 5 teams performed for final placement. This year group stunt will align with the rest of the championships with a single performance determining the order of finish.

Once you have decided which Preferred Provider you want to use and what music is going to work best for you, pay close attention to what their licensing offers. **(In fact, you should be searching this information out AS you search providers.)** The license should be listed under the School's Name first and foremost. The coach's name or even a choreographer's name can be listed as a secondary owner. The license will include the Distribution Date and an Expiration Date as well. This is typically about one calendar year, give or take a day or two. Make sure it covers the dates of your event. Common terms like "Rights," "Limitations of Use," and "Scope of Use" will tell you what you can and cannot do with your music once it is purchased. Most licenses will say you can use at practice, distribute 40 copies to team members, and perform exclusively as a school to this music. What you cannot do is transfer the rights of the music (which is why you want it in the school name!), nor can you add or edit the music after purchase. There may be further limitations, but those are the basics you will want to watch for.

IF YOU REALLY WANT TO KNOW MORE: A copyright course has now been developed for Cheer coaches, scheduled to be deployed as a free online NFHSLearn.com course early this fall. The course will take around 40 minutes or so to complete and should be a fantastic way for cheer coaches to educate themselves about copyright and what is required of them to be copyright compliant with the work they do. Be watching for further information on this course! We will release details as they come available.

Don't let the music get you down!! It is a learning process, and many coaches managed it very successfully last fall. If you have continued music questions, feel free to contact Kenna Johnson at kennajohnson47@gmail.com.

TAKE THE LEAP - COMPETE!

*by Angie Trowbridge, SW District Rep
& ICCA Social Media*

What are your team goals this year? Big or small, established or building, the Time - Out division at State can help you with where you want to be today and where you plan to go tomorrow. I've taken a team every year but one since 2010; here's what I've learned.

1. Feel like a broken record about spacing, motions, placement, and poms/ signs? Let the rubric drive home what you've been telling them.
2. Do you feel lackluster in that two weeks between fall

Compete...Continued on page 6

Why YOU Should Attend an ICCA FREE Cheer Clinic

by Cindy Pangburn, NC District Representative

Opportunities! Convenient! A great way to start your cheer year! Easy! These are just some of the reasons you and your cheerleaders should attend one of the ICCA FREE cheer clinics/camps.

It is an opportunity for both you as a coach and your cheerleaders. You have a chance to talk with and learn and share with others coaches. Bring your questions about rules, problems you may be having with your team, how to make it a great year and I guarantee another coach will have had a similar situation and can help you! Your cheerleaders will be excited to learn new material to show off at their first game!

It is convenient, all you have to do is email your district rep a week or so before camp with how many cheerleaders you will be bringing. Also, be sure to bring your health form for each cheerleader with you. You don't have to schedule a camp company or request gym time! Just show up and have a great day! For your cheerleaders it is just a one day commitment and a fun filled day to bond with their new squads and learn new material.

What a great way to start your cheer year; you don't have to teach the material, it will be taught by great instructors who will engage your cheerleaders and make it a fun filled day of learning! As a coach it is a great way to jump start your season and help you be sure you are all set to go for your year.

What could be easier? We, as coaches, don't always make enough time for ourselves so make attending an ICCA FREE cheer clinic a priority! I guarantee you will be glad you did.

Oh, yes! One more thing - **it is FREE!** There's no registration cost to your school or cheerleaders to attend.

Clinic dates:

- ★ **Northwest District:** August 26 at Le Mars High School, rep is Sherri Moritz
- ★ **North Central District:** August 26 at Lincoln Intermediate School in Mason City, rep is Cindy Pangburn
- ★ **Northeast District:** August 19 at West Delaware High School, rep is Kelly Trinkle



Free Cheer Clinic...Continued on page 6

and winter sports? State prep for Time Out can fit into there nicely. That's how I started!

3. Do you want more but don't know how to start? Time Out is perfect for that, as it's a fantastic entry point into competition; it's a low key way to add to the trophy case if you score well, or add to life skills and experiences that benefit all no matter what.
4. Do you have a team who wants to feel the experience, but isn't all the way there? Use the Time Out division. Some take their only squad there, while others use their JV.
5. Springboard! Use Time Out to get your feet wet, so you speak, to give you confidence to try other things and learn what works! At one point I discovered that my team was itching to put in the work to try Group Stunt one year; while we have earned hardware, it's a motivator for those kids to prove themselves and to bring pride regardless.

The Time Out division at State is a great fit for any squad- and their coach but here's the biggest reason why: **YOU DO THIS ALREADY!**

Several times at football and basketball games, you have a small window to jump in and get the crowd going. At state it's all people who understand this, so they'll cheer right back. Let this be the year to just go for it! You've got people to encourage and help you the whole way!



Free Cheer Clinic...Continued from page 5

- ★ **Southwest District:** August 26 at Shenandoah High School, rep is Angie Trowbridge
- ★ **South Central District:** August 19 at Ames High, rep is Sarah Buss
- ★ **Southeast District:** August 19 at Clear Creek Amana High School, rep is Paula Kirkpatrick

Please contact your district rep with how many cheerleaders you will be bring to the clinic. **Also, your district rep is there for you all year**, call, email or text us with your questions or concerns. We look forward to hearing from you ☺ Even if you just need someone to listen to you and remind you that you are not alone even though it may feel that way at times, we are there for you! We are always will to help in any way because we want you to be successful and be the best coach you can be! Have a great year!!

HONOR SQUAD – ICCA WANTS YOU!

by Tami Doyle, Honor Squad Director

What is Honor Squad? Honor squad is a squad consisting of junior and senior cheerleaders from across the state of Iowa who meet 3 times to practice and then perform in Cedar Falls at the state football championships in the UNI-Dome. Each high school that is a member of the Iowa Cheerleading Coaches Association is allowed to choose 3 of their cheerleaders (junior or senior) to participate.

REQUIREMENTS:

- Participants must be a junior or senior cheering on a varsity squad for current school year.
- Participants must be a bona fide cheerleader in their high school.
- NO TRYOUTS!
- The school must be a member of the Iowa Cheerleading Coaches Association.
- Head coach or assistant cheerleading coach who is on the schools payroll must chaperone/drive cheerleaders for practices/performance and be a member of ICCA .
- Coach must have a completed Information and Consent Form Medical Treatment Form for each participant. These must be carried by coach to each practice or performance.
- Coaches must have taken the Online Spirit Rules Meeting and Concussion Video training and completed all other paperwork required by ICCA in registration.
- Participants and coaches are responsible for all food, hotel and travel expenses.
- Participants are required to follow all guidelines established by the ICCA as well as good conduct polices set by individual schools.
- \$40 non-refundable fee payable to ICCA for each participant.

Cheerleaders will learn and perform a 5 minute routine twice! Each cheerleader who participates in all practices/performance will receive a T-shirt, bow, and certificate of participation, medal, and a lunch the day of performance. Coach will also receive a lunch on the day of performance. A team picture will be taken on the floor of the UNI-Dome.

It will be an opportunity to meet new friends, network with other coaches, and the best part an opportunity to honor our Iowa cheerleaders!

Registration is to be completed on line at <http://iowacheercoaches.org>. Following directions in the fall mailing.

Practices will be November 12th in Ames, and November 16th and 17th in Cedar Falls.

Performances will be November 17th in Cedar Falls (at half times of the 1A championship at 11:06 and the 2A championship game at 2:06).

Questions – contact Tami Doyle (Honor Squad Director) at tjdoyle@cfu.net

Can't wait to see you!



IOWA SPECIAL OLYMPICS

by Sherrie Moritz, Special Olympics Director

IOWA Special Olympics was held Thursday, May 25th, 2016, at the Hilton Coliseum in Ames, Iowa. This year we had 59 cheerleaders participate. The fee per cheerleader was \$20 with proceeds going to IOWA Special Olympics Cheer Program.

Registration began at 11:00 am until 11:30 am. Cheerleaders spent 11:30 am to 2:45 pm learning cheers and a short dance routine.

Later that afternoon the cheerleaders hosted a cheer clinic from 3 pm to 3:45 pm for 56 athletes. The athletics were taught 5 cheers along with playing games and dancing.

After breaking for supper the cheerleaders returned to the Hilton to run through the routine before performing at the opening ceremony which started at 7:00 p.m. Each cheerleader performed in their own school uniform. IOWA Special Olympics provided the cheerleaders with a sack lunch and t-shirt.

Information and forms for the event could be found on iowacheercoaches.org. IOWA Special Olympics held in May is just one of the MANY events the ICCA has to offer.

**This ICCA Newsletter is a part of
what cheer coaches receive for
being a member of ICCA!**

2017 Iowa Shrine Bowl

by Sandy Norby, ICCA Shrine Bowl Director

The Iowa Shrine Bowl 2017 was held the week of July 24-29th on the UNI campus in Cedar Falls, Iowa. 90 football players and 60 cheerleaders from across the state came together for one reason and that was for the Shrine Hospitals and their patients.

The week consisted of a lot of hard work, fun and making memories. The week was filled with practices, water park, movie night, hog roast, banquet, parade and game day. The best day of the week was held on Friday, July 28th at the UNI Dome where the Shrine patients, their families and their Shriner came for the clinic. Football players, cheerleaders and the dance team played with the shrine patients, taught plays, cheers and dances so these patients felt special. Together they sat and ate lunch, talked and laughed. The true meaning of why each and every football player, cheerleader and dancer dedicated their week to these special kids. It is truly such an event that everyone will always remember.

Later in the day the doctors, nurses and physical therapists gave mini sessions to the football players and cheerleaders and explained different issues that are a daily routine for them and talked about the Shrine Hospitals.

A week filled with new friends and special memories were made.

The TOP 5 REASONS Your Cheerleaders Should TRYOUT For the 2018 ALL-STATE SQUAD

by Melissa Hatfield, All-State Director

- ▶ Cheerleaders get to represent their school during 2 half time performances at the Boys State Basketball Tournament.
- ▶ The All-State Squad is made up of cheerleaders from all over the state so they get to work with new people and make many new friends.
- ▶ Making the All-State Squad is a big honor and most schools recognize All-State Cheerleaders with other All-State athletes.
- ▶ Cheerleaders get to learn an elite, fast paced routine that will entertain the crowd.
- ▶ The halftime performances are televised during the tournament and the All-State Squad is recognized by the IHSAA!

SPECIAL NOTE

NEW THIS YEAR: Rules Interp Contact

ICCA coaches with questions regarding spirit rules interpretation, or needing to report a rules violation should contact Erin Taylor at iowaerintaylor@gmail.com instead of Donna McKay as they have done in the past.

Donna has been the Rules Interpretation Director for many years for ICCA and even served as the chairperson for the National Federation Spirit Rules Committee. Donna will continue as the director, but has been working with a group of coaches, helping them learn rules interpretation and following each rule's intent because it is so complicated for a couple of years. This year, Erin will continue to learn more about the rules interpretation process, by making rulings. Donna will be included in all rulings and consulted if there is a question before the final ruling is made. In the future there will be a committee for rules interpretation. This year is just a step towards that goal.

For coaches who wish to submit a question, please go to the ICCA website and read How to Submit a Rules Question before contacting Erin. There is also information in the Back to School Mailing (State Championships information).



CONNECT TO THE ICCA ONLINE

by Angie Trowbridge, SW District Rep &
ICCA Social Media

If you've read one or every one of my articles, you'll notice that I mention that there are people within the ICCA that are always willing to help you. Let me explain it to you this way: I started with the Free Fall Clinic over ten years ago, and I met some great people. That's how it went...I'd meet new faces at an ICCA event, who encouraged me to try another one, keep networking and gathering experience along the way. I would not be the coach I am today without the support of people in the ICCA!

We're always looking for ways to forge stronger connections, even if a school doesn't enable a team or a coach to be there in person. Enter social media - Iowa Cheerleading Coaches Association on Facebook and @IACheerCoaches on Twitter. Followers enjoy pictures of our events along with important announcements and news snippets in under 140 characters.



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COACHES – DON'T ALLOW GRAY AREAS

by Donna McKay, Executive Director &
Rules Interpretation Director

What is a gray area? A gray area is performing a stunt that might or might not be legal every time it's performed. A gray area is when a team cannot perform a stunt safely ten out of ten times yet still performs the stunt. A gray area is music with possibly questionable lyrics or lyrics with double meanings.

Anytime there is a gray area, coaches should make sure that stunts are changed and/or not performed. Whatever is being performed should definitely be legal and safe. With the amount of music available to coaches, choices should be made so all music represents the cheerleaders and school in a positive manner and is appropriate for family viewing.

Anytime coaches have a question as to whether to use something in a routine, game, performance, etc., they should always err on the side that it is absolutely legal.

ICCA OFFERS SCHOLARSHIPS TO ASSOCIATION MEMBERS!

by JoEllen Wesselmann, Scholarship Director

Through the years, the ICCA scholarship program has grown! The original scholarship program consisted of only a few academic scholarships that cheerleaders applied for and were chosen by a panel of judges. We continue to have this academic scholarship and encourage you to share the application information with your senior cheerleaders early on in the school year! The application deadline is February 1st, but giving the athletes the information early will take the pressure off of everyone while they compile their information.

In addition to the academic scholarships, other scholarships that are tied to the many programs have gradually been added for cheerleaders in our state. This year, we will award two Honor Squad, one All-State, one All-Star, four at State Competition, and four Academic scholarships, for a total of \$4,000 given to graduating seniors in the state of Iowa. The method for choosing these scholarships vary, with some being chosen using a drawing (Honor Squad and

ICCA Scholarship...Continued on page 9

But we need your help and feedback! We love the thumbs and hearts, but what we really love is your perspective. This summer saw the start to Coach Chat, a weekly online discussion on both platforms. Topics vary from what the first practice looks like to things like fundraisers or where to buy cheer things. In this way coaches can share tried-and-true ideas while connecting across the state via the interwebs. We've gotten some good discussion already, and I LOVE getting notifications that a coach has left pearls of wisdom online!

So, there's your mission: find us on one or both, and jump into our virtual collaborations... the more, the merrier! Again, the ICCA is here for you - nearby, or a call, email, or tweet away!



ICCA Scholarship...Continued from page 8

State Competition), or an application process (All-State, All-Star, and Academic).

We are thankful that we have corporate sponsors who are gracious in funding a portion of our program scholarships through donations. This means that they are sponsors for our Honor Squad, State Competition, All-State, and All-Star recipients.

Please inform your cheerleaders to apply for the scholarships that we offer and they qualify for. Receiving an ICCA scholarship an exceptional honor, and when numbers increase, there is a possibility that the number of scholarships awarded will reflect that increase. Application information for the academic scholarship is on the ICCA website. Program scholarship information is available from each program director.

*Note: ALL scholarship monies are distributed directly to the recipient during the first week of August! Please remind your recipients of this policy.

Important DATES to REMEMBER

- **July 31 - August 24 - Spirit Rules Meeting (required for ICCA Events)**
- **August 10 - September 27 - ICCA Event Registration & Apparel Store Open**
- **October 3 - Paperwork and fees mailing deadline for ICCA Events**
- **October 16 - Music Royalty paperwork mailing**

A Successful Season Should Start and End with COMMUNICATION.

by Sarah Buss, SC District Representative

A successful season should START and END with communication:

- Communicate all potential costs of everything from away game meals, bows, warm ups and big sis little sis gifts.
- Next communicate the expected practice times, game times and competition times. It is also crucial to also communicate the acceptable and unacceptable reasons to miss a practice, game or competition.
- Recently an important topic to communicate is expectations for social media by the parents and cheerleader. You must communicate early on what is tolerated and what is not.
- Also, communicate how any disciplinary actions will be handled and who will be notified when that happens. Do you tell the AD? The parents?
- Communicating injuries, for liability reasons for you as a coach and for your school, are also vitally important and is something you need to educate your team on. What protocol should happen if someone gets hurt at practice or out of practice. What is the timeline for notifying the coach, trainer and parent. Also communicating the needed steps and timeline before the athlete can return to practice/competition.
- I think it is extremely beneficial to also inform your parents on how you would like them to communicate with you. Do you prefer email/text or a private Facebook account message. Tell your parents what to do if they have questions and how to approach you. I have commonly said, if your daughter comes home to vent about a rough practice, understand it has been rough for the coach also. Unless urgent, give it a day before you email me with questions or comments.
- Communicating game/practice attire and attitude expectations is a big one, remind them how to act and react to situations. Put out a schedule early on what you expect them to wear, how their finger nails need to be short and jewelry left at home.
- Communicate to your team the “vibe” of the season. What are you goals? What will you bring to

the table and what should they? What fun things are there to look forward to like a pink out game or a team sleepover. Also communicate the lows, tell them it may be cold some games, to always pack bug spray, tell them the bus rides will be long and practices may be hard at times.

The common theme here, leave no stone unturned. Eliminate the grey area. Every year I like to informally interview one of my freshmen parents and ask how things went. I would go a step further and ask your administration if there were things they felt out of the loop on and then fix it for the next season/year. I believe always asking for tips on how you can communicate better equals a happier, better functioning team/parents/school.

Good Luck this season!

3 Great Ideas to Have a Successful Football Cheer Season

by Bethany Brink, Rep Council

As summer comes to an end, there's nothing I look forward to more than football season. Cheering that first football game can be a night full of nerves for even the most experienced cheerleader. There are three rules that I follow each year to help ease the jitters and make sure all my cheerleaders are ready for some football.

● Start with Sidelines

A cheerleader's main purpose is to lead the crowd, so you want to make sure you have solid sideline cheers. When I start my optional summer practices, these are the first things we work on. This is especially helpful for the rookies. They get the chance to learn before regular practices start in August. You can also use your veteran cheerleaders to make videos of the sidelines you've taught at each practice and post or share them for anyone who was absent or wants to review on their own.

● Befriend the Band

Having a marching or pep band at a football game can be tricky. Should you start a cheer during the timeout, or is the band going to play this time? Make friends with the band director. Ask them when and what they plan to play so your cheerleaders can work with them to entertain and awe the crowd. Learn a few fun four 8-count dances that can be repeated and will work for multiple songs. I find that these dances also work as a great warm up before stretching at practice.

Successful Practices

By Erin Taylor

With the start of a new season it's good time to review how you run your practices. Many cheerleading teams don't get as much gym time as they would like so it is very important to have the most effective practices you can.

- ★ Come to practice with a plan/ be organized
- ★ Give your squad goals for each practice
- ★ Follow all rules
- ★ Start with a warm-up and stretches
- ★ Limit down time
- ★ Mix practice time between jumps, cheers, and stunts
- ★ Follow progression for stunts
- ★ Set expectations for all practices and keep to them
- ★ End practice with cheer specific conditioning

The most important thing to remember is that practice is for learning; as long as your cheerleaders walk away each practice having bettered themselves as cheerleaders, then each practice is a success.

CHEER UNIFORM INFORMATION

by Donna McKay, Executive Director

Uniform requirements and recommendations are available on the ICCA website, plus will be included in the Back to School mailing. These requirements and recommendations have been approved by the IHSA Board of Control. 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.

Invite Parents to a Practice

by Jeanne Ehn, Executive Director

"What do the cheerleaders do at practice?" "Mats? Why are mats important?" "Cheerleaders do conditioning?" "What is a spotter?" "What is a toe touch?" "I've heard you refer to progressions, but what is a progression and why is it important?" - All of these could easily be parent questions.

● **Practice your Plan**

Make a game plan for each game. Have the cheerleaders give input. A game plan should include what will happen before the game, during timeouts and quarter breaks, offense and defense sidelines to do for each quarter, any stunts that will be performed, and who is in charge of signs and poms for the game. Make the plan at the beginning of the week and practice the plan. If you've practiced the plan, when a timeout is called the cheerleaders won't spend half of it figuring out what they want to do. I use a game plan template from a summer cheer camp. I print a couple copies of the plan and hang it where all the cheerleaders can get a glimpse during the game.

.....
Invite Parents...Continued from page 10

Rather than keeping the questions unanswered, I always found the more knowledge a parent had, the more support they would give me and the program. A great way to help build support for your cheerleaders is by inviting parents to attend an early season practice, and let them witness and learn what happens.

While you would cover things that are necessary at practice, it is wise to structure the practice so parents gain a greater understanding of everything that happens at practice. This probably means parts of a normal practice will be shortened so all areas can be covered. As practice goes along, explain what your cheerleaders are doing, why, and how long it normally takes. Here's some things that will happen:

Education: If the parents really don't have a lot of cheer knowledge, coming to a practice will start to educate them. They will see the mats, watch you coach, note the process of building skills, watch partners work on jumps, observe motion technique drills, etc. It all builds their knowledge of what their daughter/son is doing at every practice. With knowledge comes their confidence that their child will be safe.

Demonstrate: Depending on where everyone is at in progressions, show the parents exactly what skills and progressions build up to an extension or a one footed stunt. This is a great way for younger kids to participate and gain confidence. Start with a step up drill and show the progressions to the level of your cheerleaders. Note safety - explain the purpose of spotters and proper body positions of bases, flyers, spotters. Explain the importance of progressions, etc. Finally, have an advanced group show or even work on a progression (normally this is stunting, but it can be any progression). Important: this doesn't have to be the most dif-

Invite Parents...Continued in next column

Invite Parents...Continued from previous column

ficult thing. Parents seeing kids growing in ability (and even being corrected as to how you want it) is huge to their understanding.

Make the cheerleaders explain: I also took a couple of minutes and made the seniors explain what they were doing in a stunt, or the characteristics of a perfect toe touch, and demonstrate each. This is important for a couple of reasons: 1. You are showing their knowledge and skills. 2. You are showing YOU as a coach are confident in them. 3. Sometimes it gives that mom or dad who thinks their daughter/son is perfect, something to think about - I.E. maybe more skill is needed in comparison to these cheerleaders.

Now versus Later: As the season progresses, parents will see skills being built and put into action. As a coach, you can tell the parents some goals for the team. It is perfectly fine to say, "As a JV squad in progressions, we are at an extension prep, hand-hand down level. In the future, watch for them to start cradling those preps. Then we will move on to extensions, which return to prep level to dismount."

Gets Rid of Their Worries: Admit it. Parents worry. It is natural for them to wonder about what their child is doing at practice. By showing skills, learning, and showing you are pleased with the cheerleaders' progress, the parent will have a greater understanding of you as a coach. They gain confidence that their child will be fine and you have coaching knowledge.

Be Honest and Positive: Explain the cheerleaders' abilities as a group on that day. One of my favorite things to do was to actually show the younger or inexperienced cheerleader learning. Pick a situation that the cheerleader can have success and then coach (hopefully you are positive). Parents see you coaching the cheerleader. Everyone wins in that situation.

Fake Injury: At the parent meeting, I would have talked about the process of the emergency situation. At this practice it is smart to run a mock drill. Parents can then see the emergency plan put into action. Then talk about it to the parents.

Let Parents Ask Questions: Again, it is about knowledge and parent education. Parents want their child succeeding. If you can help them see that everyone wants the same things, they will be on your side.

Inviting parents to attend a specific practice can be very beneficial to the entire year. I can still hear the words of one dad, "I had no idea that practices were like this. I thought they sat around the majority of the time. This was eye opening. Thank you so much."

12 
Aug 2017

by Jane Bauman, ICCA Secretary

1. Wear crazy socks to practice. Have a contest, who has the strangest socks. Winner gets to plan the route for the next run.
2. Play a game at the end of practice. My squads loved to play Ships and Sailors.
3. Let your seniors plan the practice. Have them make the outline and show it to you before practice begins. They are usually harder on themselves when it comes to planning.
4. Take a walk to a fun spot in your community. We used to walk to Dairy Queen or McDonald's and enjoyed eating together.
5. Make a movie night. Either head to the movie theatre or to someone's house to enjoy time together.
6. How about taking a day off?

The list can go on and on. It is important to change up the routine so that everyone can enjoy what they are doing. Sometimes routines become boring and little effort is given. When you let the cheerleaders help with the planning, they feel like they are a real asset to the team.

Working with Parents for Success

by Kristen Morlan, ICCA Vice President/Trustee

Parents are integral to the success of any program and utilizing those parents effectively is key to making your season run smoothly. While some cheerleading programs have their own booster clubs to support them, most teams have to rely on individual volunteers to make their programs successful. A strong parent group can give you the support you need as you try to balance all of the responsibilities of a cheerleading coach!

The first step to creating a strong parent group is communication. Make sure your **expectations** for the cheerleaders and for the parents are clear and well explained. Have a parent meeting preseason to address concerns, explain

Working With Parents...Continued in next column

Working With Parents...Continued from previous column

plans, and to organize. Remember that you are all working together for the common goal that our cheerleaders have fun, work, and play hard as a team. **Keeping everyone informed** is one of the best ways to avoid misunderstandings that can harm your program.

Communication can be as simple as paper copies of schedules and events, but there are a lot of ways to communicate that will make your life easier and efficient. **The app Remind is a lifesaver for when you need to get information out quickly.** You set up the class and enroll your cheerleaders and parents. They can't respond to this app, but you can send out reminders instantly. You can also have your administrator sign up so he/she is aware of any communications you send. Our instrumental music teacher uses this and, as a parent, I am always well informed about everything from what time the bus is leaving to when jazz band practices. It's quick and direct. Parents who are kept informed are more likely to be willing to help out with things you need for your program.

Parents who are well informed are always willing to help out - you just have to let them know what they can do to help. Simple things like snacks for the home games or drinks for the bus ride are ways parents can get involved. At the beginning of the season use **an online tool such as SignUpGenius.com** to organize your entire season's needs. Parents can go online and sign up for an event and for a specific need such as drinks, sandwiches, etc, and they will know when they need to bring their contribution.

Parents really want to get involved in whatever ways they can. Fundraising is one of those parts of your program that parents can really get involved. Make sure you are aware of fundraising policies in your school and follow them as required. Most schools have pretty specific rules on getting fundraisers approved and supervised so be sure you are aware of these policies and that you keep your parents aware as well. This is another place that tools such as SignUpGenius.com can make your life a lot easier and organized. You simply set up your event and have parents sign up for different tasks. Then you have all the information in one place that is accessible by everyone and there is no confusion as to who signed up for what and when the event will take place.

Cheer parents can be the best supporters of your program if you let them be involved. Whether it be helping with fundraising, transportation (depending on your school's policies), or cheering at the games, parents can help you have a successful season. Keeping the lines of communication open and direct will keep your program strong.

Creating Teamwork at Practice

by Betty Lou Jones, All-Star Director

Creating teamwork at practice on a cheer squad can change from year to year with the different make up of you squad. I feel that you need to step back and see how the cheerleaders work together, the different ages, the different personalities and the different ability levels that you have. Once you determine what demographics make up your squad then you can make a plan on how you will create teamwork at your practices.

Things that need to be stressed to your squad are:

- ❁ Strive to be open minded to all members and listen to others not just your friends.
- ❁ Build trust and don't let one "bad apple" make you have a bad practice.
- ❁ Mix up cheerleaders. Have new and old, friends and new acquaintances work together at different times so everyone gets to know each other. You might be surprised at who works well with each other.
- ❁ Be Happy. Tell your cheerleaders that if they have a problem leave it at the door, don't bring it into practice with you.
- ❁ Define your goals and roles. Both for practice and the season.
- ❁ Work together.

Don't be afraid to use activities to show how team work can help solve a problem. The internet has many resources for team building activities. For example I have used "magic shoes" at different times.

There are years that teamwork on a squad will be there from the beginning, other years it is something that needs to be worked on all the time. Keep working towards your goals for teamwork. Remember, it is always a work in progress.



Website – New and Improved and in Progress!

by Patti Davis, Website Director

Welcome to another year of looking for all you need to know for the World of Cheer!



Website...Continued on page 15



Ask Jeanne

Dear Jeanne:

There is so much to do the first official week of practice. How do I make sure I'm doing all that needs to be done with a game in just a week or two?

Concerned with Time

Dear Concerned:

Depending on whether your team has been practicing in the summer, the number of things that need to be done the first week or two of the official season will vary. Some might be done or close to being completed if your team has been practicing. If they haven't been practicing, there's still time to get it done. Make the following a part of your check list.

A. Expectations: This probably was talked about at the parent meeting, but it is wise to review your expectations in the first couple of practices. Communication is giant to the success of a team. Take the time to tell your squad what you expect in regards to grades, practice and missing practice, games, travel, etc. Following the school's good conduct policy and eligibility requirements should be done without question. Taking a few minutes every day will make it easy to cover. Maybe do this while the team is stretching. (It is also wise to have all of this printed and shared from the parent meeting).

B. Goals and Plan: Getting everyone on the same page as far as goals is a good choice. Take time when your cheerleaders need a rest break to do personal and team goals. Goals can be simple or complicated, just remember, they should be achievable. After the goal is set, a plan to achieve the goal needs to be figured out. This can be done by just the head coach, with assistants, or with the entire team. Spending a bit of time each day on goals and the plan will give your team purpose.

C. Progressions: As a coach you should be recording progressions in stunts, spotting, and tumbling for liability reasons. It is important to make a written record for each cheerleader. When a stunt is successfully performed 10 times, it can be recorded. Be sure to record the position (flyer, base, spot), the name of the stunt or tumbling skill and the date the progression was achieved. Everyone should start at the basics (example: step up drills) and move through the progressions. Also, it is also important to make sure that stunting is safe. If you don't feel it is safe, don't pass it. Safety should be your number one concern. This ties directly to the next idea.

Ask Jeanne...Continued on page 15

If you have had the opportunity to stop by the ICCA Website, you will notice some obvious changes on the Home page, and the new pull down tab layout. The opportunity to find things faster, easier, and with less guessing where to find it, is in process as I write to you today. By the time you read this article, the website will have the majority of it's content up and running!

I am also continuing to update the history of ICCA with its length of information, 30 years, to maintain. The Directors of each of the events have been fantastic working to give you all the facts as we know them!

There are so many things to read about on the website! First and foremost will be the Home page with information on events as they are coming up. Any updates on rules or music, etc., will be shown on the Home page.

Secondly, some content will be found multiple places. Like, rules meetings will be announced on the Home page with links, then you may go to events and see it there, and the Administrators will find it under their tab. We want all visitors, whether they are Coaches, Administrators or parents, to easily maneuver through the content. Therefore, some duplications of information will be found.

Last, this website is for you! I am happy to take constructive suggestions as the user, so feel free to email. Use this website as a guide to everything cheer, whether a first year Coach or a tenured Coach, there will always be plenty to learn, re-learn, and communicate to you through the ICCA Website!

Enjoy the new look and the new year!



Ask Jeanne...Continued from page 14

D. Learn together: Again, start with the basics of execution in all parts of cheer: motion technique, jumps, stunts, etc. Execution (learning the basic and fine points) is an important part of success and shouldn't be ignored because as everyone progresses to more difficult skills, it is execution that will make a difference in failure or success. Adopting the simple philosophy that everyone progresses together and no one is left behind will help. Pair the novice with experienced, older with younger, etc. It doesn't matter if they are learning jumps, chants, cheers, dances, or stunts. Learn together. Leave no one behind.

E. Practice Plan: This is important to the success of each practice because there is only so much time. Having a practice schedule with time allotted to drills, goals, learning

Ask Jeanne...Continued from previous column

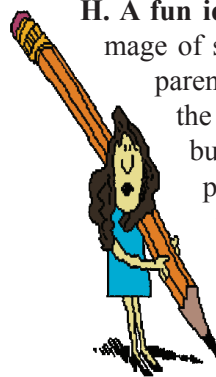
motions, jumps, stunts, water breaks, etc. will make it easier to follow. My hint - try to have the entire week's worth of the basics of each practice before the first practice so nothing will be forgotten. As the week progresses, adjust the practice schedule. Also, begin looking at the second week during the first week. Doing this will make it easier to do all parts of cheer. Some cheerleaders would just as soon stunt the entire practice, or dance, or work on jumps. A practice schedule will keep things moving along and on track.

F. Collect any paperwork that the cheerleader may owe. Check out uniforms, poms, warm ups, etc. I always found this an easy thing to do at the end of a practice the first week.

G. Don't forget the little things: Many times this is done the week of the first game, but it can be easy to forget so put them into your practice plan:

- * Where everyone is standing during the National Anthem & while cheering
- * School Song
- * Line up - Introductions
- * Cheering to parents & fans - urging
- * Game situations - What cheer to use and when to use it

H. A fun idea: If your football team does a scrimmage of some kind, take that night and make it a parent night for the cheer squad. Review from the parent meeting if you feel it is necessary, but parents appreciate actually seeing how a practice works. Again, it is all about communication.



There's many things to do that first week or two of practice. Break it down and take it one day at a time. You'll make it through. Good luck!

I'm always cheering for ya!

Jeanne Ehr



BOARD MEETING MINUTES • BOARD MEETING MINUTES

The ICCA Board of Directors Meeting June 4, 2017 Roland-Story Elementary School

Members present: Patti Davis, Betty Lou Jones, Sherrie Moritz, JoEllen Wesselmann, Erin Taylor, Sarah Buss, Melissa Hatfield, Kenna Johnson, Cindy Pangburn, Tami Doyle, Jeanne Ehn, Paula Kirkpatrick, Donna McKay, Sandy Norby, Kelly Trinkle, Angie Trowbridge and Jane Bauman.

President Hatfield called the meeting to order at 9:32. At the time of the meeting, JoEllen Wesselmann reported that there are 134 schools registered with ICCA and 233 coaches.

JoEllen Wesselmann was appointed as the financial manager for the upcoming year. She reported the following balances in our accounts.

Checking: \$37,338.97

Savings: \$15,406.31

CD: \$16,818.88

Investment: \$15,734.83

Coaches are reminded that the online rules meeting will open on July 31 and close on August 24. These are earlier dates than normal. The second session of meetings will run from Oct. 23-Nov. 27.

Discussion was held about state championships. This year we will hold everything in the Jacobson building. The VI building will only be used for changing. This will be revisited following the championships to decide if this practice can continue or if we need to go back to 2 buildings. This means that there will be no finals for group stunt divisions. A Co-ed championship will be given out no matter how many squads for participating in that division. Look for more details in State Championships on the web and in future mailings.

Work is being done on rubrics for scoring squads. Donna McKay has been working with national judges to finalize the rubrics. There will be a total of 100 points for Cheer Dance and 110 points for Co-ed groups. More information will be given to

Meeting Minutes...Continued from previous column

coaches as soon as the rubrics are finalized.

Kenna Johnson shared that the T-shirt designs are ready to go. They can be shipped directly to the parents and cheerleaders. The State Competition shirts will be available on-line from August 10- September 27. Look for more information in the fall mailing on this subject.

The Spring Conference was a success. A total of 155 coaches attended the conference with 25 vendors. The board is looking forward to the next conference that will be held at Prairie Meadows in Des Moines.

Patti Davis is working hard to update the website. Coaches are encouraged to check the web frequently to get the most updated information.

Scholarships will be sent out the first week of August.

All State will increase their fees to \$25.00.

Shrine Bowl will be held the week of July 24-29.

A total of 31 cheerleaders participated in Special Olympics.

Free Fall Clinics are right around the corner. Coaches are encouraged to participate in these clinics. They are listed on the ICCA website.

The board discussed the possibility of going to 5 districts instead of 6. This would align up with IHSAA. A final decision will be made in January.

Donna McKay shared handouts dealing with image of cheerleaders. All coaches are reminded that cheerleaders are athletes and need to look like an athlete in their appearance .

The next board meeting will be held in Huxley on October 8, 2017.

The meeting was adjourned at 1:33.

2017-2018 ICCA Calendar

May 25, 2017: Special Olympics, ISU, Ames

July 29, 2017: Shrine Bowl, UNI, Cedar Falls

August 2017: ICCA Free Fall Clinics (9:00 a.m. Start)

NC – August 26, Mason City (Lincoln Intermediate School)

NE – August 19, Manchester (West Delaware High School)

NW – August 26, LeMars (LeMars Carey Gym)

SC – August 19, Ames (Ames High School)

SE – August 19, Tiffin (Clear Creek Amana High School)

SW – August 26, Shenandoah (Shenandoah High School)

JULY 31 – AUGUST 24, 2017: Online Rules Meeting

****ALL COACHES and choreographers MUST complete the FALL 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, 2017: **ICCA Fall Event Registration Opens**

September 27, 2017: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Championship, Honor Squad (No other type of registration is allowed)

October 3, 2017: **Deadline for mailing entry fees** for ICCA Event Registrations

October 14 & 15, 2017: All-State Tryouts, Ames

October 15, 2017: Shrine Bowl Tryouts, Za-Ga-Zig Temple, Altoona

October 23 – November 27, 2017: Winter Online Rules Meeting (Not accepted for fall event registrations)

November 4, 2017: State Championships, State Fairgrounds, Des Moines

November 12, 2017: Honor Squad Practice, Ames

November 16-17, 2017: Football State Championships, UNI Dome, Cedar Falls

November 16, 2017: Honor Squad Practice, UNI, Cedar Falls

November 17, 2017: Honor Squad Performance, UNI Dome, Cedar Falls

January 7, 2018: All-State Practice, Ames

January 15, 2018: Deadline for Iowa All-Stars video tryout

February 1, 2018: ICCA Scholarship application deadline

February 4, 2018: All-State practice, Ames

February 14-17, 2018: Wrestling State Dual & Individual Tournaments, Wells Fargo Arena, Des Moines

February 25, 2018: All-State Practice, Ames

March 4, 2018: All-State Practice, makeup practice, Ames

March 5-10, 2018: Boys' State Basketball, Wells Fargo Arena, Des Moines

March 5-8, 2018: Halftime Performances at Boys' State Basketball, Wells Fargo Arena, Des Moines

March 8, 2018: All-State Practice, Ames

March 9, 2018: All-State Performance, Wells Fargo Arena, Des Moines

March 23-24, 2018: Iowa All-Stars, Dallas Center-Grimes High School

April 13-14, 2018: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona

July 28, 2018: Shrine Bowl, UNI, Cedar Falls



2017-2018 ICCA BOARD OF DIRECTORS

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AWARDS, CONFERENCE, STATE COMPETITION, TRUSTEES

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Using the National Federation Spirit Rules Book

Below are some helpful hints for using the National Federation Spirit Rules Book to find information more easily. **ALL specifics in each rule and/or exception must be followed in order to be legal.** Refer to the Index in the back of the book to find the exact rule references.

Rule 1 – Definitions for both cheer and dance/drill/pom

This rule has definitions for various terms used in the rules book. It's a good place to look for descriptions of various skills, dismounts, inversions, and other positions. For example, if a rule says that the top person can't be inverted, the definition for an inverted position is "shoulders are below the waist."

Rule 2 – General Risk Management for both cheer and dance/drill/pom

Section 1 – General

This section deals with general rule information such as coach's responsibility if a team member is not following the NFHS rules, spirit team participation, performance surfaces, discarding props, gum and candy, stunting/tumbling during games, artificial noisemakers, blood situations, concussions, and reasonable accommodations.

Section 2 – Sportsmanship

This section lists unsporting acts and the use of substances while representing the school.

Rule 3 – Cheer Risk Management

Section 1 – Cheerleader Apparel/Accessories

This section addresses the rules for jewelry, fingernails, hair, appropriate apparel and accessories including shoes, mascots, glitter, supports/braces, and logos/trademarks/American flags on uniforms.

Section 2 – Stunting Personnel

This section deals with the rules specific to bases, spotters, bracers, and top persons, including required spotters for stunts.

Section 3 – Inversions

This rule section covers the rules for situations when a top person is inverted, such as braced inversions in a pyramids that do not flip or roll; braced rolls in pyramids, braced flips in pyramids, foldovers, suspended rolls, all other types of inversions including dismounts from inverted stunts, and inverted top persons holding objects in hands.

Section 4 – Non-Release Stunts

This section addresses all non-release stunts where the top person is not released – height limitations, moving over or under stunts/pyramids, braced stunts in a pyramid, moving from vertical to horizontal positions, hanging pyramids, single-base stunts, non-release transitions, flips into stunts/cradles (illegal), jumps onto backs of bases who are in horizontal positions (illegal).

Section 5 – Release Stunts/Tosses

This section deals with all stunts and tosses where the top person is released – release stunts and tosses, switch liberties, release transitions, helicopters, log rolls, toe/leg pitches (illegal), and quick tosses.

Section 6 – Suspended Stunts

This section covers non-braced and braced suspended splits and swinging stunts.

Section 7 – Dismounts

This section addresses dismounts from stunts, such as dismounts to the performing surface, cradle dismounts from single and multi-base stunts, twists to cradles or the performing surface, dismounts to catchers who are not the original bases, bracer-assisted cradle dismounts, and tension drops (illegal).

Section 8 – Tumbling

This section deals with tumbling skills, such as tumbling or rebounding over/under a stunt/person/prop, holding props, dive roll (illegal), flips into stunts/cradles (illegal), flips on the performing surface, surface restrictions, and entrance to kip-up skills.

Section 9 – Drops

This section addresses drops, such as thighs/splits/knees/seat drops, airborne drops to push-up positions (illegal), falling directly to stomachs or backs, and drops to performing surface from handsprings/flips (illegal).

Section 10 – Props As Bases

This section covers rules for cheerleaders standing on boxes/props when cheering.

Rule 4 – Dance Risk Management

This section covers rules specific to dance/drill/pom.

Photographs

The photographs of stunts show both legal and illegal stunts, which can be beneficial in helping coaches better understand the rules.

General Coaching Principles

This section contains general coaching responsibilities which coaches should know and follow.

Points of Emphasis

The Points of Emphasis are very important for the coaches to read and understand. These points emphasize areas of concern not only for the safety of cheerleaders, but also for the liability protection of coaches and schools.

Comments on the Rules Changes

Comments on the Rules Changes explains the reasons for new rules and/or rule changes.

Coaches Code of Ethics

Coaches Code of Ethics are coaching guidelines established by the National Federation Board of Directors.

Index

The index can be useful for directing coaches to the correct rule, section, and article. If a coach is looking for rules concerning helicopters, the coach would first look for release stunts since the top person in a helicopter is released. Under Release Stunts, the helicopter rule(s), section(s), and article(s) is indicated so the coach can easily turn to that specific rule.

