

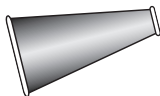
Iowa Cheerleading Coaches' Association NEWSLETTER

August 2012 *Jeanne Ehn, Editor*



PRESIDENT'S MESSAGE

Cheer Coaches...



The desire to be the best cheerleading coach must come from within you. You should not wait for a letter of thanks or an approval from anyone else to keep doing what you're doing because it may never come. Let your heart compel you to do your very best. Fall in love with what the future holds for your cheerleaders. Work through all of the hard practices, discipline, fundraising, and drama that is 97% of your job to get to that 3% which everyone will remember! I am not going to tell you that you can do ANYTHING you want in this life if you have the determination and drive to make it happen, you already know that. But you have to take that desire and never stop improving your methods. It's not about how big your squad is, or what place you take at State, or how many cheerleaders you have make the All-State squad. It's whether or not you are happy with what you are doing for Iowa's cheerleaders. There is not one specific way of being the best cheer coach. There is not a ten-step guide you can follow. The only thing you can do is to follow your instincts and never forget what your goal is: to be the best cheer coach YOU can be.

I hope you had a great summer and look forward to seeing you at all of the events ICCA provides for you and your cheerleaders. Thank you for your dedication to Iowa's cheerleaders! If you ever have questions or concerns, please feel free to contact me or any ICCA Board Member. Have a great year!

CHEERFULLY...

Jenny Crawford
ICCA President

NEW EXECUTIVE DIRECTORS HIRED

by Jeanne Ehn

The ICCA Board of Directors hired Donna McKay and Kenna Johnson as Executive Directors to replace retiring Co-Executive Director Nancy Huether at its June board meeting. The hirings go into effect January 1, 2013, as Huether retires on December 31st. McKay and Johnson will serve with current Co-Executive Director Jeanne Ehn. The new directors are currently working in an internship capacity, learning Huether's job.

Both McKay and Johnson are highly qualified for the job and are well known in Iowa's cheer world. McKay has been ICCA's president two times, and is currently the recording secretary and ethics director. McKay is also a member of the National Federation Spirit Rules Committee & has written a book on cheerleading. Johnson is an active coach at Winterset. She, too, is a trustee having served as ICCA's president 2008-2009. She works at promoting community service to ICCA members, is a district representative for the SW, and is one of the coaches for All-Stars. Both have been very active in ICCA activities as coaches and serving the organization.

Huether resigned the position in October 2011 so the ICCA board would have time to search and hire, and the new directors would have a chance to learn the job.



by Kenna Johnson, ICCA Trustee

There are so few things in life that are truly EASY, but this is! I promise!! I wouldn't say it if it wasn't true, so go ahead. Hold your hand out and get ready to push the EASY button because it will truly be worth it. Are you ready? Here it comes..... JOIN ICCA!! Push the EASY button! Push the EASY button!!

Ok, so maybe you don't have that EASY button right in front of you, but this really should be an EASY decision. An ICCA membership can do so many great things for you (coaches and athletic directors)! First and foremost, there are numerous cheerleading opportunities for you and your cheerleaders each year. For the cheerleaders, there are activities like State Competition, Honor Squad, All State, All Stars, and Shrine Bowl. Coaches can take part in lots of networking during all of the above activities, as well as the Spring Conference each April. ICCA Coaches' Conference provides you with educational opportunities, including visiting with and learning from local and national cheerleading experts.

Another benefit of joining ICCA is having access to current trends in cheerleading, including the latest in National Federation Rules, which are followed within the state of Iowa. If there is something you aren't familiar with, such as a specific term or rule, ICCA has many people to reach out to, including other coaches and ICCA members.

The ICCA Newsletter is also provided quarterly to all members. This is a vital piece of information that gives coaches lots of tidbits to help make coaching EASY! Articles

Easy Button...Continued on page 2

Easy Button...Continued from page 1

vary from organizing tryouts and pep rallies to dealing with parents to preparing for State Competition and end-of-the-year celebrations. ICCA board members attempt to answer all of your questions before you ask them!

Finally, ICCA provides countless networking opportunities. Our website, www.iowacheercoaches.org, is updated regularly with the latest and greatest information about our organization. Our Facebook page allows coaches to interact online, and the events mentioned in the article allow coaches the chance to talk face-to-face, not only to expand on their cheer knowledge but also to build their repertoire of resources and maybe even find some friendships.

So make an EASY decision to join ICCA. The benefits are endless, and there are so many ways ICCA can help simplify your cheer life. Go ahead! Push the EASY button today!!

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ONLINE RULES MEETINGS

The online spirit rules meeting will be held **July 30-August 23**. Rules meetings for all fall sports will be held on these dates. **Coaches who want their cheerleaders to participate in All-State, Honor Squad, and the State Competition must complete this rules meeting.** Remember to print off the Completion Certificate at the end.



THE WEB CORNER

www.iowacheercoaches.org

by Jenny Crawford

STATE COMPETITION

You've probably just finished selecting your cheer squads for next year and have either selected a competition squad or are pondering the idea of having one. Do you want some information to get you started? On the top of any page of the ICCA web site is a link that says "State Competition." Check out our new scoring guides. If you still have questions feel free to contact your district representative or anyone on the ICCA Board. We invite all Iowa High School cheerleaders to participate in our Cheerleading Championships!

MEMBERSHIP

If you would like to participate in all ICCA has to offer you and your cheerleaders (Newsletter, Coaches Conference, Awards, Free Clinics, Scholarships, Honor Squad, All-State Squad, State Championships, All-Stars, Shrine Bowl, Special Olympics) become an ICCA member. There are several links to the membership form on the home page.

NEW The address for your membership payment has changed ***NEW***

Please notify your school's accounts payable department of the address for membership payments only:

ICCA/JoEllen Wesselmann, PO Box 148, Van Meter, IA 50261

Membership for ICCA runs from April to April each year.

ONLINE RULES MEETINGS

In August, you will want to complete the online rules meeting. The rules meeting site will only be available from July 30 – August 23. Go to www.iowacheercoaches.org for more information.

Do you want to see your squad represented on the **Home page** of our site? Submit a picture to jennycrawford1@msn.com for consideration!

www.iowacheercoaches.org. Bookmark it, make it a favorite, write it on a sticky note and stick it to your computer monitor. Our Web site is here to help you. It is full of information regarding opportunities for cheer coaches and cheerleaders. If you are having trouble navigating the site, please let us know. We want the site to be user-friendly and helpful. If you ever have any ideas, questions or suggestions for the ICCA web site, please contact Jenny Crawford at jennycrawford1@msn.com.

NEW! ICCA EVENT REGISTRATION PROCESS

by Nancy Huether

This year ICCA will be trying something new for our State Competition, All State Tryouts, and Honor Squad. We will have our coaches register online instead of mailing all of the paperwork. Watch for your packets in early August or check the ICCA website for paperwork.

In 2012 Coaches will be asked to fill out all of their paperwork as before, but then they will be directed to go online to register. Only a copy of Form A (Summary of Registration and Fees) and Form B (Coach and School Information, plus proper signatures) will be mailed along with the check for fees. Also include a copy of the Confirmation of Completion of the 2012 Online Rules Meeting (available through the website July 30 - August 23). Be sure to check all information and dates on the paperwork.

Online Registration deadline is September 25. Mailed forms plus the check for fees will be due by October 5! Please plan ahead.

This year a **\$50** LATE FEE will be charged to any school that has any incorrect or incomplete information, or a late payment. Get the paperwork for checks going early so you will not be charged a late fee.

MEMBERSHIP – ICCA membership is required for any head coach and school who wishes to register for ICCA Events. Membership was renewed in April. If you attended the conference or have registered and paid membership since April, you should be good. If you have a question about your membership, contact Krystal Fitzpatrick - krystalfitzpatrick@ymail.com.

CHANGE – If you are not currently a member, do not send anything with your ICCA Event registration. You must go to the website (iowacheercoaches.org) and submit a membership request, PLUS send the \$40 membership fee as directed. We will not take membership applications with Event registration this year. It should be done separately.

REP COUNCIL PASSES - STARTS in APRIL 2013

Editor's Note: The ICCA Board of Directors passed the Rep Council plan at the June board meeting. The following is information regarding the Council. If you interested in serving, plan on attending Conference 2013. The November newsletter will address areas where Rep. Council members can volunteer.

Rep Council...Continued in next column

Rep Council...Continued from previous column

ICCA Rep Council Information

Overseer - ICCA Vice President

Purpose:

- To gain more diverse feedback from coaches or past coaches from around the state.
- To gain more volunteers at ICCA events throughout the year.
- To give coaches or past coaches an insight into the ICCA Board.
- Introductory step in applying for ICCA Board membership.

Responsibilities/Duties:

- Review minutes from quarterly board meetings.
- Attend two meetings per year (see below) - MUST attend conference to be eligible.
- Volunteer when needed at events or otherwise needed by ICCA Board.
- Write one article for the newsletter.
- To be knowledgeable of ICCA Board proceedings and encourage membership to nonmember schools.

Representation:

- Up to two ICCA members from each district. (no more than 12 Council members).

Process:

- Each January, advertise for Rep Council in newsletter and e-mail blast.
- Each District will meet on Friday night of conference to vote in up to two ICCA members to represent their district. If any district is not represented after the vote, the ICCA board may meet to seek out an individual from that district or elect a third representative from another district if deemed necessary.
- The rep council will meet Saturday afternoon of conference.

Length of Term:

- One year.
- A rotation of members on the Rep Council is recommended each year, however, at the end of the one year term, if no one else in that district shows interest, then the current council member will be allowed to re-apply for another one year term.
- Once an ICCA member has served on the Rep Council, they are eligible to apply for the Board.

Meeting Frequency:

- First meeting is at the April conference on Saturday afternoon during a designated session.
- Purpose: Review responsibilities, gather contact information, hand out volunteer possibilities and recap Conference. New business if any.
- Last meeting is at Honor Squad practice.
- Purpose: Focus on rules and recap State Competition. Discuss future involvement with Board.



State Competition is For Everyone!

by Nancy Huether, Co-Executive Director

I'm sure this statement might surprise some of you. Your arguments might be -

My team's not ready to compete. Their skills are not ready.

It takes too much time. We aren't ready to commit to it.

It costs too much. Hiring a choreographer is too expensive and we can't do it ourselves.

My team is too nervous. It's too much stress.

Many of you ARE ready to compete. You have practiced and perfected your skills. You are ready to commit time and energy. You are prepared to earn the funds. You either make the routine yourself or hire a choreographer. Your team thrives on the challenge.

Guess what? The ICCA sponsored Iowa Cheerleading Championships are for everyone! For those of you who are not quite ready to compete in our championship division, we also offer a *NEW* Time Out Division. All you have to do to prepare for this division is use a chant and cheer you would use at any normal time out. It is patterned after a basketball time out with a warning of 15 seconds left. You do it every single game. Please check out our new "Time Out Cheer" division at our website: iowacheercoaches.org

Another thought - If you have a small number of dedicated, talented, and hard working cheerleaders that would like to compete, but you feel that 4 or 5 team members will not be competitive, why not try the Group Stunt Division. It is a State Championship Division. Check it out on the website.

Please come and join us on Saturday, November 3 in Des Moines!

Follow ICCA on facebook!
Join us today!

Iowa Cheerleading Championships

Saturday, November 3, 2012

by Nancy Huether

Calling all Iowa cheer teams!

Please come and join us for the BEST championships ever. The ICCA has worked tirelessly to improve on an already outstanding competition!

We are remaining at the Jacobson Exhibition Center and the Varied Industries Building on the Iowa State Fairgrounds. Everyone seemed very excited about our new venue last year! Both venues will have slightly different set ups to accommodate our large crowds. We want to make sure everyone has a great opportunity to support our cheerleaders. ICCA has also made a commitment to "stage" our event to make it more prestigious for our teams! We think you will like the changes.

CHANGES

Varied Industries Building - There will definitely be a larger performance area and more seating. You overwhelmed us last year! Great! In addition, there will be concessions offered. We will also add a changing area for all teams who want to use it. There are several good restrooms, too. (This will not be a bag storage area, only for changing.) Teams will be asked to use the changing room and not group out in the arena area.

Jacobson Exhibition Center - We are moving the stage to the east end and will put chairs and bleachers on the floor for more and better viewing. Both sides of permanent seats will be open for spectators. We plan to add dress up the the performance area - wait and be surprised!

We will retract the seating in the area by the entrance to the warm up and give teams a place to gather and stretch a little before entering the warm up process.

It is recommend that teams put everything into one bag to take into the arena and leave the rest on the bus. Any bag taken into the arena will have to be held on a lap or placed under the seat. Bags cannot take up fan seating. In the Jacobson Building each team will be given a large basket to place their belongings in

Cheerleading Championships...Continued on page 5

Cheerleading Championships...Continued from page 4

while they are in the warm-up process and performing. Please plan on leaving bags on the bus. Put everything into one bag to take into the arena and leave the rest on the bus. Let the coach take care of it. Put the few valuables you bring into the bag (money, phones, etc) and leave the rest on the bus or in vehicles.

The only changing area we are furnishing will be in the Varied Industries Building. **RECOMMENDED:** If you don't want to change and walk to the Jacobson Arena, then change on the bus.

Pictures – We plan to have our photographer take a team picture of each champion in front of the display and trophy table. It will not be a place for families to photograph, only our competition photographer. He will make a nice picture available for championship teams to purchase.

We also plan to provide an area in the back for the placing teams to take photographs with family and fans. This is in order to help clear the performance area at the conclusion of the competition. No other photos will be taken at the performance area.

We are also trying to make arrangements for an area for the teams to meet with fans following the team's performance.

5-minute seating – Be ready because we are dropping our 5-minute seating area this year. We love the concept and it has worked well in other venues. We have tried but can find no viable way to make it fit in this area. Please plan for this in 2012.

Our goal is for every high school cheer team in Iowa to come and participate in this competition whether as a competitor, a volunteer worker, or a spectator. This is a **CELEBRATION** in **IOWA HIGH SCHOOL CHEERLEADING!** We hope to see you there!

ORDERING 2012-13 NATIONAL FEDERATION SPIRIT RULES BOOKS by Donna McKay

Since a new spirit rules book will only be provided to schools by the IHSAA on alternating years (next book provided will be 2013-14 edition), coaches might want to order their own books from the National Federation. With the new inversion rules this year, the 2012-13 rules book will have various situations and pictures to help coaches better understand these rules. There are two ways to order a **2012-13 Spirit Rules Book**: call 800-776-3462 or go to www.nfhs.com.

It is up to coaches to revise their current rules books with the new rules.

Editor's Note: The following is information about the Iowa Cheerleading Coaches' Association. It is intended to give you an overview of each ICCA Event or program. If you have any questions, please feel free to call me - Jeanne Ehn, 641-366-2914 or email me at jehn@heartofiowa.net

Membership Benefits

NEWSLETTER - The ICCA Newsletter will be emailed to members 4 times a year (August, November, February and May) and offers current information about events and situations that involve cheerleaders and their coaches. The newsletter also contains contact information of Board members. Composed of articles submitted by Board members, the ICCA newsletter is free of advertising so the focus can be on information for the ICCA membership.

COACHES CONFERENCE - This annual conference is held in April. It offers many great speakers, sessions to help coaches gain more knowledge in coaching their cheerleaders, and offers National Federation Coaches Training Courses. This is also a great place to network with other coaches.

AWARDS – **ICCA** gives several awards annually including Coach of the Year, Lifetime Achievement, Athletic Director/Administrator, Years of Service, Friend of Cheerleading, and Sportsmanship.

FREE CLINICS - There are several free clinics held all over the state every August. They are free for ICCA member coaches and their cheerleaders. Cheers, chants, jumps, and dances are taught at the clinics by different cheer companies or individuals.

SCHOLARSHIPS - The ICCA proudly awards scholarships each year. They may go to a graduating high school senior or a college cheerleader of an ICCA member or a college cheerleader. ICCA members may nominate cheerleaders from their own squads; each nominee must have a minimum of a 3.5 GPA. A team of judges from outside Iowa choose the winners based on recommendations and essays. The winners receive their scholarships at the ICCA Spring Banquet. Scholarships are also awarded at Honor Squad, State Competition, All-State and All-Stars.

HONOR SQUAD - The Iowa Cheer Honor Squad is a special squad sponsored by the ICCA and the IHSAA. Each ICCA member coach is allowed to nominate up to three varsity cheerleaders who are juniors and/or seniors. Criteria for choosing the cheerleaders are completely up to the coach. Up to 200 cheerleaders can be chosen for this squad. This squad performs their routine at the IHSAA State Football Championships in the UNI Dome.

Benefits...Continued on page 6

ALL-STATE SQUAD - The Iowa All-State Cheerleading Squad is an ICCA/IHSAA sponsored select team. Any varsity cheerleader of an ICCA member team can tryout for the team. Tryouts are held in October and a team of 20-45 of Iowa's best cheerleaders is chosen. The team comes together and performs during half time of three of the Friday games during the IHSAA Boys' State Basketball Tournament.

STATE CHAMPIONSHIPS - The State Championships are another ICCA and IHSAA sponsored event. This is a chance for high school cheer teams to compete against other teams around the state. Cheerleaders who compete have to be bona fide high school cheerleaders. Championship Divisions include 1A, 2A, 3A, 4A, Small Team, 4A Large & Coed. There are also competitions in Group Stunt for Small Schools and Large Schools, Non-Stunt, and a new division, Time Out Cheer. The Championships are held in November at Jacobson Exhibition Center at the State Fairgrounds in Des Moines. Outstanding squads are also asked to perform at the Boys' State Basketball Tournament in March.

ALL-STARs - The ICCA in conjunction with the Iowa Basketball Coaches Association (IBCA) offers an opportunity for the best junior and senior cheerleaders in Iowa to come together to cheer for the Iowa All-Star basketball teams at their tournament held in March. Tryouts are completed by sending in a video with a short cheer incorporating strong motions, a short dance, and toe touch.

SHRINE BOWL - ICCA partners with the Iowa Shriners during late July, where cheerleaders meet at ISU, along with the Shrine Bowl football players. They learn a choreographed routine and various cheers. The routine and cheers are performed during the Shrine football game on Saturday night. The cheerleaders, as well as the football players, are able to participate in the many wonderful activities hosted by the Shriners that week.

SPECIAL OLYMPICS - Cheerleaders learn a routine the morning of the Special Olympics Open Ceremonies. The cheerleaders then hold a cheer clinic for the Special Olympic athletes in the afternoon. The cheerleaders will perform the routine they learned that day in the evening at the Opening Ceremonies held in Ames at Hilton Coliseum.

WEBSITE - ICCA has a website with information regarding ICCA events and general cheerleading information. To view this website, please go to www.iowacheercoaches.org



Online Rules Meetings



The online spirit rules meeting will be held **July 30-August 23.**

Rules meetings for all fall sports will be held on these dates. **Coaches who want their cheerleaders to participate in All-State, Honor Squad, and the State Competition must complete this rules meeting.** Remember to print off the Completion Certificate at the end.

The online rules meetings will again open up from **November 5 – November 19** for any coaches missing the earlier meeting (such as newly hired and/or winter cheer coaches). This rules meeting cannot be used to participate in the previously mentioned events since it occurs after the registration deadline. **ALL** high school cheerleaders in Iowa must follow the National Federation Spirit Rules!



NO WRESTLING SHOES!

Rule 2-3-4 states that "Apparel and accessories must be appropriate for the activity involved. Cheerleaders must wear athletic shoes (not gymnastic slippers)." Wrestling shoes are not appropriate footwear for cheerleaders since they are not wrestling or wrestlers. If you have questions, please contact Donna McKay, Ethics Director

STUNT LEGALITY WEBSITE

AACCA has designed a website www.cheerrules.com with videos of stunts along with interpretations on their legality. If you have a question about a stunt, please check this website. More videos will be added, so check back throughout the year.

ALL-STATE INFORMATION!

by *Melissa Bacon, All-State Director*

The Iowa All-State Squad tryouts will be held on October 20 and 21, 2012, in Ames! All high school cheerleaders are invited to tryout! You only have to be at one of the days, but **ALL** your cheerleaders that are trying out must be there on the same day. All tryout information/details will be in the fall paperwork that your school will receive from IHSAA/ICCA.

Please make sure to read all the tryout information carefully! **NEW THIS YEAR** - Tryout material will be taught by the ICCA All-State Director, Melissa Hatfield. Please contact her at melissahatfield1980@hotmail.com with any questions!

PARTNER STUNT PROGRESSIONS

This is referred to many times in cheerleading. Here it is if you have questions. This is also found in the Spirit Rules Book from the National Federation. You will also find Tumbling Skill Levels. Your cheerleaders should not progress from one to the next until the lower level is mastered.

1. Step - up drills
2. Double-base thigh stand
3. Double-base shoulder stand
4. Single-base shoulder stand
5. Extension prep, step off dismount
6. Cradle drills
7. Extension prep, cradle dismount
8. Press extension, return to shoulders, cradle dismount
9. Press extension, cradle dismount
10. Full extension Step-up Liberty
11. Ground up Liberty
12. Braced Liberty - tick-tock
13. Skills to cradles (i.e. touches and twists)
14. Basket toss drills ("rides")
15. Basket toss skill execution (i.e. toe touches & twists)

NOTE: No partner stunt should be attempted until each individual skill in the progression.



What's In It for YOU at the FREE Fall Clinic

by Renee Murphy, SC District Representative

WHO: Come one! Come all! Come some! Come coaches! Literally, bring as many cheerleaders that can come from your school. Even bringing one cheerleader will benefit your squad. Have a major conflict for everyone? Send a coach or two or maybe even a parent to videotape and attend the coaches' session. The FREE fall clinic is something YOU do not want to miss.

WHAT: ICCA fall clinics are a day for learning chants and cheers. Squads may also learn band dances or 8-counts

Free Fall Clinic...Continued on page 8

TWO NEW ICCA/IHSAA STRENGTHENED NF RULES

by Donna McKay, Ethics Director

The Iowa Cheerleading Coaches' Association and the Iowa High School Athletic Association have again chosen to strengthen some of the NFHS Spirit Rules for cheerleaders in Iowa. There are two major additions this year along with the strengthened rules for nails, hair, and glitter.

The first rule states that **"Ribbons may not have large or hard objects (including sequins of any size) glued onto ribbons."** Glued items have never been legal, but this is a situation that we have been dealing with constantly in Iowa. Hopefully, by spotlighting it, we can avoid dealing with glued on items in the future. Since they can fall off, sequins may not be glued onto uniforms; warm-ups; or any other items.

The second rule deals with briefs and uniforms. **It states that "All briefs should be devoid of any markings including but not limited to sequins, prints, wording, symbols, etc."** In addition, no visible apparel may be worn under the uniform except bodysuits/spandex/briefs. **Teams shall wear official school issued uniforms that are of similar color and/or marking.** All uniforms, including footwear must be in compliance with the NFHS Spirit Rules Book." Unfortunately, coaches and cheerleaders have been choosing briefs that draw attention to cheerleaders' private parts. Coaches should be aware that light colored briefs (including those made with metallic material) might draw attention to that area of the cheerleaders' bodies. To be least noticeable, briefs should be the same color as the main color of the uniform (unless the uniform is white). We need to be mindful that we are not portraying our female cheerleaders in a sexual way, but rather as athletes. This same concept holds true for cheer uniforms; cheerleaders should be in official school uniforms when cheering and representing their schools. However, cheerleaders may wear something different for a special event, such as pink T-shirts for a cancer fund raising game. At all other times cheerleaders should be projecting a clean, athletic look rather than wearing sloppy, random items while cheering.

The entire list of strengthened rules may be found on the ICCA website. These rules will be in effect for **ALL** Iowa school (grades 7-12) events, including practices, performances, games, meets, tournaments, competitions, and all other events in which school cheerleaders participate.

and review jump techniques. Stunt techniques, progression, and safety may also be discussed; however, stunts cannot be performed due to liability and insurance reasons. Each fall clinic is a little different each year for each district.

COACHES: Come to meet your district rep and attend the coaches' meeting with a focus on the new rules. This is a great time to ask questions, swap ideas, share needs, wishes, and receive great tips as well as to network with other coaches in your district. If there is something specific you want your district rep to discuss, email her so she can be prepared. PLEASE make sure to take the rules meeting online before you come and bring questions!

Does your squad have different needs this next year in regards to chants and cheers? Email or call your district rep now so she can plan ahead for the clinic. Need your representative to talk about positive sportsmanship with the cheerleaders, call and let her know. We are here to make sure that your clinic is what you need and MORE. Just let us know.

NOT AN ICCA MEMBER: Fill out the forms online and come join ICCA at the fall clinic (don't forget payment).

WHEN: **August 18, in Cedar Falls (NE district) and Ankeny (SC district).
**August 25, in Shenandoah (SW district), Mason City (NC district), Storm Lake (NW district), and Clear Creek Amana (SE district).

** If you cannot make the clinic in your district on the designated date, make sure to check out the other districts. It may work perfectly for your squads.

HOW TO SIGN UP: Email your district representative. Again, please complete the online rules meeting prior to coming and review them with your cheerleaders. Representative names for each district are found on the Board of Directors page in this newsletter.



NFHS INJURY SURVEILLANCE STUDY – WHY DOUBLE DOWNS WERE ELIMINATED

by Donna McKay, Ethics Director

Some coaches were wondering why the National Federation Spirit Rules Committee eliminated double downs this year; this decision was tied

to the High School RIO™ Study. The RIO™ Study is a data collection tool first implemented during the 2005/06 school year. It has been maintained annually and is currently the only surveillance study of all time-loss injuries in a national sample of U.S. high school athletes. Presently data is being collected from 20 sports, which includes cheerleading.

High School RIO™ captures athletic exposure (number of athlete practices and number of athlete competitions per week), injury (body site, diagnosis, severity, etc.) and injury event (mechanism, activity, position/event, field/court location, etc.) data weekly throughout the academic year using certified athletic trainers (ATCs) as data reporters. The data is then analyzed to understand the who, what, why, where, and how of injuries, so recommendations can be offered to make sports as safe as possible for student athletes.

The RIO™ Study found that cheerleading has one of the lowest injury rates of the twenty sports under surveillance. The most common injuries in cheerleading by body site were to the head/face (25.6%), followed by lower back/lower spine/pelvis (9.4%) and shoulders (8.1%). However, the most common injuries by diagnoses were concussions (21.8%), followed by ankle strains/sprains (11.1%), and hand/wrist strains/sprains (6.3%). Cheer practice concussion rates were third highest of all twenty sports – right behind football and wrestling. Stunts accounted for the majority of concussions (88.5%), and the concussions were caused mainly by contact with another person (60.9%). The rate of concussions by position was similar – bases (22.8%), top persons (26.3%), and back spotters (29.6%). Injuries in all stunts were most often caused by person to person contact (59.2%) rather than contact with the surface (29.6%). The RIO™ Study data along with anecdotal data led to the elimination of double downs for high school cheerleaders; AACCA is also implementing this rule.

The majority of practice injuries (62.2%) occurred 1-2 hours into practice and could be caused by fatigue, lack of focus, etc. For this reason, it would be wise for coaches to work on stunts earlier in practice with motion technique and easier skills later. Also, it was found that cheerleaders were not consistently practicing on safe surfaces such as mats. As always, following the National Federation Spirit Rules and stunt progressions, plus teaching safe spotting techniques and recognizing squad readiness will help reduce the injury rate.

**ONLINE RULES MEETING:
JULY 30 - AUGUST 23**

2012-13 NATIONAL FEDERATION SPIRIT RULES CHANGES

by Donna McKay, Ethics Director/Trustee

There are many rules changes for the 2012-13 school year, and all of the new rule changes are on the ICCA website and in the fall mailing. This article will briefly touch on a few of the changes for the upcoming school year. * Rule reference based on 2012-13 Spirit Rules Book (all other rules references are based on the 2011-12 book). Situations for each rule will now be found immediately following the rule (not after the rule section).

NATIONAL FEDERATION RULES CHANGES FOR 2012-2013

Rule references are based on the 2012-13 Spirit Rules Book with brand new rules listed as “New.” Rules listed as “Old” or “Revised” are based on the 2011-12 book for easy reference.

2-3-8 Padded knee, ankle, and wrist braces which are unaltered from the manufacturer’s original design/production do not require any additional padding.

Comment: Wrist braces were added to this rule.

2-4-1 Add b A base must not: a. Assume a back-bend, headstand or handstand position; b. Hold objects if the hands are the primary support for the top person.

2-4-8 A spotter’s arms and hands must be in one of the following positions...

Comment: This rule has been deleted because other rules do not describe how to perform a stunt (hands grasping the wrists, etc.). If a spotter is under the stunt, she/he is a base. Spotters no longer need to have their arms extended towards a top person in order to be in an alert, ready position.

2-4-9e A spotter must not: e. Stand with hands behind her/his back.

2-4-8 A spotter is required for single base shoulder level stunts in which the foot/feet of the top person are in the hands of the base.

2-4-11 A spotter is required for single base shoulder level stunts in which the foot or feet of the top person are in the hands of the base.

Comment: Even though this is a shoulder level stunt, the base is holding onto the feet instead of behind the legs like a shoulder stand, so there is a much higher risk of the top person falling backward without being caught. This new rule requires a spotter for this type of stunt.

***2-5** New Section: Inversions

***2-5-1** Unless allowed under the rules in this section, a top person must not be in an inverted position.

***2-5-3** Backward suspended rolls are permitted only from the performing surface provided the top person maintains continuous hand-to-hand/arm contact with two posts who control the top person back to the performing surface.

***2-5-5** A top person may be inverted in partner stunts in which the base of support remains below shoulder level provided both the following conditions are met:

- At least one base or spotter protects the head/neck/shoulder area of the top person. This base or spotter must maintain contact with the top person until he/she is no longer inverted.
- During a downward inversion, two original bases or one original base and a spotter maintain contact with the top person in a position to protect his/her head, neck and shoulder area. This contact must be maintained until the

top person's hands are on the performing surface or he/she is no longer inverted.

***2-5-6** A braced forward or backward flip in a pyramid is allowed provided all of the following conditions are met:

- a. The top person maintains continuous hand-to-hand/arm contact with a separate bracer on each side. The bracers must be in double based shoulder stands or elevator preps (no single base, shoulder sit or thigh stand bracers).
- b. Each bracer has a separate spotter.
- c. The top person has at least two bases and a separate spotter.
- d. The bases remain stationary except as necessary for safety adjustments.
- e. The top person ends in a loading position, stunt or cradle.
- f. The top person does not perform more than one and one quarter (1 ¼) flipping rotations.
- g. The top person does not twist.

Comment: Adding these new inversions will allow teams more options without increasing risk as long as the specific limitations and conditions in this section are followed.

2-5-8 A top person may be moved from a vertical position to a face up or face down straight body horizontal position provided all the following conditions are met:

- a. The top person maintains contact with at least one original base or spotter.
- b. Two or more additional catchers/bases catch the upper body of the top person.
- c. When the catchers are not the original bases, the top person may not begin in or pass through an extended overhead position.
- d. The catchers remain close to the original bases and must be in place prior to the movement toward horizontal.
- e. The base(s) do not turn.
- f. The base(s) has/have constant visual contact with the catchers.

Comment: This change simplifies the rules for moving a top person from vertical to horizontal. Only two catchers are now needed for pendulums, however more can and should be used for safety.

Rules 2-5-5, 2-5-6, and 2-5-7 have been deleted from the rules book.

2-6-2 Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial), a mat, or a rubberized track.

Comment: Cheerleaders may once again perform basket tosses on rubberized tracks (not cinder).

2-6-4c ~~The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.~~

Comment: This rule has now been eliminated, so cheerleaders may perform single twist downs on gym floors. A new 2-6-4c rule has been added dealing with quick tosses (see website).

2-7-7 A swinging stunt is legal provided all the following conditions are met:

- a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.
- NOTE:** A slight downward swing to prepare for an upward swing is permitted.

Comment: Allowing swinging stunts to begin from below shoulder height rather than specifically from a cradle will increase creative options but continue to minimize risk.

2-8-9 A twist performed to a cradle must not involve more than one complete rotation except when

2-10-2 dismounting to a cradle from a side-facing stunt or toss, 1 ¼ rotations are permitted. The bases may make a ¼ turn to catch the cradle.

Comment: Based on data, prohibiting double twists to a cradle is consistent with the NFHS focus on risk minimization. The wording of both the dismount and twist rules is the same.

2-9-5 Airborne twisting tumbling skills are permitted only on grass (real or artificial), a mat, or a rubberized track, with the exception of round-offs and aerial cartwheels.

Comment: Airborne twisting tumbling may again be performed on rubberized tracks (not cinder).

2-10-1 ~~Twists performed to a cradle, during a tumbling pass or in a quick load-in toss are legal only on grass (real or artificial) or a mat.~~

Comment: Already covered in other areas.

HONOR SQUAD

By Tami Doyle, ICCA Honor Squad Director

Practice Saturday, Nov. 11th – Ames IA
Practice Thursday, Nov. 15th – Cedar Falls IA
Performances, Friday, Nov. 16th – Cedar Falls IA

Final practice and performance days have moved to Thursday and Friday vs. Friday/Saturday. Why? you ask. Well the State Football Championships changed dates to work with UNI, which means we have to follow suit. Unfortunately, this means an extra day away from your jobs and school, please make sure you look a head and make appropriate arrangements for your cheerleaders to participate. Advantage is that you will have your weekend free!!!

For those of you that have still not participated in Honor Squad and for those that have – what a great opportunity for your cheerleaders. You can choose up to three cheerleaders to participate. NO TRY-OUTS! They must be a Varsity Cheerleader - Junior or Senior. Each participant will receive a medal, certificate of participation, and a t-shirt. Each senior will have an opportunity to be chosen to receive one of several scholarships being handed out for participation in this ICCA event!

So don't miss out on this fun opportunity – and get your dates right!

Time Out Cheer to Replace Sideline at State Competition

by Donna McKay

This year at the State Competition, a Time Out Cheer Division will replace the Sideline Division. The Time Out Cheer Division will be similar to cheering during a basketball time out.

Cheerleaders will make an entrance in front of the crowd when the buzzer sounds signaling the time out. Cheerleaders will then use practical and effective material designed to elicit crowd response. Poms, signs, and/or megaphones must be used to encourage response. The buzzer will again sound at the 45-second mark, so cheerleaders know they have fifteen seconds to find and exit the mat.

Specific information about this new division is in the fall mailing and on the ICCA website.

CHECK the TRANSPORTATION PERMISSION SLIP

Keep a TRANSPORTATION PERMISSION SLIP for each cheerleader in your binder! This is a simple form that you give to parents and cheerleaders to sign. Just state that if the school does not provide transportation for the cheerleaders to and/or from events/practices that they will be transported by parents and possibly older cheerleaders. This should ensure that you and the school are not held liable. Your school district might even have a form that you can use! Talk with your AD about this so they know that you are always concerned about keeping your cheerleaders safe!



STATE COMPETITION SCORE SHEET CHANGES FOR 2012

by Nancy Huether

In 2011 ICCA took a big step in revamping our score sheets for state competition. Fortunately, they worked very well with only a few concerns. Now in 2012, we are announcing our updated version of that score sheet.

We still have 3 primary areas judged. Only one judge will focus and score in each area. In addition, we have a scribe judge who does not score, but scripts the routine and double checks to make sure the individual judges are accurate. This system worked very well last year.

The three areas judged include: Motions, Dance, and Choreography; Jumps, Standing Tumbling, and Running Tumbling; and Pyramids, Tosses, and Stunts. Each has a Difficulty score and an Execution Score.

Motions, Dance, and Choreography –

Motions – Difficulty – 15 pts / Execution - 15 pts

Dance – Difficulty – 10 pts / Execution -10 pts

Choreography – Difficulty – 10 pts. / Execution - 10 pts

Total – 70 pts

Motion Technique is our most valued score, so we raised the number of points. We feel that EVERY team is capable of excellent motion technique.

Jumps, Standing Tumbling, and Running Tumbling

Jumps – Difficulty – 15- pts / Execution -15 pts

Standing Tumbling – Difficulty – 5 pts / Execution -5 pts.

Running Tumbling - Difficulty – 5 pts / Execution 5- pts

Total – 50 points

Again, since we feel that every team is capable of good jumps, we added more value. We also separated the two forms of tumbling to make scoring more exact and more fair.

Pyramids, Tosses, and Partner Stunts

Pyramids - Difficulty -10 pts / Execution -10 pts

Tosses - Difficulty -5 pts / Execution - 5 pts

Partner Stunts - Difficulty - 10 pts / Execution - 10 pts

Coed - Difficulty - 5 pts / Execution - 5 pts

Total – 50 points

Coed Total – 60 pts

Yes, we added more points to the Coed score requiring Coed teams to perform at least some Coed stunts. We also separated Tosses to make scoring more exact and more fair.

Each Judge will also award an Overall Impression Score of 10 points each. The combined total is now 200 (Coed 210) points. This is an increase over 2011.

Deductions – This year we will continue to deduct 10 points per rules infraction from the 2012-2013 Spirit Rules Book, plus the ICCA/IHSAA additions. A 5 point deduction will be for stepping on signs or poms. The last category is easily avoidable deductions. Coaches, prepare your teams! ALL DEDUCTIONS ARE AVOIDABLE!

For complete score sheet information please check the website iowacheercoaches.org The information includes the exact criteria required for each scoring area. For those of you who attended conference and the score sheet session, everything is the same as presented.

Good luck to all of you! We hope you will find this an accurate and fair way to score your hard working teams when they attend our competition in November!



SHRINE BOWL

and

Special Olympics

– Great Opportunities, Great Memories

By Sandy Norby

Our great state of Iowa is packed with many talented, charismatic high school cheerleaders. Many of the cheerleaders in our small towns do not compete often, cheering primarily at high school sporting events and doing the occasional routine for pep rallies. Cheerleaders at bigger schools compete more often, working with choreographers to develop high-energy routines that push them to their limits. Whether on a competition squad

or not, the talents of all of our state's cheerleaders are fantastic, and all cheerleaders deserve the opportunity to showcase their talents.

The Iowa Shrine Bowl is one of these opportunities of which our cheerleaders can take advantage. The Iowa Shrine Bowl is a high school football game played at Jack Trice Stadium on the Iowa State campus to raise money for the Shriners' organization, and features 90 of Iowa's best football players. Cheerleaders from around the state who want the chance to perform at the Iowa Shrine Bowl come to Altoona, Iowa to audition in January. The ICCA awards 60 cheerleaders the opportunity to spend the week of the Iowa Shrine Bowl in Ames, living in the dorms, to practice and perform a ten-minute halftime routine. A DVD of the routine is mailed to the cheerleaders two months prior to the Shrine Bowl, giving them the chance to learn the basics of the routine independently. The routine includes advanced stunting and tumbling, dancing, and a cheer. Even if a cheerleader has never tumbled or participated in an advanced stunt, the routine accommodates for all levels, pushing the cheerleaders to do their best and work together.

This week is not just about cheering, however. The cheerleaders raise money for the Shriners' hospital, hold a cheer clinic with patients at the hospital, and learn what the Shriners' organization is all about. Throughout the week full of activities, the cheerleaders get to know one another, make life-long friends, and get to perform an intense routine that they can always be proud of. The Iowa Shrine Bowl is the experience of a lifetime, and I encourage you to share the opportunity with your cheerleaders.

The Special Olympics is another chance cheerleaders can take advantage of to showcase their talents for a good cause. This event takes place in the spring in Ames. Fifty of Iowa's high school cheerleaders spend the day learning the routine and holding a cheerleading clinic for students with special needs. The routine is low-key and fun and is performed at the opening ceremonies for the Special Olympics. There is no fundraising involved for this opportunity. This is another opportunity for our high school cheerleaders to meet one another and make friends from across the state, all while doing what they love to do – cheering! This event is a wonderful opportunity for our cheerleaders to not only perform, but also work with and support other children with various needs. Cheering at this event is an extremely rewarding experience for the cheerleaders.

The Iowa Shrine Bowl and Special Olympics are both fabulous events for cheerleaders to come together, learn from one another and other children, and demonstrate their skills and love for cheerleading. Encourage your cheerleaders to participate!

LOVE THOSE PARENTS!!

by Lisa Nelson, Trustee

Parents can and should be your greatest assets on your cheer squad and in the community! Here are five simple thoughts to **remember** to ensure this happens!

Remember they are the parents!! As a parent myself, this is the most important thought!! When a parent allows you to work with their cheerleader, they are entrusting you with their most precious darling! That may sound cliché, but I say that in all seriousness. You, as the coach, need to remember that each student on your squad is someone's darling baby! When they allow you to work with their child, (and they are still children no matter how old and wise they might think they are) they are counting on you to be the best role model you can be and to keep their child safe in all situations that may arise. Remember as you are coaching, then, to choose your words carefully when talking to someone else's child (avoid off-color language and anything that may demean or intentionally hurt feelings) and to keep watch over them as carefully as you would your own child (this includes everything from practicing safe stunting procedures to establishing check-in times and meeting points when you are traveling together). Parent your cheerleaders while they are away from their parents and you will gain the parents respect and you will be well on your way to making the parents your greatest asset!

Remember to communicate!! Your parents will be much easier to love if you keep them informed about what is going on! Make sure to get schedules and expectations out early and quickly and clearly communicate any changes. Reminders will help too! Family schedules are busy and so the sooner you can get your cheer calendar to them, the better they will receive it! Also, don't forget to communicate about good things, too! Maybe ask parents for their email address and write a quick line or two about their cheerleader when he or she is doing well or finally gets a skill they have been working on! This kind of communication is key to helping your parents become assets!!

Remember to thank!! Again, your parents are lending you their child for the season so don't forget to thank them for that and also for any help they give you! Make your appreciation for them public. Thank them at awards night! Also, send personal, handwritten thank-you's to anyone who helps in an above beyond way by donating their time to drive cheerleaders,

Parents...Continued on page 14

LOOKING ALL AMERICAN

by Salli Nichols

Cheerleaders have the opportunity to represent their schools and communities in a very SPECIAL way. They are the shining faces, the helpful hands, the talented and spirited youth of this generation. They truly are **AMERICA**, and with a few helpful suggestions, can be the faces, talents, and the pride of their school as **ALL-AMERICAN CHEERLEADERS**.

A - ATHLETIC cheerleaders are true athletes of a school and their apparel is important to that image. Cheerleading uniforms for young girls and guys should unify the squad, complement each cheerleader's body type, and refrain from drawing attention to any area of the body. Skirts and shorts should appear athletic in nature and cover behinds. Skirts should be an appropriate length and size to allow movement without continual tugging, and free of slits which reveal briefs and behinds. Having to continually pull and tug at uniforms in order to cover the body is distracting while performing in front of a crowd.

M - MIDRIFTS should be covered. National Federation rules require the midriff to be covered. Avoiding a halter or cutout in a uniform allows all cheerleaders the opportunity to feel and look appropriate for a school setting. Many schools enforce a dress code for the school day. Choosing a uniform that adheres to the dress code will command respect amongst all involved.

E - EVERYONE on a squad should be unified in appearance. One cheerleader with a sparkly headband or briefs of a different color will draw attention from the rest of the squad (this is now against ICCA Rules). Coaches should provide guidance and rules to make the squad as unified as possible - coordinating socks, shoes, uniforms, briefs and hair attire.

R - RECENT trends for colored briefs or briefs of patterns different than the school colors should be considered. Drawing attention to the behind while tumbling or performing stunts will only send the message that cheerleaders are on the floor for another purpose. The ICCA membership voted to not allow this in Iowa. Briefs need to be a school color and blend with the skirt.

I - INVOLVEMENT in school and community events is necessary to create a positive image and good working relationship for cheerleaders. Volunteering in the community, becoming involved in philanthropic opportunities, or helping promote school spirit outside of the school can help the squad learn and grow as citizens and world commodores.

All American...Continued on page 14

Parents...Continued from page 13

help at a fundraiser, make cheer pillows, etc. Thanking and appreciating your parents will help make them your asset! Also, encourage your cheerleaders to thank their parents themselves! This is a life lesson that will be huge for your cheer squad to learn... Be grateful for your mom and dad!!

Remember to let your parents help you!! If you have a parent that comes to you and wants to help with something like organizing a fundraiser or ordering tees, or driving, or anything... let them!! Sometimes I think that we as coaches forget to use our parents as assets. Ask if there are volunteers for anything you might need help with and then let them help! You don't have to do it all! Use those parents as assets!!

Remember they may not help you!! Just because your cheerleaders have parents doesn't mean that you suddenly have helpers! Remember that your parents may not help you. And, remember that that is okay. Maybe you had a senior cheerleader who just graduated and consequently her mom that ran all the fundraisers graduated with her! No one else may want that job. You need to be okay with this! Don't expect parental help before they offer it and then you won't resent your parents before the seasons get started!! Small expectations in this area will help you to be grateful for the help you do get and will help you love your parents!

Have a great year!!



MAKING THE TIME FOR FAMILY

By Krystal Fitzpatrick

We all know that being a cheerleading coach requires a certain level of commitment and sometimes makes us feel that our families are getting the short end of the stick due to the time that we spend simply doing our jobs. Here are some tips that can help you make the best of your time with your family:

1. Schedule time with your family. If you never will have anything cheerleading-related on Wednesday nights, pencil that night in your planner as "family night." Don't commit to anything else during that time and let your family know that it is their night with you.



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All American...Continued from page 13

C - CLEAN and professional is a must. The All-American cheerleader sports a clean and wholesome image. Hair is held in place with an appropriate ponytail, including a hair bow that is neither distracting nor gaudy. Makeup is free of glitter or over exaggerated colors. Squad members are promoting school spirit at all times and refrain from joining in with crowd taunting or inappropriate behaviors.

A - ALWAYS in the spotlight, the All-American cheerleader should remember the role of such an honor. Coaches can assist young adults in learning their role by creating a code of ethics to be revisited often before practice begins. Topics might include: Appropriate behavior on the bus and while attending away games where other community members are witnessing behaviors; how to handle a problem while visiting another school, such as being taunted, harassed, or simply when in need of assistance. Coaches can help BUILD the All-American youth of today by thinking through all possible situations that might arise for cheerleaders and providing beforehand guidance in handling them with dignity and maturation.

N - NOW is the time to make a commitment to the image you want for your squad and your school. Clean, appropriate, pleasing and respected are goals that every coach should strive to attain. Simply asking yourself HOW to achieve that in an age when young adults are influenced by the media will put you one step ahead of the rest. Respect for your squad will come hand in hand with the All-American look and actions.

Here's wishing each coach a **GREAT** year with **GREAT** cheerleaders after establishing a squad that you, your school, and your community can be proud of.

Did You Say, Practice Attire?? by Kristen Morlan

When setting your policies for your squads, you should include a section on proper practice attire. In my coaching career, I found my practices to be much more successful when I required specific practice clothing. For them, it required them to look unified and I hoped they would then feel unified. It also helped me to observe and evaluate them without my being distracted by the differences in their attire. It's just like when you have them practice in their uniforms: it is easier to see errors when they all look alike. Note: Be sure everyone is following National Federation and ICCA rules concerning hair, jewelry and nails. These rules must be followed at all times, including all prac-

Practice Attire...Continued on page 15

Making Time...Continued from page 14

2. Speaking of scheduling, try to make your practice/event calendar for your cheerleaders in advance and be sure to give your family a copy so that there are no surprises when you can't make it to something scheduled on a "cheer night."
3. If you are in charge of the meals at home, plan your meals out ahead of time, as well. This helps prevent the last minute scrambling when your loved ones are asking "What's for dinner?" as soon as you walk in the door. We all know that it takes longer to figure out something at the last minute, as opposed to having something planned. While you're at it, get some good crock pot recipes and put dinner together in the morning before leaving for the day so that when you arrive home, dinner is hot and ready. You can enjoy dinner with your family right away and have more time to converse about their day, ask about that test they had in science, etc.
4. Take a night off from having to do dishes after dinner and use paper plates/disposable silverware. Once again, use this time to devote to your family.
5. Plan family events for your cheerleaders and their families....and invite yours to come, too! Let them see you shining and in your element. They'll get why you do what you do after seeing the relationships that you have with your athletes and what a difference you are making in so many lives.
6. Think about what events you need to attend or supervise that your family can attend too. Involve them as much as they'd like as often as you can. If what you are doing is not their interest, don't take it personally or push it. Respect their wishes.
7. Schedule a getaway or vacation with your family to just take a break. It can be simply going away for a night together or for a week during the busy summer. Whatever it is, put cheerleading aside and focus on your family only.
8. Find out the schedules for the members of your family. If you have a teenage son that works at the grocery store right after school on Tuesday nights every week, plan to run your errands at that time.
9. Surprise your family by doing little things to show them that you care and that they are still your #1 priority. Let this be very evident.
10. Remember that as much as your cheerleaders need you, your family needs you, too. They are YOUR biggest cheerleaders – don't take them for granted.

Practice Attire...Continued from page 14

tices When choosing appropriate practice attire, there are several factors that need to be considered.

Comfort: Clothing should be selected that allows for movement and support. Clothing should be made of materials that wick away moisture and support the body. Shoes should be equally comfortable and supportive to take the impact from jumps and tumbling. Most schools have dress codes that also apply to practice and performances. Be sure your cheerleaders are aware of the policies and are following them. Practicing in sports bras and/or cut off shirts are generally inappropriate.

Safety: Stunting presents many issues and clothing should not be one of them. Tank tops with a broad shoulder strap or tee shirts that fits closely are both good choices. Flyers need to be able to push off cloth, as sweaty shoulders can be slippery! Likewise, a base needs to be able to catch a flyer if the flyer is wearing loose clothing.

Team Building: I found that when I required cheerleaders to wear specific practice clothing, their focus was stronger and they kept on task better. Requiring specific practice clothing (in my case, blue or black shorts and plain white tee shirts) took the distractions down a level, and gave them a unified look that lead to a more unified team attitude.

Basically, proper practice attires comes down to wearing comfortable clothes and being sure that what they wear is supportive and will wick away moisture. Clothing should be fitted, but not so tight to bring undue attention! Loose clothing can get caught while stunting and can keep you from seeing body lines and motions. Unified practice attire can lead to unified thinking!

ONLINE RULES MEETINGS

The online spirit rules meeting will be held **July 30-August 23**. Rules meetings for all fall sports will be held on these dates. **Coaches who want their cheerleaders to participate in All-State, Honor Squad, and the State Competition must complete this rules meeting.** Remember to print off the Completion Certificate at the end.

Creating Your Cheer Handbook

by JoEllen Wesselmann

When I began coaching, one of the first items I inherited from the previous coach was a Cheer Constitution. I'm not sure WHY it was called a constitution, but when I was in high school, we also had a constitution. What the constitution did was tell what the rules were and what would happen if you didn't follow them. Perhaps just the word "constitution" was intimidating enough to persuade most of the students to follow them!

Shortly into my coaching career, it became more current and applicable to have a "handbook". This includes some sort of purpose / mission statement and information about how to become a part of the program, in addition to guidelines that are specific to the program. Coaches in every sport have rules that they believe are important to follow that are in addition to the National Federation rules that govern each sport, and the handbook is a perfect place for documenting this.

Five Basic Ideas for Establishing Program Guidelines (okay 6)

1. *Make expectations* clear to students and parents.
2. Keep the *handbook and each guideline short* and to the point.
3. *Be fair and reasonable.* Consequences should be appropriate for whatever guideline was not followed.
4. Be positive that your *guidelines are enforceable.*
5. Make sure that you *give your administration a copy* and they understand and will support your guidelines and consequences. Nothing is more detrimental to a program than not finding this out until a situation arises with parents, and finding out at this time that out you do not have the support of the administration.
6. *Have a general "applicable in many situations" statement.* Realize that you cannot specifically outline EVERY situation that could ever arise. After coaching for over 20 years, you would think I'd have seen it all, but I continue to have new situations pop up all the time!

If you are a new coach, the best place to start is by asking veteran coaches for a copy of their handbook. *Take parts of each that fit your coaching philosophy and style.* Make each guideline applicable to *YOUR program.* Make it a handbook that you know is in the best interest of your team and yourself, and helps everyone understand expectations to have a great season!

CHEER COACH SURVIVAL KIT

Ideas of items to bring to every game, just in case! Because if you can imagine it, someone might need it...



IN THE COACH'S BAG

— some items seasonal
by Traci Buck

Portable first aid kit – extra band aids
Cell phone (and charger)
Tylenol/advil
Pre-wrap and tape
Sunscreen
Lip balm
Safety pins
Insect repellent
Benadryl for possible allergic reactions
Hard candy (low blood sugar – change for soda machine also good)
Feminine hygiene products (some say these even work for nosebleeds in a pinch!)
Nail clippers
Scissors
Tweezers
Plastic bags/zip locs (to hold ice or soiled clothing)
Bobby pins
Hair elastics
Briefs
Shoelaces
Hand sanitizer/wipes
Small sewing kit
Cards with cheers and chants
CD w/music for 8 count routines
Small notebook and pen

And as always:

HAVE A PLAN FOR SAFETY

- participant medical forms
- emergency phone numbers – ask about building's emergency plan
- Is there a trainer available on site?
- location of nearest ice machine

Creating a Cohesive Squad

by Lisa Nelson, Trustee

Creating a cohesive squad and maintaining that expectation and squad cohesion as your cheerleaders come and go over the years can be a tricky job! But, once you establish a close, cohesive squad, it will pay dividends for you in stress-free coaching and results at competition and performances. Here are a few of my ideas for how you could begin to establish squad cohesion.

- **It All Begins With You!** - Before you start your year, consider the attitude that you are bringing to your squad. If you find yourself approaching the year with an “Ugh-hhh...” attitude, that is the kind of year you will probably have! If you had misgivings about your squad or a certain cheerleader post tryouts, try to put those aside as you begin your year. Approach your squad with genuine excitement and a positive attitude! Your cheerleaders will respond to your upbeat excitement for the year and the first step in your cohesive process will be done! If you as the coach displays a “look what an fantastic squad we have,” attitude, it will be contagious and the foundation for cohesion will be laid!
- **Great Expectations** – Now, just because you are exhibiting a positive attitude doesn’t mean you will have no problems throughout the year. So, be prepared in case something arises because you have established expectations for how to deal with things that do come up and stick with your policies. Then, let your squad know early in the year that you expect no drama and then stick with it!! This means that you have to not allow or invite your cheerleaders to drag you into the drama. The first time that someone comes to you with a petty complaint about another member of the squad, you have to be able to diffuse their concern and not add to the storm! If you do not allow your cheerleaders to gossip to you, they won’t!
- **Allow Your Cheerleaders a Voice** – To be the coach of a cohesive squad, you have to allow your cheerleaders to have a voice and an influence in their squad. Now, you need to decide beforehand which things they get to have a voice in... For instance, who flies in the basket is not the decision you want to give them! But, there are many things they can have a voice in that will instantly start to build cohesion. Your cheerleaders can definitely establish squad goals (you add some too, obviously!), plan what to wear for practice, pick music for warming up and for routines, choose bows for games and for the year, plan tee-shirts, plan pep rallies, plan fundraisers, etc. Get your cheerleaders to start thinking as a team and giving them a say in “their” squad and you will see the team spirit blossoming right away.
- **One Cheerleader Philosophy** – Something that I always had success with when I was coaching was focusing on the idea of establishing “one cheerleader” with my

An Easy Way to Make Your Cheer Squad Look Good?

by Betty Lou Jones

Don’t have the best jumpers? Don’t have a lot of tumblers? Your stunts are so-so but you want to look good. Well, there is one easy fix to your problems. The fix is work on your motions. Motions are used in many aspects of cheerleading. They are used to lead the crowd, used in stunts, and your school song is more effective with good motions.

If you are a new coach and haven’t been to the ICCA Cheer Conference and you don’t know where to start there are several books and DVDs on motions. One of the best books that I have seen to cover many parts of cheerleading is *Complete Cheerleading by Justin Carrier and (Iowa’s own) Donna McKay*. You can also go to YouTube and see many videos on motions.

The first thing you need to do is start with your hands and teach that you can do motions with fists or blades. Teach the correct way to make a fist, (is it a candlestick or bucket) and how do you hold your hand in a blade. This might sound very elementary to a new coach but if you look at your cheerleaders you will see that there are many ways to do those two elements.

Next, you need to work on arm placement. Where do you want each arm in a motion to be? How do you get to these motions? Once again if you look at your cheerleaders you will see that getting from one arm motion to another they will take different routes. One good way to work with your cheerleaders is put them in front of a mirror or video tape them. They will see the difference. Don’t forget about your claps, there are claps and there are clasps.

What I find works well with my cheer squad is to have a motion drill where I combine many motions into a routine we can do with music at practice. I include all of the motions that we will be using. I start with doing each of them for an eight count, then a four count, then two and then one. I also include lunges in this routine.

Once you get your motions strong, work on them in your cheers and chants. Make every motion strong and make sure you use motions to emphasize words and crowds yell backs.

Motions are not hard to do once they are taught correctly you can use them to make your squad look sharp whether it is at a game or competitions.

squad. We really focused, especially for competition, on looking and moving as one girl or one whole. We talked about how we didn't want one person sticking out more than another and drawing the focus away from the "whole." We strove for precision of movement and togetherness and timing of stunt groups. We talked about matching the girl in front of you rather than doing your own thing (obviously the front girl has to be doing things right and you make sure she is!). This idea of performing and moving and looking and, yes when we were cheering during our comp routine, even breathing at the same time, as one, was a huge boost in cohesion for our squad. The focus was off the individual and on the team. The one cheerleader idea can carry over into dress up days for your squad or other ideas you have for establishing "team spirit" for just your squad.

- **Become a Cheer Family** – Allow some time for your cheerleaders and you to just sit and share and talk and become a cheer family. At first, you as the coach may have to suggest this and plan it. When I coached, I always called this a pow-wow. After practice we would sit in a circle and just talk a bit. Usually we would start with a go-round where everyone would share something positive from practice or something each girl still personally wanted to work on. Sometimes, though, we would just share something from the day or a silly story or a life lesson. While you may have to orchestrate this at first, as you become more cohesive, your cheerleaders will naturally suggest this. Sometimes when I arrived at practice, my girls would be in a circle already and say, "We need a pow-wow." So, we would start with that and then move on. Any other ways you can think of to be a cheer family will help, too. Establish simple traditions for celebrating birthdays and holidays as a squad, maybe eat together before a certain game, etc. This will pull your cheerleaders together, not only for that year, but over the years you coach.
- **Quantity Time** – Finally, the biggest thing that is going to bond your squad together is the amount of time you spend together. Don't feel like you have to establish a bunch more "quality time" to bind your squad. You can do simple things that easily work out but don't worry about doing a dinner out with your girls on a Sunday if that is your only day off! Don't force extra time together since you will be spending plenty of it together, anyway! Also, realize that not every bit of time your squad spends together has to be arranged by you. When I coached, my girls started to go to a big youth group in a nearby town together on their own. So, each Wednesday night as they rolled mats, call would go out, "Whoever's going to Big House meet at..." I realized that this time together away from cheerleading also bound them and the fact that they decided to spend it together spoke to how cohesive they had become!

Poms & Signs Can Improve Crowd Involvement

by Melissa Bacon

So, we are coming up to the start of another school year and the first football game! Yeah! You look in your uniform closet and you see signs and poms that you want to use, but don't really have any idea on how to get the crowd involved. Here are some tip and suggestions on how to use them properly AND effectively.



Use colored signs with your school colors on them, no words. Have the crowd yell the colors and have cheerleaders hold up the appropriate poms that go with those colors too. This is a great way to have the parents yell one color and the students yell another. You can also do some basic stunts here too!



Poms can be used to "**spell**" words. Practice everyone getting together and organizing their poms to make letters. The crowd always thinks this is neat "trick"! Spell your school name, school letters, etc. But, remember to make it short so the crowd can follow it easily and learn it quickly!



Use stunts and signs together! Start easy and work your way up. For example, start in preps with signs that say "Go, Fight, and Win". When you want the crowd to yell the words, hold them above your head. The next time through, move up to extensions and again hold the signs up when you want the crowd to respond.



If you are lucky enough to have **flags** (with your school letters on them), you can use those to have the crowd yell after each touchdown. One time you can have the students yell and the next time you can have the parents yell. This is a good time to also teach some of the junior high students!

Once the gets used to the things you are doing, they will participate and look forward to the involvement.

What is a bona fide cheerleader?

One who is real or actual. They cheer all the games. They attend all practices, not just a few or one here and there.

Just Do It - THE SCOOP ON A PARENT MEETING

by Jan Bauman

Coaching cheerleading is no easy task. There are games, practices, meets, competitions, fundraising events, pep rallies and tryouts and the list could go on and on. It seems like there is not enough time in the day to get everything accomplished. There is one thing that needs to happen before anything else even happens. You guessed it, a parent meeting.

A parent meeting is one of the most important things a coach can participate in. This allows the parents to hear first hand what will be expected throughout the season. They hear the rules from the person that put them into place.

Every spring I hold a parent meeting at night with parents and cheerleaders. We go over the handbook, review consequences of breaking rules, talk about fundraising and talk about how practices are set up. This allows the parents to ask questions and it is also a great time to get parents on board to help throughout the season. It is also a time for me to get ALL paperwork into the hands of the parents. Once the meeting is finished, I have parents sign that they have read the handbook. I hold onto these papers for the season. If something happens during the season that the cheerleader has to sit out for a broken rule and the parent tells me that they did not know that was a problem, I have the paper to show the parents that they did sign the paper that they read the handbook.

So when you think you cannot do one more thing, start your season out on the right foot. Hold that parent meeting!!

HOW TO HAVE A SUCCESSFUL CHEER SEASON

by Mindy DeBaun, ICCA Vice President

What makes a successful and stress-free cheer season? Quite simply, I believe it is being organized! Plan ahead for your practices and your season.

- The first thing I do after tryouts is have a mandatory parent meeting. This sets up the rules and expectations and the season is spelled out for parent and cheerleader. If you haven't had a parent meeting yet there is still time. Get

Successful Season...Continued in next column

Successful Season...Continued from previous column

one scheduled ASAP & you will be fine.

- One of the easiest things to help get organized for my squad is that a couple of years ago I started videotaping our cheers. Basically, I have two senior girls come in before school ends and we videotape the cheers. I have one girl face front and one face backwards and we go through the motions and the words to the cheers slowly. I then make a DVD for all of the incoming cheerleaders and their homework for the summer is to come to the first football practice knowing the cheers on the DVD. This saves a lot of time during regular practices because basically you are just touching up and tweaking the cheers during practices and not learning them from scratch. It really has helped with our practices as most of the time the girls just want to get to stunting and that is not possible because we have to learn the basics and get through the cheers so we are ready for that first Friday night football game. If you haven't done this, take the time to video tape before your season ends. If you have someone struggling, tape & give now!!
- Attend a cheer camp or have a private camp – this gets your squad ready for the season and is a great bonding event.
- Next, when you start meeting with your squad (if you stunt) you need to get through stunt progression. Document your stunt progress and keep it on file. Once you do this, you are ready to begin stunting.
- Have a call tree in place and give to each girl.
- You should have a schedule for the whole football season and hand this to each girl also. (I actually give my girls two schedules; one for the cheerleader and one for their parent to have). This makes things a lot easier.
- Make any signs that you may need now so that you can use practice time to practice. Next year, get this task done during the summer.
- Check on things you may still be short on ASAP!! When practice starts you want to be ready to go!
- Try on the uniforms for the season right away and know if any uniform is going to need to be taken in or let out or hemmed, etc. I have several parents that help with this and then we are prepared.
- Talk with your football coaches and see if they have any expectations from the cheerleaders or how you can help the team in any way! Watermelon and freezy pops are always nice on a hot practice days for the football players!
- **Don't forget your online rules meeting!!
- **Have fun...Follow the rules...work the basics...**

2012-2013 ICCA CALENDAR OF EVENTS

July 30 - August 23 - ONLINE RULES MEETINGS - Go to the ICCA Website: iowacheercoaches.org for more directions. There will be no access to this meeting after August 23. All coaches need to do this meeting. This is a required meeting for coaches to participate in ICCA Events.

FREE CLINICS for ICCA Members

August 18:

South Central District - Southview Campus Middle School, Ankeny ICCA Contact: Renee Murphy
Northeast District- Cedar Falls High School, Cedar Falls - ICCA Contact: Lisa Nelson

August 25:

Northwest District – Storm Lake High School, Storm Lake - ICCA Contact: Salli Nichols
Southwest District - Shenandoah High School, Shenandoah - ICCA Contact: Kenna Johnson
North Central District- Mason City High School, Mason City - ICCA Contact: Betty Lou Jones
Southeast District - Clear Creek Amana High School, Tiffin - ICCA Contact: Kristen Morlan

(All Contact information is on the Board of Directors Page in this mailing)

September 25 - Deadline to register for ICCA Events Online.

October 5 - Deadline for Fees & Hard Copies (Form A, B & Rules Certificate) for ICCA Events

October 20 & 21 - All-State Try-outs at Ames Middle School

November 3 - Iowa Cheerleading State Championships, Jacobson Building, Iowa State Fairgrounds

November 5 - 19 - ICCA Online Rules Meetings for Winter Coaches

November 11 - Honor Squad Practice, Ames High School

November 15 & 16 - Finals State Football Championships, UNI Dome, Cedar Falls

November 15, Thursday - Honor Squad Practice, UNI Dome, Cedar Falls

November 16, Friday - Honor Squad Performances, UNI Dome, Cedar Falls

December 2 - All-State Practice, Ames

January 6, 2013 - All-State Practice, Ames

January 15, 2013 - ICCA Scholarship Application Deadline

February 3, 2013 - All-State Practice, Ames

February 13, 2013 - IHSAA State Dual Team Wrestling Tournament, Des Moines

February 14-16, 2013 - IHSAA State Wrestling Tournament, Des Moines

February 24, 2013 - All-State Practice, Ames

March 3, 2013 - Make up All-State Practice if necessary, Ames

March 4-9, 2013 - Boys' State Basketball Tournament, Wells Fargo Arena, Des Moines

March 4-7, 2013 - ICCA Half Time Performance Squads, Boys' State Basketball, WFA, Des Moines

March 7, 2013 - All-State Practice, STBA

March 8, 2013 - All-State Performances, Boys' State Basketball Tournament, WFA, Des Moines

March 22 & 23, 2013 - IBCA All Star Tournament - ICCA All Star Cheerleaders

April 2013 - ICCA Spring Conference, Site & Dates to be announced (check ICCA website)

Spring 2013 - Special Olympics, Ames

July 2013 - Shrine Bowl - TBA

Hair = Get It Right Official Rulings

by the Iowa Cheerleading Coaches' Association

Pulling hair away from the face situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – **legal**
2. Hair in a high ponytail that is long and goes down the back – **legal**
3. Hair in pigtails or side ponytail that does NOT touch the shoulders – **legal**
4. Hair in a low back ponytail at the base of the nape of the neck – **legal**
5. Short hair with hair that could be in face secured away – **legal**
6. Hair in a side ponytail that goes onto or touches the shoulders – **illegal**
7. Hair in pigtails that touches the shoulders – **illegal**
8. Short hair that brushes the tops of the shoulders – **illegal**
9. The PLASTIC HAIR BUMP IT – **illegal**
10. Artificial flowers in the hair – **illegal**

Bangs pulled across forehead, wispies, & chunks of hair beside face:

1. The above - out of eyes and if necessary soundly secured away from the face – **legal**
2. Hair that falls into the face while cheering, stunting, or tumbling – **illegal**
3. How do you know if it is legal?
If you have to:

- A. Move your head to move it away from your face – **illegal**
- B. Use your hand to move it away from your face – **illegal**
- C. Tuck it behind your ears – **illegal**

Accessories:

1. A few small rhinestones punched into a ribbon or headband – **legal**
2. Headbands and ribbons with small sequins sewn on – **legal**
3. Headbands and ribbons with sequins glued on – **illegal**
4. Jewels on the face – **illegal**
5. Large rhinestones on headbands or uniforms – **illegal**

Hair-Get It Right...Continued in next column

Hair-Get It Right...Continued from previous column

Stunting:

Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.

GOAL:

Fix your hair before the meet or game so you don't have to worry about it. Look like an All-American cheerleader all the time; not just at tournament time.

In Summary:

If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is probably **ILLEGAL**.

Why risk a rules violation or being removed from cheering?

CHECK OUT THE INSERT

The ICCA Calendar of Events and the Board of Directors have been put together for you as an insert in this Newsletter. This way you can keep both pieces of valuable information for easy reference.

FIRST PRACTICE MUSTS

- Your Expectations - if you don't tell them how will they know?
- Attendance Policy & Practice Times
- Rules: Jewelry, Hair, Nails, Glitter
- Contact Information
- Goals as a team and as an individual
- Team Building
- Basics in Motion Technique
- Basics in Jumps
- Basics in Stunting - Progressions
- Warm-up, Stretch, Conditioning
- Laughter & Fun
- Learning & Reviewing Cheers, Chants, Dances

Ask Jeanne

DEAR JEANNE:

Here are the most frequently asked questions & the answers from phone calls this summer.

Question: Do cheer coaches need to have a coaching certification/authorization?

Answer: No. Cheer Coaches do not need a coaching certification, but it certainly won't hurt. I always advise the caller to make sure the coach is a member of ICCA because of the benefits and coaching education we give to cheer coaches. I also advise them to also make sure their coach has taken AACCA & National Federation classes. These can happen online or they can wait and take them at the ICCA Spring Conference.

Question: Do cheer coaches need be authorized to allow cheerleaders to stunt?

Answer: No there are no requirements for this. HOWEVER, to lower a school's liability, I would advise a school to not allow the cheerleaders to stunt until the coach receives cheer coaching education which includes stunting. This can be done in several ways: taking AACCA online, attending cheer camp and learning with the cheerleaders as it is taught by professionals, or taking NF classes. We have learned the more a coach knows about cheering and coaching, the longer they will coach. If a coach isn't comfortable with stunting, the cheerleaders should be ground bound until they can educate themselves enough so they feel they understand the process.

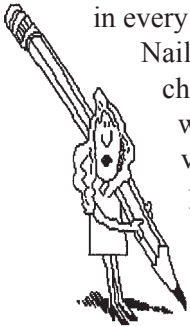
Question: Can cheerleaders wear jewelry & finger nail polish? Is hair that touches the shoulders illegal?

Answer: Jewelry - This question continually gets asked by administrators, coaches & parents. The answer is NO jewelry in any form may be worn by cheerleaders. Think of it this way: if they weren't born with it, they can't wear it in cheer.

Exception: medical alert jewelry can be taped to the chest under the uniform. A coach should have knowledge of this in every situation.

Nail Polish - There are NO rules regarding this. They can wear any color. A coach might have a say over their cheerleaders, but that coach cannot put their belief over other cheerleaders. Sometimes ICCA event directors will ask that no polish be used, but that is just for that event. Also nails have to be trimmed so they are not visible over the top of the finger. (To check it out look at your fingers when the palms are towards you. If you can see a nail over the top of the finger - it needs to be trimmed.)

Hair - Sometimes the best way to learn is to search out the answer. The answer to this question is in this newsletter and in the Fall Mailing sent out by IHSAA. Hint: Look for Hair Get it Right.



Jeanne Ehr



ICCA Deadline Dates:

Online Rules Meeting: July 30 - August 23

**Online Registration for ICCA Events:
September 25**

**Mailing Deadline for ICCA Event Fees & Forms:
October 5**

ICCA BOARD MEETING CONDENSED

JUNE 10, 2012

GATEWAY CENTER, AMES

The meeting was called to order by President Jenny Crawford at 9:39 a.m. Board members present were Jane Bauman, Traci Buck, Jeanne Ehn, Krystal Fitzpatrick, Melissa Hatfield, Nancy Huether, Betty Lou Jones, Donna McKay, Kristen Morlan, Renee Murphy, Lisa Nelson, Salli Nichols, Sandy Norby, and JoEllen Wessellmann. Absent were Mindi DeBaun, Tami Doyle, and Kenna Johnson.

Minutes: Melissa Hatfield made a motion to approve the minutes from the January 2012 meeting. Kristen Morlan seconded the motion. Motion passed.

Membership: There are presently 151 members. The online membership form still needs to be filled out by 23 coaches.

Financial Report: The checking account balance is \$30, 210.58. The savings account balance is \$25, 398.79. The CD contains \$16,413.96.

Co-Executive Directors' Report:

Conference: The conference costs were higher this year due to airfares and higher hotel costs. Other hotels will be investigated to see if we can both lower costs and move to another weekend to avoid conflicting with College Nationals. Next year is the 25th anniversary of the ICCA, so silver is the theme.

Newsletter: Articles are due July 1, and a hard copy will be sent to every school. The green newsletter will also be sent to the ICCA membership.

Competition: The warm-up area was discussed; it was a general consensus that we would like to stay in the Jacobson Building for warm-ups. The Board agreed to eliminate 5-minute seating since it's harder to control in the present arena. Bag storage also was discussed with the idea of having a holding area during warm-ups and performances; the squads would pick up their bags following their performances. The Board agreed to let schools with one boy on their squad choose either the coed or regular cheer/dance division. Jenny Crawford has the online registration forms ready.

Website: Jenny Crawford asked everyone to check their website information.

Minutes...Continued from previous column

Ethics: The rules meeting dates are July 30-August 23, and November 5-19; they coincide with the other fall sports meeting dates. Donna McKay will update the website after she receives the new rules book. The second set of free clinics are after the rules meeting, so coaches will be reminded that rules meetings won't be held at the clinics. Coaches should complete the rules meetings and bring their questions to the fall clinics.

Scholarship: Scholarship checks are processed August 1. JoEllen Wessellmann needs the name of one of the Honor Squad recipients.

All-State: Melissa Hatfield will choreograph and teach the tryout material. Donna McKay made a motion to pay Melissa Hatfield \$500 of the All-State choreographer pay. Betty Lou Jones seconded the motion. Motion passed.

Honor Squad: Two more scholarships will be given to Honor Squad cheerleaders. Donna McKay made a motion that Salli Nichols will be responsible for ordering poms for Shrine Bowl and Honor Squad. Betty Lou Jones will be responsible for ordering All-Stars poms. Jane Bauman seconded the motion. Motion passed. Jeanne Ehn made a motion that All-State, Honor Squad, All-Stars, and Shrine Bowl/Special Olympics may purchase their own music player. Kristen Morlan seconded the motion. Motion passed.

All-Stars: Betty Lou Jones reported that the All-Stars will be held two weeks after the Boys' State Basketball Tournament.

Shrine Bowl: There are 65 cheerleaders participating in the Shrine Bowl game on July 21. It will not be held at Iowa State, but possibly at UNI.

Special Olympics: The Special Olympics went well with 48 cheerleaders participating. Directorship for this position and choreographer pay will be discussed at the October meeting.

Facebook: "Follow Us on Facebook" will be promoted in the newsletter and on the website.

District Representatives: Free fall clinics will be held on August 18, in Cedar Falls (NE district) and Ankeny (SC district). The rest of the fall clinics will be held August 25, in Shenandoah (SW district),

Mason City (NC district), Storm Lake (NW district), and Clear Creek Amana (SE district).

OLD BUSINESS

Score Sheet Update: The changes were approved. Discussion on a publicist/sponsorship liaison and a two day competition will be discussed at the October meeting.

Vote on Rep Council: Jenny Crawford handed around the Rep Council Program proposal. Nancy Huether made a motion to accept the Iowa Rep Council Program as stated. Krystal Fitzpatrick seconded the motion. Motion passed.

Job Description Updates: Detailed job descriptions need to be completed and given to the secretary in a folder by the April conference.

NEW BUSINESS

Executive Director Requirements: Executive Director requirements will be handed out at the October meeting.

Appointment of New Executive Directors: Lisa Nelson moved that the Board appoint Donna McKay and Kenna Johnson in the new Executive Director capacity to start effective January 1, 2013, but to be paid a stipend of \$200 each per month effective July 1, in a probationary/training period. Sandy Norby seconded the motion. Motion passed.

Time Out Cheer: A time out cheer simulating a basketball time out situation will replace the Sideline Cheer at the State Competition.

Policies and Procedures Update: Jenny Crawford will head up a committee to review the Policies and Procedures Handbook.

Next Board Meeting: The next Board meeting will be Sunday, October 7 at 9:30 at the Gateway Center in Ames.

Adjournment: JoEllen Wesselmann made a motion to adjourn the meeting. Salli Nichols seconded the motion. Motion passed; meeting adjourned at 1:03.

Respectfully submitted,
Donna McKay
ICCA Secretary

DID YOU READ THESE ARTICLES?

Pages 1 & 2

President's Message
New Executive Directors Hired
Press the Easy Button
The Web Corner

Pages 3 & 4

ICCA Event Registration Process
Rep Council
State Competition is for Everyone
Iowa Cheerleading Championships

Pages 5 & 6

Iowa Cheerleading Championships (cont.)
Membership Benefits
Online Rules Meetings
No Wrestling Shoes
Stunt legality Website
All-State Information

Pages 7 & 8

Partner Stunt Progressions
What's in it for You at the Free Fall Clinic
Two New ICCA/IHSAA Strengthened NF Rules
NFHS Injury Study

Pages 9 & 10

National Federation Rules Changes

Pages 11 & 12

Honor Squad News Flash
Time Out Cheer to Replace Sideline Division
Check the Transportation Slip
State Competition Score Sheet Changes
Shrine Bowl & Special Olympics

Pages 13 & 14

Love Those Parents
Looking All American
Making the Time for Family
Did You Say, Practice Attire?

Pages 15 & 16

Making the Time for Family (cont.)
Did You Say, Practice Attire? (cont.)
Creating Your Cheer Handbook
Cheer Coach Survival Kit

Pages 17 & 18

Creating a Cohesive Squad
An Easy Way to Make Your Cheer Squad....
Poms & Signs Can Improve Crowd Involvement

Pages 19 & 20

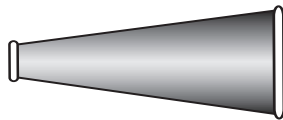
Just Do It-The Scoop on a parent Meeting
How to Have a Successful Cheer Season
2012-2013 ICCA Calendar of Events

Pages 21 & 22

Hair Get It Right
Ask Jeanne

Pages 23 & 24

ICCA Board Meeting, June 10, 2012
Did You Read These Articles



2012-2013 ICCA BOARD OF DIRECTORS

President & Website.....Jenny Crawford

Home: 3309 East 53rd Ct., Des Moines, IA 50317

PH 515-262-3220

Email: jennycrawford1@msn.com (*home*)

Vice President.....Mindy DeBaun

Home: 315 Agnes Avenue, Box 95, Callendar, IA 50523

PH 515-548-3470

Email: debaun@LVCTA.com

Scholarship/Treasurer/TrusteeJoEllen Wesselmann

Work: Van Meter Community School

Home: 2522 Brookview Drive, Van Meter, IA 50261

PH 515-996-9926

CELL 515-494-4591

Email: iccajo@hotmail.com

Email: joellen.wesselmann@vmbulldogs.com

Ethics Director/Trustee/SecretaryDonna McKay

Home: 842 7th Street SE, Mason City, IA 50401

PH 641-423-1556

Email: jdmckay44@gmail.com

District Representative - Southeast/TrusteeKristen Morlan

Work: Clear Creek Amana High School

PH 319-545-2361

Home: 503 Redbird Run, Tiffin, IA 52340

PH 319-545-1100

CELL 319-321-3333

Email: gerberdaisy46@yahoo.com

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

Home: 307 5th Street, Box 249, Swea City, IA 50590

PH 515-272-4354

CELL 515-320-1857

Email: jonesswea@iowatelecom.net

All-State DirectorMelissa Hatfield

Home: 2244 Willow Avenue, Ainsworth, IA 52201

PH 563-210-0255

Email: melissahatfield1980@hotmail.com

Cheer Honor Squad/TrusteeTami Doyle

Home: 4201 Paddington Drive, Cedar Falls, IA 50613

PH 319-266-4265

CELL 319-239-4277

Email: tjdoyle@cfu.net

Trustee.....Traci Buck

Home: 4406 162nd Street, Urbandale, IA 50323

PH 515-987-9844

Email: bntbuck94@aol.com

Trustee & District Rep. - NortheastLisa Nelson

Home: 504 Woodbridge Street, Nashua, IA 50658

PH 641-435-2656

CELL 641-228-0210

Email: lnelson@charlescitieschools.org

Trustee & District Rep. - Southwest..... Kenna Johnson

Home: 720 North 9th Avenue, Winterset, IA 50273

PH 515-468-4162

Email: kjohnson@winterset.k12.ia.us

District Representative - Northwest.....Salli Nichols

Home: 712 Meadow Lane, Storm Lake, IA 50588

PH 712-299-8208

Email: sallijanichols@gmail.com

District Representative - South Central..... Renee Murphy

Work: Ankeny High School

1155 SW Cherry Street, Ankeny, IA 50021

PH 515-965-9630

Home: 9507 NW Cherry Glen Lane, Polk City, IA 50226

PH 515-964-0958 or 515-205-2442

Email: rmurphy_4@msn.com

District Representative - At Large..... Jane Bauman

Work: Roland Story HS jbauman@roland-story.k12.ia.us

900 Hillcrest, Story City, IA 50248

PH 515-733-4386

Home: 206 Eisenhower Drive, Story City, IA 50248

PH 515-733-4390

CELL 515-290-2058

Email: djbauman@iowatelecom.net

District Representative - At Large..... Sandy Norby

Home: 3237 Hickory Avenue, Osage, IA 50641

PH 641-732-5644

CELL 641-330-7442

Email: snorby@osage.k12.ia.us or rbnorb@osage.net

District Representative - At Large..... Krystal Fitzpatrick

Home: 333 Stoney Point Rd. SW, Cedar Rapids, IA 52404

CELL 319-521-1229

Email: krystalfitzpatrick@ymail.com

Co-EXECUTIVE DIRECTORS

AWARDS & COMPETITION

Jeanne Ehn

Continuing as Executive Director

Newsletter Director & Trustee

Box 211

Conrad, IA 50621

PH 641-366-2914

jehn@heartofiowa.net

Nancy Huether

Co-Executive Director until December 31, 2012

Conference Director & Trustee

216 Cypress Drive

Huxley, IA 50124

PH & FAX 515-597-3041

nhuether@huxcomm.net



Donna McKay and Kenna Johnson will be Executive Directors as of January 1, 2013



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Southwest District - Shenandoah High School, Shenandoah - ICCA Contact: Kenna Johnson
North Central District- Mason City High School, Mason City - ICCA Contact: Betty Lou Jones
Southeast District - Clear Creek Amana High School, Tiffin - ICCA Contact: Kristen Morlan

(All Contact information is on the Board of Directors Page in this mailing)

September 25 - Deadline to register for ICCA Events Online.

October 5 - Deadline for Fees & Hard Copies (Form A, B & Rules Certificate) for ICCA Events

October 20 & 21 - All-State Try-outs at Ames Middle School

November 3 - Iowa Cheerleading State Championships, Jacobson Building, Iowa State Fairgrounds

November 5 - 19 - ICCA Online Rules Meetings for Winter Coaches

November 11 - Honor Squad Practice, Ames High School

November 15 & 16 - Finals State Football Championships, UNI Dome, Cedar Falls

November 15, Thursday - Honor Squad Practice, UNI Dome, Cedar Falls

November 16, Friday - Honor Squad Performances, UNI Dome, Cedar Falls

December 2 - All-State Practice, Ames

January 6, 2013 - All-State Practice, Ames

January 15, 2013 - ICCA Scholarship Application Deadline

February 3, 2013 - All-State Practice, Ames

February 13, 2013 - IHSAA State Dual Team Wrestling Tournament, Des Moines

February 14-16, 2013 - IHSAA State Wrestling Tournament, Des Moines

February 24, 2013 - All-State Practice, Ames

March 3, 2013 - Make up All-State Practice if necessary, Ames

March 4-9, 2013 - Boys' State Basketball Tournament, Wells Fargo Arena, Des Moines

March 4-7, 2013 - ICCA Half Time Performance Squads, Boys' State Basketball, WFA, Des Moines

March 7, 2013 - All-State Practice, STBA

March 8, 2013 - All-State Performances, Boys' State Basketball Tournament, WFA, Des Moines

March 22 & 23, 2013 - IBCA All Star Tournament - ICCA All Star Cheerleaders

April 2013 - ICCA Spring Conference, Site & Dates to be announced (check ICCA website)

Spring 2013 - Special Olympics, Ames

July 2013 - Shrine Bowl - TBA