

## IOWA CHEER HONOR SQUAD

### PRACTICE DATES:

**SUNDAY-NOVEMBER 16, 2014** 8:00-8:30AM CHECK IN

AMES HIGH SCHOOL, AMES IA 8:30-4:00PM PRACTICE

**THURSDAY-NOVEMBER 20, 2014** 2:30-8:00PM PRACTICE

UNI-DOME/PEC, CEDAR FALLS IA

### PRACTICE/PERFORMANCE DATE:

**FRIDAY-NOVEMBER 21, 2014** 7:30-10:00AM PRACTICE (PICTURE @ 7:30am)

UNI-DOME/PEC, CEDAR FALLS IA 8:15-PERFORMANCES (11:06 1A & 2:06pm 2A games)

Your registration has been received for participation on the Iowa Cheer Honor Squad. **Should their need to be a change in participants please contact me by October 28<sup>th</sup>.**

You will need to bring a sack lunch and drink to practice in November. Coaches/Participants will not be allowed to leave the grounds for lunch.

Cheerleaders please come dressed in cheer practice clothes (**shorts, T-shirt, cheer shoes**). **NO PANTS ALLOWED.** Please have hair appropriate for practice and stunting. For the actual performances participating cheerleaders will wear their schools uniform and if wearing a shell/vest **a turtleneck must be worn underneath.** Upon arrival you will need to receive a number that has been assigned by the choreographer. **\*\*SEE SKILLS CHECK LIST (MAIL/EMAIL BACK BY THE October 28th) ONLY COMPLETE SKILLS CHECK LIST IF YOU WOULD LIKE TO STUNT AND OR TUMBLE.**

Coaches please check cheerleaders in upon arrival. You can then proceed to the gym, where the cheerleaders should start stretching. We will be having a short meeting during practice to discuss the practices and performance on November 20<sup>th</sup> & 21<sup>st</sup>. I recommend bringing a camcorder to tape the routine to help with practice the following week. Please make sure you bring batteries for the camcorder as the gym has limited outlets.

**Coaches are responsible for making their own hotel reservations for November 20th.** I have enclosed information on hotels. All hotels have limited rooms! **PLEASE RESERVE YOUR ROOMS NOW! \*\* Block set up with Clarion Inn 319-277-2230, ask for Iowa Cheerleading Assoc. by 11/11 Rate \$104 – Includes Breakfast, see hotel list for other locations with blocks of rooms**

If you need a place to stay on November 15<sup>th</sup> (Ames) for practice on the 16<sup>th</sup> a suggestion would be Country-Inn Suites 515-233-3935, 2605 Se 16th St Ames, Ames, IA. Call ask for Iowa Cheerleading Assoc. Nov. 8. Rate \$102 - They do offer Continental Breakfast! Another Option AmeriInn \$92 (515)233-1005.

***Please review Iowa Cheer Honor squad requirements to participate. Coach must bring information and consent for medical treatment forms for each participant to each practice and performance.*** Should you have any questions please give me a call or email me!

Tami J. Doyle  
Iowa Cheer Honor Squad Director  
319-239-4277 (cell)

[tjdoyle@cfu.net](mailto:tjdoyle@cfu.net)