

IOWA CHEER HONOR SQUAD

PRACTICE DATES:

SUNDAY-NOVEMBER 15, 2015 8:00-8:30AM CHECK IN

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

THURSDAY-NOVEMBER 19, 2015 2:30-8:00PM PRACTICE

UNI-DOME/PEC, CEDAR FALLS IA

PRACTICE/PERFORMANCE DATE:

FRIDAY-NOVEMBER 20, 2015 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 31st.**

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 19th & 20th. 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 19th. I have enclosed information on hotels. All hotels have limited rooms! **PLEASE RESERVE YOUR ROOMS NOW! BLOCKS ARE ONLY RESERVED TO 11/05.** See hotel list.

If you need a place to stay on November 14th (Ames) for practice on the 15th a suggestion would be Country-Inn Suites (only 12 rooms) 515-233-3935, 2605 Se 16th St Ames, Ames, IA. Call ask for Iowa Cheerleading Coaches Assoc. Reserve by Nov. 5th. Rate \$185 -They do offer Continental Breakfast! Another Option AmeriInn (only 11 rooms) \$179 (515)233-1005. Reserve by Nov. 1st. It's a game day so rooms are limited and priced high ☹

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
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