



Iowa Cheerleading Coaches' Association NEWSLETTER



May 2017 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

HAPPY SPRING! I am sure that some of you have had tryouts or are preparing to have tryouts for the 2017-2018 year. It is a stressful time, but there is so much excitement in the air with anticipation of a new team and a new season! I want to give you some tips on how to bond with your "new" team going into summer.

- **Hold a team building night.** You could possibly do this at the school or someone could host it at their house if they feel comfortable. Find some fun team building games online that they can do. If it is nice weather, move the fun outside and go from there. These "games" will help your team get to know each other better and learn how to work together to solve problems. That is a key skill during the year in case you as the coach can't be reached.
- **Have a summer kids camp for your team to run.** This is a good way for you to delegate responsibilities to your team members and maybe make some money for team events. Then you can see who works well with each other. That will make it easier to assign tasks during the school year and know that they will be completed.
- **Go to dinner as a team once a month during the summer.** Yes, some people might be on vacation or working. But, this is an opportunity for those who can get together to talk and socialize and do that NOT in a practice or game setting. The younger team members get to know the older ones, and vice versa. Maybe even try having each class pick a place to go for the dinner one time (each class gets assigned a month).
- **Meet individually with each cheerleader (if possible) and ask them what their goals are for the next year.** You can have them give you individual or team goals. Asking them what their expectations are will help you understand where they are coming from and how you can help them more throughout the year.



Hope these tips help you going in to the **Summer!** Enjoy the little time you might have off and **GOOD LUCK!**
Melissa Hatfield
ICCA President

RENEW YOUR ICCA MEMBERSHIP NOW!

If your school has not renewed their ICCA Membership for the 2017-2018 school year, go to the ICCA website TODAY to apply for membership. Print the invoice at the end of the registration and start the payment process with your school/AD. ICCA membership is not official until membership fee is received.

NOTE: If you, or someone from your school, attended the ICCA Conference, the membership has been paid. Any unpaid membership applications as of August 9 will be deleted. The school will have to re-apply when registering for ICCA Events.

Online Rules Meeting:

July 31-August 24. All coaches and choreographers must complete the August online rules meeting to participate in ICCA Events. The winter rules meeting dates will NOT be accepted for State Championships, All-State Tryouts, or Honor Squad registrations.

ORGANIZE YOUR CALENDAR!!

Check the ICCA Calendar in this newsletter to get important dates on your calendar and school's calendar for 2017-2018.

The Winner's Circle

by Jeanne Ehn, Executive Director

March 31 and April 1st found cheer coaches from all over Iowa gathered to learn what it takes to set their teams apart from others in the Winner's Circle. They learned from national speakers: LeRoy McCullough, Morton Bergue and Jim Lord. They also listened to other outstanding speakers from the Midwest: Michelle Barlas, Danny Hocken, Jason Sack, and Jenna Reynolds.

Friday was very busy with add on classes in Creative Stunts, Elite Stunting, Partner Stunt Progressions, and AACCA. We also had the General Membership meeting and time to visit the vendors.

The Friday night banquet found a horse race with jockeys: Jim "Preacher" Lord, LeRoy "Tiny" McCullough, and Morton "Fancy Pants" Bergue. In the Winner's Circle was Secra "cheer" riat ridden by McCullough. Placing was Hi Ho "Cheer" io, and to show was ChaCha "Cheer."

During the banquet the ICCA Administrator of the Year, Spence Evans from Ames, was honored for his outstanding support. Alan Beste from IHSAA recognized Patty Dentel from HLV as the Central award cheer coach winner from the National Federation. ICCA also honored former ICCA All-State choreographer, Michelle Barlas as the the Contributor of the Year. Finally, ICCA recognized the ICCA Spirit Coach of the Year, Kelly Trinkle for her outstanding achievements and service.

Saturday was a day full of educational classes on every cheer topic. The luncheon was full with more award winners.

Planning is underway for next year's conference. Put the dates April 13 & 14 on your calendar so you don't miss this great conference.



Rep Council 2017-2018 - What is it?

by Kristen Morlan, Vice President

The purpose of the Rep Council is to gain 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, and to provide an introductory step in applying for ICCA board membership when openings occur. Members of the council provide new voices to our organization and are important to the success of our organization!



Rep Council...Continued on page 3

ICCA Scholarships

Congratulations to the following ICCA scholarship winners for 2016-2017:

2017 Academic Scholarship winners (Presented to cheerleaders who display outstanding scholastic achievement):

Isla Ekstam, Bondurant-Farrar

Coach: Patti Davis

Briesse Johns, Sumner Fredericksburg

Coach: Brent Johns

Katelyn Palmer, Shenandoah

Coaches: Wendy Palmer & Angie Trowbridge

Jenna Willett, BCLUW

Coach: Kelly Trinkle

2017 All-State Scholarship Winner:

Allison Buckert, Mount Pleasant

2016 Honor Squad Scholarship Winners:

Martha Jesuit, North Cedar

Emily Rentsch, Sioux Central

2016 State Championship Scholarship Winners:

1A - North Union High School

2A - Central Decatur High School

3A - Bondurant-Farrar High School

4A - Linn-Mar High School

2017 All-Star Scholarship Winner:

Jade Blake, Waukon

ONLINE RULES MEETING DATES

by Donna McKay, Rules Interpretation Director

The 2017-18 rules meeting dates are coordinated with the other sports, so the fall rules meeting will be held online from July 31 to August 24. Information about the online rules meetings can be found on the ICCA website when the rules meeting becomes active July 31. Another rules meeting, which MAY NOT be used for fall registration for State, Honor Squad, and All-State because it occurs after the registration deadline, will be held October 23 to November 27.

Each school will receive one 2017-2018 National Federation Spirit Rules Book in the Back-to-School mailing from the IHSAA. Cheer coaches in the school MUST share this rules book. Schools do have the option of purchasing more books from the IHSAA if they would like a book for each cheer coach.

Do NOT wait until the last day to complete the rules meeting. NO EXTENSIONS WILL BE GIVEN!

They are asked to review board minutes, attend two yearly meetings, volunteer when needed and write newsletter articles. They help out with ICCA events and support the district reps when needed, especially at the free fall clinics!

Rep Council members serve a one-year term, but may be asked back to serve an additional term. Once an ICCA member has served on the Rep Council, they are eligible to apply for the Board when openings occur.

The current members include:

- Ashley Fuller - North Cedar, Stanwood
- Nikole Keaster - Mt. Pleasant
- Samantha Sloan - Ankeny Centennial
- Desire Grismore, Wayne, Coryden
- Francie McClenathan - Brooklyn, BGM
- Julie Karns - Clarinda
- Michelle McCann - Center Point Urbana
- Bethany Brink - North Linn
- Kristi Carew - non coaching
- Megan Moritz - Southeast Valley

If you would like to be considered for the Rep Council, contact Kristen Morlan at kristenmorlan@gmail.com. We would like to hear from new voices!



Special Olympics

by Sherrie Moritz, Special Olympics Director

The Special Olympics were held Thursday, May 25th, 2017, at the Hilton Coliseum in Ames, Iowa. Registration began at 11:00 and ended at 11:30. The fee per cheerleader was \$20 with proceeds going to IOWA Special Olympics Cheer Program. Cheerleaders spent the morning and early afternoon practicing, host a cheer clinic for the athletes in the afternoon, continue practicing in the evening, and performed at the opening ceremony at 7:00 p.m. Each cheerleader performed in their own school uniform. Only 4 varsity cheerleaders per school were allowed, giving many schools the opportunity to participate. The first 50 cheerleaders registered were accepted. Iowa Special Olympics provided the cheerleaders with a sack lunch and t-shirt. Information and forms for the event could be found on iowacheercoaches.org.

Each year, the ICCA offers many events in which cheerleaders throughout the state of Iowa can participate. One even is the Special Olympics held in May. At this event, cheerleaders learn several cheers and a dance routine to perform at the opening ceremony. They also host a cheer clinic for the athletes of the Special Olympics

Unraveling the Mysteries of Music Royalties

by Kenna Johnson, Executive Director

We are nearly a year into the “music royalties change-over,” and many of you have maneuvered through this process quite well. However, many questions still linger for newer coaches or coaches who are wanting to branch out from where they were last fall. Michelle Barlas, owner of Jump and Jam and former choreographer for the ICCA All-State program, offered her expertise at the Spring Coaches’ Conference in April. Some of the key ideas for coaches to consider include the following:

1. Make sure you are using an authorized provider when purchasing music. There is a Preferred Vendor list at the USA Cheer website. You are not obligated to use one of those vendors; however, you need to make sure the vendor you are using has legitimate licensing rights as well.
2. Read all the way through the terms of the license before purchasing. Licenses have purchasing and editing stipulations as well timelines and limitations on copies for team members. ASK for the exact dates and any future editing fees in the license.
3. Once you have decided to purchase a mix with the proper licensing, make sure the SCHOOL is listed first, then the COACH (and NOT the choreographer, mixer, or person purchasing the music) as the license owner. Immediately after receiving the paperwork –which will likely be an electronic copy – thoroughly check it over for mistakes. The license should list all of the songs in the mix, as well as the terms and ownership of the license.

Something to keep in mind is that every time you add something to your music, your cost is going to go up. A fair price for a 90-second ready-made mix is about \$200. A ready-made mix with additional edits and/or voice-overs could cost up to \$300. Custom music varies from company to company, but be sure to plan ahead financially. Additionally, many websites show only the pricing for the Custom mix; the music and proper licensing is often an extra cost.

Tools such as music mixing programs, a BPM (Beats Per Minute) editor, and an inexpensive microphone connected to your computer can get you the “custom” feel without the price tag of custom music. This is a more inexpensive way to go, but you must still make sure that songs you have purchased allow you the “right to remix” in their terms of purchase.

When purchasing music, you have a variety of options. Coaches can still take the simpler route by purchasing a single song from iTunes, etc. No modifications can be made to that song, but you are allowed to stop and start the song as you want. You also cannot mix the order, cover a word, or change the tempo of the song. Music can also be purchased in "bundles" that allow you to purchase more songs for a little lower price, and the timeline of the bundle is typically longer than a calendar year. That way you can use a few songs currently, then hold on to the other songs to create another mix in the future. The bundle gives you a little more flexibility in creating exactly what you want.

If all else fails, go to the USA Cheer website for more information on the music regulations or contact Kenna Johnson, Executive Director, with questions. Together we can solve this mystery!



One more thing...

by Patti Davis, Website Director

As we all have so much on our plates, spring could be a reminder to start fresh, make changes, and grow!

As I look at my check off list, that seems to get shorter, to only get longer and never completed, I pause and think... one more thing.

So I am writing my article. We all need more hours in our day for one more thing. Let's put busy in perspective.

We all have so many similarities in life...family, jobs, coaching, participation in organizations, churches, leisure activities, exercise, etc. We prioritize daily what to be accomplished today, and move the rest for an attempt at completion tomorrow.

Do any of you feel, that fast pace of life and possibly feel the "one more thing" is consuming you daily and not allowing the time needed for those activities that you are very passionate.

So in the whirlwind of minutes this conversation went on in my head, I decided this is my topic. As I am placing this article on the front burner per se, I am also seeing the incompletes on my list. Then the thoughts of a conversation I had with a student comes to mind.



One More Thing...Continued on page 5

Shrine Bowl Tryouts

by Sandy Norby, Shrine Bowl Director

The Iowa Shrine Bowl tryouts are held the third Sunday in October at the Shrine Temple in Altoona, Iowa. Tryouts are only one day. Shrine Bowl tryout information is sent to all schools in the state of Iowa around July/August and sent to the athletic director of the school. So, cheer coaches if you haven't received the letter, check with your athletic director. The letter contains information about Shrine Bowl and has the nomination forms for the cheer coach to nominate who she/he would like to nominate. The cheerleaders have to be a current junior or senior. Along with the nomination letter from the coach, a current school physical for each nomination, registration form and fee of \$20 is required of each cheerleader nominated. This information needs to be sent in one packet to the General Manager of Shrine Bowl, Jerry Hoffman. Instructions will also be in the letter that is sent to the school.

The day of tryouts a short dance and cheer will be taught to the cheerleaders by the Shrine Bowl choreographer. The cheerleaders will be paired up with a partner and have time to practice before we begin the tryouts. Once they are done with their tryout they are free to leave. The Shrine Bowl Cheer Squad will be notified later in the week. Once the squad is notified, they will receive an email and instructions on what to be looking for in the upcoming months. The choreographer will post the cheer/dance routine on "you tube" and the link will be sent to each cheerleader. The expectations for each cheerleader is to know the entire routine when they get to camp in July.

The Shriners give out a Gatorade Scholarship of \$1000 total. We coaches decide how many scholarships we will give out. To apply for this the cheerleaders has to be senior. The application states what needs to be followed for applying.

Shrine Bowl week is a wonderful experience for these cheerleaders. New friendships are formed and memories are made. Coaches, please encourage your cheerleaders who are juniors and seniors to tryout.

**ONLINE REGISTRATION for the
ICCA FALL EVENTS opens August
10 and closes September 27. No
exceptions will be made. this is for
the State Championships, All-State
Tryouts and Honor Squad.**

The young lady was an awesome, positive, intelligent, person with strong leadership skills and service skills seen at an early age. Watching these attributes, wishing I could clone her, I decided to engage and offer her opportunities to utilize what I had already seen. She became involved in fine arts, student council, athletics, youth boards, church Awanas, all this and academic. When this young lady saw an opening to volunteer, she was the first hand up. She followed her passion to be involved and take with her many friends to model this behavior. In the beginning, the events/activities came one at a time and were quite manageable. But as she got older, and still wanted to take on more, serious time management skills came into play. Her daunting schedule determined a need for discussion. You see, as we all well know, once you say yes, and show strong dependable work ethic, everyone wants you.

This sweet young lady needed to lay out her schedule and thin out the things she was not as passionate as she was now too busy.

We sat down and discussed what was most important. Instead of continuing with excellent academics and giving 40-60% on everything else, we determined what to postpone until college or adulthood. The experience that was more important as a high school student remained on the schedule. She admittedly had some activities that she said yes and enjoyed but didn't fit under what she had a strong passion.

As I reflected, it occurs to me, maybe I am forgetting my own advice. It isn't just for students only, but a life lesson for all of us. Coaching and the responsibilities that go with it can be thankless. But with the circle of family, cheer family, and all the support they offer, you do get it all done.

Maybe this spring, the renewal, rebirth of it all, we pause, reflect and give ourselves the option to pare down on obligations that fill our plates. Maybe we let ourselves slow down and be Moms and Dads and Friends and Grandparents and Coaches and just take time to be You. Remember You! In the busy world of...one more thing.

AACCA Certificate:

If you took the AACCA course at the ICCA Conference, remember to go to www.AACCA.org so you can print your certificate. Click on "Resources" and "AACCA Certified Coach Search." Enter your name. From there you will be able to print your certificate. If you have questions, please email info@aacca.org

ICCA ALLSTAR CHEER SQUAD

by Betty Lou Jones, All-Star Director

It was another successful year for the ICCA All-Star Cheer Squad. On March 25 the All-Star Cheer Squad performed at the half-time of four games at the IBCA All-Star Basketball games which is held at the Dallas Center-Grimes High School. Thirty young ladies and three young men from across Iowa made up this year's squad. The routine was choreographed by Megan Moritz. Coaches this year were Becky Corbett from Stanwood, Sherrie Moritz from LeMars and All-Star Director, Betty Lou Jones from Swea City.

Each year one cheerleader is selected and presented the Most Valuable Cheerleader Award for their exemplary performance during the All-Star Games. This year's award went to Ely Kleinsmith from Solon.

Also each year a \$250 ICCA Scholarship is presented to one senior to help further their education. This award is also given for exemplary performance during the All-Star Games. This year the scholarship was present to Jade Blake from Waukon.

Special awards were given to seven members of the squad that showed outstanding leadership. They were Myrissa Garber from Tri-County, Aubrey Branch from Ames, Hannah Rogers from Waukon, Hannah Vaughn from Southeast Valley, Kiersten Kreuder from Bondurant-Farrar, Sienna Hancock from North Linn, and Rylee Walker from Southeast Valley.



All-State Squad Tryout Information

by Melissa Hatfield, All-State Director

2017 was another fantastic year for the Iowa All-State Squad. The 30 member squad performed twice during the Boys State Basketball Tournament in March. And, it was AMAZING! The routine was fast paced with very visual stunting and dancing. Thank you to choreographer, Ronna McGrann, for all of your hard work!

If you are wondering about All-State tryouts for 2018 here is some information...

Tryouts will be on October 14th and 15th in Ames, 2017. There will be more detailed information on the ICCA website as we get closer to tryouts and in the IHSAA Back to School mailing. Practicing motion technique and jumps during the summer months is very important!

Those are two of the main things the All-State judges are looking at during tryouts. Having sharp motions and keeping your toes pointed in your jumps are KEY! If you have cheerleaders that can tumble, make sure they are working on keeping their skills safe and clean. If they can do one back handspring that is clean and safe, it is better to do that than doing four that have messy technique. The biggest thing is to be prepared. Come to tryouts confident and positive, and everything will work out like it should!



Start Preparing Now to Avoid the CHAOS!!

by Kenna Johnson, Executive Director

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

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

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

The next step is to inventory EVERYTHING. Now, that goes beyond uniforms and pom poms. Yes, you must inventory those to make sure you have the correct numbers for the coming year (or years). You also need to do a TIME inventory. This includes summer

Fresh, New, Spring... Fresh, New, Website!

by Patti Davis, Website Director

Coming soon...the website for ICCA will take on a new look. The idea of a pull down tab for 8 or 9 topics, should allow for a better flow of content and make finding everything more manageable.

Currently, I am working with our website guru, to organize all the areas offered on the pull down tabs. Cleaning up the areas that have not been updated, such as the amazing history of the ICCA! We have so much information to offer Cheer Coaches, Cheerleaders, Administrators and Parents on the subject of Cheerleading in Iowa. The website will be the place to go and hopes to offer better flow!!

The Directors, President and Event Coordinators have also submit a wealth of suggestions and information for these updates and general content.

Yes, we will have all current events, updates, etc., on the Home page for easy accessibility. And Administrators will have a separate place to find information easily and quickly. But the content looked at most, will be more consistent under the pull down options for Cheer Coaches and Cheerleaders.

Hoping you will all enjoy the new layout, as we spring in, fresh new, website changes!

WHY COACHES SHOULD PARTICIPATE IN ICCA EVENTS

by Donna McKay, Executive Director

We all know how busy a cheer coach’s job can be with practices, games, pep rallies, fund raising, and other special events. Coaches are always looking for personal time! However, an area that should not be passed up is participation in state cheer events.

Why are state cheer events important? The most important reason is that all coaches are not only expected to keep up with their sport, but they need to be informed. The National Federation states that “Coaches should remain up-to-date on all new techniques, progressions, and safety regulations by frequently attending conferences, clinics, and rules meetings. The coach should also belong to appropriate professional spirit organizations.” Cheer coaches do this by taking the online rules meeting, completing the online con-

practices, your vacation, the cheerleaders' vacations, cheer-leading camps, other sports camps or activities, fairs, etc. By doing this you should be able to determine what the best plan of attack is for your summer months. Some coaches look at the craziness of the schedules of their athletes and choose to say "See you in the fall," while other coaches try to schedule around all the insanity. If you choose to have practices, keeping an attendance log will help you manage all those different schedules.

Consider using a CLOSED GROUP Facebook page or cheerleading Twitter account to communicate with parents and cheerleaders, or specialized texting programs like Remind 101 work well to get information out to everyone (including your AD). The best way to find out what is most efficient?? Talk to your cheerleaders!! Have them suggest what would be the most realistic form of communication!

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

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

Finally, WATCH FOR THE FALL PACKET called "Back to School" FROM IHSAA and ICCA!!! That packet will have all the necessary information for all ICCA events for the coming year. It will also serve as a reminder for the ONLINE RULES MEETING JULY 31-AUGUST 24. It will also tell you ONLINE REGISTRATION for ICCA events begins AUGUST 10. When that fall packet arrives, you also need to be arranging with your business office for payment for all ICCA events. Don't get caught at the last minute having to arrange for a late payment!! (Keep in mind that the dollar amount on the online entry doesn't change; names, however, can be changed up until the registration closes!!)

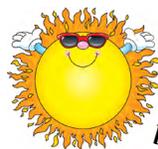
If all else fails, contact your District Representative for help!! Heck, contact them anyway!! Plan to attend a Free Fall Clinic or just open the lines of communication with someone new!! Keep this in mind: "Do something today that your future (in-season) self with thank you for!!"

cussion video, and attending both the spring cheer coaches' conference and a fall clinic.

Another advantage for participating in state events is the opportunity to develop relationships and a support system with other coaches. Coaches can constantly learn from other coaches by having others available to answer questions, offer effective solutions and ideas, plus provide encouragement and support. Events such as the Cheer Coaches' Conference, Honor Squad, All-State, Special Olympics, and the Fall Clinics provide lots of time for coaches to talk to each other.

Not only do coaches receive benefits from participating in events, but so do a school's cheerleaders. Providing opportunities for cheerleaders to participate in a variety of ICCA events can be positive and educational for them, as well. They learn how to work with others at a higher level, how to persevere, develop self-discipline and social skills, handle positive and negative experiences, etc. when preparing for the State Championships, Honor Squad, All-State, All-Stars, Shrine Bowl, and Special Olympics. They give back to others when they participate in the Shrine Bowl and Special Olympics events. It's a coach's responsibility to provide opportunities for their athletes to grow and succeed.

As in any occupation, it's important to take advantage of situations that allow us to grow in our jobs. The ICCA prides itself on offering a variety of events for both coaches and cheerleaders to help with this improvement. We encourage all coaches to make the most of these opportunities.



SUMMER IS COMING, NOW WHAT?

by Jane Bauman, ICCA Secretary

The seasons have wound down, tryouts are in the books, now it is time to sit back and relax. NOT!!

It seems like the cheer season is a 12 month job. There is always something to do. Even though the summer months might not be near as busy, it is a time to begin preparing for the upcoming year.

Make sure that you have your information packet for the cheerleaders and parents ready to go. Hold a parent meeting so that everyone is on board with your expectations.

Talk to the AD and principal in the district. Let them know your plans and expectations. Encourage them to be supportive of the cheerleaders. Let them know about ICCA and how important it is to get the

Summer is Coming...Continued on page 8

information that they send out. The best thing that we can do as coaches is to inform the AD's in the district. We are all working for the best interest of the students.

Prepare binders. Make sure you have medical forms in line, progression lists, emergency contact information and your rule book.

Think about your goals for the upcoming year. What do you want to accomplish? It is hard to tackle to many things in one year. Make a priority list so that you feel proud at the end of the season.

How about music? Do you have all the documents you need for the music that you are going to use throughout the season?

Do you have shoes, bows, etc. for the athletes? Make sure this is all ordered and ready to go. Before you know it, the first game of the season will be here.

Make sure you have contacted an ICCA representative. The ICCA board works for ALL of the coaches in the state. If you have questions, make sure you ask. Be prepared so that you are ready to take the on-line rules meeting. Be aware of the deadlines with paperwork, free clinics etc. There are so many opportunities it is wise to have a calendar with just ICCA events.

After you have this all done, go ahead, sit back, put your feet up and enjoy a cold glass of lemonade. But, do not sit to long, fall is right around the corner.



SUMMERTIME TEAM BONDING

by Angie Trowbridge, SW District Rep & Social Media

School's out for summer (or pretty darned close)! One of your team goals is to become, well, a team; how do you get a jump on that during the summer? Here are a few "PUN-derful" ideas to help spark your creativity.

 **Wing it** – Wing Wednesdays are a popular event in my area as a social outing, and the pennies-per-wing is often a cost almost everyone can swing or cover for another. It doesn't have to be wings – a meal out together in town is lots of fun!

 **"Leaf" it up to them** – Do you have an Orange Leaf, or something similar? After a hard practice in the summer sun, enjoy a sweet treat!

GOAL SETTING

(For Your Cheerleaders and Yourself)

By Michelle McCann, Rep Council

“Setting goals is the first step in turning the invisible into the visible.” – Tony Robbins. As coaches, we hear a lot about and talk a lot about setting goals. We talk about it with our cheer-leaders, and we talk about it with our fellow coaches. Setting goals is a great thing to do as a coach, whether it's setting goals for yourself of helping your cheerleaders set goals for them-selves. Sometimes, goal setting can get a little crazy, though. It's one thing to ask yourself or your cheerleaders, “What are your goals for this season or this year?” and have them tell you and call it good. It's another thing to not only make sure that the goals that are being set are realistic, but it's also important to make sure we are helping ourselves and our cheerleaders follow through with attaining those goals throughout the season or the year.

So, one question is, how are we making sure the goals that are being set for the season or the year make sense. Some of you may have heard the term “S.M.A.R.T.” goals. This is a great acronym for the way your goals should be. “S.M.A.R.T.” means that the goals being set are specific, measurable, attainable, relevant and timely. Keep all of these in mind not only when you are helping cheerleaders set their goals, but when you are also setting goals for yourself as a coach. Goals aren't necessarily wrong for anyone, but they should make sense and fit the “S.M.A.R.T.” criteria in order for them to potentially play out for anyone.

Another question that can come into play is, how do we effectively help our cheerleaders set goals for themselves? **Help them get specific.** I don't give my cheerleaders limits when it comes to setting their goals. Now, there seems to always be the cheerleaders that want to just put, “be a better cheerleader.” Ok, that's great, but what are specific things they want to work on to become a better cheerleader? Do they want to be a better cheerleader physically by having better jumps and tumbling, or do they want to be a better leader with a better attitude? Really try to get them to dig deep to figure out what they really want to achieve for the season or the year. I don't usually give my cheerleaders a time limit either. I want them to be able to really think about their goals for the year. Also, make it fun! Last year, my co-coach and I did sort of a beach theme for our season. We tied our goals into the theme by buying some netting that we hung up in the wrestling room where we practice. Then, we gave the girls slips of paper to write their goals on. When they were finished, they got to fill up little glass bottles of sand and seashells that they put their goals in, and those hung on the wall for the whole season like messages in a bottle. That proved to be not only a fun way for them to set their goals, but they also were able to constantly see

 **Sprinklers: kid tested, high schooler approved** – Is a cheer parent willing to share their yard and garden hose? Watch the inner kid come out as they run through like the good ole days, or have a water balloon fight!

 **Squeaky clean** – Score some brownie points by asking the Bus Barn guy if your team can wash the school Suburbans/vans. They'll provide the supplies, you provide the manpower...and you just might score the "good vehicle" a little more often for your road trips.

 **Miles for smiles** – Does your community have a summertime charity event, or a walk for something? Time to assemble and volunCHEER! You don't have to perform, but just be present, personable, and participating.

 **Let nature take its course** - Even if there isn't a pre-made charity event, utilize any nature trails in your area and take a practice day to walk and enjoy it together. Nature walks are a positive, low-stress key way to get exercise and get to know each other.

 **Seek it out** – This one can double as a way to increase citizenship! Enlist the help of cheer parents or other adventurous community members to set up a scavenger hunt for your team. Divide your team into groups or have them all work together, but have them find and photograph (with appropriate permission) things such as the oldest house in town, the mayor, the restaurant with a (specialty dish), a place to fix (car, A/C, plumbing, all that stuff you need to know as an adult). They're guaranteed to learn something! Share those pictures with the locations when you write your thank you notes – they'll love them!

Whatever it is you choose, it doesn't have to cost much for you or your cheerleaders. Just spending time together in a non-cheer way will help you and your team bond together. Not feeling creative? It's OKAY to ask help and discover other creative, willing souls in the process. If you're worried about permissions, ask! For vehicle ventures it's good to seek written permission, and it's always good to keep your administration in the loop. Remember to keep it casual and optional, and don't worry about those who are reluctant to show – after the first event, the other members will promote the next adventure FOR you!

Do you have another idea, or want to share how yours went? We'd love for you to share it on our Facebook page, or tag @IAcheercoaches when you tweet! I can't wait to hear about your bonding time!

those bottles hanging and think about them throughout the season.

The other big questions we need to be asking is, **what are we doing to help our cheer-leaders achieve their goals?** I can't lie and say that I haven't had seasons where I had my girls set their goals, and then the season got so busy that we never talked about them again, and I def-ini-tely regret those seasons! It's one thing for cheerleaders to set goals, but it's up to us to bring those goals up to them throughout the season to remind them what they're working towards and do our part to help them reach those goals. If you have time, have a one on one with each cheer-leader and talk to them about their goals. If that's not feasible to do, have them all take a few minutes to spread out every so often and write down what their goals were and how they feel like they are progressing when it comes to achieving those goals. All in all, don't let the begin-ning of the season be the only time you talk about goals!

Lastly, make sure you are **setting goals for yourself!** As coaches, we focus so much on the squads and helping them achieve their goals, but what are your goals as a coach for the sea-son? Write down your goals while you're trying to get your season organized. What do you want to accomplish this season? It could be personal or team oriented. Even break it down and set goals for the day or the week in your practice plans. It not only will help you feel more organized as a coach, but it will help you be able to track your progress overall with your squads. And don't be afraid to share your goals with your squad! Let them know that next week your goal for your varsity squad is for them to hit that stunt they've been struggling with. Whatever it is! It's important for us coaches to have goals for ourselves to achieve throughout our seasons. Happy goal setting, coaches!



SUMMER OUTDOOR PRACTICES by Sherrie Moritz, NW District Representative

The start of summer cheer practices is just right around the corner. With that comes hot and humid conditions. Make sure you are taking appropriate precautions against heat-related illness of your athletes from heat stroke. To prevent heat illness (i.e. heat cramps, heat exhaustion, or heat stroke) during summer practices, especially heat stroke, it is important that you as a coach follow the following guidelines for summer practices:

1. Limit practice time.
2. Allow lighter clothing.
3. Provide frequent water breaks.
4. Provide shade.
5. Monitor athletes closely.

Have a backup plan in case you need to practice indoors.

How To Prepare For **Summer Camp**

by Megan Moritz, Rep. Council Member

Being a cheer coach is not a seasonal job, whether you coach fall cheer or winter. Cheer coaches work year round preparing for the upcoming season. Once our season is complete, we being our to do list for the next. At the top of that list: Cheer Camp. Here are a few tips to ensure your camp runs smoothly for you and your squad!

It is important to **contact your camp a month before to follow up with your camp host or company to confirm all the details of your reservation.** Discuss itinerary, meal plans, housing options (if it is an overnight camp) and any other important information. File all confirmation emails and letters in a folder and bring these with you to camp.

Once you've planned out the details, **create an itinerary** for your cheerleaders and their parents. This should include details on each day's events, **a list** of what each cheerleader should **pack**, and all information regarding the camp location and contact details. Depending on your team's size and ages, it may be most effective to **set up a meeting** with the entire team and their parents. During this meeting, you can go over the itinerary, pass out copies to everyone, and get each cheerleader's emergency contact information, if you don't already have it. Address any questions or concerns your cheerleaders or their parents may have. This will help everyone be comfortable and not as nervous when they arrive.

A few weeks before camp, bring the squad together to **establish goals** as a team and even as an individual. Make sure goals are measurable and agreeable upon everyone. This ensures that every member of the team knows what he or she is working towards. When meeting with your squad prior to camp, **pair up new and returning cheerleaders as buddies** and create stunt groups. One or two small meetings prior to camp can make a big difference at camp itself.



Improve It - Summer Motion Technique

by Paula Kirkpatrick, SE District Representative

“But we know the motions, coach....” Have you heard that before? I have. But **knowing the motions and having good technique are two different things.** I meet with my team twice a week during the summer. During that time, I devote 10 minutes to a motion drill practice. It is a **simple 8 count drill** put to music so we can do it at many different speeds. We can also do it while jogging to add to our conditioning. Just to change it up, sometimes we do with drill with light dumbbells. What a challenge that is!! The girls **lift weights twice a week**, and I truly believe that improves our motions as it makes us stronger. Strong arms can hit sharp motions!



What's on Your Summer Check List?

by Jeanne Ehn, Executive Director

YAY! It is summer, or almost summer! It is time to relax and have a good time with family and friends. But before you head out the door, make sure you have this checklist complete.

- End of the season meeting held with your athletic director. Discuss the goods and what needs to be improved next year. Discuss summer practice schedule if practicing. Reserve practice locations.
- Uniforms, warm-ups, poms, etc. - collected from all cheerleaders, cleaned if necessary, and stored.
- Any uniforms or warm ups that need to be repaired should be taken to a seamstress.
- Count - extra uniforms are ordered. Shoes ordered. Poms ordered. Any other needs like camp wear, T-shirts are planned and ordered.
- Summer practice calendar (including required practices) made and sent to cheerleaders, parents and administration. Be sure to include locations.
- Parent Meeting organized and held, or date finalized.
- Camp details finalized (practices, transportation, communication to all, forms, camp wear, etc.)
- ICCA membership has been applied for online and paid.
- ICCA Event Dates for 2017-2018 are in your calendar. Include rules meeting, event registration, free clinics & events. (The calendar is in this newsletter).
- Send thank you notes to those who helped your team during the past year.
- Time for fun! Relax!!



Improving Jumps in the Summertime

by Cindy Pangburn,
NC District Representative



If your cheerleaders are anything like the kids on my squads when we are at practice and I tell them it is time to work on jumps I often hear them moan and groan and they are certainly not very excited about it! So what is a coach to do? We all have seen the cheerleaders with beautiful jumps: great height with their chest up, pointed toes and hyperextended on their toe touch!! But how do we get there? Especially when your student athletes don't want to work on them! I can tell you those beautiful jumps won't happen if your cheerleaders only work on them during your scheduled practices, unless you plan to have them jumping dozens and dozens of times and it certainly won't leave much time for things like motions, cheers and most often their favorite part of practice: stunting.

Start with stretching exercises and there are many different ones you can use. Unless cheerleaders start working on their flexibility those jumps won't be as attainable. Be sure to do stretches and exercise that work the **hip flexors**. Also if you have mostly female cheerleaders be sure to work on their **core strength** as well. Remind them core strength will help them in every sport they are involved in! Also something that seems so simple but often times it is overlooked, **make them jump!** Not necessarily doing cheer jumps, but any jumping. Find boxes for them to jump up on. Many times they don't know how to properly use their legs and the more they jump the better they become!

I really like having my cheerleaders do **squats** or some of you may call them sumo squats. They need to be done correctly using the legs and not just bending over using your back. Be sure to have them squat low! I am sure you have cheerleaders who have better form than others so have them demonstrate the correct form, and then be sure to praise them in front of the rest of your squads. We all like to be recognized when we are doing things right! Squats will improve leg strength, help with their vertical jump, increase hip flexibility and should engage your core for stronger abs. When they jump as they come out of their squat is another great way for them to practice jumping.

Another way to help kids improve their jumps is to **film** them. This is the best way for them to actually see what they need to improve on, but also what they are doing right. You can run the **videos in slow motion** and the kids can see exactly what they need to work on. I also encourage my cheerleaders to email themselves their jumps so they can review them at home. I love it when my returning cheer-

Improving Jumps...Continued on page 12



by Kristen Morlan, Vice President

Summer - the time to relax, spend time in the sun, and read good books. It's also time to start preparing for the fall season! How important is summer practice? Is it necessary? What should happen then? These are all questions to consider when you are organizing your fall season and what you hope to accomplish.

I'm a firm believer in summer practice. **This is the time to build the basics in all areas** without the pressure of games, pep rallies, or that giant American History project! Whether it's working on motion technique, jumps, stunts, tumbling, or dancing, this is an excellent opportunity to work with kids and get to know them on a less formal level. This is also a great **time for team building and leadership training**. Breaking up into small groups helps the new kids learn skills, and teaches the older kids how to work with others and create a sense of team. This is also a good way for the kids to get to know one another and to develop trust for those all-important stunts.

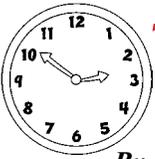
Ok, but it's 100 degrees, and everyone is sweaty, grumpy and sunburned. What can you do to keep focused, but still have fun? **Incorporate games, contests, and prizes into your reviews.** I always assign an older team leader to bring some sort of treats for the games. This guarantees that there will be a reward without my having to find something! We have contests on motions, stunting, dance, whatever we are currently working on that we need to evaluate and focus on. Whether it be a motion drill, a "who's the loudest" competition, or who can hold a stunt the longest, contests always motivate everyone to work harder and to keep focused on the goal - a strong season full of success and fun!

So should these practices be mandatory? What about summer vacations, the county fair, or summer jobs? Different schools have different regulations. Some schools may not allow required summer practices, so you need to check with your administration for guidance in this area. If the practices are for a specific purpose such as for a competition squad that is outside of the regular squad, you probably can make your practices for that squad mandatory. However, I believe summer is a time for opportunities and those don't have to be just about cheerleading. If you set up your practices so most people can attend, you will probably have the most success. As long as everyone understands that when squad members are not at practice, it affects the entire team, so absences should only occur when absolutely necessary. If you instill this in your cheerleaders, you will have success!



leaders get out their old videos and can see how much they have improved! I love it when they talk about their "typical freshman jumps" and **then they can see how much they improve each and every year.** It is also great for those incoming freshman to see those outstanding jumps are attainable and most cheerleaders don't have those outstanding jumps when they begin cheering.

The bottom line is, it difficult to improve jumps only during practices. You need to encourage your cheerleaders to work at home. I have been fortunate to have cheerleaders who understand this concept. Once your student athletes realize how much they will improve when they work outside of practice, it will set a great example for others and they can challenge others to do the same! A little hard work can go a long way. Good luck during your summer!



Taking Time For You

By *Sandy Norby, Shrine Bowl Director*

Cheer coaches need to take time for themselves' once the cheer season is over. They need to "recharge their battery" and by doing so there are many different ways to do that. So, put away your cheer planner and notebook and give you self time to downshift and relax.

Exercise is a great stress reliever. Join an exercise class and socialize with the workout friends. Start walking. The fresh air is good for you and I do my best thinking and organizing in my head while walking. Ask a friend to start walking with you and soon you'll be doing 5 K's. Exercise is just plain good for everyone and if you have friends to join you it doesn't feel like work.

I like a good pedicure/manicure and a massage. There is nothing better than pampering yourself. You deserve to be pampered after the long hours of practice and sitting at sporting events the past year. Grab a good book and go sit outside. The sun will feel good and take a nap while you are out there! If you like the pool atmosphere, call friends to meet you at the pool and relax in the sun and enjoy.

Take a vacation with your family. Make memories with your kids and grandkids. Plan the vacation and go on an adventure. It will be something all of you can do as a family and make it as simple as you want or as detailed as you like it to be.

But most of all just get away, relax and enjoy! Before you know it, it will be time to get out that cheer planner and notebook and go back to work for the next season!



Getting to Know

ICCA At-Large Representative

by *Erin Taylor, At-Large Representative*

First and foremost, I am a mom and wife. I have 3 children - Jacob (7), Addison (4), and Aiden -brand new! I enjoy spending my free time playing with my children and hanging out with my husband. Outside of coaching I am also a Realtor, the treasurer at my church, and a volunteer at my kids' schools. My husband and I also own a business in Iowa City which keeps us busy.

I have been a cheerleading coach at Linn-Mar High School (Marion) for the past 8 years. I coach our varsity and sophomore football squads, varsity and JV wrestling squads, and our competition squad. I have always had a passion for cheerleading and I am excited to share it with my cheerleaders. My number one goal as a coach is and has always been to encourage a love of cheerleading to all the students that I have the privilege of coaching. I hope that being on the ICCA board will allow me the opportunity to help other coaches keep and share their love of cheerleading to students across the state.

To EVERY COACH Taking Cheerleaders to Free Fall Clinics - THINGS YOU MUST KNOW

by *Sherrie Moritz, NW Representative*

Coaches are welcome to take their cheerleaders to any clinic at any location. Remember to contact the ICCA District Representative at least one week ahead of time so they know how many will be in attendance. Schools/Coaches must be a member of the ICCA. Coaches will need to bring medical release forms to the camp. The District Representative will ask to see this form as you check in. This is the ONLY paperwork you need for each cheerleader. The form can be found on the ICCA website.

2017 FREE Clinic Locations and Dates:

- NE - Manchester, West Delaware, August 19
- NW - LeMars, August 26
- SC - Ames, August 26
- SE - Tiffin, Clear Creek Amana, August 19
- NC - Mason City, August 26
- SW - Shenandoah, August 26

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Join us today!

Editor's Note: The following articles are by each ICCA district representative. They've introduced themselves and given information about their free fall clinic in August. Be sure to check their full article as some have combined their clinic information with great summer information for you.

Check out Your District Reps - We're Here to Serve YOU!

by Kelly Trinkle, NE District Rep!

I am super excited to be the new NE District Rep!! My name is Kelly Trinkle and I am the high school football, basketball and competition cheerleading coach at BCLUW. Hopefully if you are a coach in the NE District you have heard from me! I would really love to develop a one on one relationship with each of you. Not only to help to try to answer any questions you may have about cheer or ICCA, but also just to lend an ear and chat! If you are in this district and are not receiving emails from me, please email me - ktrinkle@bcluw.org! I would be thrilled to hear from you!

All of our district reps are excited to share about our awesome organization! There are so many opportunities out there for you as a coach and also for your cheerleaders! I know it can seem confusing signing up and attending an activity you have never done before, but that is where we come in!!! Ask away!! Any questions are welcome, big or small. No matter how basic or complicated they may seem! We want to hear from you!!!

Improving Stunting During The Summer

by Betty Lou Jones, All-Star Director

Practice! Practice! Practice! When is there more time to practice without other things to worry about than summer. Other school activities are not as pressing as during the school year. Summer is a great time to practice stunting with all levels of your squad. When you get closer to football season, other things get to be more important like cheers and chants. Getting ready for each game does take time. So summer is an excellent time to work on stunting.

With new and returning members (who have not stunted in a while) it is a great time to start at the beginning and see what level your squad is at and decide where you would like to get to in stunting. Don't forget to record each stunting progression. It is also a great time to send your cheerleaders to a clinic or have a professional come in and work with your cheerleaders.

I know how much time and energy stunting takes and if you can use the summer to work on it you will be further ahead when the school year starts.

NW District Free Fall Clinic

by Sherrie Moritz, NW Rep.

Each year the ICCA sponsors FREE Fall Clinics. They are held in several locations and ICCA members can pick the clinic they'd like to attend. For the second year in a row, the **Northwest District will host the camp in Le Mars on Aug. 26th from 9 am until 2:00 PM.** Lunch is on your own.

There are many reasons for coaches and cheerleaders to attend a FREE FALL CAMP.

- It gives your cheerleaders a chance to meet other squads.
- Connect with other coaches
- Learn new cheers and a short dance
- Get answers to any questions you might have

Be sure to check out the information every coach must know and bring your video camera and join in on the FUN in the ICE CREAM CAPITAL OF THE WORLD.....Le Mars!



NE District Free Fall Clinic

by Kelly Trinkle, NE Representative

The **NE District Free Fall Clinic will be held on Saturday, August 19th at West Delaware High School in Manchester.** The clinic will run from 9:00 am-3:00 pm. I am super excited that a group of UCA instructors will be there this year!!! Bring your cheerleaders out for a day of cheers, motions, dance and fun!!! Also, this is a great time for coaches to get together to ask and answer questions and just get to know each other! Hope to see you all there!



SE District Free Fall Clinic

by Paula Kirkpatrick, SE Representative

A free cheer clinic?? What a great opportunity! I am Paula Kirkpatrick, the SE District Rep for ICCA and I, along with Kristin Morlan, will be hosting the **Southeast Free Fall Clinic at Clear Creek-Amana High School on August 19th.** It will begin at 9:00 am and go to about 3:00 pm. I have been the cheer coach at Tri-County High School for 20 years and recently became an ICCA board member. I am so excited to meet local coaches and work with them and their teams. The free clinic is a great place to meet other coaches and share information. The cheerleaders will be busy learning great cheers and chants, working on motion technique and jumps, and doing some bonding. Coaches will have a time to meet and ask questions or just talk cheer! I hope to see many of you at the clinic!!

Go to the NC District Free Clinic and Get to Know your District Rep

by Cindy Pangburn, NC District Representative

I was recently elected as the North Central District Rep and am excited to serve! I am starting my eleventh year of coaching at Northwood Kensett. I coach football, basketball, wrestling and competition. Those of you who are the only coach in your school understand what all that entails. I love it and have been fortunate to have a supportive AD and administration from day one!

This year the **North Central District free clinic with be held Saturday, August 26 at Lincoln Intermediate School in Mason City from 9:00 am – 3:00 pm.** Your cheerleaders will have the opportunity to learn new cheers and chants, work on jumps and motions, and learn a dance. It is a great opportunity for your squads to learn new material for a new year. Also, it is a great way to help them bond and learn while they are together! Remind your cheerleaders the school is air conditioned, a great thing for a camp held in August! 😊

Coaches, you will have the opportunity to meet new coaches or reconnect with ones you already know. We will have a brief meeting so bring your questions, concerns, and comments. Always great to chat with other coaches to learn new tips on how to make your squad better! It will be a great day and I hope to see many of you there!

Get to Know Your South Central District Rep and Free Clinic AND Some Tumbling Help

by Sarah Buss, South Central District Representative

Hello my cheerful coach friends! My name is Sarah Buss, I have been the Head Fall and Competition Cheer Coach at Ames for 11 years. I have 5 kids and 3 of my daughters are on my team. So my season is EXTRA fun. By extra I mean the double role of mom and coach is often quite grey and stressful but I wouldn't trade the experience and memories we are making together. I'd love to talk to you more and network at our **FREE Clinic held on August 19th at Ames High School from 9:00 am - 3:00 pm.** Your team will get to learn some great material they can take back to their sidelines and the coaches get to have a great time networking and learning, also.

Besides attending **FREE CLINICS**, another great thing to do during the summer is **to work on your TUMBLING technique and flexibility.** I actually got into coaching cheerleading due to my experience



Tumbling Help...Continued on page 15

GET TO KNOW Your District Rep: SOUTHWEST DISTRICT & How I Became Involved in ICCA Events

by Angie Trowbridge, SW District Rep & Social Media

Cheers from Shenandoah, in the southwest corner of Iowa! We are the home of Earl May and Henry Field; KMA, the radio station started by Earl May, still broadcasts. You'll also hear a few songs played by the Everly Brothers, whose childhood home is here. We're also home to the Southwest Iowa Theater Group, the longest continually-running community theater in the state.

This is my home, where my husband and I have lived since graduating Iowa State in 2004. My entire teaching and coaching career has taken place in this town. In spite of the ups and downs that happen and the challenges they bring, I am proud to wear Mustang Maroon, and my husband and I are happy to raise our three kids here. Our middle schooler, soon-to-be-first grader, and soon-to-be preschooler redefine busy as they participate in all the activities Shen has to offer; my husband is a great supporter of us all whether it be sports, music, theater, or cheer and the ICCA!

I got involved in the ICCA after my first couple years of coaching. I met two crazy ladies by the names of Kenna and JoEllen when I took my girls to a Free Fall Clinic in a neighboring town; thanks to their support I soon found myself walking into the Gateway Hotel for the ICCA Conference. Through their encouragement I became a better coach by taking those spring classes and busting my brain at all the sessions.

It was also at conference where a fellow district coach named Gina became a fast friend, one whom I "blame" for getting me so involved in other ICCA events...following the Free Fall Clinic was Special Olympics, after which Gina convinced me that the 5-plus hour drive to Cedar Falls for Honor Squad wasn't really that bad. State? Yup, her fault too. Although she doesn't coach anymore, Gina's positive influence upon me still is present.

Hit the fast forward button. I'm starting my third year serving as the ICCA rep for the southwest district. It's a busy job reaching out to the 53 schools in my 20-county district! While I know I definitely have room to grow and improve in my position, I've really enjoyed reaching out and getting to know the coaches in my area. As a 13-year coach in a leadership position I'm now able to pay it forward in gratitude for those fellow ICCA members who encouraged me to try new opportunities.

Whether you're a been-friends-forever, or a new and friendly face, my favorite thing to do for the ICCA is to sit

Southwest District...Continued on page 15

in teaching dance and tumbling. Tumbling requires flexibility and strength, and lots of repetition, similar to practicing a stunt. **The off-season is the best time to work on tumbling progressions. DO NOT skip steps or someone will get hurt.**

There are a few basics to remember when tackling tumbling:

- The **handstand**. If your athlete cannot perform a controlled handstand, being able to hold their own body weight while upside down, they need to practice this first. I suggest handstands up to padded wall in a gym or wrestling room, also have padding underneath athletes in case they bow their elbows and come down crashing.
- Although a wrestling room sounds like a perfect place to practice tumbling -proceed with caution. Wrestling mats are meant to absorb falls and slams. A hard surface such as a cheerleading mat, track or gym floor are much better to practice tumbling as they provide a solid surface to push off on to get the desired punch and height needed for your skills.
- After the handstand is perfected, move onto the **round off**. The round off is the basic first skill before every running tumbling pass.
- The **hurdle** before the round off also needs perfected as well as the **landing of the feet** and “**set,**” which is the motion following the round off. The set no matter what skill following (usually a back handspring or tuck) following the round off should happen with the arms squeezing the athletes head and elbows need to be locked out, the hips and tush should also be in line with each other, NOT in a “sitting” motion.
- The **normal progressions of skills** that I would suggest follows as such: cartwheels; round offs; front and back walk overs; front handsprings; standing back handsprings; running round off back handsprings; running round off back tucks; running round off back handspring back tucks; standing tucks; standing back handspring back tucks; running layouts; running back handspring layouts; and running round off back handspring full twisting layouts.

Tumbling does not happen overnight. It takes lots of training and repetition to strengthen your skills and give your athlete confidence to flip upside down, and attack skills on all types of approved surfaces. If your athlete wants to learn and improve their tumbling skills, START NOW, make sure you have proper spotters needed to teach and protect your athlete, and also have proper mats when doing so. Good luck and have a great time flipping through your summer!

and talk to fellow coaches – whether they’re in my district or not! Conference was a blast, and Special Olympics always is a unique, wonderful chance to visit. Now that summer’s rolling around, the next opportunity to get together will be at the Free Fall Clinics! For **my district, that will be Saturday, August 26th in Shenandoah from 9:00 am - 3:00 pm**. Clinics are a great place for coaches to ask questions, and for everyone to learn a little something new. I hope to see many of you at mine!

ONLINE REGISTRATION for the ICCA FALL EVENTS opens August 10 and closes September 27. No exceptions will be made. this is for the State Championships, All-State Tryouts and Honor Squad

General Membership Meeting Minutes

The ICCA held their general membership meeting at The Meadows of Prairie Meadows as a part of the ICCA Spring Conference on March 31, 2017. The meeting was called to order at 4:06.

The minutes from April 8, 2016 were approved. Sherri Moritz. made the motion and it was seconded by Sandy Norby.

JoEllen Wesselmann, the treasurer, reported that their is \$47, 559.85 in checking, \$15, 406.07 in savings, \$16,818.88 in a CD and \$15, 748.16 is invested.

JoEllen was not sure of the exact number of members. She would have a better idea when the conference numbers are all in.

There were 44 members present during the general meeting. AACCA was going on at the time of the meeting so some members were not able to attend the general meeting.

Constitution changes were mentioned. A motion by Franci McClenathan was made and a 2nd was made by Megan Moritz. Motion passed.

The Slate of Officers was presented. Jeanne Ehn made the motion to approve the slate and JoEllen Wesselmann 2nd the motion. It was approved.

Sarah Buss made a motion to adjourn the meeting. Bethany Brink made the 2nd.

The meeting was adjourned at 4:14.

Respectfully submitted,
Jane Bauman



Ask Jeanne

Dear Jeanne:

**I'm a new coach. Do I have to have a lot of practices in the summer? I want to do a good job coaching.
Concerned**

Dear Concerned:

Summer practices and the number of them are up to you as a coach, and if your school will allow them. There are many cheer programs that never have a down time because they practice all year, including summer. There are also programs that have limited practices in the summer and they, too, are successful. As you become USE to coaching, you will figure out what is best for your program. Here are a couple of things to consider before deciding one way or the other.

Is your squad going to go to cheer camp? If yes, be sure to find out what they will be required to know for cheers and stunting as both will require some practice.

Is your squad made up of new cheerleaders or experienced pros? Summer practices are a great time to get the novice cheerleaders caught up to those with cheer experience. Summer is also a good time for experienced cheerleaders to improve their skills.

What are the goals for the next season? Are extra practices needed to achieve it?

Is practice more important than a break? The cheer season is a long considering it can go from August until March. Sometimes, coaches and cheerleaders just need some time away so they come back to a new season refreshed and ready to go. Maybe a good plan is to not practice for the month of June then get back to improvement. There are also programs who practice in June and take July off. Maybe practices can start August 1. Some schools only practice one day a week. Some do a couple. Only you as the coach can answer these questions.

If you are going to have practices, set the times and dates, and communicate each to the cheerleaders, parents, and administration. Ask cheerleaders to write down their known conflicts for a reference.

Make sure you communicate which practices are going to be required and which are not. Many coaches have practices, but do not require attendance for the entire summer, or only set a few practices where attendance is required. Practices are basically for improvement, building team, and spending extra time on the basics. If practices are required, communicate this well in advance so calendars can be adjusted. Also, be sure to okay the required dates with administration as some schools have specific rules regarding out of season practices.



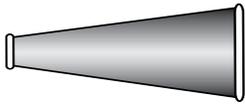
Make sure you have a place to practice. School buildings can be rather chaotic with construction, cleaning, painting, and summer projects. Practices can always be held outside, but be sure the environment is safe and free of holes. Consider the temperature and humidity, and always have fresh water available.

No matter what you decide about practices, keep in mind it can change next summer.

Good luck! I'm always cheering for you!

2017-2018 ICCA Calendar

- May 25, 2017: Special Olympics, ISU, Ames
- July 29, 2017: Shrine Bowl, UNI, Cedar Falls
- **August 2017: ICCA Free Fall Clinics (9:00 a.m. Start)**
 - NC – August 26, Mason City (Lincoln Intermediate School)
 - NE – August 19, Manchester (West Delaware High School)
 - NW – August 26, LeMars (LeMars Carey Gym)
 - SC – August 26, Ames (Ames High School)
 - SE – August 19, Tiffin (Clear Creek Amana High School)
 - SW – August 26, Shenandoah (Shenandoah High School)
- **JULY 31 – AUGUST 24, 2017: Online Rules Meeting**
 - **ALL COACHES and choreographers **MUST** complete the **FALL ONLINE RULES MEETING** to participate in ICCA EVENTS. The winter rules meeting will not be accepted for State, All-State, and Honor Squad registrations.
- August 10, 2017: **ICCA Fall Event Registration Opens**
- September 27, 2017: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Championship, Honor Squad (No other type of registration is allowed)
- October 3, 2017: **Deadline for mailing entry fees** for ICCA Event Registrations
- October 14 & 15, 2017: All-State Tryouts, Ames
- October 15, 2017: Shrine Bowl Tryouts, Za-Ga-Zig Temple, Altoona
- **October 23 – November 27, 2017: Winter Online Rules Meeting** (Not accepted for fall event registrations)
- November 4, 2017: State Championships, State Fairgrounds, Des Moines
- November 12, 2017: Honor Squad Practice, Ames
- November 16-17, 2017: Football State Championships, UNI Dome, Cedar Falls
- November 16, 2017: Honor Squad Practice, UNI, Cedar Falls
- November 17, 2017: Honor Squad Performance, UNI Dome, Cedar Falls
- January 7, 2018: All-State Practice, Ames
- January 15, 2018: Deadline for Iowa All-Stars video tryout
- February 1, 2018: ICCA Scholarship application deadline
- February 4, 2018: All-State practice, Ames
- February 14-17, 2018: Wrestling State Dual & Individual Tournaments, Wells Fargo Arena, Des Moines
- February 25, 2018: All-State Practice, Ames
- March 4, 2018: All-State Practice, makeup practice, Ames
- March 5-10, 2018: Boys' State Basketball, Wells Fargo Arena, Des Moines
- March 5-8, 2018: Halftime Performances at Boys' State Basketball, Wells Fargo Arena, Des Moines
- March 8, 2018: All-State Practice, Ames
- March 9, 2018: All-State Performance, Wells Fargo Arena, Des Moines
- March 23-24, 2018: Iowa All-Stars, Dallas Center-Grimes High School
- April 13-14, 2018: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona
- July 28, 2018: Shrine Bowl, UNI, Cedar Falls



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