

Registration Form

Register for the conference **ONLINE** anytime between **February 10 - April 4***

(ICCA Membership will be included with Registration)

Register Online at www.iowacheercoaches.org

Registration Fees

Information below should match your online registration slip.

REGISTRATION & MEMBERSHIP FEES:

_____ \$110 Conference Registration Fee X _____ coaches

_____ \$45 ICCA Membership Fee for the 2018-2019 school year

Each school needs one membership to cover all coaches.

_____ Total fees included for Conference Registrations and Membership*

ADD-ON COURSE FEES: Check all fees and list number attending as above.

_____ \$35 - AACCA (\$75 course, coach pays \$35 and IHSAA pays \$40)

_____ \$25 - Spinning Stunts and Pyramids for Elite Squads

_____ \$15 - Basic Stunt Progressions (\$25 course, coach pays \$15 and IHSAA \$10)

_____ \$25 - Choreography and You

_____ Total fees included for Add-On Classes*

OTHER FEES:

_____ \$20 late fees (Registering after April 4)

***CANCELLATIONS** after the registration deadline will be charged the \$45 ICCA membership fees and a \$50 cancellation fee per registered coach because of hotel costs.

TOTAL of all FEES _____ for Registration fees, Add On Courses, and Other Fees.
(One check payable to ICCA)

After Registering Online & Double-Checking Figures

Send a copy of the **Online Registration Confirmation and Payment to:**

ICCA/Jeanne Ehn, P.O. Box 211, Conrad, IA 50621

ICCA prefers payment by check (personal or school). We will provide a receipt on request.

We will NOT be taking credit cards or purchase orders.

Contact Jeanne Ehn with questions.

Conference Fees do NOT include HOTEL costs.

A block of rooms has been reserved for the ICCA Conference at The Meadows Hotel and Conference Center at Prairie Meadows, Altoona, Iowa.

Call 515-957-3000 with reference code: 04122018IAC

Or go to the ICCA website for an online link.

The room block will be released to the public on March 12, 2018.

Iowa Cheerleading Coaches' Association
Presents



Spring Coaches' Conference
April 13-14, 2018
The Meadows at Prairie Meadows
Altoona, Iowa

FRIDAY

ADD-ON COURSES

AACCA – Jim Lord, Executive Director of AACCA, Instructor

Course runs from 8:00 A.M. to 12 Noon

Cost is \$75 (IHSA will pay \$40, Coach cost is \$35).

This course is the best fundamental cheerleading safety course in the nation.

Coaches must re-certify every four years. Take advantage of the great price.

NEW – SPINNING STUNTS and PYRAMIDS for ELITE SQUADS – Logan Lefler, Instructor

Course runs from 9:00 A.M. to 11:00 A.M. Cost is \$25.

Learn new and different ways to spin stunts in groups or single base. Coaching tips and skills for building elite pyramids and spins will be covered in this class. Hand grips and positions for spins will be covered.

BASIC STUNT PROGRESSIONS – JoEllen Wesselmann, Instructor

Course runs from 12:30 P.M. to 3:00 P.M. Cost is \$25 (IHSA will pay \$10, Coach cost is \$15).

This course teaches basic to advanced stunts in a safe, progressive manner. This is a hands-on class (dress for participation).

This class is recommended for new coaches or those who need a refresher course. Take advantage of the great price.

NEW – CHOREOGRAPHY AND YOU – Jeff Brewster, Instructor

Course runs from 1:00 P.M. to 3:00 P.M. Cost is \$25.

This course is designed to help EVERY coach with choreography. The choreography process is broken down so coaches will be able to make routines for Homecoming or any half-time. How choreography fits into the State Championship Rubrics will also be discussed. Learn the secrets of a great national choreographer.

Visit Vendors: 2:00 P.M. to 5:30 P.M.

Registration for all other Coaches: 2:00 P.M. to 4:00 P.M.

OPENING SESSION: Sideline Cheering: Using Props in Cheer Situations
with Jenna Reynolds: 3:05 P.M. to 3:50 P.M.

ICCA General Membership Meeting & District Meetings: 4:00 P.M. to 4:45 P.M.

FRIDAY EVENING

You are invited to join the **ICCA Board of Directors** in celebrating **30 years of the ICCA**.
THIS IS US celebrates every **ICCA Coach!**

6 o'clock in the evening in the Bishop A Ballroom, The Meadows at Prairie Meadows.

Banquet seating and cash bar opens at 5:30 P.M.

We are coaches of diverse ages with a variety of experiences and an array of cheer knowledge.

We are ICCA! Join us as we look back at what the ICCA has done and explore what the future holds.

THIS IS US means this is **YOU**. Celebrate the ICCA's formal banquet with your own fashion style.

Be ready in cocktail dresses or slacks, pearls or scarves, retro or the latest fashion from the runway.

Question and Answer after the Banquet
Enjoy Prairie Meadows: Live Entertainment – Slots – Tables

SATURDAY

Breakfast on your own.
Coaches, dress as you wish for classes.

National Speakers

- ★ **Logan Lefler** - Judge and instructor throughout the USA and 7 countries, UCA Head & College Instructor
- ★ **Jeff Brewster** - NCA Head instructor/staff for 29 years, judge - state, national, and world levels
- ★ **Jim Lord** - Executive Director of AACCA, the nation's number one educational class for cheer
- ★ **Jenna Reynolds** - NCA State Director for Iowa and the Midwest, coach at the University of Missouri

This is Us – Sessions

(The following course topics are examples of what to expect.)

- ▶ Tumbling Technique and Drills
- ▶ Keeping Ourselves Charged
- ▶ New National Federation Rules & Hints to Keep Release and Inverted Stunts Legal
- ▶ New Rubrics for the State Championships
- ▶ Hands on Cheer and Dance
- ▶ Squad Jump Workout
- ▶ Grips and Tips from Basic to Elite
- ▶ Marvelous Motions!
- ▶ Correcting Stunt Falls
- ▶ Spot, Spot, Spot
- ▶ Small Squad Stunts
- ▶ Cheer Fitness and Conditioning
- ▶ Using Cheer Props for Crowd Participation

Educational Classes – Vendors – New Rules

Networking – Door Prizes – Fun

For Athletic Directors who wonder if their cheer coach should attend:

NFHS Spirit Coaches' Responsibilities:

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.

Lower your liability as a coach and for your school by attending.

For more information on each speaker and to register go to the ICCA website:

www.iowacheercoaches.org

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February 10 - April 4