



Iowa Cheerleading Coaches' Association NEWSLETTER



August 2018 Kenna Johnson Editor



PRESIDENT'S MESSAGE

I hope you have had the opportunity this summer to relax, recharge, and enjoy some time off! As the football season approaches, now is the time to get your squads fired up for what's coming! Whether you are a new coach or an experienced coach, this is the time to set goals for yourself and your squads. What do you want to accomplish this year and what do opportunities do you want your squads to have? Make this a special year for you and your squads and don't be afraid to take chances! Try that difficult stunt, add those difficult motions, and power up those jumps. No matter where your squad is starting, work to take them to their own next level!

When setting your goals for this year, don't forget that there are many opportunities for your squads to be involved with ICCA. Be sure to look through the fall mailing that was sent from the IHSAA. As you plan activities with your cheerleaders this year, please remember all of ICCA's events in which they can participate. Look at what would be fun for your cheerleaders and get them involved! Remember those deadlines come up quickly!

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. Enjoy this year with your squads and remember that if you ever have questions or concerns, contact your ICCA Board members! We are here to help!

Cheers!
Kristen Morlan
ICCA President

WANTED!!!

National Anthem Singers!!
Individuals or Groups that are interested in singing the National Anthem at the 2018 State Championships should submit a CD by September 15.

Find the application on the ICCA Website -- Events -- State Championships -- Helpful Links.

Questions can be sent to kennajohnson47@gmail.com.



Important Dates for your calendar:

- ✓ July 30 - August 23: Online Spirit Rules Meeting. This is required for coaches wanting cheerleaders to participate in ICCA Events: State Championship, All-State Tryouts, Honor Squad
- ✓ August 10: Registration opens for ICCA Fall Events: All-State Tryouts, State Championships, and Honor Squad
- ✓ August 18: ICCA Free Clinics held in Manchester (West Delaware), and Tiffin (Clear Creek Amana)
- ✓ August 25: ICCA Free Clinics held in Lemars, Mason City, Ames, and Shenandoah
- ✓ September 27: DEADLINE for ONLINE ICCA Fall Event Registration (no other type of registration is allowed)
- ✓ October 3: Deadline for mailing entry fees for ICCA Events

MAKE A DATE
for the ICCA Online Rules Meeting!!
July 30 through August 23!!!

Becoming an ICCA Member – From a Veteran Coach's Perspective

Franci McClenathan, Rep Council Member

Whether you are in your first year, fifth year, or are a seasoned cheer coach, there are so many reasons why becoming, and remaining, a part of ICCA is a good idea! I will attempt to highlight just a few...

It's a great support system. Trust me when I say, no matter what obstacle you are dealing with as the coach of your squad...team members, parents, administration, or community issues...there is someone in this organization who has had a similar situation and lived to teach you about it. You can reach out to find a sounding board, or to gain assistance, by contacting a board member, by contacting your district representative or a rep council member, by coming to annual conference, or by asking questions through social media. We are all in this crazy cheer thing together, and the goal is to help you become successful in your adventure, so please reach out and talk to others who understand!

It provides many squad member opportunities. ICCA provides ample performance opportunities outside of game day for cheerleaders whose coaches are ICCA members. State Competition, Honor Squad, All-State Squad, Shrine Bowl, All-Star Squad, and Special Olympics are some of the options. These events are not only fun experiences for our kids but can also help teach beneficial life skills such as respect, responsibility, cooperation, and perseverance, that can result in personal growth making them better community members as well.

There are learning opportunities for your kids also. Do you struggle to find a quality day camp with material you will actually use when you home, yet is affordable for your squad? Well, struggle no more! Every year ICCA hosts district Free Clinics on Saturdays in August that are free for your team. What, free? Yes, absolutely free. What a great team bonding activity while gaining useful cheers, chants, and dances. And you don't have to stay in your district. You can choose the location closest to you or set out on adventure across the state!

And let's not forget the scholarships that are awarded through ICCA - some by random drawing at performance events, others through an application process. What an awesome way to reward our cheerleaders for excelling in academics in addition to being amazing athletes!



Becoming an ICCA Member...Continued on page 3

Rules, New and Old

Erin Taylor, Rules Interpreter

All high schools in Iowa need to follow the NFHS Spirit Rules and the Iowa Strengthened Rules. As a courtesy to coaches, the NFHS Spirit Rules book is mailed by ICCA to high schools in the late summer, and the rule changes can be found on the ICCA website. Another good rule source is www.cheerrules.com. This website shows videos of both legal and illegal stunts. When you use the cheerrules.com video search, make sure you are searching legal NFHS stunts. (*NOTE: Because this article was printed before the new Rules Book was available, please refer to the ICCA website for the most up-to-date Rules information.*)

New Rules for 2018-19:

Definition changes:

- *Non-Release Stunt* - A stunt which contact is maintained between a top person ~~and base(s)~~ a person on the performing surface. (Contact can now be made by a base, spotter, or post.)
- *Swedish Fall* - ~~An extended~~ stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulders of a base while her lower body is supported by another base's extended arms. (New definition more accurately describes the stunt.)
- *Suspended Roll* - A stunt in which ~~upright~~ base(s) or post(s) hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation. (Bases no longer have to be upright.)
- *Release Transition/Release Pyramid Transition* - A top person changes from one stunt to another (including loading positions) during a temporary loss of ~~physical contact with his/her base(s)~~ all personnel on the performing surface. (You can now release to new people.)

New Rules:

- 3-2-8: Stunting Personnel: (p) ART 8... A spotter is required for tosses to single base shoulder stands and single base prep-level stunts in which the foot/feet of the top person are in the hands of the base. (New spotting requirement decreases safety risks associated with the toss of this stunt.)
- 3-3-5b; 3-3-5g: ART. 5... Braced flips in a pyramid are permitted provided all the following conditions are met: ... b. ~~The top person shall have at least three people involved who were the original bases or spotters.~~ There must be three people involved in the toss and catch of the top person either as a base or spotter. g. When the catchers are not the original bases, the new catchers are in place when

Rules...Continued on page 3

It offers valuable coaching education. The Iowa Cheer Coaches' Association holds an amazing conference each spring! Some of the most knowledgeable educators come together at that conference to offer training in every aspect of cheer...safety, quality practices, jump mechanics, motion technique, stunting, fundraising, coach sanity, team bonding, coaching liability, technology...everything you need! While the core basics of cheer remain the same, there are aspects of the sport, especially stunting, that are always changing. ICCA has the tools to help you keep current. You can't effectively teach your team what you don't know, so please attend conference and educate yourself!

I am a firm believer that the best way to better your squad is to better yourself. So if you just need a reassuring pep talk saying you're doing great and you absolutely will survive wrestling season, or you need an explanation for a rule that has you confused, the ICCA truly has your back. And, yes, even coaches who have been in the position more than 17 years, like me, still have room to learn and grow and will continue to need the ICCA to assist in that growth. Join us, just do it, you won't regret it!



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the flip is initiated, remain close to the original bases and are not part of any other skill. (Allows for 3 new catchers.)

- **3-3-6a: (1) ART. 6...** In all other inversions: a. Inversions may release to the following provided there is a spotter: 1. Non-inverted dismounts with no more than a 1/2 turn. (Releases from inversion to the performing surface or a cradle should not end in an inverted position for the safety of the top person.)
- **3-3-6b (1): ART. 6...** In all other inversions: ... b. In inversions where the base of support begins and remains below prep level at least one person ~~shall be in a position to protect the head/neck of the top person and~~ shall maintain contact with the top person upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. ~~The contact shall be sufficient to stabilize/control the top person's position.~~ (Allows additional inversions below prep level while maintaining contact with a base.)
- **3-3-6c; 3-3-6c(2) Exceptions 1,2: ART. 6...** In all other inversions: ... c. Inversions where the base of support begins at or passes through prep level: ~~1. Require two bases or a base and a spotter. 2.~~

Rules...Continued in next column

Rules...Continued from previous column

Requires at least two people on the performing surface must be to be in a position to protect the head/neck of the top person, one of whom must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position. **EXCEPTIONS:** 1. A foldover that begins at or below prep level and does not stop in an extended position is allowed. When the catchers are not the original bases, the new catchers shall be in place when the inversion is initiated, remain close to the original bases and are not part of any other skill. ~~2. In a single-base suspended roll, there must be continuous hands-to-hands contact between the base and the top person.~~ (Clarifies and simplifies the rule. Exception 1- Allowing new catchers to catch the top person during a foldover does not increase the risk.)

- **3-5-5f: ART. 5...** Release transitions are permitted provided all of the following conditions are met throughout the transition: ... f. ~~The top person is caught by original base(s).~~ When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill. (Does not increase the safety risk for the top person because the new catchers have to remain close to the original bases and must be in place prior to the initiation of the release.)

Reminder of Old Rules:

Colleges: High School cheerleaders may not participate in collegiate cheerleading and ICCA events in the same school year, including the State Championships, Honor Squad, and All-State. High school cheerleaders are allowed to attend one recruiting camp or clinic at each college per year.

Only members of the school's actual spirit team may participate in games/contests. *No little cheerleaders, honorary cheerleaders, OR fans out of the stands!* Also, only the cheerleaders actually cheering at that game/meet may be on the floor, NOT cheerleaders from other seasons/sports. Only cheerleaders may run a flag in front of fans following a touchdown. Students may just run a flag before the game or at halftime.

Flipping basket tosses are illegal!

The Iowa Cheerleading Coaches' Online Spirit Rules meeting will be open for fall credit July 30-August 23 on the ICCA website (iowacheercoaches.org). ALL coaches with cheerleaders wanting to participate in fall ICCA events, including the State Championships, need to take the fall Rules meeting.



other things happen at the next practice.

We do our best to stick with the schedule and refer to it often. At the beginning of the year, I set the expectation with the cheerleaders that there will be a plan for each practice and that we will stick with it. I have found them to be very responsive to this and that they get frustrated if we have a practice that wasn't as productive. They like the structure as they know what to expect, they feel like it was a good use of their time, and that they were able to improve their skills during practice. However, they are teenagers who sometimes need redirection. If redirection doesn't work, I do use team conditioning to get them back on track. Even if just a couple cheerleaders are off task, the entire team has the consequence. It typically only takes a couple team conditioning times at the beginning of the year for the team to realize they need to stay on task. I do welcome my assistant coaches and cheerleaders' feedback about practice if they see a way it could be more efficient since we are all a team working towards the same goals.

Since time is always limited and we always wish we had more of it, running an efficient practice where we are making the best use of our time is key to improving our cheerleaders and our teams. I have found that the planning and organization I do outside of practice pays huge dividends for the quality of skills my cheerleaders are able to do during the season.

PLEASE NOMINATE!!

The ICCA wants to recognize the outstanding coaches in Iowa.

NOMINATIONS are now being taken for **Lifetime Achievement** (an individual who has made outstanding contributions over a sustained period of time, chosen in October); **Coach of the Year** (an active coach who demonstrates the highest standards of coaching, due December 20); and **Contributor of the Year** (coach or non-coach who has devoted time and effort to your district or throughout the state, due December 20). See the website for more information under About ICCA - Awards.

DEVOTING YOUR TEAM TO SETTING GOALS

Desire Grismore, Rep Council Member

We all know about setting goals and know that it's important, but sitting down and doing it is sometimes hard. Learning from experience, I know that this small task can have great results for any team.

Every year I sit down with each squad and make a goals list. I don't put limits on what topic they have to be on, just that they have to help further our cheer squad and be realistic. My girls come up with things like have good communication, no drama (we all know how important this one is), all stunt groups get extended libs, and so on. They are definitely not all skills oriented, but if we were to reach all of them by the end of the season, we would have bettered our squad from the year before in one way or another. After our goals are set, we do sub-points of what we as a squad and individuals will do to help reach those goals. I've found it doesn't do any good to set goals with no plans on how to reach them!

After we have sat down together and written our goals on paper, I post them in a place that is easily seen. Every so often I bring them together and we refer back to them. This gives them time to reflect on what they, as individuals, are doing to help reach these goals, and they can discuss what they need to do as a squad to get where they want to be. I find that good times to do this are when they are mentally exhausted or finding it hard to push through difficulties they are having as a squad. The goals they set gives them reasons to keep pushing and working. They may not want to let me, their coach, down, but they really don't want to let themselves and each other down! It helps to build a great bond and camaraderie. It also makes reaching that goal so much more enjoyable!

A personal example of goal setting from my squad this past year: For the past five years we have competed at the State Cheerleading Championships. We've always placed near the middle of the pack, never bringing home a trophy. This year one of our goals was to place in the top 5 in the cheer/dance category and bring home some hardware. We set other goals like better jumps, extended libs, every stunt hit, etc, that would help us reach the goal of top 5 but bringing home a trophy was the main one for my competition squad. We reached that goal by placing 5th in the 1A division! (If you were at state competition in the morning this past year, you might have seen Wayne be called for that trophy, and

IMPORTANT INFORMATION REGARDING DAITH PIERCINGS

Effective immediately, Daith piercings will no longer be allowed for cheerleaders in Iowa.

Previously, the ICCA has allowed Daith piercings as long as a physician's note was filed with the ICCA, stating the piercing was helping with migraine headaches. This will NO longer be accepted. **ALL PIERCINGS MUST BE REMOVED, INCLUDING DAITH PIERCINGS, FOR ALL CHEERLEADING EVENTS, INCLUDING PRACTICES, APPEARANCES, PERFORMANCES, AND GAMES.** According to a response from Dr. Koester, Chair of the NFHS Sports Medicine Advisory Committee, says in regards to Daith piercings for migraines: "A piercing is a piercing.

Once we grant a medical exception, then we, of course, open ourselves to a flood of requests.

Would definitely not allow this piercing. Medical effectiveness is highly questionable."

**THEREFORE, ALL PIERCINGS
MUST BE REMOVED.**

Setting Goals...Continued from page 5

the reaction you saw might have made you think we had won first place.) Those girls were so proud to have reached that goal! It was not just by chance that they won. It was by goal setting, hard work, and working as team.

And what good is it to reach goals if you don't celebrate reaching them?! This can look a lot of different ways: Popsicles the practice after you hit that stunt you've been working towards. A movie night to celebrate no drama. This year we celebrated with our first annual cheer banquet. If you do not already have one of these, I sincerely suggest that you start. Every season our cheerleaders support sports teams at games and attend their banquets, but the cheerleaders don't get to celebrate the great things that they have accomplished through the year. This was a very fun way to celebrate reaching so many of our goals from the year!

Whatever level your squad is at, realistic goal setting will give everyone something to work for and your squad will continue to grow each year. Refer back to those goals periodically throughout your season so they don't get lost in the craziness that happens to us all. And celebrate when you reach a goal! As Mia Hamm, World Cup winner on the U.S. soccer team, said, "Celebrate what you have accomplished but raise the bar a little higher each time you succeed."



Getting The Crowd To Effectively Cheer With Your Squad

Melissa Hatfield, All-State Director



Use cheers that are easy for the crowd to learn. Use your school colors or mascot in the cheer. Have them "yell back" your school letters or "GO FIGHT WIN." Keep it simple!!



Incorporate signs and poms for visuals. The signs work well to help them know exactly what to say. Poms can be used to help tell which side of the stands should cheer next or the colors they should be shouting.



Use simple stunts WITH your cheers. Have different levels of stunts and utilize your signs and poms to also help lead the crowd.



If you are lucky enough to have a large number of cheerleaders, have them spread out and really get everyone involved. You can have them stand in front of the students, the band, and the parent section.



Use the band! The drum line can help with the beat, and cheerleaders add the words. Play your school song as much as you can. During the school song, cheerleaders should say the words along with the motions. Encourage the crowd to stand up and clap along. Cheerleaders should help students learn the school song if they don't already know it.



Always use positive cheers. Don't get involved with the crowd if they are trying to do cheers that are negative towards the other team or their fans. Be the leaders and demonstrate good sportsmanship!

RENEW YOUR SCHOOL'S ICCA MEMBERSHIP NOW

for the 2018-2019 school year!

Schools are not official members until payment is received by ICCA. Coaches who attended the ICCA Coaches' Conference in April are already members. When you register, make sure you know your school district's COUNTY! That way you can be placed in the correct ICCA District.

Practice Plan Makes Perfect

Paula Kirkpatrick, SE District Representative

When I first started coaching, I didn't have a written practice plan. I would just "wing it." I knew in my head what we should do, but that wasn't always very successful. We wouldn't get everything done, I would forget things, and I had no record of what we did. Then I attended a session with Donna McKay at ICCA Coaches' Conference, and she handed out a written practice plan. She talked about the importance of the plan in using it to keep a record of what you had done at each practice. After that, I had a written plan for every practice. I planned what stunts, jumps, and cheers would be practiced, and how much time was to be spent on each. My plan also had a place to list absences, any injuries or concerns, announcements for the team, and a place for me to note what needed to be done at the next practice. I would three hole punch them and keep them in my coach's binder, along with the check off sheets for stunt progressions. I found the practice plan to be invaluable. It would keep practice on track, I could make sure we were practicing what needed to be practiced, and I could look back and say, "Yes, we did learn this cheer!" If any coaches would like a copy of my practice plan, please send me an email: paula.kirkpatrick@tri-countyschools.com.

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Changes in the State Championships

Jeanne Ehn, Executive Director

The ICCA Board of Directors is excited to announce some changes to the 2018 State Championships! Read the following closely so you don't miss important information!

Changes and Additions for 2108:

Championship Definitions and Scoring:

In order to make the rubrics (information below) easier to understand, a list of ability definitions has been created. Each definition breaks down what is expected in cheer skills and technique. There's also scoring information on this page to help coaches understand the difficulty drivers, using multiple skills, synchronization, and the ranges of scoring. This information can be found on the ICCA website.

List of Difficulty Drivers:

To drive scores up when a category is reached on the rubric, coaches can refer to the list of Difficulty Drivers. Coaches need to remember that scoring is

Changes...Continued in next column

Changes...Continued from previous column

a combination of the difficulty drivers, using multiple skills, and synchronization of two or more performing a skill. The list of drivers for each skill area can be found on the ICCA website. (Note: the Difficulty Drivers' lists for Cheer/Dance and Time Out Divisions are different.)

Rubrics for Time Out and Cheer/Dance Divisions:

The new rubrics in Cheer/Dance and Time Out Divisions will help everyone involved with the championships.

Cheer/Dance Division: ICCA previewed the new Cheer/Dance Rubrics at the ICCA Annual Conference in March. Since then, a few minor wording changes have been made for clarification to the Cheer/Dance Rubrics. Check the ICCA website for current rubrics in Jumps and Tumbling, Motion and Dance, Pyramids, Tosses, Partner Stunts, and if your school is coed,-Coed Partner Stunts. There will also be an Overall Impression rubric. It is important to remember that skills listed on the rubrics are only examples.

Time Out Division: The rubrics for the Time Out Division are new. While they are very similar to Cheer/Dance division, they are very different in that they focus on sideline cheering skills and using stunts, jumps, tumbling and great motion technique to build crowd response. Check the ICCA website for rubrics in Jumps; Formations/Spacing/Transitions; Incorporation of Props; Motion Technique; Showmanship/Spirit/Voice; Crowd Effective Material; Skills Used to Lead the Crowd; Entrance and Exit, and Overall Impression. (See more new information for this division below.)

Point Deduction Judges:

This will be new to the championships and patterned from national competitions. These judges will deduct for building falls in stunting and athlete falls in tumbling and jumps. It also allows the panel judges to judge as they have been trained. This is in addition to safety judges and the regular judging panels. The ICCA Board feels this will improve the quality of routines in all divisions and increase safety. See the ICCA website for an example of the Point Deduction scoresheet.

New to the Time Out Division:

This division has several changes besides new rubrics.

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- The division will continue to be broken down by school classification (1A, 2A, 3A, 4A) as it was changed to last fall.
- The team size has increased in classes 1A and 2A with schools being able to register up to 16 members. This is for TIME OUT ONLY. The Cheer/Dance enrollment will remain at 12 team members per team.
- New judging areas: Jumps will be judged in technique and difficulty (see rubrics). Cheer skills (including stunts) must be used to lead the crowd (see rubrics).
- The judging panel for Time Out will be expanded.
- Besides rubrics, this division will now have Difficulty Drivers and Definitions and Scoring sheets to assist in using the rubrics.

Changing Area:

Instead of going to the Varied Industries Building, teams will be able to go across the street to change in the Walnut Building. Bags will still be limited in Jacobson, but this improved location should make it much easier for teams.

Selfie Area:

ICCA is going to make a Selfie Area or gathering place for teams to take fun pictures during the day. We urge you to post them to social media and have fun celebrating cheerleading at its best in Iowa.

Apparel Store to be OPEN until October 10:

The Apparel Store will be open to received orders until October 10!! That is two weeks longer than last year! The 2018 design is awesome! New pieces of apparel will be available if all arrangements can be made. Don't miss it! Everyone saves by ordering early!

That's it! The changes will improve our State Championships! Get November 3 on your calendar! The championships are held at the Jacobson Exhibition Center on the State Fairgrounds in Des Moines. There's a division for every squad! Still have questions???

Contact Jeanne Ehn or Kenna Johnson. We're here to help you!



DRIVE IT UP!

Kelly Trinkle - NE District Representative

The "Difficulty Drivers" in the State Championship rubrics... I know, just one more thing to be confused about, right? WRONG! The addition of these drivers may be the best way to clear up any confusion you may have on the rubrics! By understanding these drivers, you will have a better idea of where your scores will be at the championships.

The drivers are simply how you (and the judges) know where to put you in a specific range on the rubrics. This clears up guessing work on your end and on theirs!

Let's look at an example:

First, choose the difficulty range you think your team falls in.

So let's say your cheer team has 12 participants who are strong jumpers. In order to be in the top difficulty range, all 12 (full team) must do THREE connected advanced jumps AND ONE additional jump.

Now let's look at the drivers. (I kind of see it as a "checklist.") Go down the list, checking off your team's abilities - don't forget to BALANCE difficulty with technique - to get the highest score your team is capable of!

- Percentage of team participation - all team members must be doing the jumps!
- Variety of jumps - doing all different jumps will get you a higher score!
- Pace of jump skills - quick, quick quick!
- Combination of skills - if you want more difficulty points, you could combine jumps that are more difficult to connect together!
- Synchronization of skills - ideally to get the most difficulty, all should be jumping at the same time!

All of these things will help you get a score at the top of the difficulty range for jumps.

The process is the same for tumbling, stunts/pyramids, tosses, dance and motions.

The key is balancing difficulty with technique! Knowing your squad's abilities and what makes them shine the most will get you the best routine and results!

WORKING WITH THE FOOTBALL COACH

Erin Smith, Rep Council Member

The relationship between a cheer coach and a football coach is a collaboration. It does take some work to make sure it is a good and productive one. When you can spend time working in each program, it benefits the kids in both programs.

Communication and respect have become the main priorities in working together. On the communication side you need to be able to discuss what is going on with each program, events coming up where each will attend, run ideas for new activities past each other. Respect needs to be shown for each other's job and the responsibilities that come with them and have a respect for each other's time. The communication also spreads to the kids. They need to feel that they can talk to either one of us.

I like the fact that we get to work with each other's kids. When my cheerleaders go to the weight room, the football coach is their strength coach. I work with his players on Staff Appreciation Night and Tackle for the Cure. I feel this benefits both groups. We also all have supper together on Thursday nights. It is a meal hosted by the football moms, and players, cheerleaders, managers and coaches all attend. It's only about an hour, but that hour a week is important to create bonds.

Collaborating within the programs will create relationships between everyone involved. At the end of the day, for me, keeping the friendship and having respect for each other's work are important.



WORKING WITH YOUR ATHLETIC DIRECTOR

Michelle McCann, Rep Council Member

I know a lot of you, like myself, are already in full preparation mode for fall cheerleading. Most of you probably have your competition and/or JV/Varsity squads set, have had parent meetings, and are starting up practices. Preparation for fall includes making schedules, planning fundraisers, planning practices, etc. But are you also thinking about who you need to communicate with about your season? I know for me personally, it's easy to get wrapped up in all of the things that I need to do to get organized that I tend to sometimes forget who all I need to connect with

Working With...Continued in next column

Working With...Continued from previous column

at the school. This can include (but isn't limited to) other coaches, specifically football, board members, principals, etc. But one of the most important people to connect with is your athletic director. Your athletic director is one of the most important people you can communicate with since they are the head honcho of athletics at the school.

Now, that being said, I know that there are plenty of ADs out there that may not take your job as the cheerleading coach seriously. We aren't major sport coaches, so a lot of ADs might overlook us and our program. Therefore, one of the best things you can do as cheerleading coach, whether they like it or not, is keep the line of communication open with them. Keep them aware of what you're doing and what is going on in your program.

As soon as you have your schedule made, send it to the AD. This can ensure that they have a copy in case any conflicts come up, and they can put it on the school activities calendar.

Another thing you can do is make them aware of any potential conflicts you have within your program. Any time I've ever had an issue with a cheerleader, if it's a big enough issue that I feel has the potential to escalate, I'll shoot an email to my AD and let him know exactly what's going on. This way, if the conflict escalates and parents go to the school, he has already heard from me and can be prepared if it comes to that. My experience with ADs is they like to be aware of any issues with students and will want to help if they can.

Another thing that you can do is invite your AD to your parent meeting. This is a great way to help your AD understand exactly what all your program involves. It can kind of give them an inside look to your program, along with rules and expectations. Plus, it gives them a chance to get to know parents as well as get to know you a little better as a coach and how you run your program. Even if he/she doesn't end up attending the meeting, keep the invitation open year after year. They should appreciate the fact that you're trying to do what you can to involve them.

These are just a few things you can do to help solidify your relationship with your AD. Every AD is different, so find what works for you and them! But the best thing you can do is just keep that line of communication open. Stay positive and just keep doing the best you can do as a coach.

Stunt Progression For Safety and Mastery

Betty Lou Jones, All-Stars Director

There is an order of progression in stunting which should be followed by ALL cheerleaders.

Following this progression list, a cheerleader learns each technique required before moving on to a more advanced stunt.

There are two reasons behind stunt progression. First and foremost is for safety. The second reason is, if cheerleaders learn the basics and then move on through the progression, stunting will be easier. Learning each skill will help to master the more advanced skills.

Cheerleaders see other squads doing different (and sometimes more difficult) stunts, and they want to try them, **but** if they do not know the basic skills required, attempting such stunts can be a safety issue to try. An example of what I am saying is a squad should not start stunting with a straight up extension before learning how to do a prep.

Remember you should be able to do a stunt 10 out of 10 times before moving on to the next level or performing it at a game or competition.

The stunt progression list can be found on the ICCA website www.iowacheercoaches.org under the Spirit Rules tab as well as in this newsletter. As a coach, you will want to have a copy of this list available before the first practice of the year.



Uniform Garment Care Tips

Tami Doyle, Honor Squad Director

These uniforms have to last HOW long?? Knowing that many schools only receive new uniforms every five or more years, it's important to establish good habits with uniform care. In an attempt to increase the life of a cheerleading uniform, follow these tips:

THE FIRST WASH is the most important! Always follow your care label and be sure to wash the garment before it is worn. The first wash helps in releasing any loose dye that may still be on the fabric which will prevent color transfer and color fading. Washing before wearing also helps



Care Tips...Continued in next column

Partner Stunt Progressions

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. toe touches and twists)
14. Basket toss drills ("rides")
15. Basket toss skill execution (i.e. toe touches and twists)

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

Care Tips...Continued from previous column

set the color. If worn before the first wash, perspiration or any other source of moisture can cause the colors to transfer.

Avoid contact with aerosols (hairspray, deodorant), glitter and lotions. Stain treatment is crucial. A stain should be treated as soon as possible. You can soak the garment in water to help loosen the stain. Follow the instructions on the stain remover's label, then wash the garment according to the garment care label instructions. Please note that a stain stick may leave a bigger stain. Be careful your stain remover does not include a bleach. For stains like makeup, grass, food, etc., use a reputable stain remover, such as Oxi-Clean Stain Removal Spray to help remove the stain. Do a follow-up treatment if needed while the garment is still wet. Repeat if necessary.

Shoe care For minor shoe stains, place items in a bucket of lukewarm water with Oxi-Clean or baking soda. Use a cloth or soft bristle brush to clean them. Mr. Clean Magic Erasers work well too.

All-State Tryouts: A Judge's Perspective

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 every year. Candidates are judged on their motions, jumps, dance ability, and gymnastics. A team of 20-45 of Iowa's best cheerleaders is chosen. The ICCA has an appointed choreographer, and the team practices on six different Sundays from January to March. During the IHSAA Boys' State Basketball Tournament, the team comes together and performs during halftime of two of the Friday games.

When it comes to tryouts, the ICCA provides a consistent, impartial group of experienced judges who work well together. Here are some important things you need to know about having a successful tryout:

- 1. Motions...**Motions, Motions, Motions!!! Motion technique is the single most important area to perfect. Even if you can jump and dance well, having sloppy or improperly placed motions can be the thing to make or break your chances of being chosen.
- 2. Tumbling...** will NOT automatically put you on the squad. It is nice to have advanced tumbling, but there are cheerleaders who make the squad every year who can't even do a cartwheel. (Please see #1!)
- 3. Jumps...** You will be required to do two jumps. The biggest mistake too many people make is trying to execute a pike jump. Pikes are typically not a good jump for girls to perform because of the difficulty of that jump. Every year there are cheerleaders who could have maybe made the squad but they don't because of their choosing to do a mediocre pike as one of their jumps. Choose your **BEST jump** to perform.
- 4. Come PREPARED...** Learn the material given to you from the online video. There is a reason it is given to you ahead of time. Perhaps have a "mock" tryout ahead of time so you aren't panicked and / or doubting your abilities when the actual tryout time comes. Judges can tell who has practiced and polished the material for the tryout!
- 5. The judges are impartial,** and even if you think you know them, they usually do not recognize you.

A Judges Perspective...Continued on page 12

DATES TO REMEMBER

AUGUST 10, 2018

ICCA Fall Event Registration OPENS

SEPTEMBER 27, 2018

ICCA Fall Event Registration CLOSSES

OCTOBER 3, 2018

DEADLINE for mailing

ICCA Event Registration Entry Fees

Working with the Dance Coach **Sarah Buss, Central District Representative**

To be up front, I am the dance coach and am starting year twenty at Ames High AND the Ames High Fall and Competition Cheerleading Coach starting year twelve. To be honest, working with myself isn't always easy. HA! But honestly I do have internal struggles on picking what time and dedication to give one team over the other. It is like picking your favorite child: NOT POSSIBLE.

When I started coaching the dance team, it was the first time Ames had a recognized dance team, so there was no rule book to follow. Naturally, it was an uncomfortable transition trying to find a good balance while sharing the spotlight and fighting for the same athletes. Luckily, our school recognized early on that accommodating girls to do both was key. It wasn't a perfect fit at all times. (As you can see above, I wasn't the same coach for my entire tenure, and I've had my issues and misunderstandings as would be expected. On the flipside I've also had some welcoming and encouraging of partnerships.)

My key piece of advice is this: FIND YOUR COMMON GROUND. I feel the cheer and dance programs at Ames High really became cohesive when we adopted the college model of all functioning under the name of "Spirit Squad," recognizing that all our programs (Fall Cheer, Winter Cheer and the Drill Team) all have the same goal to promote school spirit, as well as compete and represent Ames High as respected athletes. Our practice space is called the Spirit Room. We have a shared t-shirt that says, "We jump, tumble, stunt, dance, leap, turn and cheer, raising spirit for AMES all year!" It unites us, and even the middle school programs use that shirt design. So find your common ground. Let the walls come down, and remember this isn't the Olympics. Put the kids first and be the first to demonstrate positive leadership. Let your love for your team and your school fuel you to find that foundation in order to build a positive relationship between programs in your school. Good Luck!



Candidates are in nondescript black shorts / white t-shirts and numbered, so there is no recognition of what school they are from. The judges have several things they are focusing on in a short amount of time, so they really are NOT looking to see who the candidates are.

6. **Most importantly: HAVE FUN!** Judges want to see your best cheering. Give good eye contact and smile! ☺ Just as if you are cheering in a game, make your audience want to cheer with you. (In this case, your audience is the judges!) If you mess up, keep on going and don't over react about it by giggling, etc. And remember, the goal is to leave the judges with a lasting impression, so give it your best!



Shrine Bowl Week 2018

Sandy Norby, Shrine Bowl Director

Shrine Bowl Week 2018 was held the week of July 16-21 in Cedar Falls, Iowa, on the University of Northern Iowa campus. A total of 37 cheerleaders were present to enjoy the week's activities and participate in the halftime show on Saturday, July 21, at the UNI Dome.

A week of great memories were made. Practices were held daily, and evening activities were hosted by the Shriners. We started the week with movie night on campus Tuesday night. On Wednesday we all loaded up on buses and went to Lost Island Water Park, where we spent the afternoon in the water and were served a BBQ supper on site. Thursday evening, we again loaded buses and headed out to the Black Hawk Conservation Area where the Shriners hosted a hog roast for the football players, cheerleaders, and coaches. Friday morning was the day the Shrine patients started to arrive at the UNI Dome, and a clinic was held for these wonderful children. Football players tossed the football, chased the patients around, and showed them their moves. Cheerleaders taught cheers, chants, and dances to the any Shrine patient who wanted to be a cheerleader. The laughter and smiles were enough to warm anyone's heart. Friday evening highlighted the Shrine Banquet held in Waterloo. A total of 800 people were in attendance. Awards were handed out, and the king and queen were crowned. Saturday morning started out with the parade downtown Cedar Falls with game time at 4:00, the event everyone had been waiting for. The All Star Football game, with the halftime performance by the Shrine cheerleaders, was a perfect end to a wonderful week!



Why Every Coach should be Involved in Honor Squad

Cindy Pangburn, NE District Representative

When you hear Honor Squad what are your first thoughts.....?? For me, the first thoughts are: fun memories, meeting new coaches, cheerleaders making new friends, but most of all, offering an opportunity to our student athletes. Many of you have been involved with Honor Squad and hopefully are smiling as you think back on all your great memories from each year you have attended!! For those of you who have never attended, I strongly encourage you to do so. Why, you ask? Where else can your cheerleader(s) meet over two hundred other cheerleaders and walk away with many, many new friends?

Honor Squad is held after our State Championships, so you can go into the event relaxed, knowing that a great choreographer will be teaching the routine. You practice one Sunday and return on Thursday, practice in the afternoon, stay over in Cedar Falls, and perform twice on Friday. You, as a coach, are allowed to choose the cheerleaders you feel deserve this honor. There is no tryout!! What a great bonding experience for you and (up to) three of your junior or senior cheerleaders. You will all have memories that last a lifetime. Also, your cheerleaders get to perform in the UNI Dome, which is an experience they will remember long after they are done cheering! You will even have time to talk with other coaches about anything and everything you have questions about. If you have never attended an ICCA event, this is a great first event to try. If you have questions you can contact Tami Doyle, who is the Honor Squad Director, or any district representative can help you as well. I look forward to seeing you at Honor Squad!

-
- **ICCA Free Fall Clinics -- happening SOON!!** •
- **August 18** -- Manchester (West Delaware) -- Contact Kelly Trinkle (ktrinkle@bcluw.org)
- **August 18** -- Tiffin (Clear Creek Amana) -- Contact Paula Kirkpatrick (paula.kirkpatrick@tri-countyschools.com)
- **August 25** -- Ames -- Contact Sarah Buss (sbluv2cheer@yahoo.com)
- **August 25** -- LeMars -- Contact Sherrie Moritz (rsasm@frontiernet.net)
- **August 25** -- Mason City (Lincoln Intermediate) -- Contact Cindy Pangburn (cpang60@yahoo.com)
- **August 25** --- Shenandoah -- Contact Angie Trowbridge (trowbridgea@shenandoah.k12.ia.us)
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BOARD MEETING MINUTES • BOARD MEETING MINUTES

Board of Directors Meeting
June 3, 2018

Members Present: Kristen Morlan, Tami Doyle, Melissa Hatfield, Kenna Johnson, Betty Lou Jones, JoEllen Wesselmann, Sarah Buss, Paula Kirkpatrick, Sherrie Mortiz, Cindy Pangburn, Angie Trowbridge, Erin Taylor. Absent: Jeanne Ehn, Sandy Norby, Kelly Trinkle, Patti Davis.

The meeting, held at Sarah Buss's home, was called to order by President Morlan at 9:40.

Patti Davis informed the Executive Committee she was resigning from the board (as website director.) The board approved to accept Patti Davis's resignation.

A motion was made by Cindy Pangburn to approve the January minutes. Seconded by Sherrie Mortiz. Motion approved.

Membership: 131 schools, 270 coaches

Financial Report:

Checking \$89,049.65

Savings: \$15,407.79

CD: \$16,955.84

Investment Account: \$15,772.36

Checking is large because bills from Prairie Meadows have not been paid yet.

Executive Directors Report:

State Championships - The Time Out rubrics are still being worked on. Discussion was held on increasing the number of participants to 16 for 1A and 2A Time Out division only. Paula Kirkpatrick made a motion to increase participants to 16 for 1A and 2A. Seconded by Erin Taylor. Motion carried. One opposed. The Time Out divisions will consist of four classes: 1A, 2A, 3A, 4A, and information will be published in all ICCA paperwork like this. Cindy Pangburn made a motion to maintain separate classes. Angie Trowbridge made the 2nd. Motion carried.

Melissa is working on hiring judges, and Kenna reported we will be using Mr. Video for videography. The state championship t-shirt design is done. Kenna shared a sample shirt with the board, which was well received. It was suggested to also have crewneck and hooded sweatshirts available. Kenna will also check into a baseball style shirt. We have an extra Championship banner that has previously been used in the VI building. It could be placed in the SW corner of the Jacobson Center for teams to take candid photos. There is a concern with noise being a problem. Financial statement for 2018 was emailed out by Jeanne.

Warm Up Process:

Pictures

Station A: stretch/prep (no skills) 3 strips

Station B: Skills mat: 3 strips (Need 1) (5 minutes) No Music

Station C: Skills mat 3 strips (Need 1) (5 minutes) No Music

Station D: Full performance mat (Need 1) (5 minutes)

Melissa made a motion to have a not timed stretch at station A, Station B: 5 minutes, Station C: 5 minutes Station D full mat 5 minutes. Seconded by JoEllen Wesselmann. Motion carried. (Note: Each team will be required to move from station to station.)

High School/College Cheerleader: High school cheerleaders cannot concurrently cheer at the college level and participate in ICCA events.

Conference:

190 coaches attend the conference. We had 15 vendors. Several coaches suggested we bring in more vendors with cash and carry items. Sherrie mentioned that some of vendors have mentioned concern about the table price of \$200.00. Vendor pricing will be discussed in October.

Add-On Classes:

Choreography class was possibly too basic. The same was expressed about the Spinning Stunts course. We may need to advertise the level of stunts to be discussed, similar to a 100, 200, 300 level of classification. Potentially move the banquet back to 6:00 p.m. so that we give coaches more time to get ready. Discussion was held on increasing the price of the conference -- tabled until October. The theme also needs to be determined in October.

Awards: We need to do a better job of finding people to give awards to. District Reps are encouraged to reach out to coaches in their area at the various ICCA events.

Scholarships will be paid out the first week of August.

All State: Tryouts will be held on October 20-21. Practice will start in January at the Ames Middle School. Fees will remain the same.

Honor Squad: Practice will be held on Nov. 11 at Ames High School and at the UNI Dome on Nov. 15-16. No fee changes are needed.

All Stars: Betty Lou would like to increase the price from \$60.00 to \$75.00. JoEllen made a motion to increase the price to \$75.00.

Seconded by Cindy. Motion carried.

Special Olympics: A total of 55 cheerleaders attended this event. A check will be sent out for \$1270 donation.

Social Media: Angie continues to answer questions that coaches ask through Facebook. Remember to send pictures to Angie about your event for her to post.

Rules Interpreter: We will not make a change on wearing hair pieces. We are sticking with the athletic look. On July 18-19 there is a meeting in Indianapolis that Spirit Rules will be discussed. Erin will not be able to attend the meeting. Kenna will contact Kelly to see if she is interested in going. Kenna will go if needed. (Note: Kelly will be attending.)

District Representatives have been in the process of reaching out to coaches before school is out.

Free Clinics:

NE: August 18 at Manchester -- West Delaware
SE: August 18 at Tiffin -- Clear Creek Amana High School
NW: August 25 at LeMars -- LeMars High School
NC: August 25 at Mason City -- Lincoln Intermediate
Central: August 25 at Ames -- Ames High
SW: August 25 at Shenandoah -- Shenandoah High

Rep Council met at conference and talked about different events.

Old Business:

Job Descriptions need to be updated by July 1st. They need to be sent to Kristin, and she will then send them to Jane. If you need a copy of your job description, please contact Jane.

Jeanne sent a spreadsheet of ICCA-owned equipment to Kristen. This list needs to be kept up-to-date. Everyone needs to email Kristen to let her know what items you have. JoEllen will keep track of where the items are located and when they were purchased, along with purchase value.

Jane will be leaving the board in April. A computer will be needed for the secretary. Paula is considering taking over the position. Similarly, the goal is to always have someone ready to take over your board responsibilities, starting with mentoring another current board member. The president should be informed of whom you are mentoring.

New Business:

Appointment of Financial Manager: Paula made a motion to appoint JoEllen as the financial manager. Angie seconded the motion. Motion carried. JoEllen requested the mail be sent to her home instead of having a post office box. She will look into the details about this from a legal standpoint. QuickBooks no longer is Mac compatible, so computer changes will need to be made.

Executive Director/Financial Manager Positions: Kenna and Jeanne have done a lot of communicating about this. Kenna is not just taking over Donna's duties. There is a lot of sharing and communicating going on. Kristen stated that she received a letter regarding salaries from Jeanne and Kenna. They proposed: Jeanne \$12,750 per year + Kenna \$12,000 plus a printer. Kristen also proposed that JoEllen receive \$6,000 per year, with the salaries being revisited every three years. Erin made a motion pay Jeanne \$12,750, Kenna \$12,000, and JoEllen \$6,000, to be revisited every three years unless there is a change in personnel. Seconded by Jane. Motion carried. Sarah made a motion to pay up to \$250.00 for the financial manager to take a class to keep current on QuickBooks while transitioning to a new computer system. If the amount exceeds \$250.00, the president can approve the amount. This needs to be completed by the October board meeting. Seconded by Betty Lou. Motion carried. A printer needs to be purchased for Kenna. Jane made a motion to purchase a printer up to \$250.00. If it will cost more than that, Kristen can approve the amount. Seconded by Angie. Motion carried. Donna's pay for the last half of April: Sarah made a motion to pay Donna for the 2nd half of April. Seconded by Cindy. Motion carried. *Pay Periods:* A motion was made by Erin to pay a bonus to the executive directors for their efforts following the State Championship event. This will be discussed by the financial committee. Seconded by Kristen. Motion carried. July salaries will be paid August 1st. Monthly salaries will be paid for the month just completed.

Coaches need to use their best judgment when cheerleaders are wearing leggings in the Fall.

Tami requested that ICCA make a proposal to increase the number of cheerleaders that are allowed into the state football championships without paying. Kenna will mention this at the annual summer meeting with IHSAA.

Website and Website Director: The website will be down during parts of June to change over the web server. Directors need to update their pages often and submit changes to Kenna. Sarah will take this over temporarily. We will revisit this again in October. Kenna will also help with this transition.

The next meeting will be held on October 7, 2018, in Story City at 9:30 a.m. We will meet at the elementary school. A motion was made to adjourn the meeting at 1:47 by JoEllen. Seconded by Sherrie. Motion carried.

Respectfully submitted,
Jane Bauman



2018-2019 ICCA Calendar

August 2018: ICCA Free Fall Clinics (9:00 a.m. Start)

NC – August 25, Mason City (Lincoln Intermediate School)
NE – August 18, Manchester (West Delaware High School)
NW – August 25, LeMars (LeMars High School)
SC – August 25, Ames (Ames High School)
SE – August 18, Tiffin (Clear Creek Amana High School)
SW – August 25, Shenandoah (Shenandoah High School)

JULY 30 – AUGUST 23, 2018: 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, 2018: **ICCA Fall Event Registration Opens**

September 27, 2018: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Championship, Honor Squad (No other type of registration is allowed)

October 3, 2018: **Deadline for mailing entry fees** for ICCA Event Registrations

October 20 & 21, 2018: All-State Tryouts, Ames

October 22 – November 26, 2018: Winter Online Rules Meeting (Not accepted for fall event registrations)

November 3, 2018: State High School Cheerleading Championships, State Fairgrounds, Des Moines

November 11, 2018: Honor Squad Practice, Ames

November 15-16, 2018: Football State Championships, UNI Dome, Cedar Falls

November 15, 2018: Honor Squad Practice, UNI, Cedar Falls

November 16, 2018: Honor Squad Performance, UNI Dome, Cedar Falls

January 6, 2019: All-State Practice, Ames

January 15, 2019: Deadline for Iowa All-Stars video tryout

January 26-27, 2019: Shrine Bowl Tryouts, Za-Ga-Zig Temple, Altoona

January 31, 2019: ICCA Scholarship application deadline

February 3, 2019: All-State practice, Ames

February 13-16, 2019: Wrestling State Dual & Individual Tournaments, Wells Fargo Arena, Des Moines

February 24, 2019: All-State Practice, Ames

March 3, 2019: All-State Practice, makeup practice, Ames

March 4-8, 2019: Boys' State Basketball, Wells Fargo Arena, Des Moines

March 4-7, 2019: Halftime Performances at Boys' State Basketball, Wells Fargo Arena, Des Moines

March 7, 2019: All-State Practice, Ames

March 8, 2019: All-State Performance, Wells Fargo Arena, Des Moines

March 22-23, 2019: Iowa All-Stars, Dallas Center-Grimes High School

April 5-6, 2019: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona

May 2019: Special Olympics Iowa, Hilton Coliseum, Ames

July 2019: Shrine Bowl, UNI, Cedar Falls



2018-2019 ICCA BOARD OF DIRECTORS

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AWARDS, CONFERENCE, STATE CHAMPIONSHIPS, IHSAA CHEER SAFETY, MEMBERSHIP, TRUSTEES

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