

IOWA ALL-STATE CHEERLEADING 2019-2020

High school cheerleaders are invited to try out for the 2019-2020 All-State Cheerleading Squad. This is the 30th year of this squad. The cheerleaders chosen for this squad will perform at the Iowa Boys' State High School Basketball Tournament in March.

TRYOUT REQUIREMENTS:

- A. **The head coach is a member of the ICCA and has completed the current online rules meeting and the National Federation concussion video. He/She has the certificates on file with the ICCA.** (Spirit Rules Meeting; August 5-August 29, 2019)
- B. **All other participating coaches (assistant or volunteer) are members of ICCA and have completed the current online rules meeting and National Federation concussion video. All coaches have the rules meeting and concussion training certificates on file with the ICCA.**
- C. The school and coaches must be in good standing with the ICCA in regards to the National Federation and the ICCA/IHSAA Spirit Rules to participate in ICCA events involving cheerleaders.
- D. **One ICCA head coach registers ALL participants for ALL ICCA events.**
- E. **A non-refundable \$25 registration fee payable to ICCA is required from each candidate. School and coach information, plus the names of the candidates are due online by September 26th and must match the money submitted with ONLINE registration. NO LATE REGISTRATIONS WILL BE ACCEPTED! Payment for registration must be postmarked by October 3, 2019. This fee must be paid before a candidate will be allowed to tryout. Do not send multiple checks.**
- F. Candidates must be bona fide high school cheerleaders. The cheerleader may not cheer for a college or only be on a non-school all-star squad. They must cheer at high school games.
- G. There are no limits to how many cheerleaders may try out from a school.
- H. The coach must drive candidates to and from All-State tryouts, practices, and performances. See "Coaches' Duties" for further details.
- I. The coach must have completed **Medical Treatment and Release Form** for each member of the squad. It is the responsibility of the head coach to carry medical forms. The coach will be asked to sign off indicating the forms are in his/her possession.

TRYOUT MATERIAL AND INFORMATION:

LOCATION: Ames Middle School - Ames, Iowa

TRYOUT DATES: Saturday, October 19th and Sunday, October 20th, 2019. All cheerleaders from one school must tryout on the same day.

TIME TABLE: (approximate)

Registration and Warm-up	9:30 – 10:00
Learn cheer and practice	10:00 – 11:15
Break (bring own lunch)	11:15 – 11:30
Tryouts	Noon – finish

For the convenience of those who are traveling a great distance, cheerleaders will tryout in order of their distance from the tryout site. Those farthest in distance will tryout first, etc.

SELECTION PROCESS: The judging committee will meet after the tryout and review the tryout judging sheets and videotapes. A minimum of twenty cheerleaders will be selected for the All-State Squad. The final number will be determined by the judges following the tryout. There will not be a specific number selected from each day of tryouts.

APPEARANCE: Candidates must wear plain BLACK or NAVY BLUE shorts with a plain white, short-sleeved T-shirt during the practice and tryout. No tank tops or long sleeved T-shirts can be worn. No school affiliation, advertising, logos, or words can be on the clothing. If necessary, candidates may turn the shorts inside out for the tryouts. Cheerleading shoes must be worn. Candidates with long hair must have their hair in a ponytail or braid and away from their face. Refer to the "Clarifying the Hair Rule."

All National Federation Spirit Rules must be followed at all times by all candidates. Those trying out will be checked for violations, including jewelry, unsafe hair devices, and unsafe fingernails. Anyone in violation will not be allowed to review material. Candidates will be checked again for violations prior to the actual tryout. No refunds will be given in the event of disqualification.

TRYOUT PROCEDURE:

MOTION TECHNIQUE/CHEER: Candidates will learn the motion technique/cheer. Judges will be looking for strong, correctly placed motions that demonstrate rhythm, coordination, and technique.

DANCE: Candidates will be taught a dance (about 4 – 6 eight counts) by video. This instruction will be made available on the ICCA website in mid September. The All-State director will be the tryout dance instructor. She will be available at tryout practice to review

the dance with the candidates. Candidates will dance in groups when trying out. Judges will be looking for coordination, rhythm, and personality.

JUMPS: After the motion technique and dance portion of the tryout, each candidate will perform a single toe touch and also a two-jump combination. This combination can include any jumps such as a toe touch, front hurdler, etc. The candidate may take a prep between jumps, but the combination must demonstrate continuous motion.

TUMBLING: If a candidate wishes to show any gymnastics skills, he/she will demonstrate these last. Gymnastic skills should be at least at the back handspring level. A cheerleader does NOT have to do gymnastics to make the squad.

ALL-STATE SQUAD REQUIREMENTS AND INFORMATION:

The following is information pertaining to those who make the All-State Squad and their coaches. Please read it carefully so both the candidate and coach knows what is expected of All-State Squad members.

COACH'S DUTIES:

All-State cheerleaders need to be accompanied to practices and performances by the head coach. An assistant who is an ICCA member and has completed the online rules meeting and concussion video may accompany them with permission from the All-State Director. All-State cheerleaders need the guidance of a cheer coach during practice as well as coaching while the All-State cheerleader practices on her/his own between official practices with the choreographer. For optimum success of an All-State cheerleader, the coach must accept an active role and also make a commitment to the All-State cheerleader(s). The coach must drive candidates to and from all All-State tryouts, practices, and performances. Coaches are responsible for chaperoning at all times which means they cannot leave the site during the tryout, practices, and performances. No parents will be permitted to accompany the participants in a supervisory position unless they are employed by the school AND special circumstances have been arranged with the All-State Director in advance. The ICCA abides by the National Federation Spirit Rules governing cheerleading. Insurance regulations require a school vehicle (unless other arrangements are made with your administrator) and a school employee to bring the cheerleaders to the event.

In special circumstances, if a coach is unable to attend, the ICCA will allow an employee of the All-State cheerleader's school district to escort the cheerleader to tryout practices and performances. A request for any exception must be approved IN ADVANCE in a timely manner (at least one week prior) with the All-State Director. If necessary, the All-State Director will seek the advice of the Executive Board. Upon approval of the All-State Director, the school employee must bring a letter from the school district superintendent or his/her designee stating the employee's relationship to the school and why the head coach cannot attend. This should only occur in case of an emergency, as it is important that the coach attend the tryout, practices, and performances. Failure to comply with this ruling will result in a consequence. Possible consequences could be, but are not limited to, suspending the school from All-State for a designated time, suspending the coach from the ICCA for a designated time, or dismissing that school's current All-State cheerleaders from the All-State Team.

The coach must have a completed Medical Treatment and Release Form for each candidate at the tryout, practices, and performances.

SQUAD PRACTICES AND PERFORMANCES:

The All-State Squad will practice on Sundays. To be a member of the squad, the candidate must attend all practices. **Failure to attend a practice will result in dismissal. Coaches and cheerleaders should understand the commitment before trying out.** There are hundreds of cheerleaders who try out for this squad. Being a member is an honor! Squad members and their coaches must be responsible for knowing when practices will be held. Practices are from 10:00 a.m. to 3:30 p.m. unless stated otherwise. One practice will start earlier in order to take a group picture for the plaque. The practices will be held at an Ames school on the following dates:

Sunday, January 5, 2020

Sunday, March 1, 2020

Sunday, February 2, 2020

MAKE UP (if needed) Sunday, March 8, 2020

Final practices will be held the afternoon and evening of **Thursday, March 12, 2020**, at a school in central Iowa, and the morning of **Friday, March 13, 2020**, at Wells Fargo Arena. Afternoon performances will be on **Friday, March 13, 2020**, at the Iowa Boys' State High School Basketball Tournament.

OTHER INFORMATION:

1. **** Once a cheerleader has made a commitment to the All-State Squad, he/she is expected to fulfill this commitment as an affirmation of his/her integrity.**
2. Squad members are required to follow all guidelines established by the ICCA. These guidelines will include: appearance, behavior, conditioning, etc. The squad member will also be required to follow Good Conduct policies set by individual schools.
3. Squad members and coaches are responsible for all food, hotel, and travel expenses. Squad members must stay at the designated ICCA hotel with the squad on the night prior to the final performance.

4. The All-State Director/ICCA representative shall not permit a team member to participate if in his/her judgment there is a safety issue.
5. Squad members might be asked to perform in more than one stunting position.
6. **The last day to change names or substitute is October 12th, 2019.**