**IOWA CHEER HONOR SQUAD**

**PRACTICE DATES:**

**SUNDAY-NOVEMBER 17, 2019** 8:00-8:30AM CHECK IN

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

**THURSDAY-NOVEMBER 21, 2019** 2:30-8:00PM PRACTICE \*\*practice times may change

UNI-DOME/PEC, CEDAR FALLS IA

**PRACTICE/PERFORMANCE DATE:**

**FRIDAY-NOVEMBER 22, 2019   6:45AM-8:30AM PRACTICE (PICTURE @ 7:00AM)**

UNI-DOME/PEC, CEDAR FALLS IA**(10:00AM 1A & 1:00PM 2A games subject to change)**

Your registration has been received for participation on the Iowa Cheer Honor Squad.  **Should their need to be a change in participants please contact me by October 31st.**

You will need to bring a sack lunch and drink to practice in November. **Coaches/Participants will not be allowed to leave the grounds for lunch.  PLEASE NOTE THERE ARE 400 PARTICIPANTS AND COACHES – you will not all be able to place orders and have delivered at lunch time. Plan ahead and bring your meals!**

Cheerleaders please come dressed in cheer practice clothes (**shorts, T-shirt, cheer shoes**).  **NO PANTS ALLOWED**. Please have hair appropriate for practice and stunting.  For the actual performances participating cheerleaders will wear their schools uniform and if wearing a shell/vest **a bodyliner must be worn underneath covering arms**.  Upon arrival you will need to receive a number that has been assigned by the choreographer.  ***\*\*SEE SKILLS CHECK LIST (MAIL/EMAIL BACK BY THE October 31st) ONLY COMPLETE SKILLS CHECK LIST IF YOU WOULD LIKE TO STUNT AND OR TUMBLE.***

Coaches please check cheerleaders in upon arrival.  You can then proceed to the gym, where the cheerleaders should start stretching.  We will be having a short meeting during practice to discuss the practices and performance on November 21st & 22nd .  I recording the routine to help with practice the following week

**Coaches are responsible for making their own hotel reservations for November 21st.** I have enclosed information on hotels.  All hotels have limited rooms!  **PLEASE RESERVE YOUR ROOMS NOW! BLOCKS ARE ONLY RESERVED TO 10/21.** See hotel list for Cedar Falls/Waterloo hotels.

If you need a place to stay on November 16th (Ames) for practice on the 17th  the following hotels have a room blocks: Quality Inn & Suites – 2601 East 13th Street, Ames (515)232-9260 $129 BLOCK ENDS 11/1 Call ask for ICCA -IA Cheerleading Honor Squad

***Please review Iowa Cheer Honor squad requirements to participate.  Coach must bring information and consent for medical treatment forms for each participant to each practice and performance.*** Should you have any questions please give me a call or email me!

Tami J. Doyle
Iowa Cheer Honor Squad Director
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