ICCA Memo to Coaches: June 10, 2020

1. Conference Registration is NOW OPEN! Check your email and the ICCA social media accounts for updated information, as well as times and dates.
ICCA is ready to offer YOU a VIRTUAL Conference with National Presenters!!

2. JULY 1 is currently the "magic date" to begin cheerleading and other activities. However, **July 1st is NOT "everything is back to normal."** Coaches should be prepared for the possibility that activities might continue to be suspended for the time being. This will be determined by the Iowa Department of Public Health and the Department of Education as they advise IHSAA.

We HOPE that July 1 means a controlled opening:

- No gatherings of more than 10 people at a time (inside or outside)
- "Pods" of the same kids work out together; 5-10 kids with it being the same consistent grouping each time.
- Continue to socially distance (6 foot minimum) and practice good hygiene. No touching each other's hands, bodies, or legs to assist in something like stretching or practicing jumping.
- Each person should have their own water bottle and hand sanitizer.
- NO sharing bows, shoes, uniforms, or practice gear.
- No shared poms or signs.
- **NO STUNTING!!** Chants, jumps, and dances WITHOUT contact are permissible as long as social distancing is maintained.

These **guidelines will remain in place** until we receive further information from the National Federation, the Iowa Department of Public Health, the Department of Education, and the Iowa High School Athletic Association.

3. Make sure you have the **approval of your athletic director** for everything that you do. We hope to have more help to cheer coaches by JULY 1, but sometimes, those above us are waiting as well.

4. You may do tryouts after July 1, as long as you're observing the social distancing and size-gathering rules. You may have to strategically plan out the timing of the groupings in order to stay within the guidelines.

5. **We DO plan to have State Championships November 7**; however, we do not know exactly what it will look like at this point. DO NOT get in a rush to pay for choreography and/or music. We will issue the direction of our State Championships BY AUGUST 10.