

IOWA CHEERLEADING COACHES' ASSOCIATION NEWSLETTER



SUMMER 2021

www.iowacheercoaches.org



PRESIDENT'S MESSAGE

Hello and happy summer! I would first like to thank each and every one of you who works in an educational setting. This year was unlike anything we could have ever imagined. Each one of you who went to school on a daily basis and worked with ever-changing rules and regulations, all the while educating students, deserves to be recognized, so THANK YOU!

Summer is here, and I believe our world is slowly and surely getting back to normal. Even though our normal may be different, I feel we have a bright future ahead of us. For many of you, your squads have been chosen and practice is underway. Some of you make the choice to take summers off and rest and recharge. Whatever you will be doing this summer, I hope you make the choice to do so with a POSITIVE attitude. Your positive attitude will be contagious and affect all those around you, whether you are working with your student athletes, working in your chosen occupation, or hanging out with family and friends. Our world needs positive attitudes now more than ever!

Summer is the time to look back on your previous season and decide what went well and what can be improved. I encourage you, even if you don't interact with your cheerleaders, to make the time to critique your season. Doing so now will help you prepare for fall, as we all know how fast summer will go by.

The ICCA Board of Directors is hopeful all of our events will be back to normal for the 2021-2022 school year. We are all thinking positively and look forward to offering the many opportunities for cheerleaders across our state.

This summer, be sure to make time for yourself so, as a coach, you are ready to have a positive year and make it the best one ever. I will be cheering for each of you!


Cindy Pangburn, ICCA President

Important Dates for Your Calendar!!

- ☑ **August 2 - August 26: Online Spirit Rules Meeting.** This is REQUIRED for coaches wanting cheerleaders to participate in ICCA Fall Events: State Championships, All State tryouts, and Honor Squad.
- ☑ **August 7: Fall Clinics held at Manchester West Delaware and Atlantic**
- ☑ **August 10: Registration opens for ICCA Fall Events:** State Championships, All State tryouts, and Honor Squad.
- ☑ **August 14: Fall Clinics held at Storm Lake and Clear Creek Amana (Tiffin)**
- ☑ **August 21: Fall Clinics held at Mason City and Ames**
- ☑ **September 24: DEADLINE for Online ICCA Fall Event Registration.** (No other registration will be available.)
- ☑ **October 1: DEADLINE for mailing entry fees for ICCA Fall Events.**
- ☑ **October 1: DEADLINE for submitting ALL ICCA event paperwork ONLINE.**

Understanding **FAMILY WEEK**

~ Jeanne Ehn, Interim Vice President ~

NEWS FLASH! All cheerleaders and their coaches have a mandatory week away from cheerleading at the end of July. As a matter of fact, ALL IOWA SCHOOLS are required to have no school activities from July 25-August 1. The "Family Week" directive is from the organizations who make Iowa's Unified Activity Federation calendar. The directive includes games, practices, open gym, camps, performances, etc. and includes any contact on or off school grounds. It applies to every school group: music to athletics to speech to fine arts to other school organizations/groups.

The directive from IHSAA (the boys' athletic association), IGHSAU (the girls' athletic union), IHSMA (the state music association) and IHSSA (the state speech association) was placed on the state's 2020-2021 unified activity calendar a couple years ago to give schools a chance to clear the week of all activities. According to a press release by the organizations, no school events are to be scheduled from Sunday, July 25, 2021, through Sunday, August 1, 2021. The only exception (for this year only) is the Boys' State Baseball Tournament. It will be a week earlier next year.

While this is the first year for Family Week, it will now be a part of the unified activity calendar each year. In the future, Family Week will always be the last week of July and scheduled Sunday to the following Sunday.

Family Week now gives all cheerleaders, cheer parents, cheer coaches, and athletic directors a break from the activity. It will be a great time to re-energize for the upcoming cheer year. Make good use of your time by having fun with family and friends!

MOST IMPORTANT DATES ON YOUR CALENDAR???

AUGUST 2, 2021 TO AUGUST 26, 2021

**ICCA ONLINE RULES MEETING --
MUST BE COMPLETED IN ORDER TO
PARTICIPATE IN ICCA EVENTS THIS
FALL!!**

The inaugural "Family Week" will take place this summer from July 25th - August 1st. **Family Week's contact rules: No intentional or scheduled contact between any student-athlete and coach from their school at any place, at any time, and for any purpose during the prohibited period.**

Family week is in effect for students in grades 9 through 12, meaning 9th grade students for the 2021-2022 school year through those students who will be seniors during the 2021-2022 school year. There are no restrictions on students who will be in 8th grade and below, however, high school students cannot be "counselors" at these camps and it is recommended that all facilities on your campus be shut down during this 8 day period. It will be the corresponding week moving into the future.

For further information on Family Week, please check out the press release from IHSAA: www.iahxaa.org/iahxaa-ighsau-2021-family-week. Share this link with your assistant coaches, lower level coaches, and parents!

MAKING THE MOST OF FAMILY WEEK

~ Melissa Hatfield, Executive Director ~

With the new **FAMILY WEEK** being implemented this summer, ICCA hopes that you, as a coach, take some time for yourself, your family, and get re-energized for the new year ahead. Here are some ideas that I think will help!

- Use some time for **YOURSELF!** Read a new book you have wanted to but maybe didn't have the time. Have a spa day and pamper yourself a little before things get a little crazy again. Go out to lunch with some friends and reconnect with each other. Watch that series you have been dying to see on Netflix.
- Spend time with your **FAMILY!** Plan a date night with your significant other because we all know the time won't be there when the season starts. If you have kids, plan some adventures with them during this time. Plan a vacation to go and see friends or relatives that you don't see that often. Enjoy a

Family Week...Continued on page 3

movie day with your kids! Don't have a plan at all.... just go with the flow and let the fun happen!

- **RE-ENERGIZE!** Get organized for the new year. Have all forms, schedules, information ready to go for when you see your team again. Arrange your schedule and make sure all of the little details are taken care of. If you can, collect uniforms and bring them home to organize. This would be a good time to look over them and take the time to have them mended or cleaned. Work on organizing fun events for your team throughout the year. Look at dates for team dinners, team bonding, etc...

Even if you don't want to make plans and be busy during Family Week, take a break! You deserve it, and it will be well worth it in the end!

ICCA Fall Clinics
Mark your calendars now!
Free Cheers! Free Chants! Free
Dances! Networking, Team
Bonding, and FUN!!

NE -- August 7, Manchester (West Delaware High School) -- Contact Kelly Trinkle (ktrinkle@bcluw.org)

SW -- August 7, Atlantic (Atlantic High School) -- Contact Dana Logan or Desiré Grismore (danalogan88@gmail.com or desire.grismore@wayne.k12.ia.us)

NW -- August 14, Storm Lake (Storm Lake High School) -- Contact Michelle McCann (cpucheer@gmail.com)

SE -- August 14, Tiffin (Clear Creek Amana High School) -- Contact Paula Kirkpatrick (kirkpatrickpaula26@gmail.com)

NE -- August 21, Mason City (Lincoln Intermediate School) -- Contact Cindy Pangburn (cpang60@yahoo.com)

C -- August 21, Ames (Ames High School) -- Contact Sarah Buss (sarah_buss@yahoo.com)

Jump into the Fall Clinics!
~ Kristen Morlan, Executive Director ~

There are many great reasons to attend the 2021 Free Fall Clinics! While we are all busy at the beginning of the school year, attending a fall clinic is a great way to kick off your season. Whether you are a beginning coach or a 50-year veteran, there are many great reasons to attend a fall clinic.

The fall clinics are designed to get squads together, teach them new material, and work on improving their jumps and motions. We don't stunt at these clinics for insurance reasons, but also because we want to give you a lot of new material that you can use for your season!

It is extremely important to **sign up** with the district rep who is hosting the clinic you would like to attend! You can attend any of the clinics, so if the one in your district doesn't work for you, feel free to go to a different one. Just be sure to let that rep know you are coming!

So why should you attend a fall clinic?

Your cheerleaders will learn new cheers, chants and dance to use throughout the entire season. This is a great way to add to your cheer list!

You and your team will meet other squads from your area. We don't always get to talk to other squads except in a competition situation, so this is a way to just have fun with some new people.

You will get to meet other coaches from your district and make connections that you can call on throughout the year. There is safety in numbers, and it is sometimes a relief to talk with someone who shares your concerns! You will also have time to talk with your district rep in person!

Your cheerleaders will get tips on improving jumps, motion technique, and dance from qualified instructors. Your kids will benefit from constructive criticism from someone else!

Best of all, you get to spend a great day with your cheerleaders and get ready for that new season!

Be sure to check the website for any updates to the clinic sites!

2021 ICCA Academic Scholarship Recipients

~JoEllen Wesselmann, Scholarship Director ~

This year's Academic Scholarship applicants were a great group of high-achieving students! There were a variety of interests and aspirations that they were hoping to achieve. Our 2021 Academic Scholarship recipients are as follows;

Madeline Becker from Glenwood High School cheered for four years during her high school career. At the time she was applying for our scholarship, she stated she plans to attend one several universities. She hopes to go to law school following her undergraduate studies to pursue a career in Public Policy and Governmental Affairs.

Jenna Leuthold of West Lyon Community School was a four-year participant in cheerleading at her school. She plans to attend Lake Area Technical College to pursue a career as an Occupational Therapy Assistant.

Julia Marks from Ames High School also cheered for all four years in high school. She will be attending Iowa State University in Ames. Her intended major is in Pre-Veterinary Medicine.

Rachel Stephany is a graduate of Ballard High School in Huxley. She has cheered for three years and was a member of this year's 3A State Championship team. She will be attending the University of Northern Iowa in Cedar Falls. Her current goal is to major in digital media marketing with a minor in graphic design or entrepreneurship.



2021 ICCA ALL ACADEMIC TEAM

Jacey Ash, St. Edmond Catholic
Megan Baumler, Mount Vernon
Madeline Mae Becker, Glenwood
Audrey Bemrich, St. Edmond Catholic
Allie Bieber, Waukon
Sarah Blank, West Des Moines Valley
Rachel Clayberg, Jesup
Chloe Crandell, Des Moines Christian
Ashlyn Frederick, Greene County
Avery Rose Galles, St. Edmond Catholic
Zoey Jones, Ottumwa
Isabelle Krapfl, Mount Vernon
Kaylen Kruse, West Lyon
Maggie Lennon, St. Edmond Catholic
Jenna Leuthold, West Lyon
Melanie Loughren, West Delaware
Julia Marks, Ames

Ashlea McConville, Gilbert
Cheyanne McDaniel, Earlham
Molly McFadden, Atlantic
Ashton Merrill, North Union
Kylee Mrzlak, Denver
Jenna B. Peterson, St. Ansgar
Karlee Raymond, Glenwood
Emma Reicks, Manson NW Webster
McKenna Schroeder, Iowa City Liberty
Sydney Schulte, St. Edmond Catholic
Macie Sefrit, Bedford
Kaylie Stearns, Central DeWitt
Rachel Stephany, Ballard
Caitlin Stokes, South Central Calhoun
Vivian Dione Tracy, Bedford
Kyla Wright, Waterloo West
Emrys Yamanishi, Mount Vernon

Clair Zmolek, Mount Vernon

Organizing the Cheer Closet!

~ Dana Logan, SW District Rep. ~

If you're anything like me, you probably get great satisfaction from binge watching shows like "Tidying Up" with Marie Kondo or "The Home Edit" on Netflix. There's something so refreshing about those before and after scenes that makes me feel motivated and feel that I too can control my life by straightening up one drawer or closet at a time!

The (perhaps dreaded) cheer closet or storage area at your high school is probably in need of some attention, and the spring or summer "slow season" is the best time of year to straighten up! Organization is so important because it saves you time, saves money (finding items instead of buying replacements), and can give you good ideas, such as finding relics from years past and incorporating them into practice.

The first thing you need to do is take an entire inventory of what's in that closet. So yes, the daunting task of literally TAKING EVERYTHING OUT. From there you need to make three piles:

1. **KEEP**
2. **DONATE/SELL**
3. **TRASH**

KEEP: You're going to keep things like uniforms, poms, awards, records from past seasons, etc. It would be best to have clear plastic totes to put all of this in, and then a label laminated on the side or front listing the exact quantity of each type of item in the box. Stack your uniforms in size order inside each tote at the end of each season to make distributing them easier in the fall.

DONATE/SELL: Items that are in good condition that you no longer use. (Make sure you get clearance from your athletic director before doing this!) Very old uniforms that are 20+ years old, we have separated out and sold at our annual youth cheer clinic. The little kids love wearing the old uniforms and they can be worn at the clinic, at future sporting events, for a Halloween costume etc. This is a great little fundraiser! Also if graduated cheerleaders have donated any items back to the program, I often have a "free garage sale" where I set everything out at practice and let current cheerleaders take anything they would wear or use for free! Everything that falls into this category that isn't sold or given to cheerleaders should be taken to a local

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Cheer Gear Checklist

How to Prepare for the New Season

~ Tami Doyle, Honor Squad Director ~

Early Summer:

- Inventory - make sure all uniforms/warm-ups/poms/bags have been turned in from the previous season (Any items that are property of the schools and checked out).
- Based on inventory what do you need
 - ◆ Schedule a fitting date to determine what uniform/warmup pieces you might need to order.
 - Order your fill-in pieces early to make sure you have pieces by the beginning of your fall season. If you need them for summer events, order eight weeks ahead of time. Plan EARLY!
 - Use your planning date to size for all items needed so that orders can be requested, and items received.

Here is a planning checklist to help guide you on the items you might need for your season.

Camp/Practice Looks

- Day 1
- Day 2
- Day 3
- Day 4
- Summer Camp

Sideline and Competition Looks

- Home
- Away
- Competition
- Homecoming
- Senior Night
- Show Your Gold Items - September
- Let's Go Pink Items - October

Gameday & Community Looks

- Jersey
- Hoodie
- Long Sleeve Tee
- Community/Fundraising
- Pep Rally

Travel and Cozy Sideline Looks

- Warm-up
- Fleece
- Cardigan
- Award Jacket

Checklist...Continued on page 6

Organizing...Continued from page 5

Goodwill or thrift shop, where it will hopefully be used again by someone new.

TRASH: Any clothing that is stained, ripped, or has holes should be thrown away. Old paper notes, pens out of ink, broken binders, torn posters, dried up paint, all of that just needs to go in the trash.

When you return your "keep" items to the closet, be sure to store things you need access to on the top of your tote stack, or on a mid-level shelf. Things you rarely use but need to keep (like paperwork from previous years or vintage uniforms you save for "throwback days" / pep rallies) should go on the bottom of the pile or on a hard-to-reach shelf. Once you're done, you'll feel a great sense of accomplishment and be energized to start the next season!

Good luck and happy organizing!

Summer Practice Ideas

~ Sarah Buss, Central District Representative ~

A summer practice favorite? I insert the question mark because this is a drill that they hope I forget about, yet they talk for weeks and weeks with pride when they complete it.

It is called the 10-10.

It is a pretty simple concept. We chose 10 stunts and they must complete each stunt 10 times in a row with complete perfection or they start all over. It goes like this. Let's use preps as an example. They must set, load, execute and dismount on the exact counts with no wobbles or steps. They start and attempts 1-3 are usually done pretty easily. Numbers 4-6, then the muscles show a bit of fatigue. So let's say on attempt #7, the base takes a step and the flyer has a hip check once in the air. Guess what? They go all the way back to #1 and start all over.

What this teaches them is muscle memory, correct technique and also builds strength, confidence and endurance. When you have been cheering a two hour game and you want to put up a stunt, you can with ease because they know they are capable.

How does it work if the same stunt group isn't at summer practice every practice? It works just fine. All

Summer Practice...Continued on page 7

Checklist...Continued from page 5

Accessories, Undergear & Shoes

- Sideline Shoes
- Competition Shoes
- Socks
- Undergear (briefs, sport bra, bodyliners)
- Poms
- Megaphones
- Signs
- Weather Gear (Rain Jackets)
- Bows (practice, Sideline & Competition)
- Bags



SUMMER CONDITIONING

~ Paula Kirkpatrick, SE District Rep. ~

Summer is a great time to get your team in the weightroom and work on strength and conditioning. Maybe your school has a summer program that your athletes can take part in. Your athletic director should have information about it. If your school doesn't have a designated summer weight program, you can start a program for your team. When I was coaching, I scheduled strength and conditioning times three mornings a week for an hour each session. During that time we would be in the weight room. I got help from fellow coaches and from the internet to come up with the type of workouts we should be doing. Another great resource was the coaches' conference, as there is almost always a session about conditioning. At first, it was hard to get my girls to buy into the fact that they needed strength training and conditioning. When it began to make a difference in stunting and jumping, they understood! I wanted my team to be part of the athletic program, so we needed to be seen as athletes. Athletes train for their activity. I feel that summer conditioning was a great benefit to my cheerleaders, and I encourage all coaches to give it a try.

**ICCA is on Facebook, Twitter,
and Instagram!!**



Iowa Cheerleading Coaches' Association



@IACheerCoaches



Instagram: iowacheercoaches

you need is a cheerleader to be in a group, doing her part or a part. Make a chart and give them stickers or have them simply "X" out a box when they have completed each 10-10.

This also works effectively with competition combos. Use a practice to have them pace however they need to and try to get those complicated competition combinations muscle memorized and endurance built. Our 10 basic stunts: Thigh Stand, Shoulder Sit, Prep, Extension, Awesome, Straight Ride Basket Toss, Liberty, Twist to Prep, Twist to Awesome, One Mans Other 10-10 options include- focusing on dismounts such as: 10 perfect pop offs from extension, 10 perfect cradles from prep, 10 perfect twist downs from prep. Each skill basic or advanced, really needs to focus on proper technique, including having the bases not take unneeded steps, the flyer locking out and the back base controlling the stunt.

Good luck on your 10-10 progressions!



What Can I Improve as a Coach?

~ Desiré Grismore, SW District Representative ~

I don't know about you, but I always have things I feel like I need to improve upon or have even failed at. And I don't think I'm alone in this! But what I've learned through this crazy journey of cheer coaching that we're all on is that we have to learn from our mistakes and keep moving forward. The mistakes I make, the lack of communication, or the feelings I unintentionally hurt someone with can all have a silver lining. So here's some ways of improving that have helped me and I hope you, too!

Be kind to yourself! Don't beat yourself up if you make a mistake. Doing this just adds unneeded stress to a situation which might already be stressful. Admit that you made a mistake and keep moving forward. Not only does that help everyone have a little more empathy for the situation, but it helps your cheerleaders learn that no one is perfect and everyone makes mistakes. And also, do this for your cheerleaders. They are not perfect, and each mistake is a learning opportunity. Teenagers are already not kind to themselves, so teaching them to love themselves in spite of their mistakes is a skill that everyone needs to practice more.

As mentioned above, admit when you make a

What Can I Improve...Continued on page 8

WHAT GOES INTO A CHEER CONSTITUTION?

~ Bethany Brink, At Large Representative ~

Constitution: a body of fundamental principles or established precedents according to which a state or other organization is acknowledged to be governed

Your cheerleading program is an organized program that needs to be governed. If you, as a coach, have a clear set of rules and regulations that you want your team to follow, you should definitely create a constitution for your program.

In my cheerleading constitution, I have five sections: Organization, Eligibility, Attendance, Uniforms, and Character.

Organization: List the purpose of your organization, the person in charge, and the responsibilities of that person.

Eligibility: What makes a person eligible to be a member of your team? This includes the academic requirements, the permission forms required. I also list the number of members I will take for each squad in this section, along with the number of alternates, and what is required to earn a varsity and JV letter. The safety rules for the ICCA and NFHS also need to be followed in order for a team member to be eligible.

Attendance: This section is the most important for me. Here I include the number of absences from school and/or practice a member can have before they must sit out or be removed from the team. Also, what absences are considered excused or unexcused.

Uniforms: Our school purchases uniforms for the cheerleaders to use, so in this section, I include the consequences for losing/damaging a uniform. I also include the things that the cheerleaders will need to purchase on their own, such as spandex for under their skirt and shoes.

Character: On my team, I want cheerleaders who positively represent our school in and out of the uniform. I include the school's good conduct code here as well as my own expectations for behavior.

I send a copy of my constitution to each of the prospective cheerleaders and their parents and have them sign to say they have read and understand it before they are able to try out for the team. I also share my constitution with my activities director. If I ever have an issue with a cheerleader or parent, I can pull out their copy of the signed constitution to resolve it quickly, with **my administration backing me.**

mistake. **Apologize, and try to correct it.** We should be teaching our cheerleaders to do this as we should model this behavior. It also helps our teams learn to forgive and move forward.

Communicate. Good, precise, and frequent communication makes a season so much smoother! Use tools like Band app, Remind, etc. to aid you in this. I personally like Band, as it shows you who has seen what you've posted, and your team can communicate with you and with each other. Parents can be in the circle too. I've found that a lot of the issues in my past seasons have been a lack of communication or simply a miscommunication. I also communicate my expectations in writing through my written contract and verbally go through expectations at my pre-season parent meeting. Parents can ask questions, and I get to personally meet and build a relationship with everyone there. Parents are an intricate part of any team, so the more communication is good with them, the better!

Be fair. We all have those kids we just click with more, but this doesn't mean that the rules don't apply to him or her. I have hurt some kids feelings, or created hard feelings in my squad, by giving more chances or not sticking to my own rules because I have a better relationship with a squad member. It's sometimes hard (at least for me) to be a stickler to my own rules, but every time I have let something slide, I have regretted it.

I hope these few tips help you have a more successful season(s)! After our past year, this year is going to be a breath of fresh air for all of us and is a great time to have a fresh start!

WANTED

NATIONAL ANTHEM SINGERS

Individuals or Groups that are interested in singing the National Anthem at the 2021 State Championships should submit a CD by September 15. Find the application on the ICCA website (*Events -- State Championships -- Helpful Links*) Questions? Contact Kenna Johnson at kennajohnson47@gmail.com.

What Goes Into a Cheer Handbook?

~ Michelle McCann, NW District Representative ~

How are we over halfway through this year already?? I'm sure, like myself, many of you are in full-on preparation mode for the next school year. There's always so much to think about when it comes to getting your future season together. In the whirlwind of tryouts, schedules, and parent meetings, there are always a lot of little things to think about and communicate to your kids. One of the best things that I have done as a coach to help with all of that is to put together a cheerleading handbook, and I want to share with you how I put it together and how it's really helped me!

I first got the idea to put a handbook together a few years ago when I was browsing my school's website and came across our school's high school handbook. I scrolled through it and saw all of the great info that was in it, and it made me think that maybe I could do something like that for our program! It even inspired me to make a mission statement for our program to put at the front of the handbook.

Over the course of a few days, I started making notes of anything and everything that goes into our cheerleading program and anything that my parents could have potential questions on. Here are the different topics I currently have in my handbook:

- ◆ Cheerleading rules (ICCA plus my own) as well as any consequences
- ◆ Uniforms
- ◆ Forms (school and cheerleading)
- ◆ Regular season squads (football, basketball, wrestling)
- ◆ Competition cheerleading squads
- ◆ Fundraising
- ◆ Service projects.

Within these topics, I elaborate on anything I can. For example, under Uniforms, I not only talk about actual cheerleading uniforms and their care, but I also list everything that cheerleaders need to have to be a part of the program. Under Regular season squads, I talk about how we split up our squads and even how many squads are chosen to cheer at a state tournament.

On top of all of the info I listed above, I also include a few different helpful things for cheerleaders and their parents, such as copies of all of the school forms they

Handbook...Continued on page 9

need to participate. I also include our cheer list (that includes the words) so they can utilize that to practice on their own. The most important page I have is the signature page; I want all of my cheerleaders - plus a parent/guardian - signing that they understand the handbook and that they will follow the rules in it. That's a helpful to have as a coach when considering liability! I keep copies of everyone's signature page in my binder all throughout the school year. I also go pretty in depth through the handbook at my parent meeting, which again, is helpful because everything is right there in one handy little book.

Having a handbook has been a huge help as a coach, and parents have enjoyed having that as a resource for themselves and their cheerleader(s). I encourage all coaches to put something like this together! Make it your own and put what fits your program in it! If you are interested at all in seeing mine as a template, please don't hesitate to reach out (cpucheer@gmail.com); I'd be happy to send you mine!

To Hire a Choreographer or Not?

~ Erin Taylor, Rules Interpreter ~

Do you need to hire a choreographer to be successful at the State Championships? Absolutely not. I, like many Iowa coaches, made my own routine for years. My teams performed well, and I didn't feel like we were at a disadvantage by not having a professionally made routine. There are, however, many positives to hiring someone to make your routine for you.

First of all, by hiring someone, I have considerably less stress. I felt a lot of pressure to come up with the "perfect" routine. We now have someone who sees a lot of routines, knows what the judges like to see, and also knows what are the new trendy ideas for routines. I also really enjoy having someone else confirm my thoughts on who is a "back row jumper" or a "front and center dancer."

Choreographers aren't cheap so you need to know your financial position before deciding if hiring a choreographer is for you. Typical choreographers cost from \$1,000-\$2,000.

Some coaches really enjoy making routines, and if that is you, then you should continue doing what you enjoy. Choreographers definitely won't win you a state championship -- hard working kids and coaches win.

GETTING THE MOST OUT OF A HOME CAMP

~ Sandy Norby, Special Olympics Director ~

With school almost over, cheer squads are decided, the next decision is what cheer camp option is best for your squads. You can choose between doing no camps, going to a campus for a camp or have the camp come to you. It all depends on what you, as a coach, want for your squad and what is best for your squad. As a former cheer coach I opted for a camp coming to us. My decision was based on the fact that many of my squad members had part time jobs that they needed to be at. By having the camp at home they had the opportunity to go to work after camp was done for the day. Many of my cheerleaders had to pay for their own cheer apparel along with other things, so going to work was important to them.

The cost of a camp coming to you was by far cheaper than going to a campus for camp. You didn't have the cost of traveling or trying to get enough drivers to transport your squads. Also, the cost of staying on campus was expensive. By holding camp at home your cheerleaders could get a good night's rest in the comfort of their own beds. Another cost would be food. When I had camp at home, the parents were kind enough to take turns and bring lunch and snacks for the squads.

What I liked about a home camp was the camp was formed to fit the needs of my squads. They brought a set number of instructors per so many cheerleaders. Therefore there was a lot of "one on one" for your squads experience. The instructors also spent time with those shy squad members who were afraid to stunt and helped them to overcome their fears.

I felt my cheerleaders bonded over those days during camp and gained trust among each other. Over those camp days, they encouraged each other and supported each other. They were determined to nail a stunt and work on their motions, cheers, and jumps. I do know they made memories and became better cheerleaders from everything they learned at camp.

ALL STATE CHANGES LOCATION!!

Beginning this fall, all All State activities (tryouts and practices) will take place at CARLISLE HIGH SCHOOL. Mark your calendars for All State tryouts -- Saturday, October 16, and Sunday, October 17, 2021!

BOARD MEETING MINUTES • BOARD MEETING MINUTES

ICCA Board Meeting Minutes June 6, 2021 Bertha Bartlett Public Library, Story City, Iowa

Call to order - President Cindy Pangburn called the meeting to order at 9:36 AM. Members present included: Tami Doyle, Jeanne Ehn, Melissa Hatfield, Kenna Johnson, Betty Lou Jones, Kristen Morlan, Sandy Norby, Sarah Buss, Cindy Pangburn, Kelly Trinkle, Erin Taylor, Bethany Brink, Dana Logan, Desiré Grismore, and JoEllen Wesselmann. Paula Kirkpatrick and Michelle McCann were absent.

Approval of minutes

A motion to accept the minutes from the January 2021 meeting was made by Jeanne Ehn, Kristen Morlan seconded. All in favor and approved.

Membership Report

Membership - 209 coaches, 8 others
Schools - 116 schools

Financial Report

Checking \$50,066.82
Savings \$35, 415.81
CD \$17,753.50
Investment \$18,491.39

A slight change to our insurance premiums (due to Covid) was added. The additional premium (less than \$100) was paid, and the new amount will be reflected upon renewal in July.

Financial Committee

Computers - motion by Betty Lou Jones to follow the recommendations of committee to follow the suggested computer rotation; seconded by Sandy Norby. Sandy Norby made a motion for Erin Taylor to spend up to \$800 to purchase a computer for use as Ethics Director; seconded by Sarah Buss. All in favor and approved. Proposed additions to Policies and Procedures:

Members of committee rotation. Four members who will rotate off one per year. Function - recommend wages/bonuses (ie: gifts of appreciation for people who go above and beyond to be presented in a timely manner.) Program Directors currently have discretion to spend up to \$300 for any program. Anything larger than \$300 must be approved by the ICCA board.

In December paid employees and the financial committee will discuss the need for a pay raise.

Finances will be reviewed by the committee on a quarterly basis.

*Jeanne Ehn and Erin Taylor will rewrite the Financial Committee Policies/Procedures and present the second rewrite/reading in October.

Appointment of Financial Manager

JoEllen Wesselmann made a motion to appoint Kenna Johnson as our Financial Manager; Kristen Morlan seconded - all in favor and approved.

Executive Directors Report

The yearly meeting with IHSAA will be on June 16. Let Exec. Dir. know if there is something to discuss at this meeting..

Conference

Two major expenses this year:

1. Speaker amounts were more this year due to conference format.

2. Food - We were required to order a minimum of 100 lunches each day, so there were extras.

We used some of our credit card rewards to pay for this year's hotel rooms for board members, which helped with cutting costs.

The Executive Board is going to look at the Gateway in Ames again; they have remodeled, really want us back there, and are willing to work with us financially. Have added a new "nook" that will add space.

There were many positive comments about this year's conference. Everyone was glad to be back and see coaches, vendors, presenters!

State Championships

*Ticket prices - IHSAA is keeping most of their state-level ticket prices the same. Tickets will remain the same at \$10.00.

*There were new schools who participated this year, but a few of the bigger schools who traditionally come did not participate.

*It was suggested to keep a virtual aspect with fight song and band chant while moving back to traditional (in-person) time out, stunt group, cheer/dance. Lengthy discussion on format; executive board will discuss and make a decision about specifics. It is fine for board members to let coaches know that there will be the traditional State as well as a virtual option.

*Apparel - "Threads" in Algona asked to bid on State apparel when they were at conference; Betty Lou will contact.

*Update on Venue - Comparisons between Jacobsen building at Iowa State Fairgrounds and Alliant Energy Powerhouse were shown in a handout. As a summation of discussion, President Cindy Pangburn suggested one option: we could consider waiting one year to switch to change the venue to Cedar Rapids, because of new executive directors and operating post-Covid. A closed ballot was conducted on whether to move the competition to Cedar Rapids or stay in Des Moines. Eight people voted to move to CR; 7 voted to stay in DM.

Another closed ballot was conducted on whether to move this year or next. Five voted to move this year; ten voted to stay in DM one more year and move for 2022.

*On-line registration - Executive Directors have been working with Alyssa Nolte on a paperwork site. Benefits include: waivers are sent directly to students for signatures, coaches can get a report of signatures, music is uploaded to the site, etc. Jeanne had the question of if our membership history will transfer when we stop having her do the registration/membership site. Approximate cost will be \$1500+ depending on what all we decide to do. Motion to change from Ann Gaffigan to Alyssa Nolte to develop/operate registration site. Jo Wesselmann made motion, Sandy Norby seconded. Motion passed.

Board Minutes...Continued on page 11

Board Minutes...Continued from page 10

Policies & Procedures:

Attendance policy

Choreography specifics - replace "Contract should/will be negotiated if event is changed or cancelled."

Newsletter

Articles were due June 5.

Uniform Rules

Erin Taylor presented her updated uniform rules where pronouns were changed/deleted and was compacted for redundancy. She is keeping track of emails that were uniform related. The Board of Control needs to approve these changes before it is posted on the website. (Note: IHSAA Board of Control will receive our proposal at the next meeting in August.)

All State and Honor Squad

Ames HS is getting a new AD, so will have to confirm where practices will be held. Dates are on the website.

Fall paperwork packets

Any changes needed will be completed after the June 16 meeting with IHSAA..

Registration Fees

All State, Honor Squad, State Championships - Executive Board will discuss if there is a need for any changes in fees and report back.

Fall Clinics:

NE - Manchester - August 7; Madison Trinkle

NE - Mason City Lincoln - August 21; Jump and Jam

SE - Clear Creek Amana - August 14; Jo Wesselmann

SW - Atlantic - August 7; Jo Wesselmann

Central - Ames - August 21; ISU Alumni

NW - Storm Lake - August 14; Jump and Jam

Request checks ahead of time. Checks will be mailed out the Monday after the clinic.

All Stars: Betty Lou Jones

Next year's is scheduled for March 25-26, 2022. We appeared to make a lot of money due to the event being cancelled in 2020, and the money spent was rolled over. Pizza Ranch donated gift cards, etc. to kids. A thank you will be sent.

All State: Melissa Hatfield

This year we made more money as two of the practices were held virtually so there was no mileage for practices, which was a major help.

Dates are set. Melissa will be resigning from All-State in a year or two. Board members interested in shadowing and eventually becoming program director are to contact Melissa.

Honor Squad: Tami Doyle - Five classes in football this year, so we currently do not know which games we will perform at. (Note: The State Football schedule is being finalized between IHSAA and UNI. We will be notified once that schedule is in place.)

Website: send updates to Kristen Morlan by July 1st

Scholarship: JoEllen Wesselmann

State Championships - move date back to Dec. 1

Academic applications - continue Feb. 15 due date

Jo will contact Honor Squad winners from this year for their information.

Social Media:

Sarah Buss - Twitter -- doing a few more polls, trying to get more interaction Paula Kirkpatrick - Facebook -- no report

Michelle McCann - Instagram -- no report

Rules Interpretation: Erin Taylor

We are now open to stunting! Masks cannot be worn if turning or flipping. For the 2021 Rules Meeting presentation, we hope to add videos to the PP or give direct links. Kenna will check into this with IHSAA to see what is possible.

Mileage stipend - Per recommendation of the financial committee, we will reevaluate in December; it will remain .40 per mile until then.

STUNT - Currently we have no new updates. Jim Lord would be a good person to get in touch with as far as do's and don'ts. Club VS. Sanctioned (This isn't going away.)

Next meeting

October 3, 2021 - 9:30 AM - Story City Library.

Adjournment - Sandy Norby made the motion to adjourn at 1:56 PM. Kenna Johnson seconded.



2021-2022 ICCA BOARD OF DIRECTORS

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2021-2022 ICCA Calendar

OPEN: National Federation Concussion Video Training (linked on the ICCA website). Required for all coaches participating in ICCA Events.

JULY 25 - AUGUST 1, 2021 -- IHSAA FAMILY WEEK - No contact with cheerleaders can be made. This includes practices and camps.

AUGUST 2 - AUGUST 26, 2021: Online Rules Meeting

**ALL COACHES and choreographers MUST complete the FALL ONLINE RULES MEETING and be registered ICCA members to participate in ICCA EVENTS. The winter rules meeting will not be accepted for State, All-State, and Honor Squad registrations.

August 10, 2021: **ICCA Fall Event Registration Opens**

August 2021: ICCA Free Fall Clinics (9:00 a.m. Start)

SW - August 7, Atlantic (Atlantic High School) -- Dana Logan/Desiré Grismore

NE - August 7, Manchester (West Delaware High School) -- Kelly Trinkle

NW - August 14, Storm Lake (Storm Lake High School) -- Michelle McCann

SE - August 14, Tiffin (Clear Creek Amana High School) -- Paula Kirkpatrick

NE - August 21, Mason City (Lincoln Intermediate School) -- Cindy Pangburn

C - August 21, Ames (Ames High School) -- Sarah Buss

All clinic sites and dates are tentative

September 24, 2021: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Championships (both in-person and virtual), Honor Squad (No other type of registration is allowed)

October 1, 2021: **Deadline for mailing entry fees for ICCA Event Registrations**

October 1, 2021: **Deadline for ALL paperwork submissions for ICCA Event Registrations**

October 6, 2021: **Deadline for Virtual State Championship Videos on DropBox**

October 16 & 17, 2021: All-State Tryouts, Carlisle

October 25 - November 29, 2021: Winter Online Rules Meeting (Not accepted for fall event registrations)

November 6, 2021: State Championships, Iowa State Fairgrounds, Des Moines

November 14, 2021: Honor Squad Practice, Ames

November 18-19, 2021: Football State Championships, UNI Dome, Cedar Falls

November 18, 2020: Honor Squad Practice, UNI, Cedar Falls

November 19, 2020: Honor Squad Performance, UNI Dome, Cedar Falls

January 9, 2022: All-State Practice, Carlisle

January 15, 2022: Deadline for Iowa All-Stars video tryout

February 6, 2022: All-State practice, Carlisle

February 15, 2022: ICCA Scholarship application deadline

February 16-19, 2022: Wrestling State Dual & Individual Tournaments, Wells Fargo Arena, Des Moines

February 27, 2022: All-State Practice, Carlisle

March 6, 2022: All-State Practice (Makeup practice)

March 7-11, 2022: Boys' State Basketball, Wells Fargo Arena, Des Moines

March 7-10, 2022: Halftime Performances at Boys' State Basketball, Wells Fargo Arena, Des Moines

March 10, 2022: All-State Practice, Carlisle

March 11, 2022: All-State Performances, Wells Fargo Arena, Des Moines

March 25-26, 2022 : Iowa All-Stars, Dallas Center-Grimes High School

April 1 & 2, 2022: ICCA Spring Conference

May 2022: Special Olympics Iowa, Hilton Coliseum, Ames