

IOWA CHEER HONOR SQUAD 2025

The Iowa Cheerleading Coaches Association and the Iowa High School Athletic Association are proud to sponsor the Iowa Cheer Honor Squad event! This squad of cheerleaders representing ICCA member schools across the state will perform at halftime of two of the Iowa High School Football State Championship games on **Friday, November 21, 2025**.

- **Requirements**

- Any school registering Honor Squad cheerleaders **must** be ICCA members in order to participate.
- Each school can register up to **3** Honor Squad cheerleaders. Cheerleaders must be academically **junior or seniors** cheering on a varsity squad for the school year and in good standing within their cheerleading program and school district.
- All Honor Squad cheerleaders must be a **bona fide cheerleader**, actively cheering for a sport at their school.
- All ICCA member coaches need to have completed the NFHS Concussion Course and the ICCA 2025-2026 Rules Meeting **before** the first practice. Both of these are done through the NFHS website. This includes any assistant and/or volunteer coaches that would be attending any practices and/or performances with their cheerleaders!
- All coaches must have a completed [ICCA Medical Release Form](#) on hand for each cheerleader participating for all ICCA events.

- **Registration**

- Coaches will register Honor Squad cheerleaders through the ICCA website. This will be included in the same registration as the ICCA State Championships and the ICCA All State squad.
- There is a non-refundable \$50 registration fee for each Honor Squad cheerleader, payable to ICCA.
- Registration will close on **September 20, 2025**. **NO** late registrations will be accepted!
- If paying with a check through the mail, payment must be postmarked by September 27, 2025.
- Coaches can make changes to Honor Squad cheerleaders if needed by contacting the Honor Squad Director by phone or email to approve the changes. The last day to make any changes or substitutions is **Friday, October 31st**.
- All cheerleaders will receive an Honor Squad t-shirt, an Honor Squad bow and an Honor Squad certificate of participation that are all included in the registration fee.

- **Schedule**

- Practice on **Sunday, November 16, 2025** from 8:30-4:00 at Ames High School, 1801 Ridgewood Ave, Ames, IA 50010. Check-in will run from 8:00-8:30.
- Practice on **Thursday, November 20, 2025** from 10:00-4:00 at Fit Courts, 924 Viking Dr, Cedar Falls, IA 50613. Check-in will run from 9:30-10:00.
- Practice on **Friday, November 21, 2025** from 7:30-9:00 at the UNI-Dome, 2501 Hudson Rd, Cedar Falls, IA 50613. Check-in will run from 7:00-7:30.
- Performances will be on **Friday, November 21, 2025** during halftime of the state football games that start at 10:00 and 1:00, respectively. Once the second performance is finished, all cheerleaders are free to leave.
- All practices are **mandatory**, and both the coach and cheerleader(s) must stay for the entirety of all practices.

- **Things to Know - Coaches**

- Any coach that is bringing their cheerleaders to any of the practices or performances must be an approved coach listed on the ICCA membership for their school that has taken the NFHS Concussion Course and the ICCA Spirit Rules Meeting and is in good standing with ICCA. Coaches can make a note on their Honor Squad registration of anyone besides the head coach that would potentially be bringing their cheerleaders to the practices and performances.
- If for some reason a coach is unable to attend any of the practices or performances, a school employee may bring the cheerleaders. The employee must bring a letter from a school administrator approving said employee to attend. This practice should only be used in case of an emergency.
- Coaches and cheerleaders are responsible for all food, hotel and travel expenses. Coaches should be travelling with their cheerleaders in a school vehicle to and from practices and performances.
- Meals
 - There will be a lunch break during the Sunday practice. Coaches are in charge of securing lunch for their cheerleaders. Coaches are **not** allowed to leave the practice at all to get lunch.
 - There will be a lunch break during the Thursday practice. Coaches are in charge of securing lunch for their cheerleaders. Coaches are **not** allowed to leave the practice at all to get lunch. Please note that this lunch break may be shorter depending on how the practice is going.
 - Lunch will be provided to all cheerleaders and **one coach** on Friday after the first performance at the UNI-Dome.
- Hotel information will be provided to coaches closer to the event.
- **Skills Checklist** - all coaches have the option of filling out a stunting and tumbling skills checklist for any of their cheerleaders. Stunting is limited to a specific portion, but tumbling will be included in both the cheer/dance and stunting portions of the routine. Please know that even if you fill out a skills checklist for stunting, your cheerleaders are **not guaranteed** to be chosen for the stunting portion! We only have a limited amount of space for stunting, and we unfortunately cannot take everybody that applies.
 - **IMPORTANT: When filling out the skills checklist, especially stunting, PLEASE be honest about the skills your cheerleader(s) can do! Checking a skill doesn't mean that your cheerleader hit it one time in practice; it means they can hit it 8-10 times out of 10 times. We have had way too many issues with this in the past, and we don't have time for cheerleaders to be stunting that aren't as experienced or educated.**
 - If a cheerleader is placed in the stunting portion and they are not meeting the stunting expectations, they will be pulled and placed in the cheer/dance portion. **It's all about safety first!!!**

- **Things to Know - Cheerleaders**

- All cheerleaders **must** follow all NFHS and ICCA rules during all practices and performances. All cheerleaders will be safety checked at the beginning of all practices and performances.
- Any cheerleaders that are in violation of any NFHS or ICCA rules during either practice or performance will be removed from the practice/performance and will not be able to continue participating. **Coaches - please make sure your cheerleaders know the rules and expectations for this event so there are no surprises!**
- All cheerleaders should wear appropriate practice apparel to the practices. This includes a t-shirt or tank top (no sports bras by themselves or crop tops) and appropriate practice bottoms (shorts are preferable; NO sweatpants/joggers; all flyers in the stunt portion are required to be in shorts). We would like to see practice clothes that represent your cheerleading program, and we encourage all cheerleaders from your school to match!
- All cheerleaders are required to wear cheer shoes to all practices and performances!
- Bows are not required to be worn for the practices. All cheerleaders are to wear their Honor Squad bow that they will receive at Thursday's practice during the Friday performances.
- All cheerleaders are to wear their **full school-issued uniform** on Friday before and during the performances, including body liners. No bare arms, please.
- Please remember that all cheerleaders are representing their cheerleading program, their school, and ICCA at all times of this event. All cheerleaders are expected to be positive and respectful representatives throughout the whole event! No inappropriate behavior will be tolerated.
- Lastly - have fun!!! This can be a positive and memorable event for everyone involved if everyone helps makes it one 😊

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