

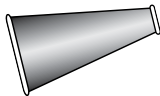
Iowa Cheerleading Coaches' Association NEWSLETTER

February 2013 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

Cheer Coaches...



Holiday Greetings to you All!

Well, as some sayings go, we are on the back nine, over the hill, on the home stretch, or on our last couple months of the cheerleading season. You know what that means: squad selection for next year. (AKA: It all starts over again). Do you have to do everything the same way? No! This time of year is when many people set resolutions for themselves. Even though your try outs may not be for a couple of months, make some resolutions for you as a cheer coach for this year. Anyone who knows me knows I always go the technology route. Check out some of these simple suggestions:

Get organized

Toss those paper calendars and try an online version for you, cheerleaders and parents to utilize. No one will have the excuse that they lost their calendar.

Read more

Subscribe to a cheerleading magazine or online cheer blogs.

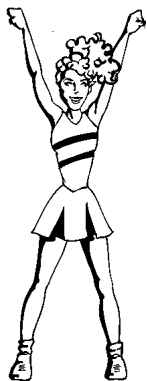
Stay calm

In this amped up world of packed schedules, an app that provides moments of mental health seems worthy of attention. Mayo Clinic offers a Meditation app to relax and refocus. Unstuck is like having a life coach in your pocket with a variety of tools to help overcome many of life's problems.

And lastly, don't change anything that's already working for you.

Keep up the good work and give yourself a pat on the back.

Warmer weather is ahead and hopefully a small break for you! Have a great Spring!



CHEERFULLY...

Jenny Crawford
ICCA President

Spring Conference

by Jeanne Ehn, Executive Director

Save the dates - April 5 & 6, 2013, to Celebrate Silver at ICCA's annual Spring Conference. First, some information about the changes, and then information about Celebrate Silver.

ICCA is literally on the move to help you, the coach. We started by moving to a new site for the Spring Conference to The Meadows Hotel and Conference Center. It is a part of the Prairie Meadows Casino complex and race track. Full of luxury and beauty, this will be a great place to learn more about coaching cheer. The complex has restaurants, a casino, and live entertainment for you to enjoy when you are not expanding your cheer knowledge. The move also allowed us to keep Conference prices the same. Besides that, there is free parking and wifi.

The first move allowed the second MOVE - changing the dates of the conference. It has allowed us greater access to the best **national speakers**. This year we have two national speakers who will not only make you laugh, but give you so much coaching knowledge you will be amazed.

Spring Conference...Continued on page 2



**State Wrestling
Information beginning
on page 4**

NATIONAL SPEAKERS:

The first national speaker is a face that is very familiar to ICCA - **Bill Patterson**. Bill is a Senior Vice President for NCA, but he grew up in Osage, Iowa. He's been at so many ICCA conferences that for a while, we thought he was on our board. Seriously, because of timing conflicts with his job, he hasn't been with us since 2007, so we are very much in need of his fun and cheer knowledge. If you have never heard Bill speak, you are in for a treat. I guarantee you will laugh at Bill's stories, impersonations, and presentations, while gaining a vast amount of cheer knowledge! Bill is going to teach AACCA on Friday morning, then present the Keynote speech at the banquet on Friday evening. Picking Bill to give the keynote was actually quite easy. First, his commitment to ICCA goes way, way back. He was at the first ICCA Conference and his loyalty to Iowa's cheer coaches has always been wonderful. Most importantly, in all the keynotes that I have heard at conferences (ICCA & national), his keynote rates right up there as one of the most inspirational, yet gave me plenty to think about as a coach. I can't wait for his inspiration to touch you. He is perfect to help us Celebrate Silver - ICCA's 25 Anniversary.

Morton Bergue comes to us from California and this is his first ICCA Conference. This gentleman is in high demand. We booked him a year ago so we could get him to come to Iowa. Rumor has it that he is one of the best speakers in the nation. It is ICCA's pleasure to bring him to you so you can learn and have more cheer knowledge. He has an impressive list of presentations. We have tried to pack all that we could into his time in Iowa so we have changed a few things from what you normally know about an ICCA Conference. Take special note of his Friday add on class, AND his Friday afternoon class for all conference attendees at 4:00 (another first for ICCA). You will get to hear this gentleman and still have time to prep for the banquet. To learn more check out the "Add On Classes" article. Morton will also be doing several sessions on Saturday.

WHAT TO DO:

Friday: My best advice is to come early on Friday, April 5th. Take an **Add On Class** or two (Talk about a bargain price! IHSAA is supplementing your cost to take an add on class), then get yourself registered so you can check out the **vendors**. Next, slip in to **hear Morton talk** about the Latest National Trends in Cheerleading. Finally, help us **Celebrate Silver at the banquet**. There will be special guests and some surprises. Afterwards it will be time for the **District meetings** and the election of **ICCA's first Representative Council**. Then you will have

plenty of time to enjoy The Meadows and Prairie Meadows. Whether you want live entertainment, casino fun, visiting in a restaurant or bar, or just going to your room with its comfy bed, free wifi, and Keurig brewing system, you will enjoy it!

Saturday is full of educational classes. If you like **zumba**, Kenna Johnson will get your day started in a healthy way. Perhaps you'd like to visit Starbucks or one of the several restaurants for some breakfast (it is on your own this year). **Educational classes** get underway at 8 and go all day until a 3:30 wrap up. You will have more classes by **Bill and Morton** (we even polled some experienced coaches for their session wants). **Jim Wegener** from Iowa's CSA will be here to give his expertise about Stunt Progressions, and Transitions in Stunt Groups. So you will get a chance to know ICCA's new executive directors, **Donna McKay** (Iowa has its own national speaker) & **Kenna Johnson** will present sessions as well. Also, I'm very proud to announce that you will be able to take classes from **Iowa's Cheer Coach of the Year**, Jane Bauman and **Iowa's Cheer Contributor of the Year**, Lisa Nelson. I mean if you are stuck with not knowing what to do sometimes - go to Cheer for Dummies! It will help!

There will be **round tables, networking, awards, a general membership meeting**, and don't forget the **vendors**. This year we have built vendor time into the schedule. To conclude Celebrate Silver - what else but **door prizes!!** Through it all the ICCA Board will be here to network, guide, suggest, inspire, and help!

Seriously, I know I speak for the entire ICCA Board when I invite you to this year's conference. It is a team effort to bring you cheer education, networking, and fun. We want you to gain knowledge, we want you to be inspired, and most of all, we want you to have fun. I sincerely hope you will be able to join us and help us **Celebrate Silver!!**



CELEBRATE SILVER

The theme of this year's ICCA Spring Conference is Celebrate Silver - ICCA's 25th Anniversary. Yes, back in 1988, ICCA was founded after a meeting of several Iowa coaches and Rick Wulkow and Bernie Saggau from the Iowa High School Athletic Association.

CELEBRATE SILVER - In April 1989 the official membership was 63. Who would have known that 25 years later it would be a 307 member organization with 183 schools.

CELEBRATE SILVER - Who would have known we would have major events such as the State Competition with 1600 participants and over 5000 fans in attendance.

CELEBRATE SILVER - Who would have known that we have a premier event in Iowa's Cheer Honor Squad. Started in 1996 with the blessings of IHSA, it has been examined as a model to honor cheerleaders in other states. Who would have known that it would develop into such a wonderful recognition program with 245 cheerleaders registered this fall.

CELEBRATE SILVER - Who would have known that the All-State program would show the talents of hundreds of cheerleaders since its start in 1990. First known as All-Stars, All-State is still ICCA's most prestigious event and coveted by all cheerleaders in Iowa.

CELEBRATE SILVER - Who would have known that we would grow so much that each summer we host FREE Fall Clinics all over the state of Iowa so cheerleaders can learn new material to take home to their schools.

CELEBRATE SILVER - Who would have known that our Scholarship program would grow so much that we give scholarships at the State Competition (4), All-State (1), Honor Squad (2), All-Stars (1) and Academic (5). And this year add scholarships to State Basketball and State Football team cheerleaders and Performing Half-Time cheerleaders at the Boys' State Basketball Tournament.

CELEBRATE SILVER - Who would have known that the very first 5 page newsletter would lead to the quarterly newsletter that educates, gives information & ICCA news, and does it's thing for the environment by "going green." The average number of pages today is 20.

CELEBRATE SILVER - Who would have know that ICCA would be come a become involved with events ran by other organizations who wanted cheerleaders to be active participants. Events like State Basketball Half-Time Performers (IHSA Boys' State Basketball Tournament), All-Stars (Iowa Basketball Coaches Association), Shrine Bowl (Shriners) and Special Olympics (Iowa Special Olympics) - all honor Iowa cheerleaders, and work with ICCA to make each event a great experience.

Yes! Let's **CELEBRATE SILVER!!**
Congratulations ICCA & here is to the next 25 years!!

FRIDAY ADD ON CLASSES **- Spring Conference -**

Every year ICCA gives coaches the opportunity to add classes on Friday before the Conference officially begins. Some of the class costs are supplemented by IHSA. If you are interested in taking any of these classes, we recommend you register as soon as possible as they always fill up. Here are the classes and some information about them.

AACCA - Time 9:00-12:00 noon, April 5, Cost: \$75 (IHSA supplements)

This is the nationally recognized class which teaches you the basics of coaching cheer and running a program. It is required for college coaches by the NCAA before the college squads are allowed to stunt. It is considered the number 1 cheerleading educational class in the nation. This three hour class is intense, but should be on your must do list. When you receive your certificate of completion, ICCA recommends you take a copy to your school and have them put it in your file. Taking AACCA will lower your liability and your school's liability. It is a must for any coach who has not taken it - no matter how many years they have been coaching, and a definite for new coaches. AACCA is so important that IHSA will supplement the cost of this class for you. You pay only \$35 & IHSA will pay \$40. Register early as this class has only so many slots for attendees.

STUNT PROGRESSION I - Time: 1:00 to 3:00, April 5, Cost: \$50 (IHSA supplements)

This session is geared toward coaches who want to know how to teach beginning stunts with their squad, while encouraging their students to understand basic safety and rules. Stunt progressions will be focused on, with a small group of cheerleaders present to demonstrate and work with individual coaches. This class is good for new coaches, and veterans who want to brush up on the basics for a new year! Be sure to wear comfortable clothes as this is a participation class. You will pay \$35 and IHSA will pay \$15. Early registration is recommended.

CHOREOGRAPHY I & II - Time 1:00 - 3:00, April 5, Cost: \$20.

This class will be taught by cheerleading expert, Morton Bergue, a speaker at the 2013 Spring Conference. This gentleman is so good, we couldn't get all his great sessions in for coaches in the times available. He has agreed to teach this 2 hour class so you can receive even more benefits of his knowledge. For many coaches, choreography is not only frightening, but stops them in their tracks. Grow your knowledge in choreographing pieces. Morton actually puts you to the test, but it is all in good fun. This class has been given rave reviews from coaches all over the nation. It is his most requested class. Your \$20 is well spent. Register early! The number of participants is limited.

Online registration begins March 1. To register early for these classes, please contact Jeanne Ehn.



CONFERENCE REGISTRATION

ICCA has hired Gazelle, Inc. to make the registration process for membership, the Spring Conference, and fall ICCA events easier for coaches and ICCA directors. To give the process a try, we are asking you to use this when registering for the 2013 Spring Conference. While we had hoped that it would be ready in early February for Spring Conference registrations, that just wasn't possible. Official registration for the Spring Conference will begin on March 1. You may if you wish, send your money for conference registration fees, membership fees, and Friday's add on classes ahead of time so you have your paperwork end completed. Then all you have to do is go online on March 1st to complete your registration process. A Spring Conference brochure will be mailed to schools in early February and will be on the ICCA website. ICCA will also email ICCA members a brochure. Be on the look out for it.

Our hope is to ease everyone's registration process no matter what the ICCA event. It will walk you step by step so all forms will be completed and all boxes filled in correctly before letting you move ahead. As has been in the past, your registration will not be considered complete until we have received checks.

ICCA is **READY** for STATE WRESTLING!

by Jeanne Ehn, Executive Director

On February 13 - 16 IHSAA will host the State Wrestling Tournament (Duals & Individual) at Wells Fargo Arena in Des Moines. ICCA will assist IHSAA again this year in making sure all cheerleaders are in the correct cheering spots and pass safety checks.

Team Duals will be held Wednesday, February 13th. Cheerleaders will enter from the Team Entrance as directed by IHSAA.

There will be **SAFETY CHECKS** in the arena as they were last year. Please be prepared to be checked 30 minutes before the scheduled start time of your



ICCA is Ready...Continued in next column

ICCA is Ready...Continued from previous column

school's matches. Listen for directions by the announcer.

State Individual Tournament will begin on Thursday, February 14th - Saturday, February 16. The CHEERLEADER ENTRANCE is on the west side of Wells Fargo Arena on 3rd Street. This is the same entrance as in the past.

Cheerleaders will be expected to adhere to all ICCA/IHSAA & National Federation Rules. The following is an abbreviated list with some minor editing because of space. Go to the IHSAA website - iahsaa.org - OR the ICCA website - iowacheercoaches.org - for the complete list of rules and any updated information. Questions?? Contact Jeanne Ehn jehn@heartofiowa.net or Donna McKay at jdmckay44@gmail.com

Coaches please make sure your cheerleaders are aware of the rules and are ready to adhere to them.



STATE INDIVIDUAL WRESTLING TOURNAMENT CHEERLEADING INFORMATION

Coaches - please read this information closely.

- Each qualifying school may have 6 cheerleaders and one coach/chaperone admitted free at the cheerleading entrance for each session in which they have wrestlers compete. No mascots are allowed. If your school only has 4 cheerleaders and 2 coaches, your school will only receive 4 cheerleader and 1 coach wristbands. No tickets will be sold at the cheerleader entrance. No additional cheerleaders, additional coaches, managers, mat girls bus drivers or children of any age are allowed to enter at this entrance. Injured cheerleaders must adhere to the same rules as to be admitted for free and will count as one of the six wristbands available. Ineligible cheerleaders will not be admitted.

- Coaches do not bring CHILDREN with you to the tournament (no matter how small). They will not be allowed in the cheer door. No exceptions.

- THE ONLY ENTRANCE cheerleaders and cheerleading coaches/chaperones will be admitted in free-of-charge will be the designated "Cheerleader Entrance" on 3rd Street, under the skywalk. This door will open 1 ½ hours before each session. This is the same time the spectator doors open. NO EXCEPTIONS WILL BE

Cheerleading Information...Continued on page 5

Cheerleading Information...Continued from page 4

GRANTED!

- All cheerleaders and coaches/chaperones will receive a security wristband when they enter the arena. The wristband allows them access to the floor where wrestling is occurring and the spectator area. New wristbands will be issued each day of the tournament so different cheerleaders can cheer on different days of the tournament and a different coach/chaperone can accompany them. On days of multiple sessions, a wristband can be exchanged by making arrangement with IHSA staff prior to the leaving the arena from the first session, it will then be cut off and exchanged when the new cheerleader or coach returns for the second session. **WRISTBAND MUST BE WORN ON THE WRIST AND MUST BE TIGHT ENOUGH TO NOT COME OFF!**

- Only those cheerleaders - six- in a bona fide school issued or approved cheer uniform, and one cheer coach per school, who have wrestlers in the finals will be given a wristband for seating in the designated cheer area. All others must have a ticket and sit in the spectator area. **NO EXCEPTIONS** will be granted.

- The cheerleading coach, chaperone, or school administrator **MUST** check-in at the cheerleader entrance and **MUST STAY** with the cheerleaders until they are through check-in. **THEY ARE STILL RESPONSIBLE FOR THE CHEERLEADERS IF THEY LEAVE THE AREA.** We urge this person to sit with the cheerleaders in the designated area.

- A cheerleading room, with a restroom, will be provided on the floor level. However, we encourage cheerleaders to come to all sessions of the tournament already in uniform, ready to cheer. Cheerleaders are responsible for their own valuables and **NO VALUABLES SHOULD BE LEFT IN THE CHEERLEADING ROOM AT ANY TIME! NO CHEER ROOM IS AVAILABLE FOR FINALS.** Cheerleaders must come to finals ready to cheer. - No bags

- All NFHS/IHSA/ICCA rules are followed. Cheerleading coaches will also be asked to sign a written statement of compliance indicating they understand the rules. Schools will be notified if their cheerleaders do not follow these rules and they may be prohibited from cheering at the tournaments if rules are violated.

- **APPAREL-** Participants shall wear an official school-issued cheerleading uniform while cheering.

Cheerleading Information...Continued in next column

Cheerleading Information...Continued from previous column

This could include a vest, body suit, and skirt, or skirt and t-shirt that has been worn as part of the uniform all season. Shorts, dance pants, and state tournament t-shirts are **NOT** acceptable! Cheerleaders are expected to wear their school-issued uniform just as the wrestlers are wearing a uniform!

- **SHOES** - Cheerleaders are expected to wear athletic shoes. Wrestling shoes or Converse - sequined shoes are not athletic. Do not wear wrestling or Converse shoes. These shoes will not be allowed.

- **ALL JEWELRY IS PROHIBITED**, The exceptions are: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Covering jewelry such as earrings or necklaces with clothing or tape does **NOT** make it legal.

- **PINS, BUTTONS, or CORSAGES ARE PROHIBITED** while cheering.

- **FINGERNAILS MUST BE KEPT SHORT.** When extending the fingers and looking at the palm of the hand, the fingernails should not be visible over the end of the finger. Any nail that is over the tip of the finger needs to be trimmed. The same rule applies to acrylic nails.

- **HAIR MUST BE SECURED** away from the face & eyes and off the shoulders, such as in a ponytail. Wispy hair pieces must be secured away from the face and not tucked behind the ear. Hair **CANNOT** touch the shoulders. Bump its are **NOT** legal! Artificial flowers have been ruled illegal. **HAIR SHOULD NOT BE CHANGED AFTER THE SAFETY CHECK.** By doing so, if the hair is found in violation, the wristband may be taken for the remainder of that session or tournament. Check **HAIR GET IT RIGHT** for situations.

- **NO GLITTER** is allowed on the face, body, hair, or uniform of a cheerleader.

- **TUMBLING OR STUNTING** is prohibited at the state wrestling tournament.

- **NO PILLOWS OR PILLOW PETS** are allowed at mat side or in the stands.

- **NO CAMERAS OR CELL PHONES** are allowed at mat side or in the locker room area. No iPads are allowed mat side.

Cheerleading Information...Continued on page 6

Cheerleading Information...Continued from page 5

- CHEERLEADERS SHALL NOT POUND OR STRIKE THE MAT DURING A PINNING SITUATION. The mats are to remain flat on the floor.

- CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING. If caught they will be removed while cheering and wrist band taken.

- Supports and braces that are hard and unyielding or with sharp edges or rough surfaces must be covered.

- IHSA policy prohibits the display of any banners or signs, as well as the use of confetti or any other form of paper or debris. Please share this information with your spectators and fans.

- Reserved Seating for cheerleaders and their coaches/chaperones during sessions 1-7 will be directly behind the Head Table and requires a wristband for entrance. A seating area will also be provided during the finals for those cheerleaders with a wrestler competing in the finals.

FAILURE TO COMPLY WITH THESE REGULATIONS MEANS THE CHEERLEADER(S) WILL NOT BE ALLOWED TO CHEER AT THE TOURNAMENT!

IHSAA or ICCA is not responsible for lost or stolen articles.

Hair – Get It Right

Official Rulings by the Iowa Cheerleading Coaches' Association

Find Your Cheering Hair Style

Is an ILLEGAL style really worth the RISK?

Pulling Hair Away From the Face Situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – **legal**
2. Hair in a high ponytail that is long and goes down the back – **legal**
3. Hair in pig tails or side ponytail that does NOT touch the shoulders – **legal**
4. Hair in a low back ponytail at the base of the nape of the neck – **legal**
5. Short hair with hair that could be in face secured away – **legal**
6. Small rhinestones on ribbon and/or uniforms that are punched in – **legal**

Hair...Continued from previous column

7. Hair in a side ponytail that goes onto or touches the shoulders – **illegal**
8. Short hair that brushes the shoulders – **illegal**
9. The plastic bump it – **illegal**
10. Artificial flowers in the hair – **illegal**
11. Large or small stones, decorations on headbands or uniforms that have not been punched in & are glued on – **illegal**
12. Jewels on the Face – **illegal**

Bangs, Bangs pulled across Forehead, Whispies, & Chunks of Hair beside face:

11. The above - out of eyes and if necessary soundly secured away from the face – **legal**

12. Hair that falls into the face while cheering, stunting, or tumbling – **illegal**

13. How do you know if it is legal?

If you have to:

- A. Move your head to move it away from your face – **illegal**
- B. Use your hand to move it away from your face – **illegal**
- C. Tuck it behind your ears – **illegal**

FEATHERS:

Feathers in the hair should be treated in the same manner as other hair devices such as ribbons and bows. Rule 2-3-3 requires hair devices to be secure and hair to be worn in a manner that is appropriate for the activity involved. If a feather is not securely affixed to could interfere with the participant's vision or the safe execution of stunts or tumbling, it would be illegal. If, however, a feather is securely affixed to the hair and does not present a risk of interfering with the participant's vision or interfering with the safe execution of stunts or tumbling it would be legal.

2.3.3 Situation:

During a release transition one bracer is wearing a long feather in her hair that: (a) is secured away from her face by a flat barrette; (b) hangs loose while the rest of the hair is secured in a ponytail. **RULING:** (a) Legal; (b) Illegal

The clip holding the feather in the hair (if is not glued in) must be flat to the head. Some are held in by beads, which wouldn't be legal. Also, if the feather falls out, it would be illegal.

GOAL: Fix your hair before the meet or game so you don't have to worry about it. Look like an All-American cheerleader all the time; not just at tournament time.

If you have to move your head to get it out of your eyes, or use your hands to tuck it or replace it - it is probably **ILLEGAL**. If you get caught doing these things your hair **MAY BE ruled ILLEGAL**. Get it fixed **BEFORE** you start to cheer.

Why risk it?

AWARDS AWARDS AWARDS AWARDS

by Kenna Johnson, ICCA Executive Director

“The five most important words: You did a good job. The four most important words: What is YOUR opinion? The three most important words: If you please. The two most important words: Thank You. The one most important word: We.

The least important word: I.”

Author Unknown

Truly grateful people let the special people in their lives know how much they appreciate them.....and here is your chance to do just that. Nominate those individuals for a special award presented by the Iowa Cheerleading Coaches' Association to tell that person just how thankful you are to have his/her support! Whether it is someone who makes your job easier, picks you up when times are rough, or just simply helps make your program and cheerleaders feel supported, an ICCA award is a great way to say THANKS!

ACTIVITIES/ATHLETIC DIRECTOR or ADMINISTRATOR AWARD

Each year ICCA members are invited to nominate special administrators that go above and beyond in assisting and /or recognizing the cheerleaders in their school. The Activities/Athletic Director or Administrator must have been in that position at the current school for at least three (3) years. Nominations are only accepted from current ICCA members. Please submit your nomination letter in letter form, making special note of the administrator's specific contributions to your school's cheerleading program, his/her philosophy on the role of cheerleading at your school, along with any awards he/she has received, significant positions held in organizations, previous educational and athletic experience, and educational background. Additional letters of recommendation are also encouraged from another school administrator, booster club president, and/or cheerleader.

All nominations are due MARCH 5. Once nominations are submitted, they are reviewed by a special committee, and a winner is chosen. The winner is recognized at the ICCA Annual Spring Coaches' Conference Banquet in April.

FRIEND OF CHEERLEADING AWARD

Maybe you have some special parents or another teacher, coach, or bus driver who has become especially close or helpful to your cheerleading squad, but they receive no money and typically no recognition. This is the time to nominate that person for the Friend of Cheerleading Award. Submit a letter of recognition explaining what this person/group of people have done to be worthy of this award. Award certificates are given to the nominating coaches at the ICCA Annual Spring Coaches' Conference; coaches can then present them to the deserving individuals at a convenient time at their own school. Nominations are only accepted from current ICCA members and are due MARCH 5.

SPORTSMANSHIP AWARD

As cheerleading coaches we see the cheerleaders and crowds at lots of other schools. Along the way, you maybe have seen a group of cheerleaders, students, or fans who have exemplified a very high level of sportsmanship throughout the year. ICCA members are encouraged to send a letter of recommendation, explaining the reason for recognition. Award certificates are given to the recipients at the ICCA Spring Coaches' Conference in April. Nominations are due MARCH 5.

MAIL ALL NOMINATIONS TO: JEANNE EHN, P.O. BOX 211, CONRAD, IA 50621

AWARDS AWARDS AWARDS AWARDS

Jane Bauman - 2013 Iowa Cheer Coach of the Year

Jane Bauman of Roland-Story High School has been named the 2013 Iowa Cheerleading Coaches' Association Coach of the Year. Jane has been a teacher at Roland-Story for 27 years and served as cheerleading coach for the past thirteen years for the football, basketball, and wrestling cheer squads. She currently serves in the Iowa Cheerleading Coaches' Association's Board of Directors as an At-Large Representative.

In her time as a cheerleading coach, Jane has worked to change the attitudes of students, parents, and the community in regards to how they viewed cheerleading, bringing about a new level of respect and appreciation. She holds her athletes to the highest level of integrity and does not back away from making tough or unpopular decisions to maintain those high standards. The number of cheerleaders in her program has more than tripled since she took over as coach, representative of her dedication and passion for her school, sport, and student/athletes. Jane has a true sense of understanding about the importance of kids being involved in positive activities.

Jane is a strong supporter of cheerleading events in Iowa. On the competitive level, Jane and her teams have claimed two state titles in the Non-Stunt Division in 2007 and 2010, and were runners-up in 2008 and 2009. She has had one All-State cheerleader, and she takes cheerleaders to ICCA Honor Squad every year. She volunteers as a cheerleading monitor at State Wrestling and has judged Sportsmanship at the Boys' State Basketball Tournament.

Locally, Jane is active in her community and her church. She hosts the Little Norse Cheer Clinic each year, which attracts nearly 100 participants from first through sixth grades each year to promote cheerleading and good sportsmanship. Jane also takes cheerleaders to community pep rallies during business hours to build the support for the students of Roland-Story. She sings in the church choir, has taught Sunday School for many years, and plays in the bell choir. Finally, she volunteers at a variety of events at Bethany Manor, a nursing home in the community.

Roland-Story Principal Steve Schlatter said of Jane, "She is an unbelievable supporter of all the programs, volunteering above and beyond her specified duties; she also has one of the biggest hearts and cares very deeply for all of her athletes." Congratulations, Jane Bauman, on being named the 2012 Iowa Cheerleading Coaches' Association's Coach of the Year.

Lisa Nelson 2013 Iowa Contributor of the Year

Each year the ICCA chooses a Contributor of the Year, a person who has offered his/her assistance to the sport of cheerleading by going above and beyond expectations and providing a helping hand to promote cheerleading in Iowa. This year's recipient is Lisa Nelson of Nashua.

Lisa coached six years at Nashua-Plainfield High School. She stepped down from coaching in 2006, but she has remained extremely active in the cheerleading world since then, continuing to help cheer coaches and cheerleaders be the best they can be. She has served as President and Vice-President of the ICCA and currently serves as the Northeast District Representative for ICCA. She hosts the NE Free Clinic each year, works at the State Competition and State Wrestling tournaments, and presents medals at Honor Squad. Her influence has been greatly seen at the Coaches' Conference, where she designed the conference brochure the last two years and spearheaded much of the decorating that is done for our elegant banquets. She has also been a featured Conference speaker several times. More importantly, however, is Lisa's ability to constantly promote cheerleading around Iowa. When she is asked to write a single newsletter article for the ICCA newsletter, she often writes two or three articles, sharing her knowledge with all she can. She is willing to help out whenever and wherever she can; her kindness and generosity are infectious. ICCA is proud to award Contributor of the Year to Lisa Nelson!

2013 District Cheer Coaches of the Year

Bobbie Tucker of Waukee High School and **Cheryl Rasmussen** of Prairie Valley High School have been named 2013 District Coaches of the Year by the Iowa Cheerleading Coaches' Association.

Bobbie has been the coach at Waukee for the past five years, coaching varsity, junior varsity, and freshman level squads for football, basketball, and wrestling. She has also coached the competition squad that won the 4A State Championship in 2012, as well as the Large Group Stunt Group champions. In 2011 her squad was State Runner-Up in the 4A Division. She is active in her school, church, and community; assistant coach Tammy Getting said of her, "Bobbie is goal-oriented, focused, and committed to making a positive contribution in whatever she's involved." She serves as a role model for her cheerleaders and shows strong character and integrity. Congratulations, Bobbie!

Cheryl has coached at Prairie Valley for the past thirteen years. She began coaching wrestling there in 1999, then went on to coach as an assistant for the football and competition squads. Her efforts with the Prairie Valley competition squad earned them top three finishes at the State Competition over the last ten years. In 2012, they placed first in the 1A Cheer Dance division and first in the Small School Group Stunt division. She has given endless hours to coaching, working fundraisers, assisting with cheer clinics, pep rallies, and the like. Mindy DeBaun, who coaches at Prairie Valley with Cheryl, commented, "Cheryl deserves this award for all of the time and talent that she has put into coaching." Congratulations, Cheryl!

START OFF THE NEW YEAR GETTING INVOLVED WITH ICCA

by Mindy DeBaun, ICCA Vice President

REPRESENTATIVE COUNCIL STARTS 2013

Cheer coaches – Do you want to get involved with ICCA? Are you a go-getter willing to share your talents and volunteer for one of the many ICCA programs? Would you love to help at Honor Squad, State Competition, State Wrestling, State Basketball, Conference, All-State Tryouts or one of our Free Fall Clinics. Perhaps you would like to have a voice about ICCA Events. Well, the new Rep Council may be for you!! Starting at our ICCA conference in April – cheer coaches can sign-up to be part of the Representative Council. There will be up to two ICCA members from each district, (no more than 12 Council members). Each district will vote in two members to represent the council. We will meet for the first time on the Friday night of the conference. If you are interested please send a short email to me @: debaun7@lvcta.com so I can look for you at conference. You can download the whole Rep Council information form from the ICCA website and click the Rep Council button. See you at the conference!
Mindy

Executive Directors

In January, Donna McKay and Kenna Johnson assumed their roles as Executive Directors of ICCA. They replace Nancy Huether who retired on December 31, 2012. They join Jeanne Ehn in the position. Rather than naming one director over another, or calling them Tri -Executive Directors, or Assistant Executive Directors, they will just be known as Executive Directors. It is easier to remember. All three are already hard at work, doing their best for ICCA.

Number of Cheerleaders for Post Season Competitions

Cheerleaders at both boys' and girls' events may use signs (to lead cheers), poms, and megaphones. Fans may not have signs in the crowd or poms with sticks for handles. No one may have artificial noise-makers and laser pens. This includes items that clap together to make noise and synchronized ringing of cell phones.

BOYS' BASKETBALL & SWIMMING

Six cheerleaders plus a mascot (all in uniform) may cheer at boys' basketball and swimming sectionals, districts, regionals, and state. These cheerleaders must cheer the entire game/meet without substitutions.

GIRLS' BASKETBALL

Six cheerleaders (all in uniform), which includes the mascot, may cheer at girls' basketball sectionals, districts, regionals, and state. These cheerleaders must cheer the entire game/meet without substitutions.

WRESTLING

Six cheerleaders (all in uniform) may cheer at wrestling sectionals, districts, regionals, and state. No mascots are allowed. These cheerleaders must cheer the entire meet without substitutions. Cheerleaders should also be conscious of space limitations when bringing pillows to the side of the mat (especially at tournaments). NO pillows will be allowed at the State Wrestling Meet.



Rule Reminders

by Donna McKay

These rules should have been followed all season, including practice sessions! Please make sure cheerleaders are legal as we end the winter season. Following the rules is a coach's ethical responsibility. Just saying that shoes with bling are part of your official uniform doesn't make them legal. Coaches not requiring their cheerleaders follow the rules at ALL times are opening their schools and themselves up for liability issues. If a cheerleader doesn't follow the rules, he/she should not be cheering.

- No jewelry is allowed ever – not even spacers to keep holes open.

Rule Reminders...Continued on page 10

- Hair must be pulled back off of the face; this includes long strands of hair hanging down the sides of the face.
- No jewels, plastic objects, etc. may be on ribbons. Small sequins which are sewed onto the fabric are allowed.
- Nails need to be cut short enough that they can't be seen when holding the palms face out with fingers pointed up.
- No glitter.
- Cheerleaders must wear school issued uniforms.
- Briefs must be solid colored and the same color as the main uniform color; black briefs are a legal neutral color for all. If the main color is white, the contrasting color is used for briefs.
- Athletic shoes must be worn. Wrestling shoes, casual shoes (like Converse), and sequins on shoes are illegal.
- No cheering in the area of sidelines extended during basketball games.
- No stunting on concrete or other unsafe surfaces; this usually happens when teams are warming up.
- No stunting during live ball or action situations. This includes free throws.
- Mats are not to be pulled onto the floor during timeouts. If mats are used during pre-game introductions or at half-times, they must be large enough to hold the entire stunt group, plus have room for participants to move in case the stunt falls away from the center. A one-strip folding mat is not wide enough to safely hold all participants.

SPECIAL OLYMPICS

by Sandy Norby

The ICCA have been asked to be a part of the Special Olympics since 2006. This will be the 7th year we have been a part of this wonderful event. This is a very rewarding experience for the cheerleaders and the athletes. The cheerleaders interact with the athletes during the afternoon and with a cheer clinic and in the evening during the opening ceremony.

Special Olympics is a great way for Iowa high school cheerleaders to meet other cheerleaders from throughout the state and to make a difference in an athlete's life. Participating cheerleaders meet in Ames on May 23, 2013, at Hilton Coliseum where they will learn a low stress dance and cheer routine. In the afternoon a cheer clinic will be held where the 50 cheerleaders and athletes of all ages come together and learn cheers, chants and sometimes a dance. Through this interaction the cheerleaders learn to help and understand others while getting to do something they love.



If you have cheerleaders on your squad that

Special Olympics...Continued on page 11

ICCA SCHOLARSHIP OPPORTUNITIES KEEP EXPANDING!

by JoEllen Wesselmann, Scholarship Director

ICCA offers many scholarship opportunities to cheerleaders whose coaches are members of our organization. It is another benefit to promote cheerleading and give back to our membership and cheerleaders who are an important part of athletics and sportsmanship in their schools and the state of Iowa. These scholarships are selected at different times of the year in conjunction with other ICCA programs / events. Recipients are selected using a variety of methods, depending on the size of the event and number of participants. All scholarships are paid the first week of August, and paid directly to the scholarship winner. ONLY ICCA MEMBER'S SCHOOLS AND CHEERLEADERS ARE ELIGIBLE.

Scholarship opportunities include:

***State Competition** – All squads participating are entered into a drawing according to their class, and a \$250.00 scholarship will be chosen for each class. The teams' names will be announced during the awards ceremony, and it will be each coach's discretion to select one senior squad member to receive the scholarship.

***Honor Squad** – Two \$250.00 scholarships are chosen from the seniors who are participating on the squad. Seniors are asked to submit their name and a drawing method is used to select these recipients.

***State Football Cheer Squad** – A new scholarship, given to the squad who does the best job of cheering the game and leading their fans during their tournament games.

***All-State** – Senior members of the All-State squad are given criteria to apply for one \$250.00 scholarship, and the recipient is chosen under the direction of the All-State director.

***Academic Scholarship** – This is the original and longest running scholarship given by ICCA. Four or more \$500.00 scholarships are given, based on GPA, leadership, school / community involvement, and coach's and community member's recommendation. There are specific guidelines listed on the ICCA website under the scholarship tab. Scholarship recipients are chosen under the direction of the Scholarship director, assembling scores from out of state judges.

***State Basketball Performing Squad** – This is a new scholarship that will be given for the first time this winter. A

ICCA Scholarships...Continued on page 11

would like to participate in this unique and wonderful opportunity, check out the Iowa Cheer Coaches Association website, www.iowacheercoaches.org and register your cheerleaders. We limit only 4 cheerleaders per school. The first 50 cheerleaders that have their forms and \$10 non-refundable fee, sent to Sandy Norby will be accepted. If you have any questions feel free to contact Sandy Norby or Sherrie Moritz. We hope to see you there!

- Sandy Norby -- rbnorb@osage.net
- Sherrie Moritz -- rsasm@frontiernet.net



ICCA Scholarships...Continued from page 10

winner will be chosen from the squads who are performing at half-times of state tournament games, according to their exemplary community service accomplishments.

***State Basketball Cheering Squad** – Another new scholarship for this year, given to a squad cheering at the state tournament. This will be given to the squad who does the best job of cheering the game and leading their fans during the tournament games.

*** All-Star Squad** – Senior members of the All-Star squad are taken into consideration, and the selection is made by the All-Star director and coaches.

*** Shrine Bowl** – \$500.00 is donated by Gatorade, and either one \$500.00 scholarship or two \$250.00 scholarships are chosen under the direction of the Shrine Bowl coaches. Although this is not an ICCA scholarship, it is available to ICCA members, and chosen by ICCA coaches. This scholarship is paid directly by the Shriners.

For Your Calendars

Free Clinics Tentatively Scheduled

The SE clinic will be held on August 17 at Clear Creek Amana - Contact: Kristen Morlan

The SW clinic will be held on August 17 at Anita - Contact: Kenna Johnson

The NW clinic will be held on August 24 at Storm Lake - Contact: Salli Nichols

The NC clinic will be held on August 24 at Mason City - Contact: Betty Lou Jones

Rules Meeting Dates for 2013

August 5 - August 29th for all coaches, but especially if you wish to have cheerleaders participate in All-State tryouts, State Competition, or Honor Squad.

November 4 - November 18 the Rules Meeting will reopen for any winter coach.

Performing Squads & a Scholarship Opportunity for Service

Each year the Iowa High School Athletic Association invites outstanding cheer squads to perform at half-times at the Boys' State Basketball Tournament. All squads competed at the 2012 Iowa High School Cheerleading Championships. Squads were chosen for their entertainment value while trying to make sure there were schools representing all classes.

In addition to performing, this year each school will submit their community service and how they help others. A \$750 scholarship will be given to an outstanding school because of their service to others. The following are set to perform in March at the Boys' State Tournament.

Ames	Mason City
BCLUW	Mt. Pleasant
Cedar Falls	Nashua Plainfield
Des Moines Christian	Prairie Valley
Fort Dodge Senior	Van Meter
IKM Manning	West Fork

ALL STATE - 2013

by Melissa Hatfield, All-State Director

The 2013 All-State team performance is just around the corner! The 32 member squad has been practicing all winter in preparation for their 3 performances at the Boys State Basketball Tournament on March 8th. The routine is being choreographed by Michelle Barlas from Jump and Jam Cheer and Danz. The 2013 All-State Cheerleaders are...

Kayla Salyer - Urbandale
Chandler Capitani - Northwood Kensett
Ashley Parry - Pleasant Valley
Taylor Bruns - Davenport Assumption
Jacey Beiner - Cedar Falls
Sarah Amhof - Fort Dodge
Allison Taylor - Norwalk
Grace Sparks - Union
Kaylee Hahn - Ames
Dani Ziegler - Mason City
Chanel Barlas - Mason City
Natalie Mujica - Mason City
Katie Gunnare - Urbandale
Ellie Lemer - Ames
Emily Berch - Winterset

Vanessa Swendsen - Mason City
Sara Judickas - Pleasant Valley
Courtney Bright - Pleasant Valley
Holly Reimer - Pella
Sidney Taylor - Mt. Pleasant
Paige Schuler - Pleasant Valley
Breanna Bonnes - Pleasant Valley
Megan DeMouth - Waukee
Mackenzie Haag - Garner Hayfield Ventura
Cassie Stumpf - St. Edmond
Emma Gibson - Fort Dodge
Megan Gloede - Union
Hayley Hawbaker - Pleasant Valley
Mia Spitzer - Carlisle
Emma Domath - Fort Dodge
Mallory Adams - Carlisle

If you are going to be at the Boys State Basketball Tournament, make sure to check out the routine! It is filled with stunts, jumps, dance, tumbling, and cheer! Don't miss it!!!



The Real Winning Edge TV Show

by Jenny Crawford

The Executive Producer of The Real Winning Edge TV show airing on Fox stations across the country is eager to find a top-level female, cheerleader champion with an inspirational story to tell for the new fall season. The show lifts up positive youthful role models as examples to other youth.

There are specific criteria for them to be on the show including:

1. Good Character
2. Must be articulate
3. Must have overcome some life difficulty (poverty, drugs, poor family life etc.)
4. Has a history of performing at a high level in cheerleading
5. Must be in either high school or in college this Fall (16 to 22 and single with no kids)
6. Finally, a faith influence in their lives.

They really want to cover all issues facing youth today so would appreciate a young person that overcame the challenges of abuse, neglect, or bullying. All these are very sensitive issues and they understand they would need to be handled with TLC. They have done this before with great success.

If we find a cheerleader that fits the bill, the nominee will be introduced by a top-level professional athlete or artist from a similar sports/art. It is certainly a great honor and opportunity to spotlight the good that youth are doing. We really want to hold them up to other youth and the world as positive examples how making good decisions, having great mentors, and maybe even having faith in a higher power can help them have the Real Winning Edge in life.

If you have a cheerleader that fits these criteria, please contact Jenny Crawford at jennycrawford1@msn.com.



Shrine Bowl

by Salli Nichols

Iowa's annual Shrine Bowl high school all-star cheerleading experience is moving to the UNI-Dome this July.

The Shrine Bowl features 60 cheerleaders as selected by the ICCA coaches of the Shrine Bowl. The selections were held at the Za-Ga-Zig temple in January, allowing ICCA members to nominate interested cheerleaders.

This year's Shrine game, which will be the 41st, will be played July 27, 2013 on the University of Northern Iowa campus.

Cheerleaders will report to camp on Sunday, July 21 and be involved in Shrine activities and practices throughout the week.

The week's experience is more than a cheerleading experience for those selected, according to coaches.

"The ICCA recognizes the Shrine Bowl is much more than just cheering," said director Salli Nichols. "The education the cheerleaders receive through what is often their first experience with less fortunate young children is something that cannot be replicated through other experiences."

Selected cheerleaders are asked to raise funds which are directly donated to the Shrine Hospitals as the entire week is dedicated to enhancing not only cheerleading skills, but to the philanthropy of the Shriners of Iowa. The 2013 experience in Cedar Falls will be entirely new to not only the coaches, but to the players, as they embrace the UNI campus and the facilities in and around Cedar Falls.

Selected squad members are encouraged to solicit donations to be used towards donations to the Shrine Hospitals.

“In every job that must be done, there is an element of fun.” - Mary Poppins

In thinking about an article for the new calendar year I was reminded through the radio (old school technology, huh?) recently that Monday was the most depressing day of the year. Someone has taken the time to factor in that it is a Monday (toughest day of the week), credit card bills from the holidays are coming due, day lengths are short, the weather is cold, you get the idea. Tally all of that up and you have the most depressing day of the year.

So by now you may be thinking... I'm not exactly sure how an article that began with such a positive start – through a quote from Mary Poppins for Heaven's sake! – has gone sideways to this point. The reason for the contrast is encouragement that the most depressing day of the year has past and there is reason for bright hope for the rest of the school year.

To that end, one of the challenges to a positive year can be the concept of life balance. In the life balance model there is this idea that there is some “correct” balance of time with family, time spent spiritually, time spent in rest and relaxation, etc. Beyond time as a resource, there is also a balance in the foods that are eaten, the amount of rest that is observed, and more.

In a 2011 article from WebMD we are encouraged to observe these 5 ways to bring more balance into life:

1. Build downtime into your schedule,
2. Drop activities that sap your energy and time,
3. Rethink your errands,
4. Get moving, and
5. Remember a little relaxation goes a long ways.

All of these ideas are well and good and likely worth additional consideration. However, for many of us the balance can become overwhelming with work, cheer squads, family, church, and more. All the while we are thinking that we will eventually arrive upon this correct life “balance”.

A new concept is emerging, however, and that is a focus on life fit. Donny Shimamoto was one of the first to coin the phrase “life fit” and he describes it as the following:

“Basically, it comes down to the suitability or appropriateness of the ratio of ‘work’ to ‘life’ that a person chooses to undertake at a given point in time,” Donny explains. Thought of in this way, work-life balance is a qualitative rather than a quantitative measure, and it all depends on the level of satisfaction and happiness you derive from working. Do you take pleasure from immersing yourself in your work and relish the feeling of completing a work project

Keeping the End of the Season Organized

by Tami Doyle

Can you believe it - another season almost finished, the end is near but is often one of the busiest times. These are the top 10 things to consider at the end of the season:

1. Have your calendars set through the end of the season.
2. Senior Parent Nights - When are they? Who needs info on your cheerleaders? What do cheerleaders and or parents need for that night?
3. Always plan for State Wrestling and Regional/District Basketball games - It is easier to take events off of the calendar than add at the last minute
4. Get the word out as your cheerleaders may not be available to cheer if you have gotten it on the calendar.
5. Have a plan for whom you are taking to regional, district, and state events. This is for basketball and wrestling. Whether it is based on attendance/performance/seniors etc., it is easier to do earlier rather than later. Plan it now so everyone knows when they will cheer.
6. Don't forget try-outs and plan for camp dates.
7. Collect Uniforms- do an inventory check. When things come in, do a check for mending.
8. Pay out any invoices and collect all money owed.
9. End of the year banquet. Early planning will make it go smoothly.
10. REGISTER FOR ICCA COACHES CONFERENCE! Submit the registration to the business office if your school pays for your registration. Register ONLINE March 1!

THANK YOU!!!

by Jane Bauman

Do you feel like there is not enough time in a day? Do you wonder how you are ever going to get everything done that needs to get done when it comes to cheerleading? Well, if you are like me that is me on a daily basis. So I rely on some very important people, CHEER MOMS AND CHEER DADS. These very special people have saved me many times and I need to remember to thank them.

There are many ways to thank the parents that help with things throughout the season. One way is to nominate them for the Friend of Cheerleader Award by the ICCA. This does not take much time. All you need to do is fill out a form that you can find on the ICCA website. They get a certificate at the conference in the spring and it is FREE!

in which you had a lot invested? Or do you take greater pleasure in relaxing after dinner conversations with your spouse, playing catch with the kids, or throwing yourself into a hobby or household project?

Some professionals “live to work” and receive great personal fulfillment and a stronger sense of accomplishment from their work, while others “work to live” and view their work primarily as a means of providing for their family or allowing them to partake in hobbies, travel or do other things that they find personally rewarding. The first person’s work-life fitness may skew towards the work side of the scale, while the second person may have more weight on the life side.

So, I would encourage you to decide what resonates for you. Is it a focus on a balance of a number of competing factors, or is it an emphasis on a life fit and making sure that you are investing time in those things that bring you joy. Likely neither is 100% correct, but both models invite an orientation that is positive, happy, and personally fulfilling. Best wishes in the remainder of the school year and good luck in seeking your perfect life fit and/or balance in the months to come!

<http://www.webmd.com/balance/guide/5-strategies-for-life-balance?page=2>

http://www.aicpa.org/interestareas/youngcpanetwork/resources/work-life_balance/pages/work-lifebalance.aspx



Thank You...Continued from page 13

Another FREE way to say thank you is to put an article in your local newspaper. What a neat surprise when they open the paper and see that their name is in the paper for helping with the cheer squad. Not only do they see it, but also so does the entire community.

I also have thank- you-s announced at our home basketball, wrestling and football games and matches. This is very easy to do and once again draws attention to the sport of cheering in a positive way.

I also collect free or inexpensive items when I am out and about shopping. Of course this means that I need to go shopping but that is not a problem. I use any excuse I can to get to the mall. I also rely on friends that work in department stores to keep an eye out for me and they help me with the collection of goodies.

Thank You...Continued from previous column

I also keep a stash of thank you cards that the girls can sign and hand out to parents. We have a card signing day at practice and keep the basket supplied with cards. When we need to card all we have to do is pick it out and hand it out.

There are many ways to say thank you. It does not need to cost ton money. What is most important is just to say thanks.



Putting a Wrap On Winter Season

By Lisa Nelson

1. Great Expectations – Cheering for winter sports is a long and involved season. As the season continues, if you have not set expectations for your squad about their cheer responsibilities at games, tournaments, and meets, do that now! If you have, yeah! Check your cheerleaders on how they are doing at following them. Have procedures in place for how the cheerleaders arrive at games, meets, and tournaments. Do you drive them or do they ride the bus? If you are not in attendance for some of the events, who is responsible for your cheerleaders? To whom do they report and how often do they check in? Are your cheerleaders allowed to stunt at events? If so, only when you are there? Do your cheerleaders have a checklist with them of approved stunts that they are able to perform? Set and maintain great expectations for your squad for a “winning” finish to the end of the year! Also, don’t feel like you can’t put in these expectations, even if the end is drawing close. It is never too late to start procedures like this and if you start them now, you will be more likely to begin the winter season with them next year!

2. Tournament Etiquette – Cheering at the post-season tournaments is the highlight of the season for many cheerleaders. It should be seen as the highlight and a huge privilege. The IHSA and ICCA work hard together to make sure that the cheerleaders have an easy and efficient way in and out of the tournaments. Remember, though, to share with your cheerleaders that when cheering at post-season rounds and State Wrestling and Basketball, that cheering is still their job. It is the reason they are there! Please make sure they arrive at post-season events and State Tournaments “check-in ready.” Make sure your girls have their hair appropriately secured, nails cut, jewelry removed, etc. After they are checked in, then it is your responsibility as their coach to make sure they remain “cheer ready.” Encourage your cheerleaders to remember that they are privi-

leged to be able to cheer and that our organization and the IHSA considers them crucial to the success of the team and wants them there! That is a huge honor! Instill this attitude with your cheerleaders and encourage them to enjoy the post-season and pump up the school spirit!

3. Celebrate Your Athletes - Every season ends better if you take the time to reflect on the season and honor the players and wrestlers you cheered for because of their accomplishments over the last four months. Maybe you do this by making one last special locker sign. Maybe you ask your administrator for one last pep rally and talk about and recognize the athletes from the cheerleaders perspective. (One year my cheerleaders wrote little rhyming riddles about each athlete and brought them down to the floor as the answer was revealed.) Maybe your cheerleaders give one last gift or treat to the player or wrestler for whom they were the "Secret Cheerleader" all season. Be creative and have fun! The athletes will never forget that you noticed!

4. Celebrate Your Squad - To really wrap up the season, plan to do something fun together. Get pizza, watch a movie, have a pot-luck, go sledding, shop, etc. Do something fun and unstructured to culminate the season.

5. Organize - Before your winter cheerleaders slip away, have one final housekeeping practice where they come and turn in uniforms, get tryout info for next year, etc. Do this as quickly as you can after your last event so you are not scrambling for uniforms and announcements when you do not have daily contact with your team.

Enjoy the end of your winter season and take a breath! You deserve some downtime!

It's time to start planning for tryouts!

by Kristen Morlan

Even though it's still winter season and we are getting ready for tournaments in both basketball and wrestling, we have to look ahead to tryouts for our next year's squads! Before you get into the process, there are several reflections you should make about your squads from the current year.

*Review the squads you had this year. What made them work well, what didn't? What skills do you wish they had when they started, and what skills would you like to see for next year? Were you happy with the squads you had, and do you think your tryout process gave you

Tryouts...Continued in next column

the best results?

*Review your tryout process from last year. What went well, what didn't? What changes would you like to make? Did you have enough qualified judges and workers? How well did the material you chose work for the judging?

After reviewing your year, get to work planning your tryouts. First, set your dates for clinics and the tryouts. Try to get these set before spring sports begin so you don't run in to conflicts with spring events. Sometimes it is easier to run clinics before school to avoid conflicts with afterschool practices. Make sure you get your dates approved with your administration so these dates get put on your school's calendar.

You then need to find your judges. Try to find people who are familiar with your program as well as those who are not. If you contact schools in your area, you can find coaches who would be willing to judge, and for whom you could judge as well. If you have a college in your area, contact the cheerleading coach for potential judges who will give an objective view of your tryout.

Next you need to choose tryout material. Do you want to use cheers the students already know, or do you want original material? Your seniors can help with this, making up new material for you and then teaching it to the prospective cheerleaders. I usually created a new motion drill for the clinic as well as a short dance to see how quickly the students learned, and how strong their technique was. I also used the school song in the tryout so that I didn't need to teach that later!

You also need to decide what skills you want the cheerleaders to demonstrate. If tumbling is a priority for your squad, make sure you have those in your tryout. If you use specific jumps on a regular basis, be sure to include those as well. I never had students demonstrate stunting skills as I was concerned about the liability of having students practicing stunts without following stunt progressions, so I left stunting out of the tryout. There's plenty of time for that later!

Even though I held tryouts each year, my school has a no-cut policy for all sports, including cheerleading. I had to offer each person trying out a position on a squad, whether it be varsity, jv, or alternate. I usually found that after the first few practices, those who really wanted to work and be there would continue to show up; those who didn't really want to work would stop coming. So while I needed to offer each student a place on a squad, I also needed

Tryouts...Continued on page 16

a way to determine what position I would offer each, and tryouts were the way I made these decisions.

The prospective cheerleaders had to attend workshops to learn the material, and to practice what they had learned. Those who attended all of the workshops and worked hard, rated higher with me than those who attended the initial meeting, and then never showed up again until the tryout. I knew by the time they tried out, which kids were willing to put in the extra time and effort to perfect what skills they had, versus those who might have learned quickly, but didn't want to spend the time to improve those skills they already had. So, even though I brought in outside judges to assess the final tryout, I knew that if a choice was close, and one cheerleader had put in the time and the other had not, I would always go with the one who had made that extra effort.

Tryouts are an essential part of choosing your squads. By reviewing what has worked in the past, you can then determine what will work even better in the future!

THINGS TO CONSIDER WHEN ORDERING NEW UNIFORMS

by Donna McKay

When ordering uniforms, please think athletic looking over performance oriented; cheerleading uniforms should not look like dance team uniforms.

- Appropriate for high school student-athletes
- Portrays a positive, wholesome image
- Tasteful, athletic-looking tops and skirts (for example, one shoulder tops should not be ordered)
- No rhinestones or bling on uniforms, warm ups, shoes, etc. - similar to uniforms worn by other athletes
- Tops – must be long enough to cover the midriff when standing at attention
- Skirts – long enough to be modest, loose enough so cheerleaders aren't constantly pulling them down (they don't stay ride up and stay up after jumps, tumbling, etc.).
- Briefs – must be solid colored and the same color as main uniform color except if uniform is white (then contrasting color may be used), black is a good neutral color. Briefs may not have any markings on them, including but not limited to sequins, prints, wording, symbols, etc. Metallic or shimmery briefs are no longer allowed.
- Athletic shoes must be worn – no wrestling or casual shoes (such as Converse) and no bling

So, your seniors want to try out for college cheerleading? What to tell them to do to prepare...

By Krystal Fitzpatrick

As I'm gearing up to run another college cheerleading tryout this coming April, I mentally make a list of what I'm going to look for in my recruits and what I need to do prior to tryouts as a coach. Your senior cheerleaders should be doing the same this time of year if they are thinking about cheering in college. Here are some tips that you can share with your high school seniors to help them make the most of their college cheerleading tryout:

1. Start looking for tryout dates NOW. Google is a wonderful tool. Generally, college cheerleading tryouts take place in between March and May. In addition, there may be other dates that you need to pay attention to, such as a much earlier date that tryout videos must be received by.
2. Find out what paperwork and documentation is required before your tryout and get everything taken care of in advance. For example, you may have to have proof of a recent physical and you will need to make an appointment for that with your doctor in advance.
3. Educate yourself on what the tryout requirements are for the school/s that you want to cheer for. If you can't find the information (for instance, online), make contact with the coach and ask. Does the coach require a standing back handspring (or any other tumbling skill, for that matter) or is tumbling not a requirement? These are very important questions to ask.
4. Stretch and work on your flexibility from now until you tryout every single day.
5. If your high school cheerleading season has ended, make a plan to keep practicing with others up until tryouts. Don't waste time in between by not practicing at all. You will regret it.
6. Many gymnastics or all-star gyms offer open gym sessions specific to cheerleading. Find out where the closest facility is and start to attend regularly.
7. Set up private or small group lessons with someone that can help you improve, whether it is with your stunting, tumbling, jumping, or dance skills.
8. Get yourself in shape! Tryouts (and cheering in college) can be exhausting and you don't want to be wind-

ed all through your tryout. It will show!

9. Get plenty of rest the night before your tryout. This is not the night to stay up until early morning watching YouTube videos of your favorite college cheerleading routines! You want to look and feel refreshed.
10. Leave early to arrive to tryouts ON-TIME, especially if you aren't familiar with where you are going.
11. Make sure that your appearance matches what is required for tryouts. If you are expected to wear a t-shirt and shorts, choose items that fit you well and are athletic looking. Baggy, oversized, too tight, too short, etc. are all not the looks that you want going for you during your tryout. If you are wondering if something is appropriate, it probably isn't.
12. Hop right in when tryouts start. No coach wants to have to drag a potential cheerleader out to the mat to get going.
13. Along with your A-game, bring your A-attitude. I have never taken a cheerleader, no matter how great their tryout was, that had a poor attitude. They will bring the whole team down. Don't change who you are, but think about what you say when the going gets tough. Inevitably, it will.
14. Never underestimate the importance of the basics. Point those toes and make sure that you've drilled your motion placement. These are things that I expect my collegiate cheerleaders to have down. If your toes aren't pointed, I will start to focus my attention on those that do have proper form. These are easy points – don't give them up.
15. Relax and SMILE! No judge wants to see a potential cheerleader that never smiled during their tryout. Every time a very skilled cheerleader has a fabulous tryout, but doesn't seem to look happy, a judge will almost always make a comment along the lines of: "I wish she/he would have smiled just once." Judges do notice and it will most definitely affect your score in a negative way. Once again, easy points that you don't want to give away.

Good luck in helping your senior cheerleaders go to the next level in college cheer.



Ask Jeanne

Dear Jeanne:

Why do we have to have athletic shoes for cheer? My cheerleaders have found some cute Converse shoes that they would like to wear. Normally, they have worn wrestling shoes. Isn't that okay? They are athletic. Also, can you explain the brief rule and where did it come from.

Getting it Straight

Dear Straight:

Question 1 - Shoes:

From the 2012-13 Spirit Rules Book by the National Federation, p. 14 --- Section 3: Article 4: "...Apparel and accessories must be appropriate for the activity involved. Cheerleaders must wear athletic shoes (not gymnastic slippers)."

Cheerleaders need to wear shoes ready to take the stress put on them while practicing, performing, and cheering. The activity of cheerleading is strenuous as they jump, kick, stunt, tumble, stomp, and move in those shoes. Therefore, supportive and cushioned shoes are necessary to protect their feet. Cheerleading shoes have extra padding to help absorb the shock of tumbling, jumping, kicking, and stomping. Cheerleading shoes are light for jumping and have a better sole for safety when stunting. They are meant to be worn while cheering.

As a coach, we need to protect our cheerleaders. That includes their feet. Think of all the different kinds of shoes a person could buy. They have many purposes and can create many looks. Would you put your cheerleaders in platform heels? How about steel toed boots? The shoes that are referred to are for appearance, not the safety of the foot/cheerleader. Sometimes it is best to just say, "This is for your safety."

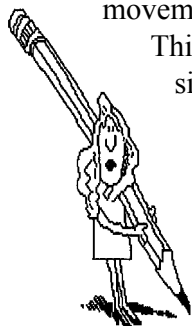
Question 2 - Briefs:

The ICCA Briefs Rule actually started with a concerned high school administrator. The cheer squad at his school was wearing crazy patterned, different colored briefs, far from the school's colors. He was concerned about the attention that those type of briefs drew to the private area of the teen-age girl's body. His questions: Was there a brief rule & if there wasn't, should there be one?

Initially, the first thought is that the briefs were okay. As women, I believe many of us thought, "Oh aren't those fun." Then you start to really start to think about his point and what it looks like when a girl is in

a heel stretch with those briefs on. Where does the eye go? Not to the face but to the wild briefs. Perhaps he was right. Then we realized it went way beyond stunting to wrestling cheerleaders sitting at the mat, to all cheerleaders tumbling and the skirt riding up, to cheerleaders jumping with the briefs showing during the jump, to the uniforms where the skirt is too short and it reveals more than what it should. Those wild briefs were drawing way too much attention.

We realized the administrator had a point, and a good one. Those briefs were exposing the girls to glances and gawking that just didn't need to happen. It is our job to look to the safety and protection of cheerleaders, so the movement began. It was voted on and accepted as a ICCA strengthened rule at 2012 Spring Conference.



This year we have only warned and asked that new briefs be purchased before next year or as soon as possible. We know that things were purchased for the year before the vote at conference. A change like this takes time. The year grace period will be over starting in August 2013 or the 2013 -2014 school year. I can't help but think of the athletic director who called me last week, concerned that the uniform of his cheerleaders was illegal. Through conversation I realized it wasn't the uniform, but the briefs as they were zebra print. When I explained the rule and the timeline, he instantly thanked me for helping take care of Iowa's kids. He realized the print of the briefs had drawn his attention, and probably many others as well. Simply thinking about it made him realize it, and he didn't want to put the girls in his school in that situation. His cheerleaders, he promised, would be in black briefs under their black skirts before the next event. Now that is one cool AD!

I'm always cheering for ya!

Jeanne Ehn

BOARD MEETING MINUTES BOARD MEETING MINUTES BOARD MEETING MINUTES BOARD MEETING MINUTES

ICCA BOARD MEETING CONDENSED JANUARY 6, 2013 AMES MIDDLE SCHOOL, AMES

The meeting was called to order by President Jenny Crawford at 9:41 a.m. Board members present were Jane Bauman, Traci Buck, Mindy DeBaun, Tami Doyle, Jeanne Ehn, Krystal Fitzpatrick, Melissa Hatfield, Kenna Johnson, Betty Lou Jones, Donna McKay, Kristen Morlan, Lisa Nelson, Salli Nichols, Sandy Norby, and JoEllen Wesselmann.

Minutes: A motion was made by Kristen Morlan to accept the minutes from the last meeting. The motion was seconded by Jeanne Ehn. The motion was approved.

Membership: There are presently 307 members from 183 schools.

Treasurer's Report: We have \$40,840.01 in checking and \$15,399.85 in savings. Our CD is presently at \$16,419.44, and it becomes due on February 12, 2013. A total of \$15,000 was put into a low risk investment in July. She will check with US Bank about a cash back credit card.

Executive Directors' Report:

Conference: The conference fees will remain the same. Scholarship winners will not be in-

Board Minutes...Continued in next column

Board Minutes...Continued from previous column

vited to the banquet, but their names will be in the program. Coaches with 25 or more years of experience will be recognized. District coaches and administrator award recipients will be recognized at the banquet and also the State Competition.

Newsletter: The deadline is January 15, and articles must be received on time.

State Competition: The competition made \$37,595.29. We will return to five minutes between times, and score sheets will remain the same. Mindy DeBaun will contact colleges and offer them tables in the VI Building, so they can share their program information with cheerleaders. The number of trophies awarded in each division was tabled until the June meeting. Jeanne Ehn moved to eliminate the Non-Stunt division since only two teams entered this year. Kristen Morlan seconded the motion. Motion passed. It was decided to make the Time Out Division a state championship, so all divisions are all state championships. Iowa High School Sports Network has designed posters for each participant at the State Competition plus a backdrop for the Jacobson Building. A Student Athlete Achievement Award will be given. There will also be a \$625 scholarship for the best cheerleading squad at State Basketball and Football. The cheer squads performing at half-time are eligible for

Board Minutes...Continued on page 19

Board Minutes...Continued from page 18

a \$750 scholarship for community service. Mr. Video is allowing footage from the State Championships to be part of Championship Rewind to be shown during all events. Thank you notes from coaches are extremely important to sponsors.

Awards: Betty Lou Jones made a motion nominating Jane Bauman as the Coach of the Year. Mindy DeBaun seconded the motion. Motion passed. JoEllen Wesselmann made a motion naming Lisa Nelson as Contributor of the Year. Kristen Morlan seconded the motion. Motion passed. Insurance Update: Insurance will be renewed in February. Online Forms: The IHSAA suggested that we contact Ann Gaffigan to set up our online form for Membership and registration forms for State, All-State, Honor Squad, and Conference.

State Wrestling: Board members were asked to sign up to work at State Wrestling.

State Basketball: Board members were asked to sign up to judge sportsmanship.

Board Applications/Interviews: All interviews were completed.

Website: Jenny Crawford asked Board members to check website information for updating.

Ethics: Online rules meetings will be held from August 5-August 29, and then from November 4-November 18. Coaches will receive new rule books for the 2012-14 school year.

Scholarship: Applications are due January 15.

All-State: There are 32 cheerleaders on the squad.

Honor Squad: There were 245 cheerleaders at Honor Squad.

All-Stars: Registrations are due January 15.

Shrine Bowl: Tryouts are January 26 and 27.

Special Olympics: The Special Olympics will be held on May 23. Sandy Norby will give the information to Jenny Crawford for the website.

Facebook: Send pictures and information to Krystal Fitzpatrick for inclusion.

Board Minutes...Continued in next column

Board Minutes...Continued from previous column

District Reps: It was decided to hold four free clinics this year. The two new district reps will work with present reps at the clinics. The SE clinic will be held on August 17 at Clear Creek Amana. The SW clinic will be held on August 17 at Anita. The NW clinic will be held on August 24 at Storm Lake. The NC clinic will be held on August 24 at Mason City.

OLD BUSINESS

Job Descriptions: All updated job descriptions and monthly duties are due by April.

Executive Directors: Donna McKay and Kenna Johnson began their Executive Director duties.

Mileage Reimbursement: It was decided to keep it the same.

Board Openings: Jenny Crawford listed the Board openings. A slate of officers was developed for election at conference.

All Star Director – Betty Lou Jones
Ethics Director – Donna McKay
Honor Squad Director – Tami Doyle
Secretary – Jane Bauman
NE District Rep – Patti Davis
SC District Rep – Sarah Buss
SW District Rep – Kenna Johnson
At-Large Reps – Paula Kirkpatrick, Sherrie Moritz,
Cindy Pangburn

It was decided at this time to add two new directorships. Jeanne Ehn made a motion nominating Sandy Norby as the Special Olympics Director. Jane Bauman seconded the motion. Motion passed. Tami Doyle made a motion nominating Salli Nichols as the Shrine Bowl Director. Kenna Johnson seconded the motion. Motion passed.

NEW BUSINESS

Rep Council: Mindy DeBaun will email the membership, explain the council at the conference, and conduct the meeting with the new members. Board members were encouraged to contact coaches they felt should serve on the council.

Challenger Films: Information will be in the newsletter to gather names and stories for Challenger Films.

Board Minutes...Continued on page 20

BOARD MEETING MINUTES BOARD MEETING MINUTES

Board Minutes...Continued from page 19

Constitution: The Board reviewed constitution changes. Lisa Nelson made a motion to accept the changes. Krystal Fitzpatrick seconded the motion. Motion passed. The constitution will be voted on at the General Membership Meeting at conference.

Financial Manager/Membership Responsibilities: Those who haven't paid will be contacted twice, and then taken off the list. Those who haven't renewed their memberships will be reminded to renew.

Verify Reimbursements: Melissa Hatfield made a motion that Jenny Crawford will verify reimbursements before they're paid. Lisa Nelson seconded the motion. Motion passed.

Policies and Procedures: The attendance policy was reviewed. Active and inactive trustee attendance was defined.

History Page on Website: Jenny Crawford has begun a page on the ICCA website.

Choreography: The pay scale for choreographers and other stipends to workers will be discussed at the June meeting.

Board Expectations: Expectations of the Board were discussed.

Budget Meeting: Following this meeting, the Executive Board and Financial Manager will schedule a time to meet to go over Board finances.

Next Board Meeting: The next Board meeting will be held at Jane Bauman's house in Story City on Sunday, June 9, 2013, at 10:00 a.m.

Adjournment: Kristen Morlan moved to adjourn the meeting. The motion was seconded by Sandy Norby. The meeting was adjourned at 2:43 p.m.

Respectfully submitted,

Donna McKay
Secretary



DID YOU READ THESE ARTICLES?

Pages 1 & 2

President's Message
Spring Conference
Celebrate Silver

Pages 3 & 4

Celebrate Silver (cont.)
Friday Add On Classes - Spring Conference
Conference Registration
ICCA is Ready for State Wrestling
State Individual Wrestling Information

Pages 5 & 6

State Individual Wrestling Information (cont.)
Hair - Get it Right

Pages 7 & 8

Awards

Pages 9 & 10

Awards (cont.)
Getting Involved with ICCA
Executive Directors
Cheerleaders for Post Season Competition
Rule Reminders
Special Olympics
ICCA Scholarship Opportunities

Pages 11 & 12

Special Olympics (cont.)
ICCA Scholarship Opportunities (cont.)
For Your Calendars
Performing Squads
All State - 2013
The Winning Edge
Shrine Bowl

Pages 13 & 14

Mary Poppins
Keeping the End of the Season Organized
Thank You
Putting a Wrap on Winter Season

Pages 15 & 16

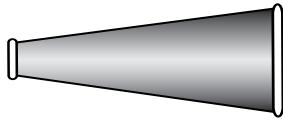
Putting a Wrap on Winter Season (cont.)
It's Time to Start Planning Tryouts
Ordering New Uniforms
Prepare Seniors for College Cheerleading

Pages 17 & 18

Prepare Seniors for College Cheerleading (cont.)
Ask Jeanne
Board Minutes

Pages 19 & 20

Board Minutes (cont.)
Did You Read These Articles



2012-2013 ICCA BOARD OF DIRECTORS

President & Website..... Jenny Crawford

Home: 3309 East 53rd Ct., Des Moines, IA 50317

PH: 515-262-3220

Email: jennycrawford1@msn.com (*home*)

Vice President..... Mindy DeBaun

Home: 315 Agnes Avenue, Box 95, Callendar, IA 50523

PH : 515-548-3470

Email: debaun@LVCTA.com

Scholarship/Treasurer/Trustee JoEllen Wesselmann

Work: Van Meter Community School

Home: 2522 Brookview Drive, Van Meter, IA 50261

CELL: 515-494-4591

Email: iccajo@hotmail.com

Email: joellen.wesselmann@vmbulldogs.com

Ethics Director/Trustee/Secretary Donna McKay**District Representative - Southeast/TrusteeKristen Morlan**

Work: Clear Creek Amana High School

PH: 319-545-2361

Home: 503 Redbird Run, Tiffin, IA 52340

CELL: 319-321-3333

Email: gerberdaisy46@yahoo.com

All-Star Director & District Rep. - North Central .. Betty Lou Jones

Home: 307 5th Street, Box 249, Swea City, IA 50590

PH: 515-272-4354

CELL: 515-320-1857

Email: jonesswea@iowatelecom.net

All-State DirectorMelissa Hatfield

Home: 2244 Willow Avenue, Ainsworth, IA 52201

PH: 563-210-0255

Email: melissahatfield1980@hotmail.com

Cheer Honor Squad/Trustee Tami Doyle

Home: 4201 Paddington Drive, Cedar Falls, IA 50613

PH: 319-266-4265

CELL: 319-239-4277

Email: tjdoyle@cfu.net

Trustee.....Traci Buck

Home: 4406 162nd Street, Urbandale, IA 50323

PH: 515-987-9844

Email: bntbuck94@aol.com

Trustee & District Rep. - NortheastLisa Nelson

Home: 504 Woodbridge Street, Nashua, IA 50658

PH: 641-435-2656

CELL: 641-228-0210

Email: lnelson@charlascityschools.org

Trustee & District Rep. - Southwest.....Kenna Johnson**District Representative - Northwest..... Salli Nichols**

Home: 712 Meadow Lane, Storm Lake, IA 50588

PH: 712-299-8208

Email: sallijanichols@gmail.com

District Representative - At Large.....Jane Bauman

Work: Roland Story HS jbauman@roland-story.k12.ia.us

900 Hillcrest, Story City, IA 50248

PH: 515-733-4386

Home: 936 Washington Street, Story City, IA 50248

CELL: 515-290-2058

Email: Baumann4462@gmail.com

District Representative - At Large.....Sandy Norby

Home: 3237 Hickory Avenue, Osage, IA 50641

PH: 641-732-5644

CELL: 641-330-7442

Email: snorby@osage.k12.ia.us or rbnorb@osage.net

District Representative - At Large..... Krystal Fitzpatrick

Home: 333 Stoney Point Rd. SW, Cedar Rapids, IA 52404

CELL: 319-521-1229

Email: krystalfitzpatrick@ymail.com

EXECUTIVE DIRECTORS

AWARDS, CONFERENCE, STATE COMPETITION, TRUSTEES

Jeanne Ehn***Newsletter***

P.O. Box 211

Conrad, IA 50621

PH: 641-366-2914

jehn@heartofiowa.net

Donna McKay***Secretary & Ethics***

842 7th Street SE

Mason City, IA 50401

PH:641-423-1556

jdmckay44@gmail.com

Kenna Johnson***SW District Rep***

720 North 9th Ave.

Winterset, IA 50273

PH:515-250-8968

kennajohnson47@gmail.com