



Iowa Cheerleading Coaches' Association NEWSLETTER



May 2016 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

Hello Coaches! I am so excited to send you this message as the ICCA President! When I was coaching, ICCA was an amazing way to network with other coaches and I was able to get my cheerleaders involved! ICCA events are AWESOME! Make sure to look at the ICCA website for events that your teams can participate in. Whether you want to compete at our State Championships, have kids tryout for All-State, or do some great community work with the Shrine Bowl; ICCA has something for everyone! Our Board members are also here to help! Feel free to contact your District Reps or any of us with questions. We will get you the answer!

Summer is the best time to prepare and get ready for the upcoming year. This is the time when you and your squad can work on the basics, learn from each other, and bond as a team. Some ideas to pass along...

- ☺ **Participate in a camp!** Even if you don't go away to camp, this is a great opportunity to learn new material and incorporate that into your upcoming year.
- ☺ **Bond as a team!** Have time to get together and NOT practice! I know that is hard, but your kids deserve a break and doing something fun always gets everyone excited!
- ☺ **Fundraise!** Try and get as much fundraising done as possible during the summer. I always found it easier to plan things around schedules in the summer than during the school year.
- ☺ **Take some time for yourself!** Take a vacation, read a few good books, or plan to walk a few evenings a week. Also, spend time with your family!



I hope you all have a great end of the year!
Cheers!

Melissa Hatfield
ICCA President

RENEW your ICCA MEMBERSHIP NOW!

It is time!! Go to the ICCA website (www.iowacheercoaches.org) right now and get your school's membership done for the 2016-2017 school year. Then make sure it is paid and received by ICCA by August 1.

If you attended the ICCA Conference, your school's membership has been completed. ICCA membership is not complete until payment has been received.

On August 1, schools who have applied, but payment has not been received will be deleted. Membership fees are tied to ICCA Event registration. Schools will have to re-apply in the registration process. There is no penalty if this happens to your school, it just seems to be easier for business offices.

KEEP YOUR 2015-16 NATIONAL FEDERATION SPIRIT RULES BOOK

by Donna McKay,
ICCA Executive Director

A new National Federation spirit rules book will only be provided to schools on alternating years, so a new book will NOT be mailed to schools for the 2016-17 school year. Coaches/schools may purchase the 2016-17 rules books from the IHSAA for \$10. An eBook edition is also available on the National Federation website under Publications at iTunes or Amazon for \$5.99. If the school only purchases one rules book, it's important that all cheer coaches have access to and share this book.

A Night at the Oscars

by Jeanne Ehn, Executive Director

The theme for this year's ICCA Spring Conference was "A Night at the Oscars."

On April 8th and 9th the 165 ICCA coaches in attendance were privileged to hear national speakers Morton Bergue, an international choreographer, and Jim Lord, the executive director of AACCA, present on topics such as "Avoiding Mistakes While Stunting: Basic, Safe Practices for Successful Stunting," "Breaking Down the New National Federation Rules for Success," "Understanding and Lowering Your Liability," "Cleaning a Routine," "Motivating Cheerleaders," "Advance Stunts," and "Jumps."

Friday morning and afternoon coaches had the opportunity to do in-depth learning in the add on classes of "Stunt Progressions" with JoEllen Wesselmann, "Choreography" with Morton Bergue, and AACCA taught by Jim Lord. AACCA is a nationally known class for cheer coaches. A special thanks goes out to IHSSA for helping pay the tuition of the stunt progressions class and AACCA.

We celebrated our award winners at the banquet on Friday evening. ICCA cheer coaches walked the red carpet and enjoyed a special video of all ICCA events.

Saturday was a day of educational classes with topics such as "Make the Most of the Minute," "Conditioning for Cheerleaders," "Deciphering the Spirit Rules Book," "Motion Technique," "Helping Cheerleaders Become Positive Leaders: Leadership is a Process, Not an Outcome," "Organizing Your Cheer Season and Year," "Prepping for State Competition" and "Middle School Coaches."

Put next year's ICCA Conference dates on your calendar. March 31 and April 1st we will be celebrating the Winner's Circle!

Online RULES MEETING August 1 - August 25, 2016

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



And the Award Goes To.....

by Kenna Johnson, Executive Director

The 2016 ICCA Spring Coaches' Conference was held April 8-9 at the Prairie Meadows Hotel & Conference Center in Altoona. More than 160 cheerleading coaches from across the state of Iowa were present for this award-winning weekend.

Some of the weekend's biggest winners were:

The **2016 Coach of the Year Patty Dentel**. Patty's coaching career has spanned over 24 years to include many football, wrestling, and competition squads. She also coaches at the junior high level. During her career, Patty has been the proud coach of twelve All-State cheerleaders, and she marks an impressive "Top 3" finishes at the State Cheerleading Championships 12 times. Athletic Director Beau Jack said of Patty, "Coach Dentel has always worked hard to promote positive characteristics and qualities in her cheerleaders, both during and apart from sponsored events."

Larry Johnson of LeMars High School was recognized as the 2016 Athletic Director of the Year. Mr. Johnson starred as principal at LeMars from 1994 to 2013 when he took on the role as Athletic Director, a job formerly performed by three people. Widely known in the LeMars school and community, Mr. Johnson "bleeds red and black," devoting himself to doing the right thing, though it may not always be the popular thing.

Robyn Rodenburgh danced her way into the Contributor of the Year title role with her contributions as the ICCA Honor Squad choreographer for almost twenty years running. She took over the program with just 70 cheerleaders participating, building the event to what we see today – nearly 250 cheerleaders each year. Due to Robyn's hard work and devotion, thousands of cheerleaders have had the opportunity to take part in Honor Squad.

Winners of the **2016 ICCA Academic Scholarships** were: Emily Montelius of Cedar Rapids Thomas Jefferson High School, Carrie Norton of Bondurant-Farrar High School, and Cassidy Rawson of North Linn High School.

One of the most prestigious awards given by ICCA is the **Lifetime Achievement Award**. This year's recipient was **Cherie Reid of Burlington**. Cherie is in her 29th year of coaching cheerleading. Her cheerleading career began at Burlington High School, where she was a four-year letter-winner. In the beginning of her career in 1989, her

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squad was the National Coed champions, then in 1990 they placed fourth in the All-Girl Division. The following year, they were second in the All-Girl Division; 1993 was the first year Burlington competed at the State level, the year they were crowned 4A State Champs. Since then, Cherie's squads have taken home 2nd place six times, 3rd place three times, as well as a number of other top 5 finishes. Over the years, Cherie has coached eight All-State cheerleaders and has had sixteen go on to work as camp staff. She currently has two former cheerleaders who coach in all-star gyms. Additionally, she has had nearly 90 cheerleaders go on to cheer in college. In 2011 she was named the ICCA Coach of the Year. Cherie has dedicated her life to making sure all of her cheerleaders were not only great on the court, field, and mat, but great outside of cheering too.

Congratulations to all of the weekend's winners!!



2016-2017 ICCA REPRESENTATIVE COUNCIL

by Kristen Morlan, ICCA Vice President

Katie Bales - Ankeny - SC
Erin Taylor - Linn Mar - NE
Julie Karns - Clarinda - SW
Franci McClenathan - BGM - SC
Desire Grismore - Wayne - SC
Ashley Meyer - Spencer - NW
Nikole Keaster - Mount Pleasant - SE
Trish Sevier - Creston - SW
Kristi Carew - Garner Hayfield Ventura - NC
Michelle McCann - Center Point Urbana - NE
Megan Moritz - NW

The purpose of the ICCA Rep Council is to have active coaches from the different districts get ideas and suggestions from fellow active coaches and bring them to the ICCA Board. We want coaches to feel like they have a voice and by talking with the Rep Council members you should know that your suggestions will be heard! Please feel free to talk to any of these Rep Council members at games and events in your area, or contact your District Representative on the Board. Contact ICCA Vice President, Kristen Morlan, for more information about the ICCA Rep. Council!

2015-16 SCHOLARSHIP AWARD WINNERS

by JoEllen Wesselmann, Scholarship Director

ICCA is pleased to announce our scholarship winners for the 2015-16 school year. Through the years, our scholarship offerings have increased immensely. We have added scholarships that are tied to the many programs for cheerleaders in our state. This year, we will award two Honor Squad, one All-State, one All-Star, four at State Competition, and three Academic scholarships, for a total of \$3500 given to graduating seniors in the state of Iowa.

We are thankful that this year, Bank Iowa was gracious in helping us fund our program scholarships, by donating \$2,000 to our scholarship program. This means that they are sponsors for our Honor Squad, State Competition, All-State, and All-Star recipients.

Please encourage your cheerleaders to apply for the Academic scholarships that we offer. We consider this an exceptional honor, and when numbers of applicants increase, our number of scholarships awarded will reflect that increase. The guidelines for application are that the candidates must have a 3.5 GPA at the end of their junior year, letters of recommendation from their coach and one other community member, a letter of verification of their GPA from the school administration, and lastly, a one page essay about how cheerleading has influenced their life. Application deadline will continue to be February 1. Application information is on the ICCA website.

ICCA congratulates all of our award winners, along with their coaches - who teach, mentor, and support them throughout their high school years!

Academic Scholarships (\$500 each)
Emily Montelius – Thomas Jefferson HS
Carrie Norton – Bondurant-Farrar HS
Cassidy Rawson – North Linn HS

State Competition: (\$250 each)
1A – BCLUW – Alexis Dinsmore
2A – Lake Mills – Katelyn Mauntler
3A – Winterset – Weston Crase
4A – Fort Dodge – Olivia Egli

Honor Squad: (\$250.00 each)
Ella Hambright - West Liberty
April Olmos - Harlan

All-State - (\$250 awarded)
Emilee Drost – East Sac County

All-Stars - (\$250 awarded)
Alison Wright - Central Lyon

We also want to recognize our All-Iowa Academic Cheer Squad for 2015-16. These exemplary students were all qualifying applicants for our academic scholarships.

Lydia Aberg	Forest City HS
Kate Ahlers	Saint Edmond Catholic HS
Jessie Anderson	Glenwood HS
Caylee Bartz	St. Ansgar HS
McKenna Beaty	North Linn HS
Claire Blomberg	Sioux Central HS
Hayley Buetell	Mediapolis HS
Christian Burgess	Ottumwa HS
Marcel Confer	Stanton Community HS
Leah Cosgrove	Saint Edmond HS
Makynze Davies	Ballard Community HS
Julia Dollen	Tri-Center HS
Danielle Fundermann	Creston HS
Allison Gardner	Gilbert HS
Bridgeen Graham	West Central Valley HS
Ella Hambright	West Liberty HS
Sydney Hogle	Grundy Center HS
Carolon Johnson	North Linn HS
Emily Montelius	Thomas Jefferson HS
Carrie Norton	Bondurant-Farrar HS
Cassidy Rawson	North Lin HS
Emily Riley	Creston HS
Courtney Schuster	Shenandoah HS
Hanna Sieperda	Central Lyon HS
Mia Spitzer	Carlisle HS
Melody Stokke	Roland-Story HS
Marcy Torgerson	Madrid Community HS
Taylor Wright	Davis County HS
Roxana Zeledon	Ottumwa HS



ICCA Web site Tips for the Mobile User

By Jenny Crawford, Website Director

Most web sites today have a “full web site” view for use on a computer and a “mobile view” for use on your mobile devices, the ICCA website included. You can find everything you need within both views, but sometimes, the challenge is finding it, especially when you are used to one view.

Full Web site view. The links across the top of the page are mostly for ICCA events. The links on the left of the page are mostly for coach information.

Mobile View links. Across the top of the mobile view is a black bar with three lines, (sometimes referred to as the hamburger menu), the word Menu, and a magnifying search image. Clicking on the three



Mobile User...Continued on page 5

SOCIAL MEDIA DONE RIGHT

by Angie Trowbridge, SW District Rep

There’s a lot to be said about social media nowadays. There’s a lot being said on social media, too. Facebook, Twitter, Pinterest, Instagram, Google Drive, LinkedIn, SnapChat, and many more have our world hooked up and signed in. I’m pretty sure there’s someone across the country that knows when someone in Hollywood sneezes. All this connectivity has a dark side, of course, but does that negate the *positive* things it can do?

Social media is a lot like a hammer, which either can destroy a structure or be a very important tool in building one. Take a cheer program, for example; personally, I was very hesitant to use Facebook for cheer, but I took a leap of faith and created a private Facebook group for my team. I made sure that I added only those who were on my team (I had to friend them, when I don’t normally add until after seniors graduate) and co-coaches, as well as any parents and a fellow ICCA friend. That season saw tons of laughs at all times of day as we reminisced about prior conversations on or offline; many points of pride as the girls posted videos of stunts we’d nailed, with things like, “So excited and proud of our team!”; more people consistently attending practice or events better informed; more volunteers at a moment’s notice for an unexpected task.

How do you approach social media, if you’re just getting started? Here are some tips and tricks.

1. *Check your school’s policy on interacting with student-athletes on social media.* Your admin should be somewhat familiar with school code, and if your district allows you to use those avenues. Safety comes first, for you just as much as your athletes!
2. *Determine the purpose.* This determines your privacy level. If you’re going to use it just to keep your team in the loop and post announcements, schedules, or things the public doesn’t need to know, you might select something a little more private and/or set your privacy levels high so people have to request to join or follow. Curate your followers carefully and regularly.
3. *Keep the right people “in the loop.”* Other than your athletes, include co-coaches, parents, and admin (if they’re on social media). This reduces your risk.
4. *Model proper social media behavior so that your student-athletes might do the same.* They know how Coach acts and reacts in person, and it’s important to them to know that you’re consistently professional on-

Social Media..Continued on page 5

lines or the word menu, will produce the same menu at the top of the ICCA web site. When done using that menu, just click on the X to close it.

Towards the bottom of the page, you will find another three lines and menu within a white section. This menu will produce the same menu on the left side of the ICCA web site. When done using that menu, just click on the X to close it.

All of the links in the menus and on the page can be accessed by simply pressing on the text.

Everything else should look relatively the same except that most items are listed in one column down your mobile device as opposed to multiple columns on the web site. I hope these tips help!

ICCA provides this website for you, the cheer coach, for communication and resources. As always, email me with any questions or submissions for the web site at jennycrawford1@msn.com.



Social Media...Continued from page 4

line, too. A bulletin board in our school encourages kids to THINK before posting – is it Truthful, Helpful, Inspiring, Necessary, and Kind?

5. *Emphasize points of pride and pearls of wisdom.* Celebrate the good things, and help them learn through the tough parts. They'll help you spread the good about your team.
6. *Create a season/year/event hashtag.* The (correct) usage of these nifty things isn't to inject sarcasm, but rather to collect posts related to a particular thing. For example, if you get onto Facebook or Twitter and search for #ICCAconference16, you'll see a bunch of posts and photos about this year's ICCA Conference. This would be the simplest way to dabble in social media, if you're not ready to make the plunge into a squad-specific account.

Through staying professional and open, social media can be a powerful tool for your program. It has the potential to up your game and get your community more interested and supportive. The choice of which to use is up to you!

Follow ICCA on facebook!
Join us today!

ALL-STATE CHEERLEADERS

by Melissa Hatfield, All-State Director

CALLING ALL CHEERLEADERS!! Don't miss out on an amazing opportunity for your cheerleaders to represent your school and meet other cheerleaders from across the state! The 2017 All-State Squad tryouts will be held October 15th and 16th in Ames. Cheerleaders will be selected based on motion technique, jumps, dance, and tumbling. Registration will open in August and candidate information will be due at the end of September (with all of the other ICCA event paperwork). ICCA is looking forward to another exciting All-State season, so get your cheerleaders registered to tryout! Contact All-State Director, Melissa Hatfield, with questions!

Special Olympics 2016

by Sandy Norby, Special Olympics Director

Each year, the ICCA offers many events in which cheerleaders throughout the state can participate. One rewarding event is performing at the Iowa Special Olympics held each year in May. At this event, cheerleaders learn several cheers and a dance routine to perform at the opening ceremonies.

This year the Iowa Special Olympics were held Thursday, May 19, 2016, at the Hilton Coliseum in Ames, Iowa. Registration began at 11:00 a.m. with the \$20 fee per cheerleader going to Iowa Special Olympics Cheer Program. Cheerleaders spent the morning and early afternoon practicing their routine, hosting a cheer clinic for the special needs athletes in the afternoon, and performed at the opening ceremony.

Each cheerleader performed in their own school uniform. Four varsity cheerleaders per school were allowed to participate, giving many schools the opportunity to be a part of this special day. The first 50 cheerleaders registered were accepted. Iowa Special Olympics provided the cheerleaders with a sack lunch and t-shirt. Information for the event can be found on iowacheercoaches.org.

NOTE: ONLINE RULES MEETING DATES

As with other sports, rules meetings will continue to be held online to make it easier for ALL coaches and choreographers to obtain needed safety and liability information. The 2016-2017 rules meeting dates are coordinated with other in-season sports. The fall rules meeting will be held online from **August 1 to August 25** and is recommended for ALL cheer coaches. This rules meeting is required for all coaches wishing to register cheerleaders in All-State Tryouts, State Championships, and the Iowa Cheer Honor Squad. Another rules meeting, which MAY NOT be used for fall ICCA events because it occurs after the registration deadline, will be held from **October 24 to November 28**. Information about the online rules meetings can be found on the ICCA website.

Coaches should only enter their names at the end of the meeting one time, even if watching the Power Point multiple times. Once a meeting deadline has passed, the rules meeting will still be available for coaches to view, but it will not be available for rules meeting attendance certification.

Set the Tone

By Erin Taylor, Representative Council Member

Your cheer season success depends greatly on your **parent meeting**. Having a great meeting outlining the season, rules, and expectations ensures that the year will run smoothly. If you choose not to have a **parent meeting**, your year will be much more likely to be chaotic and stressful. A successful **parent meeting** doesn't require any special tricks or gimmicks, but incorporating these steps should ensure a great start to the year.

Setting the date of your **parent meeting** early gives everyone enough time to be able to attend. I hold my meeting a week after tryouts to address all important rules and expectations with everyone in attendance (Hint: make it MANDATORY!). If you choose to hold your meeting after tryouts, make sure to include pertinent information on your tryout paperwork or application so that potential cheerleaders know what is required before they tryout. This will save headaches and weed out potential problems before they happen.

Clearly spell out all expectations and commitments. A handbook or constitution can help

20 Reasons Why YOU should HONOR Your Cheerleader

by Tami Doyle, Honor Squad Director

1. Cheerleader is a Senior or Junior
2. She is captain of the Football Cheer Squad
3. She makes great locker posters
4. He jumps really high
5. She has been a Varsity Cheerleader for 4 years
6. She makes great treats for the visiting cheerleaders
7. His tumbling is incredibly good
8. She has the highest GPA out of all of the senior cheerleaders
9. He sold the most cookie dough tubs
10. She is my most talented cheerleader
11. She organized the Pep Rally
12. She has completed the most community service hours
13. He is cheering for both fall and winter seasons
14. She is the "Mom" of the squad - takes care of everybody
15. She has the cleanest cheer shoes
16. He really knows how to get the crowd involved – most spirited
17. She has the best attendance
18. She spends extra time out side of practice helping with the middle school cheerleaders
19. He organized weight training for the team
20. JUST BECAUSE!

So you have figured out a reason to **HONOR** one of your cheerleaders, but now how do you **HONOR** them: **HONOR SQUAD!!** Not only can you **honor** one of your cheerleaders but up to three of your cheerleaders. He or She must be a junior or senior cheering for your school and yes for any of the above reasons (Coaches Choice). There is NO tryout. Iowa Cheer **Honor** Squad cheerleaders will meet in November for a full day of practice and meet again in Cedar Falls at the State Football Championships to polish their routine and perform during the championships. Register for **Honor** Squad online following the registration directions from the fall mailing.

with this step and make it easier from year to year. Your handbook/constitution should have important numbers, emails, websites, attendance and behavior rules, consequences for breaking rules, commitments required throughout the year, school policies, and required participation forms. Many athletic directors will help you set up a handbook/constitution and let you know the information that they would like included.

Meet all the parents and cheerleaders and let them get to know you. Not only talk about your coaching style and cheer resume but let them know you personally. Developing a personal relationship with your parents and cheerleaders will help build trust and build cohesiveness within your squads.

Schedule guest speakers for your meeting. Some people you might want to speak are your administration or AD, your school's athletic trainer, your weight room manager or strength coach. These guest speakers can be especially helpful to families new to your cheer program who may not have had a chance to meet these individuals.

A well planned *parent meeting* outlining expectations, commitments, policies and dates will set the tone for a great season and make life easier for everyone involved.



Cheer Uniform Guidelines Information on Website

by Donna McKay, Executive Director

Uniform requirements and recommendations are available on the ICCA website, plus will be included in the fall mailing. These requirements and recommendations have been approved by the IHSA Board of Control. Our goal is for high school cheerleaders to wear uniforms and accessories appropriate for depicting an All-American image both for student-athletes of high school age and the high school educational environment with cheerleaders displaying an overall appearance conducive to serving as public representatives and ambassadors of their school.

Plan NOW for Coaches vs Cancer /Pink Out Night Cheerleading Uniforms

by Donna McKay, Rules Interpretation Director

The ICCA allows a special modification of the uniform rules for Coaches vs. Cancer/Pink Out Nights similar to IH-SAA and IGHS AU modifications allowing pink uniforms. The following information is given for your Pink Out Night planning. Other than what is designated below, all other uniform requirements **must be followed**.

Cheerleaders **MAY** wear:

- Official shirts designated for the event (shirts need to be fitted and not baggy)
- Pink ribbons (that follow the hair accessory rules)
- Pink socks
- Pink shoelaces

Cheerleaders may use pink poms while cheering.

Cheerleaders **MAY NOT** wear:

- Pink tutus or other garments except official event shirts
- Pink briefs/spanks
- Pink canvas or other casual shoes
- Bows with glitter, large objects (including large rhinestones), etc.
- Jewelry of any kind

These modifications are only allowed for these special events. Modifications **MAY NOT** be used for Homecoming (football jerseys are not official cheer uniforms) or other special events including clinic cheerleader nights (clinic cheer T-shirts are not allowed during game cheering).

ICCA Event Registration

ICCA EVENT REGISTRATION for:

- **All-State Tryouts**
- **State Championships**
- **Honor Squad**
- **Opens - August 10**
- **Closes - September 27**
- **Mailing Fees Deadline - October 3**

FREE!!

by Paula Kirkpatrick, Southeast District Representative

One of the benefits of being an ICCA member is being able to attend the Free Fall Clinics held each August. These clinics are a great way to kick off the football season. At the clinic, your cheerleaders will work on motions and jumps, learn cheers and chants, and learn a dance. As a coach, it will be a time for you to meet and network with other coaches in your district. Best of all, it is free!

There is a clinic held in each district. The clinics are from 9:00 a.m. to 3:00 p.m., with lunch on your own. You do not have to attend the clinic in your district - you may attend any clinic. Be sure to contact the district rep and let them know you are coming. The free clinics are:

- August 13 - NE District at West Delaware High School
- August 13 - NW District at LeMars High School
- August 20 - SC District at Ames High School
- August 20 - SE District at Clear Creek Amana High School
- August 27 - SW District at Shenandoah High School
- August 27 - NC District at Lincoln Intermediate School in Mason City

Names and contact information for all the district reps is found in the newsletter and also on the ICCA website.

I encourage all coaches to attend one of these clinics. You will learn new ideas for the season, spend time as a team right before the football season, have fun, and best of all - **IT IS FREE!!**



The ICCA website is continually updated, so it's a great place for coaches to look for information, including which Board members are directors of programs. Please check the ICCA website to find the correct person to email with questions, plus to find answers to questions before emailing.

ICCA 2016 ALLSTARS

by Betty Lou Jones, All-Star Director

The 2016 ICCA All-Star Cheer Squad had a great experience at the IBCA All-Star Games performing at four half times. Forty-two cheerleaders (chosen by video tryout) from around the state made up this year's squad. The coaches of this year's squad were Betty Lou Jones, All-Star Director; Becky Corbett, and Sherrie Moritz. This year's choreographer was Megan Moritz.

Special Award winners: Alison Wright from Central Lyon High School, winner of the \$250 ICCA Scholarship, and Hannah Sieparda from Central Lyon High School, Most Outstanding Cheerleader.

All Tournament Cheerleaders: Asiah Jackson, Marcus-Meriden-Cleghorn High School; Jade Blake, Waukon High School; Lindsay Crock, North High School; Abbie Berryhill, Ames High School; Jessie Anderson, Glenwood High School; Julianne Wycoff, Cardinal High School; Martha Jesuit, North Cedar High School; Mason Kelling, Union High School; Sydney Hogle, Grundy Center High School; Alexa Strickler, Grundy Center High School; Hannah Rogers, Waukon High School

Members of this year's All-Star Squad were:

Mason Kelling, Union High School
Kira Jones, North Cedar High School
Megan Friedenbach, Le Mars High School
Jasmyn Enyart, Waukon High School
Mandy Rawson, North Linn
Kiersten Kreuder, Bondurant-Farrar High School
Taylor Kuhl, Glenwood High School
Jasilyn Roop, Shenandoah High School
Shelbie Jeffrey, Cardinal High School
Abbie Berryhill, Ames High School
Asiah Jackson, Marcus-Meriden-Cleghorn High School
Hannah Sieperda, Central Lyon High School
Elizabeth Scheer, North Cedar High School
Mariah Hancock, Waukon High School
Carolon Johnson, North Linn High School
Amani Boddie, Le Mars High School
Haley Palmer, Glenwood High School
Brittany Tieskotter, New Hampton High School
Martha Jesuit, North Cedar High School
Peyton Sickler, Shenandoah High School
Julianne Wycoff, Cardinal High School
Paige Menage, Central Lyon High School
Shane Welty, Solon High School
Alexa Strickler, Grundy High School
Tracie-Lynn Lamoreux, Ames High School
Payton Leavitt, Marcus-Cleghorn-Meridian High School

Alison Wright, Central Lyon High School
Kylea Jackson, North Cedar High School
Hannah Rogers, Waukon High School
Jessie Anderson, Glenwood High School
Alesia Stanton, Cardinal High School
Hannah Stumper, Ames High School
Hannah Klocho, Central Lyon High School
Lindsay Crock, North Cedar High School
Emma Madsen, Le Mars High School
Kate-Liegh Wilson, Waukon High School
Keana West, Glenwood High School
Sydney Hogle, Grundy Center High School
Aliyah Jackson, Marcus-Meriden-Cleghorn
Dayna Korthas, Central Lyon High School
Amber Kelsey, North Cedar High School
Jade Blake, Waukon High School



Stunt Progression

by Cindy Pangburn, ICCA At Large Representative

It is an exciting time for cheer! Most of you have had tryouts and have chosen your new squads and practice has begun. There is always so much to get done in every practice so it is helpful if you can plan your practice to make the most of every minute!

Early season practices should always include the basics, whether it be conditioning or working on motions or jumps. Most cheerleaders, if they have the choice, would chose to stunt, stunt and more stunting. Your returning cheerleaders would love to start off with where they ended last year: whether it be basket tosses or one leg stunts. When it comes to stunting safety should always be your first priority!

There are reasons you should always start with stunt progression. You want to protect your cheerleaders first and foremost. Young cheerleaders especially, are inexperienced don't have a clear understanding of the risks involved in stunting. Most have never been injured and are usually much more confident in their skills than they actually are. Learning partner stunts in progression gives you the chance to determine their skills and decide when it is safe to move onto more difficult stunts.



When you work through stunt progressions it gives cheerleaders a chance to develop the correct memory of movement. When you teach stunts beginning with the basics you can be sure each cheerleader, whether they are a base or flyer, learns stunts the correct way so the muscle memory develops prop-

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Conditioning Quick Guide

by Kenna Johnson, Executive Director

For most coaches, conditioning looks like basic running, jumping, and weight lifting. Unfortunately, as each sporting season gets busier, coaches find less and less time to focus on conditioning. The hope is that cheerleaders are getting conditioning through their regular practice regimens and live game situations. Instead of letting conditioning take a back seat, make it a "quick" priority! It doesn't have to take much time to fit in a short conditioning activity.

The following workouts can be used in anywhere from 5 minutes to 30 minutes. Add on extra exercises as desired:

TABATA – Tabata is an interval type workout that lasts four minutes. Perform an exercise at a high intensity for 20 seconds, then rest for 10 seconds. Complete eight rounds of that exercise, then move on to a new exercise. (Five Tabata rounds would last 25-30 minutes.)

40-30-20 – In this pattern, a chosen exercise is performed for 40 seconds with a short rest (15 seconds), then the same exercise is done for 30 seconds, short rest, 20 seconds, rest. (I like to incorporate a cardio activity in place of the rest time. For example, running, high knees, or butt kickers could be done between the 40-30-20 exercises.) A quick 10-minute workout of this type could incorporate strength and cardio with just five basic exercises.

"Chaos" – This is my gym's name for a specialized class where athletes perform a given number of activities for one minute each. Focus on one muscle group (like legs) for 2-3 exercises, then do 2-3 upper body exercises, and finish with 2-3 core/abdominal exercises. Giving a little rest between minute-sets, this type of workout can be done in about 15 minutes.

A few other ways to mix up workouts:

Use lots of partners, trading off and on exercises – While Partner A is doing pushups, Partner B is doing squats. This works well with 40-30-20. When partners are trading back and forth, they double up on exercises.

Have lots of variations on exercises (sit-ups, planks, and push-ups) – Constantly mix up the regular exercises with a variation. For example, do straight leg sit-ups, planks with a step out or jumping jack motion with the legs, or extra wide push-ups.

Incorporate activities of strength and cardio – All three for-

Angie Trowbridge...Continued on page 10

erly. For a flyer they need to begin with how to load a stunt properly, how to keep their entire body tight and to keep their hips in line with the rest of their body. With a base they need to learn to use their legs, to help prevent back injuries, how to work in sync with the rest of the bases as well as remembering things like never taking their eyes off their flyer. Starting with easier stunts will help develop the proper memory of movement.

Also, you need to protect yourself as the coach. You have a legal duty to provide a certain standard of care when teaching your squad stunts. The AACCA (American Association of Cheerleading Coaches and Advisors) requires you to teach skills in a safe progression. By documenting your squad's progression you will be able to show written documentation you have used reasonable care to ensure the safety of your squad.

You can find stunt progression lists on the ICCA website. You may find your returning cheerleaders are not excited to start with the basics each and every year but I ask them to use the time to mentor to the younger or new cheerleaders. It can help your squad become a team when they work together! The upperclassmen can use this time to show their leadership skills in a positive way and it will help your entire team become stronger stunters. When stunts are learned in order with proper techniques the ability level of your squad will progress high and higher. When stunt progression is not followed a squad's ability will often level off with intermediate stunts and will never progress to more difficult stunts. Always make safety a priority and work slowly and steadily to reach your team's stunting goals!

Getting to Know Your New Team

Franci McClenathan – Representative Council Member

Over the summer is a really good time to plan events to help you to get to know your team a little better and the kids to learn more about each other.

My team's favorite event is our All-Squads Overnight Lock-In. I hold tryouts in the spring for all squads, junior high and varsity, and they are all invited to this lock-in. Our main goal is always to create all the wall and locker posters we will need for the entire year for all sports. I usually try to plan our lock-in for late July/early August, sometime shortly after varsity camp. We hold it at our school. Everyone brings snacks to share and we usually order pizza. They spend a couple hours in our school's pool and then go to our wrestling room. We stunt and work on our routine for homecoming. Sometimes, but not always, they

mats listed above allow coaches to choose exercises to balance strength building and cardio training. In Tabata, do one round of push-ups for strengthening upper body; do another round of cardio like speed-skaters or squat jumps; then do a lower body exercise like box jumps or step ups.

Concentrate on legs one day, arms another day – This is self-explanatory. It's important to build up muscles to HELP with cheer technique, so don't fatigue muscles with conditioning if cheerleaders will need those muscles to be strong later in practice.

Do exercises that will help cheerleading technique – Adding jumping to squats and lunges really build the quad muscles, as do wall sits and step up drills on high boxes. Those exercises assist with leg strength for jumping and stunting. Also using dumbbells to do bicep curls to an overhead press imitates prep to extension motions.

Constantly mix it up – Don't be afraid to try something new!! Pinterest and other websites offer lots of great "quick" workouts; look for terms like "HIIT" workouts or "circuits" than can be time efficient. The reaction of the cheerleaders will often tell which are the best exercises --- those are the ones they hate the most!

Organization is Key!

by Ashley Meyer, Representative Council Member

Planning for the upcoming season takes time. A team isn't something you throw together the day before and expect to have a successful season. The work and planning you put in beforehand is what makes or breaks your team. You must first develop the vision for the team you want and the expectations you have for your team. Then, create your action plan for steps you will take to achieve your goals. Taking the time to prepare yourself will lay the foundations for a successful and exciting season! Things you must identify and envision about your new team:

What kind of a coach do you want to be to your team? How will you become that coach? This team will be what you want it to be. You will lead them and set the example and tone for the rest of the season. Your team can respect you and buy into your visions or not. Therefore, identifying the type of coach you are and want to become is first and foremost.

What are your expectations for the team? As a coach, you need to identify your expectations for the team, rules you will enforce, practice plans, and decide

even sleep a few hours on the mats.

My kids also get to know each other while working pony league ball concession stands during the month of June. Our booster club pays our program to work all the home games. It's a fairly easy fundraiser for us and yet they learn to work together.

I also like to periodically incorporate games, like Ships and Sailors or relay races, into practices. One practice, they asked to play Red Rover. Sounds silly to play a game from elementary school, but they had a blast. Games like the Human Knot also help you determine which kids on your team are natural leaders. It only takes a few minutes to include these things in a practice but they tend to work harder if they are having fun.

Some other fun things to do with your squad are: have a picnic at a park in your town, go bowling, go ice or roller skating, have a manicure (or facial) party, go to a water park, walk (or ride) in a parade as a team, get together and make cards for the residents at the nursing home. How about inviting them to your home to decorate t-shirts for homecoming and have a bonfire?

Honestly, I have found that anytime you can get your team together in a relaxed atmosphere, they will talk. The more they talk to each other, the more comfortable they will become with each other, and then the more they will trust each other.

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Organization...Continued from page 10

the best why you can prepare yourself and your team to achieve these expectations.

What opportunities will you provide your team? Look into camps now! The earlier you can plan ahead the better. Set up dates, times, and locations. You must also be thinking about your team, ability levels, and financial obligations.

Uniforms? What uniforms and cheer gear will you dress your team in? Make your contacts early from a variety of different companies to ensure the best price and quality for your squad.

Fund Raisers? Consider the financial obligations of your team. Camps, competition, and clothing can add up quickly. If you're not aware of your school's fundraising policy get in contact with your AD as soon as possible. Make sure to start early. Summer projects, holiday sales, and Christmas bargains are a great way to make money for the team!

Organization...Continued in next column

Competitions? Will you be going to State Cheer? What goals do you have for your team? Stunt progression, tumbling, and building muscle strength takes time. Begin making a plan of action and time line for your squad today! Think about everything from contacting choreographers, creating high quality custom music, and creating a workout/lifting plan all within a budget. Sometimes the earlier you book the better!

Tryouts? Select your 2016-2017 teams early. Plan your routines and cheers. Set the date. Determine all of your expectations, rules, and handbooks prior to tryouts. All athletes and parents need to know exactly what they are signing up for. Not being prepared and your athletes not being well informed will only cause you a headache.

What does your school need? Every school is different. What does your school need? Do you need to boost spirit? Student involvement? Work on the "wow" factors like stunts and tumbling? Think about how your team can enhance the school environment!

Volunteer and Service? What can you and your teams do to give back this year? Whether you're working with the local community, within the school system, or getting involved in Special Olympics, determine how you and your team can give back!

Feeling Overwhelmed? Starting early makes the season flow smooth. If you have a solid direction and goal you want to achieve and that vision is conveyed to your squad, you are setting yourself up for a season of success. Coaching is tough. You dedicate yourself to your team and caring about kids! Always remember, you're not alone! You have an amazing ICCA resource and people who care about cheer, young student athletes, and you as a coach! Reach out to any ICCA Representative and other coaches in your area as well! We are strong when we stick together!

Good luck to you and your squad this season! Have a fabulous summer and planning for the upcoming year!



Summer Service Fun!

by Patti Davis, NE District Representative

Summer time is an excellent time to re-group with your new cheer teams and have team bonding through a service project!

It is advantageous to do so, as new teams need time, and opportunities, to build relationships to be better teammates!

Some of the fun you may have together might include, 5K run/walks. There are many types of groups from ALS, JDRF, Alzheimer's, Komen-Breast Cancer, Victim Services and Iowa Law Enforcement to name a few. The service opportunities at these events could include cheering the participants on throughout the race routes, or pre-event/post-event volunteers helping with everything from set up/tear down to face painting and games. So many options as a volunteer! Or attend as a participant! Large groups have so much fun when walking/running together! And what a fun way to condition your team!

More options may include volunteering at local fairs, carnivals, and farmers markets. Maybe consider a baseball, softball, or soccer tournament. All of these events need volunteers! Your local library might enjoy offering a "Cheerleaders" day! Or your local retirement home may love to have you visit residents.

Talk with your team and determine their passions and interests. Participate in that activity or several! Again, not only is this a great team bonding opportunity, but a great way to get to know each other before the season, regular practices, and the fast pace of school everything begins. Your team will make memories and also make a positive leadership name for your cheer team in your community!!



COMMUNICATING WITH YOUR ATHLETIC DIRECTOR

by Sherrie Moritz, Northwest District Representative

Communicating with your **athletic director** is a very important part of an Iowa cheer coach's responsibility.

All cheerleading squads are a part of the athletic department of a school. Cheer squads most likely need the approval of the school's **athletic director** for various things. Uniforms, fundraisers, special events and many times, transportation to and from events are just a few of the things that require specific communication.

Although verbal communication is always good, coaches should consider typing the agen-

Why I Coached CHEER

by Jane Bauman, ICCA Secretary

Being a teacher has always been a dream of mine. Since I was a very young girl I always wanted to play school and if I was not the teacher I did not want to play. Helping kids and being a positive role model is why I went into the profession. Coaching falls right into being a teacher.

I started coaching several (to many to count) years ago. I loved watching the kids grow and change from their elementary school years. They actually were displaying the kinds of behaviors and attitudes that we talked about sooooooooooooooooo many times.

Talking with 8 and 9 year olds is quite humorous on many days. I really loved it when 3:30 rolled around and I was able to carry on adult conversations with the girls. I worked daily to be a positive role model in school and out of school and I wanted the cheerleaders to see this. I wanted to be their friend when they needed a shoulder to cry on, or someone to talk to when they did something really good at school. I also was the person that they could call in the middle of the night to say they needed some help.

Being a coach was like being a mom to many of the cheerleaders. We spent a lot of time together and we understood each other. We laughed and cried together. We formed bonds that can never be broken. We pushed each other to limits that we never thought was possible. But we did it!

This is why I coached. It was not for the money because we all know that we are never paid enough for the time that we spend making the program the best it can be for the KIDS. I coached because I wanted to be a positive role model for the girls. Do I miss coaching, "YES." But I will always be their number one fan in the stands.



SUMMER FUN AND CONFIDENCE BOOSTERS

by Kelly Trinkle, At Large Representative

Summer is a time for kids (and cheer coaches) to rejuvenate and enjoy themselves! It is also an important time for cheerleading teams to start building relationships and bonding as a team!

Here are a few ideas to boost confidence in your cheerleaders during the summer months:

Make your summer expectations clear. Have a meeting with rules and practice dates and locations. Sometimes we are "sharing" our cheerleaders with other high school

da/schedule for each season, including travel, fundraising, and practices. This way each coach is presenting a season's worth of planning along with ideas for success in a formal and professional manner. It's also a great idea to use emails or a drop-by in the office to stay on top of what you and your squad are doing each week.

If you are a new coach, you will want to meet with your **athletic director** to see what his or her expectations are of the cheer squad before your season begins. Sometimes **athletic directors** will need you to check in with them, as they are busy governing many other teams and events. New Coaches might consider arranging private monthly meetings to discuss issues or upcoming events happening with a team. These meetings do not have to be draw out, but a five minute face - to - face conversation is a great way to keep communication open and tells the administration that a you are not only enjoying your job, but striving to give the school what is expected. One of the most beneficial things will be an **athletic director** that not only respects your job and your squad, but will support any and all efforts to improve and represent the school in a positive way.

It's important to try to work closely with administration and ask for ideas or feedback.

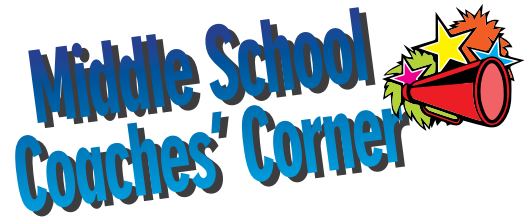
Summer Fun...Continued from page 12

summer activities such as softball. Make sure your cheerleaders know if practices are mandatory or voluntary.

Have seniors host fun practices without you. They can work on motions, cheers and chants! New cheerleaders can learn the school song! This can be a lot of fun and build confidence in both your senior leaders and newcomers. Remind them absolutely NO STUNTING or TUMBLING without you, and be sure they invite everyone. No one should be left out! It is an unofficial practice, but much fun.

Make it fun. This is the most important! Celebrate the upcoming season! I always host a barbeque during the summer. This helps them get to know each other on a social level and helps me get to know them better also. They will learn things about me as well. It lets them see me in a different light as hostess at my own home, a different role than they are used to at school, practices or a game.

These are just a few things to help build confidence in your team over the summer! You can have fun developing leadership in your upperclassmen and instilling a feeling of teamwork to start building a cohesive team!



*By JoEllen Wesselmann,
ICCA Treasurer & a Middle School Coach*

The best part about being a middle school cheer coach is this: it's really not a high-pressure job! Having been a varsity coach for all except two of my 25 years of coaching, I appreciate being able to completely take a rest from cheerleading once the season is over.

Our program has a "no-cut" program, which allows all to participate who want to. Therefore, I have no tryouts to prepare for. YAY! A good idea would be to try to get a feel for who might be interested in participating next year, by having a sign-up before school is out. I do realize that next fall seems like a lifetime when you are twelve or thirteen, so obviously the sign-up will be tentative, and students will be free to sign up in the fall, or not actually participate even if they do put their name on the list.

One thing I will do is plan our orders. I will pick a design (or two if you want to give them choices) for team t-shirts, and pick out shoes. This way, I can have the order process organized and ready to go once school starts. I have found that shoes typically come fairly quickly, and have not ever had problems ordering these items as soon as school starts.

If your squads like to do any sort of posters for the school, now might be the time to have your eye out for ideas. I found if I have ideas or suggestions for posters, it really is a fairly easy task. I like to have kids bring ideas also, so try to talk to the students who sign up to give them a heads up about looking for things they might like to make.

One last thing I would recommend doing is preparing for the parent meeting. Being all ready and revising your handbook this spring, getting appropriate forms lined up, etc., will make jumping back into it in the fall go a lot more smoothly. This is especially true for those who will be starting a new year in the classroom, as cheerleading is sometimes what gets put on the back burner until the classroom is ready. If you have it ready to go, I promise you will be happy you did!

Most of all, plan to HAVE FUN! Share your love for cheerleading and enjoy the journey! (Feel free to invite/bring the kids on your "tentative" list to the free clinics in August! We LOVE having the young ones!)

Shrine Bowl 2016

by Salli Nichols, Shrine Bowl Director

The Iowa Shrine Bowl 2016 will be held the week of July 18-23 in Cedar Falls, Iowa.

The Shrine Bowl cheer squad is coached by Ronna McGrann/choreographer, Mindy DeBaun, Salli Nichols, and Sandy Norby. The coaches check in at Noehren Hall on Monday, July 18 and 60 cheerleaders will check in on Tuesday, July 19th. We start the week off with pictures and practice.

During the week we have practice, practice, practice! The girls come to Shrine Bowl already knowing the 10 minute dance/cheer routine. During the week is when we polish the routine, change things where needed and bond as a cheer squad. On Friday the Shrine patients come to us where a cheer clinic for the girls and a football clinic for the boys is held. Cheers and chants are taught to the girls and a lot of smiles and laughter are going on! This day is one of the most memorable days for the football players and cheerleaders.

The Shriners love to entertain the football players and cheerleaders, so the evenings are filled with activities. During the week the evening activities are a pizza party, hog roast, movie night, water park, and banquet. Saturday kicks off the day with the parade on Main Street and the Shrine Bowl football game, and of course the awesome half-time performance!

Shrine Bowl is a week of making new friends, making memories, and coming together for one cause - the Shrine Kids!



Preparing Your Team for Cheer Camp

by Jeanne Ehn, Executive Director

You probably have your squads' summer cheer camp already booked. It doesn't matter if your team goes away to camp or has camp at home, there are some things to double check.

Space: If the camp is being held at the school, make sure that the gym/or the place where camp is to be held is reserved. Consider reserving space for practice time leading up to camp as well. This is probably coordinated with your athletic director.

Why I Coach Cheerleading

by Betty Lou Jones, North Central District Representative

I have often wondered what I would say if asked this question. Many things come to mind as I ponder the "why."

The first response I had was I love cheerleading. Getting the crowd to respond, the competition and working with the cheerleaders themselves. Watching the shy cheerleader come out of his/her shell. The cheerleader with no confidence finally realize "yes" I can do that. Watching the person who practices until he/she gets it, and how it puts a smile on his/her face makes me happy. All these things, plus many more come to mind.

The many thank you notes I have received over the years lets me know that I have made a difference. The way I feel about coaching is if I can help change the life of one cheerleader at a time I have made that difference. Over the years I have not won many championships, or have every year had the most talented cheerleaders, but I feel each year they have worked towards a goal and that is a lesson in life I am glad that I can help them learn.



HEADING TO CAMP

by Sarah Buss, South Central District Representative

Heading into camp can be exciting and also terrifying. You want your team as prepared as possible and as a coach you are nervous on how their first outing as a team will go. When heading to camp here are some key tips to remember:

- **Every team and coach are in your exact same shoes:** All the teams are new, they all have drama, they have new people, and skills they want to improve on with their veterans. So take a deep breathe and know that where ever your team is in the process, it is ok and the purpose of camp will be to come out stronger as a team. I don't know of a camp that doesn't succeed at that.
- **Conditioning is important:** I would not suggest going into camp without conditioning these - 1) basic stunt progressions 2) having a get to know you meeting so the team can meet each other. 3) working on the basic core exercises for proper jumps and motions. This will help you go into camp laying the ground work for smarter cheerleaders and less injuries.
- **Plan team outfits:** Matching at camp is important. It alleviates stress by organizing what to have everyone wear. It also gives the team a uniform look that helps your team unite and be recognized more easily.

Forms, Transportation and Money: There's much information that parents and cheerleaders need to know regarding cheer camp. What forms do they need to bring to camp? How are they getting to the camp if it is a distance away? How much money should they bring with them for food, camp fees, etc.? Do cheerleaders need to bring towels, bedding, swim suit, etc? Sometimes the best thing to do is gather all the information and put it in the form of a letter and attach the necessary forms for the parents. You can give it to each cheerleader and/or email it to parents. Some coaches have a parent meeting just for camp. It is up to you and the amount of camp information that you need to pass on. Remember, the more everyone knows, the easier it is for all. Make arrangements early!

Practices leading up to camp: Depending on the requirements of the camp, your squad might need some/several practices before camp. It is especially smart to have stunt and safety progressions done so cheerleaders feel confident and can perform stunts safely. If they need home cheers, it takes some time to prepare them for that. Look at the calendar and set those dates now (which would be required practices and which are not) so they, too, can be in the letter to parents and cheerleaders.

Outfits: Many squads dress alike during camp. If this is your squad, it is time to plan those outfits now. Please keep in mind the financial costs of camp. Some kids won't be able to afford 3 separate outfits. If there is a mutual style of school T-shirt and shorts they can all wear to reduce the costs, you are helping out those who have stress with this part of going to camp.

Snacks & Roommates: If going away to camp, face it - there's going to be some snacking! Figure out the roommates so the planning can begin. Also, if the dorms are not air conditioned, who will bring a fan, etc? You also have to decide if you are letting seniors room with seniors or let cheerleaders decide roommates, OR do you mix it up a little bit and assign roommates? There are good and bad to each idea, it is up to you to decide.

Keep EVERYONE in the LOOP: Send an email, post on the team Facebook page, use Twitter, etc. often so everyone stays in the information loop. This will make the camp experience a time of fun and bonding because there are no surprises. Your team (and you) can focus on learning and enjoying each other.



- **Plan alternate "fun stuff" at camp:** Camp is long and camp is stressful even for the most experienced squad. Plan nightly activities such as big sis little sis reveals, lip sync contests, minute to win it games, uno card tournaments-etc. This helps everyone forget about sore muscles and bonds your team while creating great memories.
- **Cell Phones:** Ok so I have had several different policies. But I always say that this time is about who is at camp and NOT about who is not at camp. So do what is comfortable. One camp we have I say, no cell phones and all parents contact me if there is an emergency. Another route is to collect them at the start of camp and give them their phones for only one hour each night. Either way forces them to communicate with each other and bond.
- **Forms:** Remind parents and have them sign off that they know this is a school activity and that all school conduct codes are to be enforced while at camp. Also, have extra medical forms with emergency numbers on it for each cheerleader on hand with you at camp.
- **Doors:** I spend approximately 5 minutes with each room at night. We talk about how they are feeling and if everyone is prepared for the next day. When you leave, put a strip of masking tape over where the door meets the frame. If the door is opened the tape will be broken or will come loose. When you wake up check the tape.
- **Awards:** Every camp has a variety of awards. Some years you will go home with several awards, other years you won't. I have always found it fun to go in with some creative awards of your own. "Best Use of a Hair Tie," "Best Use of Junk Food," "Superior Manners," "Selfie Challenge Winners," etc. These are fun and add some extra spirit to your team.
- **Letter to the parents:** Advise the parents you will be returning them tired, cranky, sore individuals. I think it is important the parents know what to expect so they don't measure camp on if it was successful by the demeanor of their daughter that first 24 hours being home. It takes a bit to rebound after what is usually a tough 3-4 days spent with a group of girls 24/7.

Lastly, there is no bad camp. The goal is to find a camp that fits what you want and what best fits your team. Call other coaches, call the company, look for videos of previous camps online, and ask for a sample schedule. Have a great summer and good luck at camp!



Ask Jeanne

Dear Jeanne:

How do I protect my liability if my athletic director doesn't support my program and me?

Frustrated

Dear Frustrated:

The best thing you can do as a coach regardless of whether your athletic director is supportive or not supportive is keep good records of your program. At the end of a year, keep all records in one place whether it is a notebook, in a three ring binder, or a file folder. Write the year that it covers and the date it may be thrown away (until the youngest member of your squad reaches age 20, plus one more year), and keep it in a safe place.

Records should include:

A roster of cheerleaders for each sport (note athletic physical and assumption of injury forms have been turned in to the athletic director)

Cheer handbook/constitution

Parent meeting information along with parent and cheerleader signatures of attendance including the date of the meeting. (Note if athletic director and/or trainer were in attendance)

Practice schedules - include cheerleader sign in and sign out, or absence noted (include games). Be sure to note if practice got out early or didn't meet as scheduled and the reason (snow, no school, etc). If you use a calendar, just noting the information on the date will work.

Practice plans

Stunt progression lists (for each position)

Tumbling progressions lists

Spotting progressions lists

Injury reports and doctor dismissal from injury

Letters, concerns, etc.

Disciplinary actions (include copies of emails and letters so there are records)

A copy of your NF Rules Meeting Certificate and NF Concussion Video Training

Attendance at the ICCA Conference and the add on classes taken. (A copy of the Continuing Education Credit Hours sheet OR a copy of the certificate received if taking AACCA).

Also, make sure you keep a record of meetings with your athletic director or administration. Note what was discussed.

I know it seems like many things, but all of these things will help answer questions if necessary, and show your intent to do things correctly as expected in a court of law.

Dear Jeanne:

Why are the ICCA Events closing dates and the mailing fees dates different?

Just wondering

Dear Just Wondering:

The dates are set to allow coaches the time to work with their school to get the fees in to ICCA in a timely manner. The registration opens in early August so schools who need 6 weeks to get the fees check processed have 6 weeks.

ICCA knows your cheerleader names might change, that is why coaches have access to change names as they see fit. Once the registration closes, the payments must match with the online records.

We have the fees mail in date a week after the registration closing date for schools who will write a check immediately and not have to wait the 6 weeks for things to process.

As a coach you have to be organized. Talk with your athletic director and if necessary, your business office NOW to find out what you have to do to get the fees processed in a timely manner. The ICCA Board feels they've given plenty of time for coaches to get cheerleaders/schools registered and fees processed.

Note: All registration fees must be paid before any cheerleader is allowed to participate in an ICCA event.



I'm cheering for you!

Jeanne Ehr

ICCA GENERAL MEMBERSHIP MEETING MINUTES

The ICCA held their annual meeting at Prairie Meadows on March 11, 2016. President Hatfield called the meeting to order at 4:05 PM.

Sarah Buss from Ames made a motion to approve the minutes from the 2015 meeting. Jeanne Ehn, ICCA Executive Director seconded the motion. Motion carried.

JoEllen Wesselmann reported that 105 schools are represented in our membership with a total of 193 coaches.

The treasurer (JoEllen Wesselmann) reported that we have the following amounts of money:

\$56,309.08 in checking

\$15,404.60 in savings

\$16,683.11 in CD's

\$15,536.70 is invested

The Director and District Representatives reports were listed in the program for people to read.

There were no changes to strengthening the rules. Coaches are encouraged to use the website to help with the rules.

Paula Kirkpatrick from Tri-County made a motion to make the needed revisions to the constitution. The changes were printed in the Conference Program. It was seconded by Angie Trowbridge from Shenandoah. Motion carried.

A motion was made to approve the slate of officers by Gretchen Nollman from West Liberty. Trish Sevier from Creston seconded the motion. Motion carried.

Jo Ellen Wesselmann from Ballard HS made a motion to adjourn the meeting at 4:12. Seconded by Kris Penca from Mason City. Motion carried.

Respectfully submitted,
Jane Bauman

BREAKING NEWS! BREAKING NEWS! BREAKING NEWS!

IMPORTANT NEWS FOR EVERY CHEER COACH!

USA Cheer Music Copyrights Educational Initiative

*(Taken from a directive by Angela Hayes, Assistant to the Director of Performing Arts and Sports, National Federation)

"Special Information for Coaches:

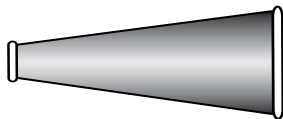
Cheer coaches...are responsible for ensuring the music used by their teams for any public performance and all competitions follow the USA Cheer music guidelines. Coaches and gym owners need to be aware of the guidelines so that any music used in a routine their cheerleaders are a part of is in compliance. Remember teams can be liable for violations with fines up to \$150,000 per occurrence to the copyright owner, under U.S. copyright law.

For competition or events, coaches should submit a form that confirms your team's music has been appropriately licensed.

Athletes & Spirit Leaders:

- As a reminder, when you buy or download a piece of music it is only for personal use and this does not allow you to use it for any public use, even at school. Under U.S. copyright laws, you cannot mix, edit with another song or publicly perform music for which you do not have a valid license from the applicable copyright owners or administrators."*

Copyright laws need to be followed because it is the law. Believing that "no one will find out" is a poor decision with today's social media. More information about U.S. copyright laws and making sure you follow these guidelines will be on the ICCA website and sent to schools as it becomes available. Please check the ICCA website **often** for more information regarding this issue. In the mean time, check out this website: <http://usacheer.net/presssafety/music>



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ICCA Calendar for the 2016-2017 School Year

- May 19, 2016: Special Olympics, ISU, Ames
- July 23, 2016: Shrine Bowl, UNI, Cedar Falls
- **August, 2016: ICCA Free Fall Clinics**
 - NC – August 27, Mason City (Lincoln Intermediate School)
 - NE – August 13, Manchester (West Delaware High School)
 - NW – August 13, LeMars (LeMars High School)
 - SC – August 20, Ames (Ames High School)
 - SE – August 20, Tiffin (Clear Creek Amana High School)
 - SW – August 27, Shenandoah (Shenandoah High School)
- **August 1 - August 25, 2016: Online Rules Meeting**
ALL COACHES and choreographers **MUST complete the **AUGUST ONLINE RULES MEETING** to participate in ICCA EVENTS. The winter rules meeting will not be accepted for State, All-State, and Honor Squad registrations.
- August 10, 2016: **ICCA Fall Event Registration Opens**
- September 27, 2016: **DEADLINE for ONLINE ICCA Event Registration:** All-State Tryouts, State Championship, Honor Squad (no other type of registration is allowed)
- October 3, 2016: **Deadline for mailing entry fees** for ICCA Event Registrations
- October 15 & 16, 2016: All-State Tryouts, Ames
- October 16, 2016: Shrine Bowl Tryouts, Za-Ga-Zig Temple, Altoona
- **October 24 – November 28, 2016: Winter Online Rules Meeting** (not accepted for fall event registrations)
- November, 5, 2016: State Championships, State Fairgrounds, Des Moines
- November 13, 2016: Honor Squad Practice, Ames
- November 17-18, 2016: Football State Championships
- November 17, 2016: Honor Squad Practice, UNI, Cedar Falls
- November 18, 2016: Honor Squad Performance, UNI Dome, Cedar Falls
- January 8, 2017: All-State Practice, Ames
- January 15, 2017: Deadline for Iowa All-Stars video tryout
- February 1, 2017: ICCA Scholarship application deadline
- February 5, 2017: All-State practice, Ames
- February 15 - 18, 2017: Wrestling State Dual & Individual Tournaments, Wells Fargo Arena, Des Moines
- February 26, 2017: All-State Practice, Ames
- March 5, 2017: All-State Practice, makeup practice, Ames
- March 6 - 11, 2017: Boys' State Basketball, Wells Fargo Arena, Des Moines
- March 9, 2017: All-State Practice, Ames
- March 10, 2017: All-State Performance, Wells Fargo Arena, Des Moines
- March 24 - 25, 2017: Iowa All-Stars, Dallas Center-Grimes High School
- March 31 – April 1, 2017: ICCA Spring Conference, The Meadows at Prairie Meadows, Altoona
- July 29, 2017: Shrine Bowl, UNI, Cedar Falls

2016-17 National Federation Spirit Rule Changes

Book Reorganization

Cheer and Dance/Drill/Pom will now follow completely separate performance safety rules.

Rule 1 – DEFINITIONS (All spirit groups)

Rule 2 – GENERAL RISK MANAGEMENT (All spirit groups)

Rule 3 – CHEERLEADING RISK MANAGEMENT (Cheerleading only)

Rule 4 – DANCE/DRILL/POM RISK MANAGEMENT (Dance/Drill/Pom only)

RULES CHANGES

*Note: Rule changes and additions are underlined; Old language is ~~lined through~~. *Asterisk indicates that the rule number will change with book reorganization.*

1-Definition Bracer – “A top person ~~who stabilizes and/or assists~~ is connected to another top person.”

1-Definition Cradle Position (NEW) – “A face-up open-pike position.”

1-Definition Quick Toss – “A release that begins with the top person ~~in~~ having both feet in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid.”

*2-4-7 A spotter is required for extended stunts except for the following:

- a. Chair
 - b. Russian lift
 - c. Torch
 - d. Double-base split catch
 - e. Double-base vertical T-lift
 - f. Triple-base stunts in which the top person is horizontal
 - g. Triple-base suspended splits
 - h. Triple-base straddle sit in which the top person has both hands in contact with a post.
- (Note: f. All bases of triple-base Swedish fall are no longer required to face the top person.)*

*2-5-2 ART. 2 (NEW) . . .An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.

*2-5-3 a, b ART. 3 . . .Braced inversions in a pyramid that do not flip ~~or roll~~ are permitted provided the following conditions are met:

- a. Braced inversions that do not release must follow non-release stunt Rule *2-6.
 - b. Braced inversions that release must follow release transition Rule *2-7- 5.
- (Note: Old a. was deleted, meaning that braced flips can start from a single base.)*

*2-5-4 ART. 4 . . .Braced flips ~~or rolls~~ in a pyramid are allowed provided all the following conditions are met:
a. The top person maintains continuous hand-to-hand/arm contact with ~~a bracer on each side~~ two bracers who are in multi-base preps with a spotter. The top person is not behind the bracers.

*2-5-5 ART. 5 . . . In all other inversions:

~~a.~~ *Old a. replaced by new Art 2*

a. A top person in an inverted position on the performing surface may be released to a loading position below prep level. *(old exception to b.)*

b. Static inversions at prep level require two bases or a base and spotter. The spotter is not required to be in contact with the top person.

c. A release transition from a static inverted position to a non-inverted position is allowed provided:

1. The top person lands at or below prep level.
2. The top person does not twist more than ¼ rotation.
3. There is a spotter.

- d. In inversions in which the base of support begins and remains below prep level:
1. At least one base or spotter must be in a position to protect the head/neck of the top person. (*old b.-no change*)
 2. The base or spotter must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
- e. In inversions where the base of support begins at or passes through prep level: (*old c.-no change*)
1. At least two people on the performing surface must be in a position to protect the head/neck of the top person.
 2. The bases/spotter must maintain contact with the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
- EXCEPTION: In a foldover stunt, the top person may initiate the inversion without upper body contact.
3. The top person must not go directly to an inverted position on the performing surface from a prep level or higher.
- f. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
- g. Dismounts from inverted stunts to a cradle or an upright position on the performing surface are permitted provided the top person begins in a static or "pump and go" position (i.e., handstand) and ~~does not perform any skill (e.g., toe touches, twists, etc)~~ does no more than a one-quarter turn. Dismounts to the performing surface from shoulder height or above must follow Rule *2-9-2.

- *2-6-3 Also Rule 4
 ART. 3 (NEW) . . . A participant must not jump unassisted onto the back of a base who is in a horizontal position.
- *2-6-4 ART. 3 4 . . In pyramids where one static extended stunt braces another static extended stunt the connection must be hand/arm to hand/arm.
- *2-7-2 New b
 ART 2 . . .In all release stunts and tosses:
 b. (new) The top person must not land in an inverted position.
- *2-7-4 ART 4 (NEW) . . . A switch liberty is permitted as an exception to Art *2-7-2 and *2-7-3
- *2-7-5b ART. 5 . . . Release transitions are permitted provided all of the following conditions are met throughout the transition:
 b. The top person maintains hand-to-hand/arm contact with at least one bracer except for the following:
 1. A non-braced top person in a vertical position at prep level may be released to a stunt at any level provided the top person remains vertical.
 2. A non-braced top person in a cradle position or horizontal position at prep level or below may be released to a loading position or stunt prep level or below.
- *2-7-8 Delete ART 8 . . . ~~A top person in a flatback position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.~~
- 2-7-11 ART. 11 . . . (NEW) A quick toss is permitted.
- *2-8-2 ART 2 . . .Non-braced suspended splits that originate from or pass through prep level or above are permitted provided ...":
 a. . . .At least ~~four~~ three bases slow the momentum of the top person.
 b. The top person has both hands in contact with a base(s) once she reaches the full split position.
 c. At least ~~three~~ two of the bases support under the top person's legs, and the ~~fourth~~ third base may support under the legs or be in contact with the top person's hands.

*2-9-3 Dismounts to the performing surface from shoulder height or above that involve a skill (e.g. toe touch, twist, etc.) ~~require assistance~~ from two bases or a base and a spotter. Assistance is required from at least one base or spotter. This assistance must be sufficient to slow the momentum of the top person.

*2-12 (NEW)

SECTION 12 (NEW) CHEERING ON PROPS AS BASES

ART. 1 . . .The height of the prop must not exceed 3 feet.

ART. 2 . . .Jumps and/or stunts are not permitted on props.

*3-1-5b

Art. 5...Dance, drill and pom teams must wear footwear that is appropriate for the activity.

a. At minimum footwear must cover the ball of the foot.

EXCEPTION: Dancers who perform on a floor cover may be barefoot.

b. Footwear that covers the entire foot /feet with non-slip soles must be worn for the following:

1. Stunts/lifts at prep level or above in which the top person's foot/feet are in the hand(s) of a base(s).

2. Airborne tumbling with the exception of front and side aerials

3-7 Delete Section

~~**SECTION 7—ASSISTED INVERTED FLOOR SKILLS**~~

(Note: This section is no longer needed: inversion rules apply)