



Iowa Cheerleading Coaches' Association NEWSLETTER



December 2017 Jeanne Ehn, Editor



PRESIDENT'S MESSAGE

As we move on from football season and in to winter, ICCA wants you to know we are here for YOU! We try to prepare you with all of the information you need to make your program successful.

One of the best tools we have is the ICCA website (iowacheercoaches.org). Please take a look and see what ICCA can offer you and your cheerleaders. There is also a tab you can direct your school administration to so they can always stay in the loop! We encourage you to look at the website and if you have suggestions for us on content to add, please let us know.

Another resource we give coaches is the ICCA Newsletter. Right now we offer three email links during the year with content but we also send a hard copy out to all schools in August every year. With changing times and technology we are always trying to improve how we get information out to coaches. We would love to hear your suggestions on whether you would like hard copies of the newsletter mailed to you, continue to read online versions, or would prefer a blog style version.

Remember you can always reach out to Board members if you have questions! We want to help you make your season the best it can be!

Cheers!
Melissa Hatfield
ICCA President

2018 ICCA Spring Coaches' Conference by Donna McKay, Executive Director

The ICCA Spring Conference will be held at The Meadows at Prairie Meadows in Altoona on April 13 - April 14, with a theme of "This is Us" which will celebrate the ICCA's 30th Anniversary. Nationally known speakers for the conference are Jeff Brewster, Logan Lefler, and Jim Lord. Jeff Brewster has choreographed for many national cheer and dance teams, was an NCA instructor for 28 years, and is a Herkie Legacy Award winner. Logan Lefler is a highly sought after speaker, especially known for his stunt teaching technique. Jim Lord is the Executive Director of AACCA and a leading expert on the National Federation Rules. The conference will again offer coaches the chance to receive AACCA certification, plus a variety of classes for all coaching levels, such as Partner Stunt Progressions, Elite Stunts, New National Federation Rules, etc. Mark your calendars for a fun and educational weekend! More information will be available on the ICCA website, plus conference brochures will be sent to all ICCA members and every high school closer to the conference date.



STATE CHAMPIONS NAMED

by Jeanne Ehn, Executive Director



The 2017 Iowa High School State Cheerleading Champions were named November 4 that the Jacobson Exhibition Center in Des Moines. Over 150 teams performed in three divisions: Cheer/Dance, Stunt Group, and Time Out. The competition was so close that sometimes a half of point determined the placings or the tie breakers had to be applied.

Congratulations to every team who participated! You overcame obstacles and challenges, and became better cheerleaders and coaches in the process.

Official results with point totals continued on next 2 pages.

Results...Continued on page 2

Save the Date!

April 13 & 14
ICCA Spring Conference -
This is Us!
Celebrating 30 Years
The Meadows at Prairie Meadows

RESULTS

CHEER DANCE

SCHOOL	POINTS
1A	
BCLUW, Conrad.....	146
West Fork.....	145.5
Northwood-Kensett.....	135
Newman, Catholic.....	132.5
Wayne, Corydon.....	128.5
M-M-C/R-U.....	125 (tie 6th)
St. Edmond.....	125 (tie 6th)
North-Linn.....	119
Central Decatur, Leon.....	111.5
Wapsie Valley.....	111
North Union.....	107
Grand View Christian.....	74.5
2A	
Des Moines Christian.....	149
Dike-New Hartford.....	144.5 (tie breaker applied)
Garner Hayfield/Ventura.....	144.5 (tie breaker applied)
Columbus Catholic.....	137
Roland-Story.....	132.5
North Cedar, Stanwood.....	128.5
Southeast Valley.....	118.5
Sumner-Fredericksburg.....	102
IKM, Manning.....	99
Hampton-Dumont.....	98
South Hamilton, Jewell.....	74
3A	
Dallas Center-Grimes.....	165.5
Mount Pleasant.....	161.5
Carlisle.....	156.5
ADM, Adel.....	144.5
Boone.....	139.5
Ballard.....	124.5
Clear Lake.....	123.5
Center Point-Urbana.....	122.5
Bondurant-Farrar.....	121.5
Spencer.....	120
Grinnell.....	117
4A	
Waukee.....	172
Johnston.....	171
Southeast Polk.....	169.5
Ames.....	153.5
Cedar Falls.....	153
Mason City.....	146
Burlington.....	141.5
Des Moines, Lincoln.....	138
Urbandale.....	137.5

Results...Continued in next column

Results...Continued from previous column

Iowa City, West.....	136.5
Indianola.....	130
Dubuque, Hempstead.....	113
Newton.....	106.5
Des Moines Roosevelt.....	95
Coed	
Fort Dodge.....	173.5
Linn-Mar, Marion.....	166.5
Valley, West Des Moines.....	165.5
Davenport, West.....	149
Centerville.....	146.5
Bettendorf.....	139.5
Nashua-Plainfield.....	137.5

TIME OUT

SCHOOL	POINTS
1A	
HLV.....	174.5
Cedar Valley Christian.....	171.5
Tri-County.....	169
Essex.....	168.5
CAL, Latimer.....	168
West Sioux, Hawarden.....	159.5
Grundy Center.....	152.5
Sigourney.....	138.5
2A	
Mount Ayr.....	175
Waukon.....	170
Albia.....	166
Madrid.....	164
Dike-New Hartford.....	162
PCM, Monroe.....	152 (tie 6th)
South Central Calhoun.....	152 (tie 6th)
Shenandoah.....	144 (tie 8th)
Roland-Story.....	144 (tie 8th)
Hampton-Dumont.....	141
Northeast, Goose Lake.....	140
Centerville.....	125
3A	
Carlisle.....	177 (tie breaker applied)
Glenwood.....	177 (tie breaker applied)
Marion.....	174.5
Iowa Falls-Alden.....	166.5
Iowa City, Liberty.....	166
Gilbert.....	164
Dallas Center-Grimes.....	157
Vinton-Shellsburg.....	148

Results...Continued on page 3

Results...Continued from page 2

4A	
Fort Dodge	179
Cedar Falls	174
Southeast Polk.....	170
North Scott, Eldridge	168
Ankeny Centennial.....	165
Dubuque Hempstead.....	159 (tie 6th)
Cedar Rapids, Jefferson	159 (tie 6th)
Muscatine	155
Cedar Rapids, Prairie	148
Des Moines, Lincoln.....	140

STUNT GROUP

SCHOOL POINTS

1A	
Notre Dame, Burlington B.....	121.5
Notre Dame, Burlington A	116.5
BCLUW B,	109
Northwood-Kensett.....	108.5
St. Edmond A	107
Nashua-Plainfield.....	102
M-M-C/R-U	92.5
Grundy Center.....	91.5
St. Edmond B	90
Tri-County A	87
Tri-County B	86
BCLUW A.....	85.5
Cedar Valley Christian	67.5

2A	
Waukon	102.5
Roland-Story	102
Madrid.....	94
Dike-New Hartford A.....	90
Dike-New Hartford B	84
Mount Ayr	83
PCM, Monroe	78

Results...Continued in next column

Results...Continued from previous column

Hampton-Dumont B.....	71
Hampton-Dumont A.....	58

3A	
Mount Pleasant A	115
Crestwood	112
Carlisle A.....	108 (tie breaker applied)
Carlisle B	108 (tie breaker applied)
Mount Pleasant B.....	103.5
Dallas Center-Grimes.....	93
Glenwood B	91.5
Glenwood A	89
Winterset A.....	83
Winterset B	79

4A	
Iowa City, West A.....	117.5 (tie breakers applied)
Davenport West.....	117.5 (tie breakers applied)
Waukee A	117.5 (tie breakers applied)
Ankeny Centennial A.....	117
Ames B.....	115
Ankeny Centennial B.....	114.5
Waukee B	107.5
Ames A.....	107 (tie 8th)
Linn-Mar.....	107 (tie 8th)
Fort Dodge	103.5
Iowa City, West B	98
Cedar Falls A.....	94
Cedar Fall B	92.5
North Scott, Eldridge B.....	75.5
North Scott, Eldridge A.....	61

Coed

Davenport West	77.5
Linn-Mar, Marion	75
Shenandoah	57

Service Award...Continued from previous column

year 2000, the cheer squad has participated in competitions and parades in Iowa, Texas, Illinois, Minnesota, Missouri, and South Carolina, and performed at the Liberty, Alamo, and Taxslayer Bowls. She has also had cheerleaders participate in the ICCA events of Honor Squad and the State Championships year after year. Making cheer education a priority so she can be a better coach, she has also been a regular attendee at the Spring Coaches' Conference. Despite all of these events, Sherren is most proud when she sees how young people have grown by being a member of the JHS cheer squad. In recognition of her dedicated service to cheerleading and coaching, the ICCA is proud to award Sherren with the 2017 Distinguished Service Award.



**Long-Time Cheer Coach Sherren Huston
Awarded Distinguished Service Award**

by Kenna Johnson, Executive Director

In the spring of 1996, Sherren Huston entered a new phase in her life, as the head coach of the Cedar Rapids Jefferson cheer squad with her daughter Cathy at her side as choreographer. For more than twenty years, Sherren Huston has been at the helm of the Cedar Rapids Jefferson cheerleading program. Since that time, many, many young people have gone through the program. The cheer squad has supported the various athletic teams at Jefferson, and the squad members have done countless hours of community service for charities, businesses, and elementary schools. Since the

Service Award...Continued in next column

Lifetime Achievement Award Comes from Shared Dreams

By Kenna Johnson, Executive Director

Teamwork is the cooperative or combined effort of a group of persons working together as a team for a common cause. This year, the Iowa Cheerleading Coaches' Association is presenting the Lifetime Achievement Award to the Iowa High School Athletic Association as a token for the incredible relationship of TEAMWORK that has been built between these two organizations over the past 30 years.

In 1988, IHSAA representatives Bernie Saggau and Rick Wulkow attended a meeting of concerned cheer coaches, listening to their concerns. Mr. Saggau decided that the philosophy of the IHSAA matched up with what these cheer coaches were trying to accomplish, and through that opportunity, he was willing to help us give our organization a chance to be born. Out of the work of supporting athletic teams from Iowa high schools came the partnership between the Iowa High School Athletic Association and the newly formed Iowa Cheerleading Coaches' Association.

Very quickly this union blossomed into a very unique team effort. In the beginning, IHSAA helped us send out letters. They guided us as we took on Spirit Rules Meetings, and before we had an online option, they assisted by paying mileage to our presenters in order to get the rules out to our coaches. They also provided the "Blue Book" – a guide that was sent to every school in the state with examples and guidelines borrowed from established programs that had experienced success.

Many of the programs ICCA hosts every year came out of the partnership between IHSAA and ICCA. IHSAA is responsible for the idea of All-State, continually supporting that event during the Boys' State Basketball tournament. They took our idea of Honor Squad to the Board of Control for approval, and each year our cheerleaders have the opportunity to perform at the State Football Championships. Several years ago, IHSAA offered to assist coaches by paying partial tuition for courses that are basic to coaching, like AACCA, because they felt it was important for coaches to educate themselves as much as possible. Many IHSAA representatives have also taken part in our Coaches' Conference, presenting sessions and offering their expertise, all because they wanted to help ICCA.

The list of benefits IHSAA has provided for ICCA and its members goes on and on: halftime performances at Boys' State Basketball; printing, publishing, and mailing of the Newsletter; inclusion in the Hall of Pride;

*Commitment is what transforms a promise to reality.
~ Anonymous*

❄️ WINTER SPECIFIC RULES ❄️

By Erin Taylor, Rules Interpreter

Having a great season starts with refreshing your knowledge of the rules for that season. Here are a couple helpful rules to help you start the season on the right foot.

STUNTING

3-5-3 Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial), a mat, or a rubberized track. Tosses are not permitted on gym floors. Flip tosses are never permitted on any surface.

UNIFORMS

Warm ups may not be worn while cheering inside (basketball and wrestling).

Cheerleaders need to wear their school issued uniform while participating in any cheerleading performance. T-shirts are not an official uniform. For Coaches vs Cancer exceptions please consult the ICCA website.

BASKETBALL SPECIFIC RULES

2-1-8 Stunts are not permitted during basketball and volleyball games when the ball is in play, including all free throw situations. Tumbling is considered stunting. Be sure to follow rules for warming up when an alternative gym is not available. It is not legal to stunt in the dark (such as darkened gyms during introductions).

2-1-10 Cheerleaders can't be on the floor during 30-second or less timeouts in basketball.

2-1-12 Cheerleaders must not stand behind the free throw lane extended toward the sidelines.

WRESTLING SPECIFIC RULES

TUMBLING OR STUNTING is prohibited at sectional, district, and state wrestling tournaments.

NO PILLOWS, POMS, STUFFED ANIMALS, etc. are allowed at sectional, district, or state wrestling tournaments.

CELL PHONES and **CAMERAS** are prohibited when at mat side.

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

tours of the Hall of Pride for the All-State squads; assistance in starting our online registration program; help in taking our Rules Meetings online, etc. It was under the guidance of IHSSA that the ICCA developed the Executive Directors' positions. The IHSAA has gone above and beyond to help ICCA become the strong organization it is today, and through it all, they wanted to make sure that ICCA maintained control of its programs. They have listened to our ideas and concerns while actively working towards finding remedies that benefit every individual and school involved.

Behind the scenes, the staff at IHSAA tremendously contributes to the communication that happens between our organization and ICCA members. They print signs and letters, programs and certificates. They send email blasts at a moment's notice and diligently support our work throughout the year. Most recently, as music royalties became a new issue, we contacted a representative at the Music Association, also part of IHSAA, to ask for guidance.

In no way is it possible to show our appreciation to this priceless group of people, this group that has allowed ICCA to grow and flourish. They celebrate cheerleading in Iowa as much as we do. It is with our greatest appreciation that we present our highest award, the 2017 Iowa Cheerleading Coaches' Association's Lifetime Achievement Award, to the Iowa High School Athletic Association, a true award for TEAMWORK.

.....

2018 ICCA ALL-STARS CHEER SQUAD

by Betty Lou Jones, All-Stars Director

The ICCA will be selecting an All-Star Cheer Squad to perform at the half-times of the IBCA All-Star Girls' and Boys' Basketball Championship and Consolation Games on March 24, 2018, at the Dallas Center-Grimes High School.

Cheerleaders are chosen by a video try-out due to Betty Lou Jones by January 15, 2018. Information regarding the tryout and forms are on the ICCA website.

There will be a practice for the All-Star team on March 23, 2018, at a time to be announced.

The cost is \$60 per cheerleader (to be paid if cheerleader is chosen). This covers a room for Friday night, three meals, and a uniform.

Cheerleaders will receive their routine, if chosen, a month ahead of time so they can learn it before arriving at

All-Stars Cheer Squad...Continued on page 6

NUMBER OF CHEERLEADERS AT SECTIONALS, DISTRICTS, REGIONALS, AND STATE

BOYS' BASKETBALL

Six cheerleaders plus a mascot (all in uniform) may cheer at boys' basketball sectionals, districts, regionals, and state. These cheerleaders must cheer the entire game 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.

GIRLS' BASKETBALL

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

During the regular season please consult with your athletic director to see if your conference has any regulations on the number of cheerleaders.

If you view a rule violation, please respectfully approach the coach and inform them of the rule that they are violating. If you need further assistance you may email Erin Taylor at IowaErinTaylor@gmail.com

.....



Traditions in Cheerleading...

by Patti Davis, Website Director

Today we had an ICCA Board meeting. As usual, our Board team, led by our President and Directors, had much discussion and moved forward on many items we feel to offer more and better opportunities for our cheerleaders and our Coaches in the State of Iowa. The Board strives to show cheerleaders are the epitome of academics, athletics and service in many areas. A great meeting today for all things cheer!

We also discussed our 30 Year Anniversary of the ICCA. Without all the many hours put in by some of our current Board members, those that began and have been on the Board since it began, over that 30 years, we would not be the organization we are today. These people have moved forward diligently to offer guidance and expertise they had learned while being Teach-

Traditions...Continued on page 6

practice in March. We will put the stunts and formations together on the 23rd.

Coaches must be a member of the ICCA by December 31, 2017, for their cheerleaders to participate.

For more information please contact Betty Lou Jones, via phone - 515-272-4354 or [email jonesswea@iowatele.com.net](mailto:jonesswea@iowatele.com.net).



Traditions...Continued from page 5

ers, Coaches, Parents and ICCA Board members. The support and encouragement provided by our parent supporter the Iowa High School Athletic Association would not have been possible without their hard work. Without all involved over the 30 years, we would not be able to have provided our sport with so many opportunities! And yes, opportunities now ICCA traditions.

When looking at many things in life, many times we think about how it affects us directly, because that is the emotional response of human nature. The Board and the members of longevity have always looked at how it affects everyone. Many hours of thought, discussion and trouble-shooting have been had over the 30 years of our organization to enable the best options for the events now a tradition to ICCA.

So when thinking of the ICCA, the traditional events, I know I have been a part of many first time opportunities for cheer, successfully continuing each year and appreciate that it is done so well, and all I do is show up with my cheerleaders.

I also remember and look fondly at those 27 years I have personally been mentored by Nancy Huether, Jeanne Ehn, Donna McKay, and the humor of it all by JoEllen Wes-selmann, along with so many other special Board members and Coaches along the way. Whether they knew the impact they had on the direction I took my program at Bondurant-Farrar or not, I reflect upon many of those conversations today, thinking of the growth of our organization over the years.

As we speak about changes within the Board and the new exciting ideas they offer, I pause to think of the traditions of cheer that have turned into amazing years of impacting so many. The traditions, you take with you each day at practice, games, competitions, all began with the support and initiative of the ICCA Founders.

All-State Squad to Perform at Boys' State Basketball

by Melissa Hatfield, All-State Director

Congratulations to the 2017-2018 All-State Squad! This year, 32 cheerleaders were selected for this elite squad that will perform at the Boys State Basketball Tournament in March 2018. Squad members were selected based on their superior skills in motion technique, jumps, dance, tumbling, and personality. Make sure to mark your calendar for March 9th, 2018 and make a trip to Wells Fargo to watch them perform!

2017-2018 Iowa All-State Squad

Joscelyn Buss – Ames
Macee Buss – Ames
Mia Casarez – Fort Dodge Senior
Sabrina Frazier – Cedar Falls
Laurel Degan – Bishop Garrigan
Abi Dimmer – Carlisle
Megan Doyle – Cedar Falls
Megan Herring – Iowa City West
Jisy Higbee – BCLUW
Maly Jordan – Indianola
Taylor Jorgensen – Northwood Kensett
Payton Kruger – Pleasant Valley
Aricka Lambson – Carlisle
Cameron Mescher – Carlisle
Ashley Moore – BCLUW
Addi Moritz – Fort Dodge Senior
Anna Napolitano – Ames
Josie Nordhagen – Carlisle
Victoria Parejko – Pleasant Valley
Jasmine Pham – Cedar Falls
Laney Rees – Fort Dodge Senior
Jasilyn Roop – Shenandoah
Marina Ruppel – Carlisle
Marissa Ruppel – Carlisle
Sydney Sarver – Oskaloosa
Jamie Steinman – Northwood Kensett
Karson Swim – Oskaloosa
Brooklyn Symber – Johnston
Bridget Tribbett – Pleasant Valley
Emily Wilkerson – Adel DeSoto Minburn
QianQian Ye – Mount Pleasant
Ellie Yoder – Fort Dodge Senior

Honorable Mention

Ami Apperson – Shenandoah
Janell Nguyen – Davenport Assumption
Maddison Seago – Davenport West

So, thank you ICCA! For your attention to detail, your strength to hold fast on ideas favorable and unfavorable, and the ability to offer the best possible ideals for Iowa Cheerleaders.

Congratulations on 30 years of tradition! To an organization of amazing impact, opportunities and support for our cheer family!!

NOMINATE for AWARDS

by Jeanne Ehn, Executive Director

Do you know an outstanding cheer coach? Do you have a supportive Athletic Director or Administrator? Is there someone in your community who is very supportive of cheer or the ICCA? The ICCA is bringing to you a great opportunity to recognize exceptional coaches, administrators, and individuals in the cheerleading community. It is time to take the opportunity to nominate individuals for the following awards:

Active Iowa Cheer Coach of the Year: This award must be given to an active cheer coach who exemplifies the highest standards of sportsmanship, ethical conduct, and community service. Coaches nominated for this award should be those actively involved in ICCA programs and seize opportunities to recognize cheerleaders on their squads. This person does not need to be in your district. Any administrator or cheer coach may nominate any active cheer coach for this award. Nominations are due December 20.

Iowa Contributor of the Year: This award must go to someone who is not an active coach but may be a past coach. These are people you wish to recognize for their service to cheerleading in your district, area, or throughout the state. They also must exemplify the highest standards of sportsmanship, ethical conduct, and moral character. You may nominate an adult who has contributed significantly to the success of cheerleading in your school or state. Nominations are due December 20.

Activities/Athletic Director or Administrator Award: Each year ICCA members are invited to nominate special administrators that go above and beyond in helping and recognizing their cheerleaders. The Activities/Athletic Director or Administrator must have been in that position at the current school for at least three years. Check the ICCA website for more information. Nominations are due in early March.

Don't hesitate to refer to the ICCA website for more information about all of these awards.

2017 ICCA Fall Clinics a Success

Kristen Morlan, ICCA Vice President

The free fall clinics were well attended and well received! A total of 53 schools attended one of the six district clinics with 582 cheerleaders participating. A survey sent to participating coaches yielded a lot of great information that ICCA will be able to use as we prepare for next year's clinics!

Comments such as "we loved the clinic and what we were taught. We have been using all of the cheers," and "it was nice to be around other squads," as well as, "my cheerleaders loved the experience of learning new cheers and getting to know other cheerleaders," were just a few of the positive responses received.

Some suggestions for improvement included adding more instructors for some of the larger clinics and bigger gyms to accommodate more cheerleaders. Some squads would liked to have seen some vendors to purchase items. There was even a suggestion that we hold more clinics because some were so large.

There were several suggestions for stunting sessions. However, we cannot stunt at the fall clinics for a variety of reasons. While we want coaches and cheerleaders to be knowledgeable about stunting, the teams who come to the clinics have different levels of stunting expertise and to provide instruction for teams would be difficult. Some teams are at the beginner level, while others are at the elite level. To provide proper instruction at the fall clinics, we would need multiple instructors to team many levels, and a safe environment with proper matting and spotters. We would need to go check off progressions to ensure the safety of everyone and that would take up a lot of our instructional time.

The purpose of the fall clinics is to provide instruction for all cheerleaders, whatever their levels, and we hope everyone is able to take away something new, whether it be a motion drill, jump critique, or cheers, chants and dance. From the responses we received, most coaches felt their cheerleaders benefitted a great deal and plan on attending again next year!

Thanks to those coaches who responded to the survey! While not all the comments and suggestions are listed here, they will all be heard and considered when planning for next year.

If you haven't ever brought your squad to a fall clinic, try to check one out next year! You

Fall Clinics...Continued on page 8

can attend any clinic you choose; it doesn't have to be the one in your district if another site or date works better for you. In fact, attend a second clinic! Two schools did that this year and learned material from two different instructors. You can contact the district rep in advance and find out who is teaching each clinic. Each instructor brings new material and ideas to your teams! So find the best fit for your squad and attend a clinic.



The Have-To and the Get-To

by Sarah Buss, SC District Representative

How often do you hear things like, "Coach, we have to do all squad libs at the pep rally. Can we work on those all practice instead of working on all the other stuff?" At this moment, I simply pause and look at my cheerleaders and say, "The lib takes 30 seconds, the cheers and school song take 10 minutes. Which one do you think we should spend the most time on?" Insert silence and a bit of frustration from both parties. I get it, they want to cut to the part where they show off their advanced stunts to the crowd. Don't get me wrong, there should be ample time spent on safety and proper stunting. My point is **stunting is a Get-To**. Doing the school song, jumping, and performing cheers that lift your team and crowd in school spirit, that's a Have-To. **That is the basic #1 job of a cheerleader.** Once you have mastered that, THEN you can stunt and add tumbling and pyramids for the wow factor. When my team is at odds with each other, or have poor attitudes or become lazy doing the conditioning work out. Then we just don't stunt that day and they will remark about it and I often tell them- nothing in my job description of a cheerleading coach says we have to stunt—it's a Get-To, not a Have-To. Once we master the basics and your attitudes/effort improves, I'll happily move onto stunting with you. This is a great way to approach stressing the important basics of cheerleading.

The reverse. Tackling the **Get-To and Have-To**. How many times do you look at your team pointing at your own face saying "Big Smiles!" as you grin ear to ear like a jack lantern primed for display or bop a thumb up at them to make them start jumping more. Watch any college cheerleading team, they bounce on the sidelines like energizer bunnies laced with Red Bull trying to keep the momentum in a stadium high! They are an excellent example of spirit. They don't put cheerleaders out there that are grumpy and un-enthused who stand there with little motion, looking annoyed. When is the last time you saw an Eeyore cheerleader? No! **Remind your cheerleaders**

CHECK OUT the news article on the ICCA website regarding music royalties. There's also a new course through the National Federation for cheer coaches to help educate you regarding music royalties.

Shrine Bowl

by Sandy Norby, Shrine Bowl Director

Iowa's annual Shrine Bowl high school all-star cheerleading experience was successfully held at the UNI-Dome in Cedar Falls, Iowa.

The Shrine Bowl, played on July 29, featured a group of Iowa's most talented pre-college football players and cheerleaders who lined up across from each other in the UNI Dome for the Annual Iowa Shrine Bowl. For many, this was the game of their lifetime because when they lined up, each and every one stepped up to help a child who had been less fortunate in life than they and who desperately needed their help.

The Iowa Shrine Bowl Game, an all-star football game between selected pre-college football athletes on each side of a north-south dividing line in Iowa, featured a half-time performance by 49 of Iowa's talented cheerleaders who dedicated many hours to an entertaining performance. Cheerleaders reported to camp on Tuesday, July 25 and were involved in Shrine activities and practices throughout the week.

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

Selected cheerleaders were asked to raise funds which were directly donated to the Shrine Hospitals as the entire week was dedicated to enhancing not only cheerleading skills, but to the philanthropy of the Shriners of Iowa.

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

The Iowa Shrine Bowl produces this game each year bringing honor and recognition to the players, cheerleaders, their schools and their communities. It has also been an effective tool in raising money for The Shriner's Hospital For Children.

that making the team is a privilege, a job they auditioned for. Say to them, if I care more about your job than you do and have to ask you to smile constantly, have spirit, make your motions sharp and jump between cheers—then Houston we have problem. **Being a cheerleader is a Get-To, because not everyone gets that privilege or made the team, it is not a Have-To.** If you can't shine like the sun and yell GO-GO-G-O in rhythm with your friends while enduring bugs, rain, sun and wind, then you are Cheer-Empty and maybe wandered in the wrong audition room. I need you Cheer-FULL at all times! It is an honor to wear the uniform and stand along your team, in front of the crowd and it should be treated as such.

Throughout your season, don't forget to use the Get-To and Have-To scenario it can help put several things in perspective in many team and life situations.

Thanks for reading it's a privilege to **Get-To** write for you all!



Shrine Bowl...Continued from page 8

Shrine Coaches Sandy Norby, Mindy Debaun, and Megan Stumpf are joined by coach and choreographer Ronna McGrann for a week of intense practice coupled with Shrine activities. The week is highlighted by a mini-camp, hosted for Shrine patients of Iowa. Players and cheerleaders join together to help patients experience the game of football and the experience of cheering and dancing.

Iowa cheer coaches are encouraged to support their cheerleaders and local shrine members for the process next fall in order to be a part of this life-changing experience.

ONLY DESIGNATED CHEERLEADERS MAY CHEER DURING GAMES/MEETS

This is a reminder that **little cheerleaders, fans from the stands**, and others may **NOT** be on the field, court, or mat side during events. This includes male cheerleaders who only come out of the stands to stunt. In order to cheer during the game, including time outs and quarter breaks, cheerleaders must be in uniform and on the sidelines or mat side during the entire contest. Only bona fide students of the school who are designated as members of the school's spirit teams may participate during games/meets (this includes Sparkle teams).

Cheerleaders' Responsibility Lead the Crowd **NOT** Perform

by Donna McKay, Executive Director

DO

- Have a list of crowd involvement chants available
- Immediately go out in front of their fans (during full timeouts)
- Be enthusiastic when running on and off the court
- Spread out and cover the crowd
- Begin chants immediately after the time out is called (even while running onto the court)
- Lead easy, answer back type chants
- Use signs
- Use strong, confident voices – expect fans to yell with you
- Make eye contact with fans
- Use big motions to attract crowd's attention
- Perform chants more than three times – it takes time for the crowd to “get” it
- Repeat chants that are crowd favorites
- Use the entire timeout (perform two crowd involvement chants that go together to fill the time)
- Practice these ideas during cheer practices

DON'T

- Just build stunts (and wave at the crowd)
- Just execute tumbling passes
- Perform wordy cheers
- Stand talking to each other (or to others from the crowd)
- Stand silently and not do anything
- Perform tosses on the gym floor

Quick Tips For A Good Cheer Season

by Sherrie Moritz, NW District Representative

Start your winter season out with a parent/cheerleader meeting. This way the parents can hear what you expect from the cheerleaders. Many parents are not aware for the National Federation Spirit Rules. Most parents think the cheerleader puts on a skirt and looks pretty. **GO OVER RULES WITH THEM!** Hand out practice/meet calendars, expense shirt, rules expectations etc. This way the cheerleaders are aware of the dates they are needed. Also, keep your athletic director informed at **ALL** times.

When your season starts, start your practice out with stretching, make it quick, easy, and fun. Play some music and have them stretch to the beat.

Quick Tips...Continued on page 10

Just make sure they all are stretching. Move on to jumps. Have them do jumps together on your count. Do 3-5 of each jump. It's quick and productive. You should work on motions. Make up an 8 count routine with only motions. Review your cheers. Make sure the entire squad know the cheers. Explain to the squad what to expect when you arrive at the first meet of the season.

Keep the line of communication open with your cheerleaders, AD, transportation dept. and parents! It makes for a **BETTER** cheer season.



by Paula Kirkpatrick, SE District Representative

For several years, no one at my school wanted to be a basketball cheerleader. I had many interested in football and wrestling cheer, but not basketball. I finally asked why and was told they were afraid of the crowd and how close the crowd was to the cheerleaders! So, when I did have BB cheerleaders, I knew I had to have them prepared and ready so they felt confidence in front of the crowd. How did I do that?? Practice!!

First, we kept the cheer list short, and the girls knew the cheers really well. We also kept the stunts simple and easy and made sure they always hit.

Next, and most important, we practiced and practiced game situations. We practiced exactly how to do a time out. We practiced exactly what to do for starting line up. They knew exactly where to stand and what to do.

Finally, I did a little talking with the student body, really encouraging participation. And last of all, I talked to football cheerleaders who were attending the games. They really helped by cheering with the basketball cheerleaders and encouraging the crowd to get into the game. It was a successful season and we have had basketball cheerleaders ever since.

ICCA Website

The ICCA website is continually updated, so it's a great place for coaches to look for information, including Board members who are directors of programs. Please check the

ICCA website to find the correct person to email with questions, plus to find answers to questions.



How to Decide Who's the Best Flyers, Bases and Spots

by Samantha Sloan, Rep Council Member

At the beginning of each season, I always line all of my athletes up, the old-fashioned way, short to tall. I divide out all of my cheerleaders into three sections based on their height. Flyers are shorter and typically smaller-framed. Bases are a little taller than their flyers, but shorter than most back spots. Back Spots are taller than their bases. After I arrange my team into these three heights, I am able to start building my stunt teams by pulling from each group and placing together a flyer, two bases, and a back. The nice thing about winter season is that we have smaller numbers than we do in the fall, so it will be so much easier figuring out stunt groups!

After I have created my stunt groups, I am able to start working with them. I start each stunt group from the basics and progressively move towards more elite stunts. Winter is a new season and you may have athletes from the fall season stunting with athletes that only cheer winter season and therefore have been out of commission and haven't had any stunt practice lately. This is why it is important to **start everyone from the basics** and each stunt group needs to **check out progressions** with you as the coach before moving on to the next skill.

One thing that I like to make a point of for my teams is that **everyone is versatile**. My back spots know how to base and my bases know how to back spot and if possible, some of my bases know how to fly. The reason I do this is so if a situation happens where I have an athlete that is sick or injured, I don't have to pull the entire stunt group from performing at a game or meet. I am instead able to simply **move my groups around** and make it happen. Also, if you think about it in the long run, you helping your athletes be versatile now is really helping them have a better chance making college cheer!

The best way that I am able to decide who my best athletes are, no matter whether they are flyers, bases, or back spots, is by seeing how they **respond to my direction** as their coach. If I have three girls that can fly on my basketball squad, but I am only able to make up two stunt groups, I will pick the two flyers to do the stunt that are **quick to take direction, quick to make a change, and quick to try again**.

Good luck with your winter season!

Give the world the best you have and the best will come back to you. ~ Madeline Bridges

When the Season Get Exhausting and Practice Gets Boring

by Ashley Fuller, Rep. Council Member

It's the second week in November, you've just finished competing at the State Cheerleading Competition and your football season has come to an end, you give your squad (and let's be honest, yourself) a couple of days or a week off and get ready to roll into the winter seasons. You prepare to teach the basketball and wrestling cheers to a new set of cheerleaders, you collect football uniforms and get ready to hand out wrestling and basketball uniforms, and you double check the calendar to make sure you remembered to include all the basketball games (sometimes 3-4 nights in one week!) and wrestling meets (all those Saturdays!). Then if you're like me, you feel exhausted and burnt out before the winter season even begins and you know that if you go into the new season with this feeling that it'll set a negative tone for the rest of the season. So what can you do?

- 1. Set goals with your squad:** Try to avoid getting into a slump by having something to work toward. It could be learning a new cheer for quarters at a basketball game, perfecting a new stunt to show off at a pep rally, or coming up with ways to get more students to attend winter events. Have the squad help drive your goals. What do they see as goal areas? What do they want to accomplish this season? Your task of helping them improve will be much more enjoyable if everyone is on the same page and working toward something that's important to them.
- 2. Incorporate something new:** Too often I find myself just going through the motions when we get to the winter seasons. We learn the same cheers, we do the same stunts, we have the same food in our cheer room...etc. This season, try something new. Let the cheerleaders come up with some new cheers that they teach the others, try incorporating signs or stunts with some of your old cheers, let the squad choreograph a dance for the student section to participate in while cheering from the stands, or just plan on doing something different when you host your wrestling tournament. Sometimes getting out of the same old routine can be energizing.
- 3. Do something extra:** Encourage cheerleaders to tryout for All Stars or other squads. This gives them something to look forward to and work toward. Plan a holiday party or Secret Santa with the squad, take a group to the elementary school to read with kids, or plan a routine to perform at a half time. Again, giving them something fun to look forward to will make a differ-

Season... Continued on page 12

RIDING THE BASKETBALL/ WRESTLING BUS

by Michelle McCann, Rep Council



Hello, coaches! It's hard to believe it's getting to be time for our winter seasons! Hopefully all of you fall coaches had great fall seasons. Winter coaches, there are many things to keep in mind during your winter seasons, but I want to touch on an important thing that almost all coaches and their squads deal with: riding the bus. I'm guessing that almost all of you have at one point or another had to have your cheerleaders ride the bus with the team that they are cheering for. That can happen fairly often during the winter season considering there are typically multiple basketball games/wrestling meets throughout the week. There are multiple things that you want to keep in mind while you and your cheerleaders ride those buses, especially when some of those bus rides get fairly long.

One of the most important things to remember is that as the cheerleaders, you are guests on the bus. That bus carrying those wrestlers or that basketball team is their bus, and they're going to that game/meet with or without you on it, so you are guests on their bus, and you should act as such. It's important that you as the coach lay down **ground rules** and go over **bus etiquette** with your cheerleaders before their bus rides.

Here are some of the rules that I typically touch on for bus rides with my cheerleaders:

- A. Let your cheerleaders know where their designated spot on the bus is, wherever that may be. Whether they should be sitting at the very back of the bus or the front of the bus or wherever, make sure your cheerleaders know exactly where they should be sitting.
- B. Make sure they know to double up on seats if there is not enough room for everyone on the bus to have their own seat. They should double up before the team on the bus has to do so.
- C. An important point is to make sure your cheerleaders understand how they are to act on the bus. Most of you, like me, are probably not tolerable of inappropriate behavior any time, and that includes when they are on the bus. It's important that they are respectful of the team they are on the bus with. This should include them not being loud and obnoxious (especially before the game/meet when the athletes are trying to focus and mentally prepare for their event). They

Bus... Continued on page 12

ence. Have your squads plan a fundraiser or charity event that they can complete when the winter season is over (like I said... 4 days a week and every Saturday might not leave much time for extra stuff during the season). When your team is working together and has some positive things to look forward to, everyone will feel a little more positive at practice.

4. **Let the cheerleaders plan practices:** Hand over the responsibility of planning practice to your captains or other responsible cheerleaders on your squad. What cheers do they think need work? What stunts need to be taught and perfected? How would they like to practice jumps? Give them the power to make those decisions. Usually, they'll pick areas that actually need work and maybe even come up with a fun new way to practice their skills. If you have something you know needs work tell them what you've noticed and ask them to make time during practice to work on those things. This is another activity that will help your squad feel like they're in control and make them a little more energetic and positive at practice.

Overall, try to avoid the winter blues by giving your cheerleaders a little more say. Pass the responsibility to your athletes. Although, as a coach, it might be difficult to give up some of that control, in the end you are helping them build leadership skills and making them feel more connected to the squad. When your team feels like they get a say, they will be happier and work harder. And as a coach you will be less exhausted and get to enjoy the season a little more, too.



Healthy, Inside and Out

by Angie Trowbridge, SW District Rep & Social Media

As I write this, I think about whether or not I remembered my tennis shoes for practice today. Hopefully, I still have my old ASICS in the cheer closet. Those things tell a story, right down to the brand name.

Did you know that ASICS, the shoe brand, is actually an acronym? This word stands for "anima sana in corpore sano" - healthy soul in healthy body.

Think about that a minute. We especially want that for our teams, ourselves included! Notice that the soul came before the body in that acronym; we're not so good at that part, so here are some ideas to ponder that may help you refill your cup:



Healthy...Continued on page 13

should be sitting down at all times unless absolutely necessary.

- D. They should not spray hairspray or perfume while on the bus.
- E. They shouldn't talk to or bother the other athletes on the bus. If the cheerleaders ride at the front of the bus, it can be respectful to let the team exit the bus before you, but it might be easiest to just exit the bus first and move into the building.
- F. It's important that your cheerleaders understand these expectations before their bus rides. It's easy to enforce these expectations and rules when you ride the bus with them and can keep an eye on them, but if you are unable to ride with them, it's important to communicate with the coach of the team riding the bus. Let them know that you have those expectations for your cheerleaders and ask them to let you know if any problems arise. It can also help to put a captain or older cheerleaders who are riding the bus to sort of be in charge, and keep an eye out for you as well.

Communication is key all around when it comes to riding the bus, which may not seem like a big deal, but it can turn into one if the right situation arises, so do your best to squash these problems before they can even become one!

Happy winter season! 😊



by Franci McClenathan, Rep Council Member

Don't we all dream of having the "perfect" crowd... those fans that stand enthusiastically, that clap on beat, and that always cheer along with our squad? My advice to start building that perfect fan base is: Keep It Simple!! Keep the chants short and easy to repeat.

Be sure your squad **enunciates and remembers not to chant too fast**. Your crowd won't yell with you if they don't understand what you're saying or they can't keep up.

To make your own new chants, start with a few **basic cheer words**...your school's initials, mascot name, school colors, Go Fight Win, Let's Go, etc. Put them together in a **simple rhythm** like G-O, G-O, Bears, Let's Go!

Add your squad's favorite motions or pick motions that match the words like T's, K's, and O's. Many times I watch

Chants...Continued on page 14

- **Rethink.** We all know the value of an established routine, during the day and during practice itself. Sometimes, the word just gets chaotic and routine is a way to cope. However, sometimes the brain needs a jolt to wake up and get out of the funk! Mix things up a bit by doing practice in a different order, or pick up a different activity for a part of practice. I had mine on a scavenger hunt the day before the last game; they had to lunge, skip, hop, bear crawl, and more through the hallways of school from clue to clue! They ended at our practice space, stretching, and got a treat during our first water break.
- **Rest.** Everyone needs it. You too, Coach. It is OK to take a little time off between seasons - usually about the time football winds down is a high-stress academic period, and kids appreciate having a day or two to tie up loose ends or just be with family. Don't we, too?
- **Restart.** Many coach both fall and winter and it's easy just to keep a ball rolling from one to the next, but what if it was worth the effort to do something else? Think about that excitement you all feel when football season starts - treat the start of winter as a chance to celebrate something new mid-year.
- **Reach out.** The ICCA is a wonderfully large network of coaches across the state, of all types and school sizes, all ready to help a colleague, but that isn't the only resource available! Connect with the business association or chamber for your town, and see what kind of partnerships can develop. Who knows, it could have you and your team polishing your cheer skills at a business grand opening, painting faces at another, and showing everyone the wonderful people that exist in their own community!
- **Recognize.** There are people out there that have been a great help in some way or another. Tell them! It could be as simple as a quick note - perhaps your team has people they'd love to write notes too. If there is an outstanding coach in your area who is inspirational and helpful, or an administrator who truly makes you feel grateful, the ICCA has awards for both! We'd love to see more nominations! Recognizing the gold in other people, through whatever means chosen, makes you shine, too.

If all of these are new, please don't feel obligated to try them all at once - that would cause the opposite of what this article is trying to help! Even just one small thing can make a big difference. Remember, Coach, that your athletes and you are people first...grow the person, first and foremost.

Coaches vs Cancer/Pink Out Night Cheerleading Uniforms

by Donna McKay, Executive Director

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

These modifications are **ONLY** allowed for cancer nights. 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) and ugly sweater day/night.

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



ALL SCHOOLS MUST FOLLOW THE RULES

The National Federation Spirit Rules and the ICCA-IHSAA Strengthened Rules **MUST** be followed by **ALL** schools. These rules were not developed by the ICCA; they were developed by the National Federation, which writes the rules books for all sports. These rules are recognized nationwide as the safety rules for cheerleading. Even if a school is not a member of the ICCA, these rules must still be followed. Coaches and schools may be held liable if injuries occur when the rules are not being followed.

past camp **videos** or You Tube cheer videos to get ideas. I have found some of the cheer companies have instructional videos that can help. Then I change the words and/or motions to fit our squad.

We all have those cheers that are **tradition**, that you have to do at every game, but I try to pick **two or three new chants** for my kids to use each year to help keep things fresh. We have found the best way to teach new material to our fans is to start with our cheer moms and the seniors in the student section. They usually aren't afraid to yell along with you!

Adding signs can also help your crowd know what to yell with you. You don't need to purchase expensive custom-made signs. Our budget didn't allow that so we bought foam-core board at a craft supply store and drew block letters with permanent markers. If you're not feeling crafty, talk to your art teacher at school and ask them to help! This is also a good way to try signs without a huge investment.

With basketball and wrestling practices now starting, it would be a great time to incorporate a new chant or two into your winter season. Creating chants could be used as a new squad team building activity...divide your squad into teams, give them the words to use, and have them add motions. This gives your kids a little bit of ownership in your program...a win, win for everyone!



Tips to making the perfect sign!

by Megan Stumpf, Rep Council Member

Behind every perfect sign is a squad that designed that perfect sign. Believe it or not, it takes a lot of time and preparation to design the "perfect" sign. It is always a good idea to have a mock design made up before starting the real thing. Some things that you need to make the perfect sign include paper, LOTS of paint, paintbrushes, and PVC pipes. When designing the perfect sign, be sure to keep wording appropriate. Do not offend the opposing team in any way.

When designing locker signs, spread school spirit to other teams or clubs in your school. Have the cheerleaders make locker signs for the volleyball team, cross country team, band, etc. This will show those teams that they are not just cheerleaders for that specific sport; they are cheerleaders for the entire school. It will also encourage school unity and support for one another!

Before Ordering New Uniforms, Do Your Homework

by Cindy Pangburn, NC District Representative

It is time to order uniforms, what is your first thought: excitement, because you have been waiting for your turn in the uniform rotation and it's finally here! Or is it concern, how much more fundraising will I have to do or are you feeling overwhelmed because you already have so many things to complete you wonder when will you find the time.

Relax it isn't as hard as you think. Most importantly **start early!** Make an appointment with your AD and work out a **budget**. Most AD's have no idea how much a cheer uniform will cost, so plan ahead before you meet. Look at different uniform companies and **compare costs**. While you are doing your research this is the time to **ask other coaches**. You know the coaches whose uniforms you really like, talk with them and find out where they got them! Ask what they like or possibly don't like about them. Most coaches have ordered uniforms before so use their knowledge to benefit you.

If your school is one who expects cheerleaders to fundraise money to buy uniforms now is the time to explain why you need to be in your schools **uniform rotation**. Again, do some research on what others schools in your conference do. Share with your AD your findings and be sure to let them know the expectation is every student athlete is provided a school issued uniform. Football players don't fundraise for their uniforms and neither should cheerleaders!

I ordered new uniforms last year and this was the third time in my years of coaching I have done so. To be honest, I never thought I would be able to afford uniforms from Varsity, but I have always admired how great they looked on all sizes cheerleaders. So I got in touch with my Varsity rep and from start to finish she made it easy! There are so many options and with computer capabilities you can see specific uniforms in your school colors, since I am a very visual person this made a huge difference for me to really see what we would be getting! Also, your Varsity rep will come to your school and measure your cheerleaders.

Remember to start early: do your research on cost and use other coach's experience to make the process easier for you, meet with your AD and get the go ahead, **order early** so you can **beat the rush** and then sit back and relax and wait for your new uniforms to arrive!

Wisdom comes from learning from the mistakes you made yesterday. ~ "Learning to Soar" by T. D. Jakes

Positively Representing Your Team While in Uniform

by Beth Brink, Rep. Council Member

The job of a cheerleader is more than just leading cheers. A cheerleader should be a positive representative of a school when people see a cheerleader in uniform, whether before, during, or after a game, they see our school. Here are some reminders for you to use with your squad to make sure they are repping your school in the best way.

Before a game/meet:

- ▶ Get into uniform in an appropriate location. All sports teams dress in a locker room, not in front of the crowd.
- ▶ Be friendly and welcoming to visitors from opposing teams.

During the game/meet:

- ▶ Maintain a positive attitude, even if your team is down.
- ▶ Don't bicker and argue with teammates between cheers. People can see and hear you even when you're not cheering.

After the game/meet:

- ▶ Take your uniform off before you leave the game with friends.
- ▶ Keep it positive when posting photos in uniform on social media.
- ▶ Never, ever, behave in a manner that violates the code of conduct while in uniform.



Uniform Requirements

Cheerleaders must follow the IHSA Board of Control approved Uniform Requirements and Recommendations that were included in the fall mailing and are **posted on the ICCA website**. The ICCA definition of an official school issued uniform for high school cheerleaders is a combination of skirt, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading. This includes tops, skirts, and cheerleading warm ups. Cheer warmups may not be worn while cheering at indoor events. Pants (including yoga pants), leggings (including hose/tights), shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. There may be an exception for T-shirts if two schools have recently consolidated, but this would be rare.

Getting the Most Out of Jumps During the Winter Seasons

By Jeanne Ehn

One of my favorite things to see as a cheer coach was watching jumps improve. It was always fun in the fall as each cheerleader would get into "cheer" shape, but the time I always saw the most improvement was in the winter sports season.

✓ **Have a plan for each cheerleader.** When working on jumps at practice talk to each cheerleader about what to work on while jumping during the next game. It doesn't have to be complicated and many times it is easier if they only have one task to worry about. Something simple like pointing toes, keeping the chest up, or making arms level will make it easier until they've mastered the basics. They will also teach muscle memory to themselves. Muscle memory is key as the body just responds correctly. As they improve, the plan can become more complicated.

✓ **With the plan goes expectations.** If you expect all cheerleaders to jump after a basket, tell them. If you expect them to double jump or stamina jump after a made free throw they have to know your expectation. Perhaps after a steal they kick (those help jumps also). For the record, if you want to see good improvement, those should be your expectations. Along with that idea add the expectation of doing many chants. Keeping the body warm through physical movement will help them peak the jumps.

✓ **Take advantage of the warm environment.** The more they jump, the warmer their legs will get with better jumps. Warm muscles will stretch and move easier than cold muscle. Make sure your cheerleaders' legs are good and warm at the beginning of a game. Keeping those muscles warm will help push those legs to their full potential.

✓ **As a coach you need to take note, literally.** Talk with cheerleaders at half time and in-between games. Note the improvement and then give your cheerleaders positive feedback. Consider how well they are doing, and increase the plan accordingly. If they need to still improve, give them praise for trying and ask them to continue with the plan. It is so easy to record jumps, don't be afraid to record jumps at each game and then review at the next practice.

Jumps...Continued on page 16

✓ **Laughter is a must!** They will do some funny things as they take risks. Urge them to laugh at themselves. You as a coach have to laugh with them but never at them. Everyone realizing the attempt is the most important will help lead to success.

✓ **Positive feedback is very important to their success.** Don't expect gigantic strides instantly. Find good in each cheerleader's efforts. No matter how small. Signal a 'Thumbs Up' from the stands when you see what you want! You will have success if they feel they are making strides, and over a season, several strides will be made.

Taking the time to help your cheerleaders work on jumps while cheering can help jumps go sky high! Good luck!

Ways to say, "YES!"

Awesome! **Way to go!**

That was great! **Wonderful**

I am proud of you! **I love it!**

I knew you could do it! **Wonderful!**

That was first rate! **Beautiful!**

It couldn't be better! **WOW!**

High 5!! No! High 10!

THAT MADE ME SMILE!



Seating for Wrestling Cheerleaders

Changes in the rules regarding the out of bounds circle in wrestling has IHSAA Wrestling Administrator, Lewis Curtis making a request for the safety of the cheerleaders. Cheerleaders generally sit off the mat, but when possible, he also recommends that the cheerleaders move to sit off the corners of the mat, as well. This is for their safety as the out of bounds rules in wrestling have extended the competition outward.

There will still be times at some tournaments where cheerleaders will have to sit along the edge of the mat. In those situations, cheerleaders need to be particularly aware for their safety, and move to stay out of the way of wrestlers and the officials.



Ask Jeanne

Have you said thank you lately? Two tiny words that mean so much to so many and costs nothing to say. These words simply show appreciation. Appreciation for hard work. Appreciation for giving. Appreciation for time. A thank you can touch and make a difference in someone's life. It is time to say thank you:

Thank you fall coaches for hours and hours of practice to get your kids ready for Homecoming, pep rallies, games, and ICCA events!

Thank you for taking the extra time to do those tiny things that makes a difference - making bows, mending a uniform, planning practices, listening, making cookies...

Thank you for giving up family time for your cheer family.

Thank you for giving up sleep. Late nights getting home from games, getting up early for extra practices, and just the sleep you lost worrying in general about your cheerleaders.

Thank you for being a role model, counselor, friend, and substitute mom/dad.



Thank you for helping your cheerleaders learn about life. It isn't always going to be easy, but life is really more about attitude and our reaction to it.

I challenge you to go to your phone and send 5 people a text to say "Thank you!"

Thank you for reading the ICCA Newsletter!

Jeanne Ehn

I'm always cheering for you!



Some men see things as they are and say "why?" I dream things that never were, and say "why not?" ~ George Bernard Shaw

BOARD MEETING MINUTES • BOARD MEETING MINUTES

ICCA Board of Directors Minutes

The ICCA Board of Directors met on October 8,
2017 at Ballard Middle School.

Members Present: Betty Lou Jones, Angie Trowbridge, Sarah Buss, Cindy Pangburn, Kristen Morlan, Melissa Hatfield, Kenna Johnson, JeEllen Wesselmann, Kelly Trinkle, Erin Taylor, Jane Bauman, Paula Kirkpatrick, Jeanne Ehn, Donna McKay, Patti Davis, Tami Doyle, Sandy Norby
Not Present: Sherrie Moritz (ill)

President Hatfield called the meeting to order at 9:33. The minutes were approved by Jane Bauman and seconded by Cindy Pangburn from the June meeting

We have a total of 216 schools with 409 coaches in our organization at the present time. Just a reminder that membership cut off will be January 1, 2018, in order to participate in any ICCA events.

State Competition is right around the corner. Patti Davis made a motion to split the classes into 1A, 2A, 3A and 4A in the Time Out division because of increased numbers this year. It was seconded by Donna McKay. Angie Trowbridge made a motion to award trophies to 1st, 2nd, and 3rd places in the Time Out Division and plaques to 4th and 5th place. It was seconded by Kristen Morlan.

Warm up time on the mats for the competition will be 35 minutes from start to finish.

The Spring Conference will soon be here. We will hold the conference at Prairie Meadows in Des Moines. Jeff Brewster will be one of our main speakers this year. Other speakers are being contacted so watch for more information to come. You will not want to miss this event.

If coaches missed the online rules meeting, they can watch the video on line from October 23 to November 27.

Board Minutes...Continued from previous column

Discussion was held on the Newsletter. Tami Doyle is going to survey coaches at Honor Squad to see what the coaches like or things they would like to see changed with the Newsletter. The board will discuss this again at the January meeting.

The district representatives shared the following information about the free Fall Clinics that were held. A lot of positive comments were shared about the clinics.

SC: 139 cheerleaders, 9 schools, Tribe Athletics led the clinic.

SE: 15 schools 138 cheerleaders, JoEllen Wesselmann led the clinic

SW: 85 cheerleaders, 8 schools JoEllen Wesselmann led the clinic.

NC: 18 schools, 166 cheerleaders NCA led the clinic.

NE: 168 cheerleaders, 15 schools, UCA lead the clinic.

NW: 52 cheerleaders, 6 schools, Megan Stump led the clinic This clinic will be moved back to Storm Lake to try and increase numbers.

The board again discussed moving to 5 districts instead of the 6 districts that we have now. This follows what the ISHAA has changed to. The motion carried.

The board was informed that Donna McKay will resign her position in April after the Spring Conference.

The next meeting will be held on January 7, 2018, at the Ames High School.

Respectfully submitted,
Jane Bauman



Board Minutes...Continued in next Column



2017-2018 ICCA BOARD OF DIRECTORS

President/All-State.....Melissa Hatfield

Home: 2244 Willow Avenue, Ainsworth, IA 52201
PH: 563-210-0255
Email: melissahatfield1980@hotmail.com

Vice President/Trustee.....Kristen Morlan

Work: Clear Creek Amana High School
PH: 319-545-2361
Home: 503 Redbird Run, Tiffin, IA 52340
CELL: 319-321-3333
Email: kristenmorlan@gmail.com

Scholarship/Treasurer/Trustee/Membership.....JoEllen Wesselmann

Work: Ballard Community Schools
Home: 1006 NE Otter Ridge Circle, Ankeny, IA 50021
CELL: 515-494-3541
Email: iccajo1@gmail.com or jwesselmann@ballard.k12.ia.us

Secretary.....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

Shrine Bowl Director.....Sandy Norby

Home: 3237 Hickory Avenue, Osage, IA 50641
PH: 641-732-5644
CELL: 641-330-7442
Email: sandynorby74@gmail.com

All-Star Director.....Betty Lou Jones

Home: 307 5th Street, Box 249, Swea City, IA 50590
PH: 515-272-4354
CELL: 515-320-1857
Email: jonesswhea@iowatelecom.net

Cheer Honor Squad/Trustee.....Tami Doyle

Home: 4201 Paddington Drive, Cedar Falls, IA 50613
CELL: 319-239-4277
Email: tjdoyle@cfu.net

Website.....Patti Davis

Bondurant-Farrar High School
1000 Grant Street
Bondurant, IA 50035
School Phone: 515-957-8191
Email: davispat@bfschools.org

District Representative - South Central.....Sarah Buss

School Address: Ames High School,
Attn: Sarah Buss
1921 Ames High Drive, Ames, IA 50010
PH: 515-450-7640
Email: sbluv2cheer@yahoo.com

District Representative - Southeast.....Paula Kirkpatrick

Home: 213 N. Irons St., Keswick, IA 50136
PH: 641-660-4070
School Phone: 641-634-2632
Email: paula.kirkpatrick@tri-countyschools.com

District Representative - Southwest/Social Media ..Angie Trowbridge

Shenandoah High School
1000 Mustang Drive
Shenandoah, IA 51601
PH: 712-246-4727
CELL: 515-720-7149
Email: Trowbridgea@shencsd.com

District Representative - North Central.....Cindy Pangburn

School Address: 704 7th Street N
Northwood, IA 50459
Home Phone: 641-324-1624
CELL: 641-583-1434
Email: cpang60@yahoo.com

District Representative - Northeast.....Kelly Trinkle

BCLUW High School
610 E Center Street
Conrad, IA 50621
School Phone: 641-366-2810
Email: ktrinkle@bcluw.org

District Representative - Northwest/Special Olympics. Sherrie Moritz

Email: rsasm6@gmail.com
PH: 712-546-8963
CELL: 712-540-8963

District Representative - At Large & Rules Interpretation ..Erin Taylor

3310 Stanley Cup Drive
Marion, IA 52302
PH: 319-329-6482
Email: iowaerintaylor@gmail.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**Rules Interpretation Director**

842 7th Street SE
Mason City, IA 50401
PH: 641-423-1556
jdmckay44@gmail.com

Kenna Johnson

1800 North 8th Ave.
Winterset, IA 50273
PH: 515-250-8968
kennajohnson47@gmail.com