**IOWA CHEER HONOR SQUAD**

**PRACTICE DATES:**

**SUNDAY-NOVEMBER 13, 2016** 8:00-8:30AM CHECK IN

AMES HIGH SCHOOL, AMES IA   8:30-4:00PM PRACTICE

**THURSDAY-NOVEMBER 17, 2016** 2:30-8:00PM PRACTICE \*\*practice times may change

UNI-DOME/PEC, CEDAR FALLS IA

**PRACTICE/PERFORMANCE DATE:**

**FRIDAY-NOVEMBER 18, 2015    7:30-10:00AM PRACTICE (PICTURE @ 7:30am)**

UNI-DOME/PEC, CEDAR FALLS IA**8:15-PERFORMANCES (11:06 1A & 2:06pm 2A games)**

Your registration has been received for participation on the Iowa Cheer Honor Squad.  **Should their need to be a change in participants please contact me by October 31st.**

You will need to bring a sack lunch and drink to practice in November. **Coaches/Participants will not be allowed to leave the grounds for lunch.**

Cheerleaders please come dressed in cheer practice clothes (**shorts, T-shirt, cheer shoes**).  **NO PANTS ALLOWED**. Please have hair appropriate for practice and stunting.  For the actual performances participating cheerleaders will wear their schools uniform and if wearing a shell/vest **a bodyliner must be worn underneath covering arms**.  Upon arrival you will need to receive a number that has been assigned by the choreographer.  ***\*\*SEE SKILLS CHECK LIST (MAIL/EMAIL BACK BY THE October 28th) ONLY COMPLETE SKILLS CHECK LIST IF YOU WOULD LIKE TO STUNT AND OR TUMBLE.***

Coaches please check cheerleaders in upon arrival.  You can then proceed to the gym, where the cheerleaders should start stretching.  We will be having a short meeting during practice to discuss the practices and performance on November 17th & 18th .  I recommend bringing a camcorder to tape the routine to help with practice the following week.  Please make sure you bring batteries for the camcorder as the gym has limited outlets.

**Coaches are responsible for making their own hotel reservations for November 17th .** I have enclosed information on hotels.  All hotels have limited rooms!  **PLEASE RESERVE YOUR ROOMS NOW! BLOCKS ARE ONLY RESERVED TO 11/05.** See hotel list.

If you need a place to stay on November 12th (Ames) for practice on the 13th a suggestion would be Country-Inn Suites (only 15 rooms) 515-233-3935, 2605 Se 16th St Ames, Ames, IA. Call ask for Iowa Cheerleading Coaches Assoc. Reserve by Nov. 4th . Rate $109.00 -They do offer Continental Breakfast! Another Option AmeriInn (15 rooms) (515)233-1005. Reserve by Nov. 4th.

***Please review Iowa Cheer Honor squad requirements to participate.  Coach must bring information and consent for medical treatment forms for each participant to each practice and performance.*** Should you have any questions please give me a call or email me!

Tami J. Doyle
Iowa Cheer Honor Squad Director
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