**IOWA CHEER HONOR SQUAD**

**PRACTICE DATES:**

**SUNDAY-NOVEMBER 12, 2017** 8:00-8:30AM CHECK IN

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

**THURSDAY-NOVEMBER 16, 2017** 2:30-8:00PM PRACTICE \*\*practice times may change

UNI-DOME/PEC, CEDAR FALLS IA

**PRACTICE/PERFORMANCE DATE:**

**FRIDAY-NOVEMBER 17, 2017    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 16th & 17th .  I recording the routine to help with practice the following week

**Coaches are responsible for making their own hotel reservations for November 16th .** I have enclosed information on hotels.  All hotels have limited rooms!  **PLEASE RESERVE YOUR ROOMS NOW! BLOCKS ARE ONLY RESERVED TO 11/02.** See hotel list for Cedar Falls/Waterloo hotels.

If you need a place to stay on November 11th (Ames) for practice on the 12th  the following hotels have a room blocks: Quality Inn & Suites – 2601 East 13th Street, Ames (515)232-9260 $129 BLOCK ENDS 10/20

 AmericInn – 2607 SE 16th Street, Ames (515)233-1005 $179 BLOCK ENDS 10/27

Call ask for Iowa Cheerleading Coaches Assoc.

***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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