**IOWA CHEER HONOR SQUAD**

**PRACTICE DATES:**

**SUNDAY-NOVEMBER 16, 2014** 8:00-8:30AM CHECK IN

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

**THURSDAY-NOVEMBER 20, 2014** 2:30-8:00PM PRACTICE

UNI-DOME/PEC, CEDAR FALLS IA

**PRACTICE/PERFORMANCE DATE:**

**FRIDAY-NOVEMBER 21, 2014    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 28th.**

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 turtleneck must be worn underneath**.  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 20th & 21st.  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 20th.** I have enclosed information on hotels.  All hotels have limited rooms!  **PLEASE RESERVE YOUR ROOMS NOW! \*\* Block set up with Clarion Inn 319-277-2230, ask for Iowa Cheerleading Assoc. by 11/11 Rate $104 – Includes Breakfast, see hotel list for other locations with blocks of rooms**

If you need a place to stay on November 15th (Ames) for practice on the 16th a suggestion would be Country-Inn Suites 515-233-3935, 2605 Se 16th St Ames, Ames, IA. Call ask for Iowa Cheerleading Assoc. Nov. 8. Rate $102 -They do offer Continental Breakfast! Another Option AmeriInn $92 (515)233-1005.

***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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