

HOOSIER OPEN COACHES INFORMATION--FEB. 28, 2010

- **THERE IS A LOT OF INFORMATION COVERED ON THESE PAGES BUT PLEASE READ IT ALL –WE WANT ALL OF THE COACHES TO BE EDUCATED ON HOW MIDWEST RUNS THEIR COMPETITIONS**
- **PLEASE READ AND PRINT ALL 5 pages**
- **IF YOU NEED DIRECTIONS PLEASE USE THE INTERNET FOR DIRECTIONS---The address is: 6250 US Highway 6 Portage—46368**
- **IMPORTANT TIMES: -----**
 - **COMPETITION TIME-----8:00AM—7:30PM**
 - **DOORS FOR ATHLETES & COACHES---7:00AM**
 - **REGISTERED BY---THE START OF YOUR SESSIONS**
(MUST BE REGISTERED BY THESE TIMES OR DISQUALIFIED)
You don't have to have all of your team there to register—Head Coach May just register BUT Don't let your team be late for practice because We will move on
EXCEPTION—Varsity & Senior Teams If you are not performing Until later on in session #3—you may register later BUT **by 4:30**
 - **DOORS FOR SPECTATORS -- 7:30**
 - **NO COACHES MEETING** although there is no coaches meeting all answers Should be answered through this letter-also you may find Christy or ask a staff member to find Christy for questions or go to registration
- **SPECTATORS---PLEASE REMIND YOUR SPECTATORS THAT AFTER EACH SESSION THEY ARE TO VACATE BLEACHERS SO OTHER PARENTS CAN SIT**
- **CHEER & DANCE PERFORMANCE:** *Let your team know that we will be going quick! There will be a staff member to help teams on deck—but remind them that as soon as the team on the floor starts to exit---wait for the staff member to tell you and enter and set up-----there may be a minute or so that you are on the floor but you can relax during that time (but be in your correct spot) —the judges are told not to start judging you until the “SILENCE ANNOUNCEMENT”---You will get prepared when the announcer says “SILENCE PLEASE NOW PERFORMING DUBLIN HIGH” Time will start with the first motion-voice-or music—CHANGE THIS YEAR---YOU MAY SPIRIT IN- BUT it must NOT be an organized entrance and may not take longer than 45 sec. --If you do take longer there will be a deduction—You may yell-use spirit fingers-Punch—wave—but must be walking into your spots---*
- **CHEER & DANCE PERFORMANCE MAT**—*The mat will measures (42x42) Remember that there is no penalty for going out of bounds—if it is not done continually and if it is only to start a tumbling pass*

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- CHEER & DANCE PRACTICE**—***The practice gym is connected to the main gym and the only thing dividing it is the bleachers so---**YOU MUST BE QUIET IN THERE—CHEERLEADERS SORRY BUT YOU MAY NOT PRACTICE YOUR YELLING –DANCERS & CHEERLEADERS IF YOU WANT TO PRACTICE WITH MUSIC in the practice gym **YOU MUST BRING A CD PLAYER**----**

***WE ARE GOING TO BE STRICT WITH THIS----ONLY THE TEAM OR IND SCHEDULED TO PRACTICE WILL BE IN THE PRACTICE GYM!
AND THE COACH---

We will have a staff member to enforce this rule

***Cheer & Dance teams-and Specialty divisions will practice on a 42x42 mat
Teams and Girl & Coed Stunt groups 6 minutes
Scholarship / Individual / Solo / Duo / Trio / Coed Partner / Tumble Gr 4 minutes
DO NOT BE LATE FOR YOU PRACTICE—we will skip your team and move on
Having said that you must be by the practice gym door at **least 15-20 MINUTES BEFORE YOUR PRACTICE TIME**---Because we will be moving fast and may be **AHEAD of the practice schedule and you need to be ready because we will move on**

The practice gym will be open for any team 10:00-10:45 (must be out by 10:45)
Please use the honor system and during these times-- give all teams a chance—so limit your time to about 4 minutes
- MUSIC & SOUND SYSTEM**—NO tapes--- bring **(3) CD's**—because some CD's can't be read----PLEASE do not use a copied (burned) CD— If your CD fails to work And you did not also bring a back up CD—that is your fault and YOU will NOT be able to perform again. REMEMBER DO NOT BRING A CD WITH MULTIPLE SONGS---IT WILL BE YOUR FAULT IF YOUR SONG IS NOT PLAYED CORRECT---NO IPODS or MP3 PLAYERS **SOUND SYSTEM**— We have a professional SOUND COMPANY---The system will be **PRE-SET** (that means the treble and bass etc. will already be set) **YOU ARE NOT TO TOUCH THE TREBLE--BASS--- ETC---**However—if you feel your music is not loud enough—Let the sound engineer now----**EACH COACH IS TO STAY BY THE SOUND ENGINEER AND ADVISE HIM WHEN TO STOP MUSIC AND IF YOU START WITH A CHEER—MUSIC ETC.....**

IT IS MANDATORY that you test your music Anytime there is a break-- PLEASE ONLY PLAY ABOUT 5 SECONDS OF IT SO THE OTHER TEAMS CAN HAVE A TURN---IF YOU ALSO HAVE INDIVIDUAL OR PARTNER STUNT DO THEIR SOUND WITH YOUR TEAM SOUND CHECK!!!!!! After each coach does a sound check—they will be checked of the schedule—If you choose not to do the sound check—you will NOT be able to perform again if something happens with your music
- REGISTRATION**-ONLY THE COACHES WHO ARE LISTED ON THE REGISTRATION WILL BE LET IN WITH THE PARTICIPANTS EARLY—
Coaches pick up your wristbands at the registration table

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- **STUNTING-BUILDING RULES** Please make sure you printed out the building rules from the AACCA.org—or All Star—USASF.net -Please understand that we have our own rules for hair-jewelry-props-etc.----Our Certified Building Penalty judge will only be looking for illegal stunts & tumbling—we will only be looking for things that are in the AACCA.org Building Rules & USASF.net!---Example—A team does not get their props far enough out of the way and travels over them by accident—that is NOT an illegal stunt—HOWEVER—our Penalty judge may write on the score sheet to watch for that in the future for safety
- **VERIFICATION OF PENALTY** If you do receive a building or level penalty you will be asked to come to the Midwest Staff room and the Penalty Judge will go over the penalty with you-and then you will need to sign the penalty sheet
- **AWARDS & CASH PRIZES:** Please refer to GENERAL RULES Cheer/Dance on the website for cash prizes---The only divisions that will receive a cash prize Cheer & Dance Scholarship--\$500 for 1st
We needed to have 7-9 teams for \$100 and 10-19 in Solo/Ind for \$100 ALL Other Specialty divisions there are NO cash prizes If there are drops the day of we will use that number

If you are the only one in a division you will take first place

*ALL GIRL & COED STUNT GROUPS— we will have a 1st and 2nd place trophy along with the placement medals for each member and 3rd on up will only receive the medals for each member ---If only 2 in division ONLY 1st pl trophy will be awarded and 2nd place will receive placement medals
coed partner will just receive medals*

TEAMS will receive a placement trophy

*Individual/ Solo—Duo—Trio—Tumble Group—coed partner Stunt Medals
1st place TEAM If you will be attending our Nationals—you receive \$12 off per Athlete*

- **PARTICIPANT MEDALS** ONLY TEAM MEMBERS WILL RECEIVE PARTICIPANT MEDALS –If you are in a Specialty division in addition to competing on a team you will ONLY RECEIVE a participant Medal for the team-EXCEPTION if you are not coming with a team and only Specialty divisions—That being said—Victory Run—Here is an example---You are on a JR team BUT are also in a Specialty division in the YOUTH session—You will NOT receive your participant medal until JR session—however you will be announced to spirit out during the YOUTH because you don't have your team with you in that session

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- **COACHES HELPING TEAMS** As stated in our rules—Tiny And Mini Coaches are the ONLY coaches that may sit in front and assist if needed!!!!If we see any other coaches assisting there will be a penalty
- **SPORTSMANSHIP PENALTY-** Our penalty sheet now has a 10 pt penalty for unsportsmanship-unruly behavior from Athletes-PARENTS-Spectators-Coaches **that team will get a 10 pt penalty**
NO ONE is to walk in FRONT OF THE JUDGES TABLE AT ANY ANY ANY TIME-----NOT during breaks-etc..... The left side of the bleachers will exit to the left and the right side of the bleachers will exit to the right!
- **CHEERLEADERS & DANCERS SEATING** Must sit in the balcony-either side
- **VICTORY RUN**
-On the schedule when it says go get ready for the Victory run ALL coaches and the entire team should go to practice gym and put their medals on each athlete—then-
Our announcer will announce each team---The team will then spirit in on the floor and do the Victory Run BUT don't take too long ---WHAT DO WE MEAN?—Some suggestions –WE WANT YOU TO HAVE FUN and GET THE CROWD GOING!!!—Maybe you all bought event t-shirts come out with them---Maybe you have a MASCOT come out with it and get the crowd going---Bring a good luck banner that you fly at your home games—Plan an organized entrance—DANCE teams—show us some funky attitude!!! Maybe you all have some special chant you do at every game etc...LET your parents in on it so they can help you in the stands!!!!.....BE ORIGINAL AND HAVE FUN---IT IS YOUR TIME TO SHINE!!!!!!
WHEN you are done spiriting—Do NOT sit on the mats—keep exiting the opposite direction and through the doors back through the practice gym—**So we will be making a circle and then when all are done we will sit on mats for Awards**
- **T-SHIRTS-** \$15--- \$16 for AXL
Adults—small-med-lg-xlg-xxlg- Youth---small—med—lg—
- **SPECTATOR FLYER:** Print a spectator flyer off the website-----PLEASE COPY AND GIVE TO EACH PARENT!
- **VIDEO: NO VIDEO TAPING. PLEASE REMIND SPECTATORS!!**
---LOCKWOOD VIDEO will be here again
THEY OFFER ONSITE DVD'S---You may take them home that day!!!
- **MEDICAL STAFF** We do have medical staff for medical emergencies—She will primarily be in the GYM or practice gym----We do not provide wrap for wrists etc..
If you can't find her go to the Registration table and ask