

**HOOSIER OPEN COACHES INFORMATION--FEB. 26, 2012**

- **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**
- **---The address is: Portage High School Arena  
6250 US Highway 6 Portage—46368**
- **IMPORTANT TIMES: -----**
  - \*\*COMPETITION TIME-----8:00am—7:45pm**
  - \*\*DOORS FOR ATHLETES & COACHES---7:00am**
  - \*\*DOORS FOR Spectators--- 7:30 am**
  - \*\*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
  - \*\*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-----*
- **ENTERING THE FLOOR:** *Announcer will say “Dublin High please set up”  
Your team will enter the floor and get set up (get into spots and props etc..)  
Then he will say “SILENCE PLEASE NOW PERFORMING DUBLIN HIGH”  
That is when your time will start after the SILENCE announcement and after the first movement and or music---Please wait for the “SILENCE PLEASE”  
announcement before starting*
- **Exiting and entering the floor** *You will enter by the sound engineer and EXIT  
THE OPPOSITE DIRECTION*
- **---YOU MAY SPIRIT IN-** *(when announcer tells you to “Please Set Up”)  
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**
- EXTRA WARM UP TIME** The practice gym will be open for any team 9:40-10:20 and 12:40-1:20 AND THE MAIN FLOOR any time there is a break  
 Please use the honor system and during these times-- give all teams a chance—so limit your time to about 3 minutes each
- 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 falls back on you and YOU will NOT be able to perform again. REMEMBER DO NOT BRING A CD WITH MULTIPLE SONGS---IT WILL once again fall back on you 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

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- **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
- **DANCE TEAMS**—You will perform & practice on a 42 x 42 carpeted foam mat
- **JUMP OFF CHEER & DANCE**—OPEN TO MALE AND FEMALES-----  
**Because we have a lot of entries and running late---We will only take the first 40 in each division PLEASE REGISTER AT REGISTRATION—(it fills up fast)—**  
\$10 --register at registration---Please use age AS OF AUG 31, 2011

**CUT OFF TIMES:**

Session#1 Tiny(5yr and under), Mini(8yr & under), Youth (11 yr & under) 9:15

Session #2 Junior ( 14 yr & under) 12:00

Session #4 Senior (15yr-18yr) Senior OPEN (19yrs & up) 6:15

- **GIRL / COED STUNT GROUP & COED PARTNER**---We do not provide spotters---Your team must have one or two additional spotters on the sides of your stunts---They do not have to pay—and they may not be hands on—just ready and spotting-----ALSO remember no cheer moves-motions-chants-cheers-dance moves-jumps –tumbling---etc.. tumbling exception—standing back flip or back walkover into cradle going into a stunt---ONLY stunts or you will get a penalty **ALL GIRL & COED STUNT GROUPS—1<sup>st</sup> place teams will receive (if you have other competitors) a trophy along with the placement medals for each member and then 2<sup>nd</sup> place through 7<sup>th</sup> will receive placement medals for each member All Stars remember per USASF you are only to stunt to level 5**
- **SCORE SHEETS**—Score sheets must be picked up by the HEAD COACH including ALL specialty divisions---**COACHES MUST SIGN THAT THEY HAVE PICKED SCORESHEETS UP.** Where?—Pick them up **close to the awards tables** after the awards ceremony---**YOU WILL ONLY HAVE 15 MINUTES TO PICK THEM**---after 15 minutes after the session you **will NOT be able to pick** them up-You will have to phone Midwest after and have them mailed to you or email your address otherwise they will NOT be mailed----
- **CONCESSION STAND:** **Coolers will not be allowed— NO OUTSIDE FOOD**  
\_Will open 7:30---For pop, water, juice, fruit, snacks, Breakfast items  
Will open 10:00—for everything -----The concession stand is located through the gym on other side—there is a cafeteria to sit at---  
**ALSO WE WILL HAVE MAUI WOU SMOOTHIES AND COFFEE AGAIN!**
- **SPIRIT TROPHY-CHEER:** Our staff & judges will be watching for teams that show spirit for ALL teams—and encourage your parents and team to bring signs –We will award a 1<sup>st</sup> session—2<sup>nd</sup> session—and 4<sup>th</sup> session Spirit trophy

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- **CHEER ALL STAR-** *As per USASF rules we do not separate into Sm & Lg unless there is at least 2 in that respective division—Also USASF rule—JR & SR Coed--- if there is only (1) Coed Level 3,4,5 it will be combined with the regular SR or JR L 3,4,5----- That was the case with SR L 3*
- **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 1<sup>st</sup>*  
*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 with a trophy*  
*\*\*\*Must have competition for Paid bid to Nationals\*\**  
**ALL GIRL & COED STUNT GROUPS** *— we will have a 1<sup>st</sup> place trophy along with the placement medals for each member and 2<sup>nd</sup> on up will only receive the medals for each member ---*  
*coed partner will just receive medals*  
**TEAMS** *will receive a placement trophy*  
**Individual/ Solo—Duo—Trio—Tumble Group—coed partner Stunt Medals**  
*1<sup>st</sup> place TEAM OR Grand Champion----- If you will be attending our Nationals—PAID BID FOR ALL ATHLETES ON TEAM (if payment had already been made—it will be refunded)*
- **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 Please remind your parents to be an example to our children—and most of all have fun!**  
**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
- **T-SHIRTS-** We have hired a professional ONSITE company—they have our Hoosier Logo and are able to put it on any apparel (t-shirts-hoodies-shorts-sweaters etc..) Also you can pot to have A LIST OF THE TEAM NAMES on the back
- **SPECTATOR INFO LETTER:** Print off the website---Please copy & hand out
- **\*\*NEW\*\*VIDEO:** Videotaping will be allowed from your bleacher seats—**NO TRIPODS** —and no videotaping form the main floor only in bleachers  
---**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—The Athletic Trainer will primarily be in the GYM or practice gym----We do not provide wrap for wrists etc..**If you can't find her go toRegistration table and ask**
- **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 (the medals that were given to you at registration) —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**

