

**OPEN NATIONAL COACHES INFORMATION— 2013**

- **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 8 pages**
- **---The address is: 7000 Kalahari Dr Sandusky OHIO 44870**
- **If you are staying in the Kalahari resort—it is connected—follow signs to the NIA CENTER----If you are NOT staying at the Kalahari Resort please enter on the NIA CENTER side—Parking is free**
- **IMPORTANT TIMES: -----**

**\*\*DOORS FOR ATHLETES-- COACHES---& SPECTATORS**

*If you arrive early –you will still need to wait in the lobby*

**FRI March 22 --- 4:40 PM**

**SAT March 23 --- 7:30 AM**

**\*\*REGISTERED BY---**

**FRI March 22—WILL NOT HAVE TO REGISTER**

**SAT March 23 ---You may register any time—BUT---Must be registered at least 45 minutes prior to your warm up time---(At least the head coach needs to register—if all athletes aren't there yet—that is okay (MUST BE REGISTERED BY THESE TIMES OR DISQUALIFIED) -- obviously teams in Session #1 that are first—just need to be there when doors open in morning to register**

- **\*\*\*COACHES QUESTIONS---** As stated there is no coaches meeting— Everything should be covered in this letter—However I am always available-- -If you can't reach me (Christy) please go to the Registration booth and they will get me –or I frequent the reg booth to see if there are any messages for me—Also ALL Staff Members can answer questions and if they are unsure of the answer they will find out for you-----
- **Tentative Timeline** the 1<sup>st</sup> draft schedule will be emailed March 12<sup>th</sup> however the following is a Tentative timeline— Friday-Specialties 5-8  

Level 1—Tiny & Mini Jump off --Awards	Session #1 (8:15-11)
Level 2--Tiny Dance--Youth & JR Jump off – Awards	Session #2 (11-1)
Level 3-4-5-6 – SR & OPEN Jump off -- Awards	Session #3 (2-4)
School-Rec Non mount and Mount / Varsity and All Star/rec Dance --- Awards	Session #4 (5-8)
- **SPECTATORS---PLEASE REMIND YOUR SPECTATORS THAT AFTER EACH SESSION THEY ARE TO VACATE CHAIRS SO OTHER PARENTS CAN SIT-----**  
*However if you have other children in other sessions you may stay –But please sit towards the back---WE WILL HAVE A VIP SECTION—on the floor –please stay behind lines---this is for parents of the team performing—after each team please exit—Nobody should sit in the VIP section--*

**OPEN NATIONAL COACHES INFORMATION----2013**

- **SPECTATORS**---PLEASE REMIND YOUR SPECTATORS THAT AFTER EACH SESSION THEY ARE TO VACATE CHAIRS SO OTHER PARENTS CAN SIT-----  
However if you have other children in other sessions you may stay –But please sit towards the back----WE WILL HAVE A VIP SECTION—on the floor –please stay behind lines----this is for parents of the team performing—after each team please exit—Nobody should sit in the VIP section--
- **SPECTATOR TICKETS**— Children-4yr-12yr 3yr and under free Senior 60 and over  
FRIDAY—Adult/child/seniors \$8  
SATURDAY—Adult \$20 Child/Senior Citizen \$10  
**Wristbands**---You may enter as many times as you want throughout the day  
**Yellow are for FRIDAY Orange for SATURDAY** \*\*\*No advance tickets offered at the door  
**Remember that ALL ADVANCE Pre Paid wristbands have been mailed-so if they are lost –we will not be giving anymore out—they will need to be bought again if lost**
- **Athletes Watching ON FRIDAY** If you are on a team and would like to watch Friday you do NOT have to pay (just make sure you are in some kind of team warm up or apparel so we can distinguish that you are on a team)
- **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-----ANNOUNCER will say*  
**“Dublin High please set up”** you will set up get into spots YOU May spirit in --  
May NOT take longer than 45 seconds to get set up on the floor ---  
and may NOT use organized entrances-----you may use spirit fingers waves—punches etc....There will be a penalty (see penalty sheet) if you take longer than 45 seconds  
  
*You will KNOW when to start when the announcer says*  
**“SILENCE PLEASE NOW PERFORMING DUBLIN HIGH”** Time will start with the first motion-voice-or music—YOU MAY SPIRIT OFF
- **CHEER & DANCE-PERFORMANCE FLOOR**—THE SPRING FLOOR will measure (54x42) Remember that there is no penalty for going out of bounds---  
-REMEMBER dance teams & school/rec teams will perform on the spring floor also-----

**OPEN NATIONAL COACHES INFORMATION----2013**

- **NEW SET UP THIS YEAR---Diagram / Map of inside Venue**  
Possibly by Wednesday the 11th there should be a link on the website
- **Cheer & Dance WARM UPS**—Please read all of the below carefully—We will have a staff member in EACH 3 rooms—and they will be monitored-- You are **NOT allowed in the rooms unless it is your practice time IF YOU WANT TO PRACTICE WITH MUSIC in the practice Areas YOU MUST BRING YOUR OWN CD player-----**
  - \*\***Friday Practice-----Spring Tumble (Indigo Bay) 3 minutes**  
Practice 42 x42 Foam mat 3 minutes
  - \*\***Saturday Practice**—Warm Up #1 (2 foam mats)  
Warm Up #2 (Spring Tumble Strip)  
Warm Up #3 (8-9 rolls of mats)  
You will receive 4 minutes and 30 sec in EACH room  
With ONLY 30 seconds to change between rooms---

***\*\*You are to be at your warm up times at least 20 minutes early and ready--- because if we are ahead of schedule we ARE moving on and if you are not there to go for warm up we will skip that team-----NO TEAM WILL BE ABLE TO PERFORM AGAIN-SEE OUR RULES UNDER GENERAL CHEER DANCE RULES--- Believe me Midwest prides itself in almost always being on time***

**\*\*\*TEAMS ARE ONLY ALLOWED TO PRACTICE IN WARM UP ROOMS--**  
---Any team caught practicing Friday and/or Saturday any place other than the above will receive a warning and then second time a penalty----Stretching in grand hallways in convention center is fine

**\*\*\*\*NEED EXTRA PRACTICE/WARM UP TIME because of crossover conflict OR just extra practice?--The following times are open \*\*\*we will just use the honor system and if you want to practice only use 3 minutes enough time to do routine and let the next team practice (you may go through routine BUT you will not be able to use the music because we will have teams TESTING their music-----)**

**MAIN Spring Floor-- Saturday 7:30am-8:20am & Friday 4:40pm-5:30pm and any time between sessions**  
**Warm up rooms ---Please look at schedule there are times between sessions**

**OPEN NATIONAL COACHES INFORMATION—2013**

- **COACHES WRISTBANDS** we mailed wristbands out the week of March 9 to the address that was on registration-- please it is your responsibility to not loose them—Yellow is for Friday and Orange for Saturday—If you don't use the yellow Please destroy them
- **CONTACT WITH THE JUDGES OR TABLE** No Contact is allowed with the judges or judge's table
- **SCORE SHEETS--**  
Score sheets must be picked up by the HEAD COACH ONLY The HEAD COACH will pick up ALL Teams for that Session-example you have a Youth level 1 & 2 The HEAD Coach will pick up both---**COACHES MUST SIGN THAT THEY HAVE PICKED SCORESHEETS UP--** Where?—Pick them up **at the ADMISSIONS/Ticket table** after the awards ceremony---**YOU WILL ONLY HAVE 10 MINUTES TO PICK THEM UP---**after 10 minutes after the session you **will NOT be able to pick** IF you don't contact us they will NOT be mailed **WE DO NOT POST STANDINGS AT THE COMPETITION---****IT WILL BE POSTED ON THE WEBSITE 5-6 DAYS AFTER THE EVENT**  
**ALL SCORES ARE FINAL**—If you do still have a comment or concern about your score sheet you may EMAIL Christy [midwestcheerdance@yahoo.com](mailto:midwestcheerdance@yahoo.com) AFTER the competition—It will not be discussed at the competition—other than if there is a discrepancy in the tallying of the scores-----
- **MUSIC & SOUND SYSTEM**— If you are going to use a CD please bring **(2) CD's plus (2) more duplicate 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 back up CD's —**YOU will NOT be able to perform again ( you may have a CD w/ 2 tracks but no more)---****IT WILL BE YOUR FAULT IF YOUR SONG IS NOT PLAYED CORRECT---****NO IPODS or MP3 PLAYERS**  
**SOUND SYSTEM**—We contract a Professional Sound engineer and equipment out---The Engineer is there to assist you---**BUT a coach(assistant coach—an adult assistant to the team etc..) needs to be at the sound booth pressing play or stop ( even if you are an ALL MUSIC team you must still stay and press play or stop)---**The system will be **PRE-SET** However—if you feel your music is not loud enough—**You MAY ASK for the volume to go up or down---**  
**IT IS MANDATORY that you test your music** Anytime there is a break--  
**PLEASE ONLY PLAY ABOUT 2 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 QUICK---**  
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

**OPEN NATIONAL COACHES INFORMATION—2013**

- **JUMP OFF CHEER & DANCE—OPEN TO MALE AND FEMALES-----**  
*Because we have a lot of entries ---We will only take the first 45 in each division*  
**PLEASE REGISTER AT REGISTRATION—(it fills up fast)—**  
 \$15 cash only ---THESE ARE THE CUT OFF TIMES!!!!  
 1<sup>st</sup> Session (Tiny & Mini) 9:15    2<sup>nd</sup> Session (Youth-Junior) 12:15  
 3<sup>rd</sup> Session (Sr and Open) 2:40  
 SESSION #3---We will have a Senior Jump off (15 yr-18yr) AND an Open  
 Jump off—(19 years on up) So any college students who wants to participate OR  
 coaches –Spectators—Cheer –Dads Moms! please Sign up!  
 REMEMBER----Tiny-Mini-Youth-Junior-Senior Jump off is the age the child  
 was as of Aug. 31, 2012---So make sure they are registering for the CORRECT  
 SESSION  
**EVERYONE IMPORTANT**-----Please make sure you are in the right session if  
 your team is in Session #4 and you are a SR and want to do Jump off then you  
 would need to be there for the end of Session #3---or if you are a Youth then  
 Session #2 etc.....  
 You may ONLY register for ONE jump off session
- **CONCESSIONS: NO OUTSIDE FOOD**  
*Kalahari Catering Department is handling the food again and they do an  
 awesome job—They will have Breakfast items from 7:30-10:30 and Lunch/dinner  
 items from 11:00-7:00*
- **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  
 etc.... –We will award a Session #1--#2--#3--#4 Spirit trophy*  
**BUT REMEMBER** *We want the parents /spectators to get involved BUT it has to  
 be a joint effort---the participants must show spirit ALSO Even if the parents do a  
 nice job the team also needs to participate or they will not be awarded the spirit  
 trophy—AND remember we are looking for teams that ENCOURAGE and have  
 spirit for ALL the teams NOT just their own team*
- **ALL STAR & School teams LG & SM—** *Per USASF rules--There needed to be  
 at least 2 in each division to separate into Large & Small---SO if your division is  
 not split that is why*
- **HAIR FOR ALL CHEER & DANCE TEAMS--STUNT / PARTNER  
 GROUP & ALL STAR CHEER-** *Our Rules state that hair MUST be up—  
 Pony Tail—Pig Tails (curled is fine) or Braids PLEASE ADHERE TO THIS OR A  
 PENALTY WILL BE ISSUED \*\*Girls with short hair (above the ear) must at least have the  
 sides up\*\**  
**EXCEPTION**---*Individual-Solo-Duet-DUO-Trio must have hair UP out of  
 face---AT least the sides up—does NOT have to be in a pony tail—just sides up  
 DANCE MAY wear down*

**OPEN NATIONAL COACHES INFORMATION— 2013**

- **All Star CHEER INDIVIDUAL**—Remember that our rules stated that it was recommended that you put a short cheer/chant somewhere in your routine—can even be over the music-----or doing a traditional way-stop and do the cheer or chant and then music –
- **STUNTING-BUILDING RULES** Please make sure you printed out the building and tumbling rules for SCHOOLS/REC from the AACCA.org—or All Star—USASF.net -Please understand that we have our own rules for hair-jewelry-props-etc.----Our Certified USASF/AACCA Penalty judge will only be looking for **illegal stunts and tumbling & Jumps—we will only be looking for things that are** in the AACCA.org Building Rules & USASF.net---
- **VERIFICATION OF PENALTY**  
*If you do receive a level penalty or tumbling/building/Jump penalty you will be asked to come to the Midwest Staff room and the Penalty Judge will go over the penalty with you –while watching the replay of routine--and then you will need to sign the penalty sheet*
- **NEW COACHES HELPING TEAMS** As stated in our rules—Tiny, Mini and new this year YOUTH HEAD COACH (that is ONE coach) can sit in front and be there—to do small movements and help---- If we see any other coaches assisting there will be a penalty--
- **SPORTSMANSHIP PENALTY-** Our penalty sheet now has unsportsmanship-unruly behavior from Athletes-PARENTS-Spectators-Coaches  
Help us promote great sportsmanship always! First will be a warning and then a Penalty to that team
- **COACH--CHEERLEADERS & DANCERS SEATING** PLEASE SAVE THE VIP area on the floor for OUR SPECTATORS----Athletes need to sit in the chairs around the Spring Floor or sitting in the designated floor area
- **MEDICAL STAFF**—There will be a Certified Athletic trainer housed in the main performance ballroom--

**OPEN NATIONAL COACHES INFORMATION—2013**

- **AWARDS & :** *Please refer to GENERAL RULES CHEER/DANCE on the website for awards and banners---*

**PARTICIPANT Medals** Each athlete on the team will receive their medal during the Victory Run---ON SATURDAY----

All Specialty Divisions on Friday---will NOT receive their participant medal on Friday---THEY will receive them with their TEAM ON SATURDAY during the VICTORY RUN ( unless you are just competing on Friday—in that case see a staff member for your medal)

*If you are the only team in a division you will take a FIRST place trophy BUT NO BANNER---however your score will be included for Grand Champion of session—so you could win that--*

**BANNERS** for teams only (Must have at least 2 in the division for banners)

*2 in a Team Division—1<sup>st</sup> place Champion Banner*

*3-4 in a Team Division—1<sup>st</sup> place Champion & 2<sup>nd</sup> place*

*5 on up in a Team Division—1<sup>st</sup> place Champion, 2<sup>nd</sup>, & 3<sup>rd</sup> Banner*

*PLUS Each team in a team division will receive a placement trophy*  
*Individual / Solo Division—Jump off—Duets—Trios etc. will receive medals ----*  
*Stunt Groups or Partner ----- medal to EACH member of the Stunt group or Partner*

*1<sup>st</sup> place team each member will receive (must have at least two in the division)*  
*A voucher for a FREE White T-shirt with one National Logo imprint--*

- **National Champion t-shirts-**  
*This is only for TEAMS NOT Specialty divisions—and must be two in division*  
*Each 1<sup>st</sup> place team at the Awards will receive a FREE WHITE NATIONAL LOGO shirt WITH CHAMPIONS on it*  
*\*\*Coach will receive a 3 part copy to fill out at the awards ceremony with all athletes' sizes and 2 coaches sizes then...*  
**Take it to Cannonball Designs Booth after the awards ceremony**  
*\*\*\*\*IF you are the only 1 in a team division your score will be included for Grand Champion—if you win grand champion you will receive a free t-shirt also---- because you didn't get one for 1<sup>st</sup> place---*
- **Participant MEDALS** --You will pick those up at registration—please bring them to the victory run on the schedule

**OPEN NATIONAL COACHES INFORMATION—2013**

- **VICTORY RUN** please have fun and creative but no feather boas—the spring floor gets to be a mess I was trying to figure out a productive way to distribute every athletes medal BUT also highlight each Athlete receiving their medal—here is what we have designed---On the schedule when it says go get ready for the Victory run ALL coaches and the entire team should go to practice area and put their medals on each athletes—then- Our announcer will announce each team---The team will then spirit in on the floor and do the Victory Run—USE the Whole Spring floor—Rush the Crowd!!! 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 or competition 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!
- **EVENT T-SHIRTS-** WE have contracted **CANNONBALL DESIGNS** as our official supplier of Event t-shirts----(their booth will be by the Spectator Admissions)  
You can get our Open National Logo On ANY apparel –t-shirt—pants-shorts-jackets etc.... Youth and Adult sizes  
*TEAM NAMES WILL BE ON THE BACK---Please NOTE-Late registration team names may not have made the shirt please look---but I think we did get all this year*
- **VIDEO: NEW—NEW—***you may video tape but it must be from your chairs and not on the floor---NO TRI PODS*  
**WE HAVE Lockwood Media**  
*THEY ARE OFFERING ON SITE DVD!!! You can take them home the day of the competition!!!!*
- **COACHING STAFF OF THE YEAR-----***We will award 1 Banner to a Coaching Staff for Session #1-#2-#3-#4*  
  
*I wanted to honor some of the coaches that have been loyal to Midwest Cheer/Dance-- -Coaches that have POISE—PROFESSIONALISM –and that extra PASSION for working with children will be chosen*
- **SCHEDULES:** *Limited Copies of Schedules will be available at the Front Door for Spectators and at Registration for Coaches*
- **SPECTATOR LETTER:** *Print a spectator letter off the website-----PLEASE COPY AND GIVE TO EACH PARENT or make it mandatory that they view our website—*

**GOOD LUCK TO ALL and -----THANK YOU !!!!!! THANK YOU!!!!!**

