

OPEN NATIONAL COACHES INFORMATION— 2019

- **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/Convention CENTER----If you are NOT staying at the Kalahari Resort please enter on the NIA /Convention CENTER side—ENTRANCE “A” ONLY Parking is free  
Nobody is to enter any other entrance than ENTRANCE “A” THANK YOU**
- **We do not cancel for weather so please allow extra driving time if needed**
- **IMPORTANT TIMES: -----**

**\*\*DOORS**

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

**SAT March 18 --8:30 AM coaches and athletes ONLY  
9:00 AM Spectators**

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

**SAT March 16 ---You may register any time—BUT---Must be registered at least 40 minutes prior to your warm up time---- (MUST BE REGISTERED BY THESE TIMES OR DISQUALIFIED) --\*\*Whole team does not have to be present –just coaches for ID’s and wristbands**

- Final Schedule is posted on the website
- **\*\*\*COACHES QUESTIONS**--- there is not a coaches meeting—Everything should be covered in this letter—However I am always available---If you can’t reach me (Christy Young) please go to the Registration booth —*Also ALL Staff Members can answer questions and if they are unsure of the answer they will find out for you-----*

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- **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 in the middle section of chairs AND--on the floor** --please stay behind lines----this is for parents & family of the team performing--after each team please exit--Nobody should sit in the VIP section the entire session ONLY during your team performance --
- **SPECTATOR TICKETS**— Children-4yr-12yr \$10 Senior 60 and over \$10  
3 yrs and under free  
SATURDAY—Adult \$20 Child/Senior Citizen \$10 (cash only)  
MCD Wristbands---You may enter as many times as you want throughout the day  
\*\*\*No discount advance tickets offered at the door  
Remember that ALL ADVANCE Discounted Pre Paid wristbands have been mailed-so if they are lost --we will not be giving anymore out--they will need to be purchased again if lost
- **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--and can yell team name once in spots 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-EXIT Opposite way
- **CHEER & DANCE-PERFORMANCE FLOOR**—THE SPRING FLOOR will  
measures (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-----
- **SET UP ---Diagram / Map of inside Venue**  
*Is on the website*
- **NEW** --- TIES: This is how we will break ties---will only break 1<sup>st</sup> place ties  
all other ties will stand---first the team with the highest  
Score On PERFECTION (5 pts max) (no falls no bobbles)  
AND no penalty deductions  
If still a tie---team with highest Choreography/Sportsmanship  
Scoresheet (all Star/Prep) or Sportsmanship category on Rec/school Scoresheet  
After that it will be judges call

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- **Cheer & Dance WARM UPS**—Please read all of the below carefully—We will have a staff member in warm ups—and they will be monitored--

**\*\* Saturday Practice— All IN Suite #3 & #4**

Warm Up #1 (2 foam mats)

Warm Up #2 (Spring Tumble Strip)

Warm Up #3 (9 rolls of mats)

You will receive 5 minutes at EACH station—

**WOOD ROOMS** —is an open room 160' x 43' (across from warm ups) that will be designated for stretching—going through counts etc...ceiling height is not for STUNTING OR no tumbling because of no mat—just stretching etc....  
**ALSO**—North and East Hallway are huge areas to stretch etc...

**Warm up Music**- there will be a small sound system to use **HOWEVER** our staff is only there to monitor time slots and watching for wristbands---If you cannot get the system to work with a IPOD—phone etc... then you need to have a back up CD to use. This system is not manned and coaches have to run it

**\*\*You are to be at your warm up times at least 15 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-----however warm up staff do know about some crossovers and will allow a few minutes lead way NO TEAM WILL BE ABLE TO PERFORM AGAIN- unless for an injury ---SEE OUR RULES UNDER GENERAL CHEER\_DANCE RULES---**

**\*\*\*TEAMS ARE ONLY ALLOWED TO PRACTICE IN WARM UP ROOMS-----Any team 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-----) Anytime we have breaks the main floor is open---**  
 Main Floor—8:30- 9:10 12:30-1:00

**WARM UPS Approved coaches**-- ---we emailed you the approved coaches (that you printed on registration) and you needed to verify them. These coaches are the **ONLY PERSONS/COACHES** that can enter warm-ups or even enter the HALLWAY to warm ups ( **YELLOW** wristbands are for Coaches/personnel —no yellow wristband then you can **NOT** go past registration )—**NOBODY BUT** Coaches and Athletes are allowed past registration —we will have staff checking for coach wristbands ( **YELLOW** Wristbands) at the warm ups rooms— you must check in/register at registration and show your picture ID so they can check and see if you are on the list---School/Rec coaches will also need to show ID

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- **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 will pick up ALL TEAMS in the session **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 15 MINUTES TO PICK THEM UP---**after 15 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 4 DAYS AFTER THE EVENT and ONLY places will be posted not scores**  
**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-----**

Comparative scoring: Scores are relative to the performances at that day's event compared to other teams in your division. Teams will notice a variance in scores from event to event  
LIVE PERFORMANCES : This event is a live scoring event. By competing with MCD UP you and your organization agree to accept the feedback and scores given by the judges on your routine as they watch it live that day. Judges will assign scores and deductions based upon their opinions, within the framework of MCD UP Score sheets, as they view your performance live. NO live scores will be reviewed at or after the event, except situations pre-approved by Christy Young. Scores are final.

Once again scoresheets and POINT RANGES are on the website  
[www.midwestcheerdance.com](http://www.midwestcheerdance.com)

- **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---****You may USE IPODS IPHONES and mp3 but you also must have a back up CD**  
**SOUND SYSTEM**—We contract a Professional Sound engineer and equipment 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**

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- **JUMP OFF CHEER & DANCE—** **Coach JUMP OFF free**  
**New\*\*\*\* JUMP:OFF DAY OF REGISTER:**  
**There is only 2 sessions with jump off**  
 We are going back to the old way this year---you CAN REGISTER the day of here is info
  - 1.) Register for Jump Off at Registration----\$15  
 Coach, Athlete (older ones), and or Parents can register  
 Athletes do not have to be present
  - 2.) Can only register for ONE session  
 Session #1 (Age you are as of Aug 31, 2018)  
 Tiny (3yr -6yr) Junior 12yr-14yr Senior 15yr-18yr  
 Session #2 (Age you are as of Aug 31, 2018)  
 Mini (7yr-8yr) Youth (9 yr-10yr-11yr)
  - 3.) ONLY TAKING FIRST 25 in each age-- Must be register by Session #1 @ 10:45 Session #2 @ 2:30
  - 4.) Depending on number of competitors we will put you in groups of 4-5 and you will do a toe touch and optional jump from those 4-5---- Judges will pick 1 to 2 to move on to the next round--until we are down to 5 and they will place 1st thru 5 sometimes if there are only 2 to about 10 we will just place them  
 Judges are looking for technique (pt toes--placement etc..) and height ---not just height!  
 Sometimes for older groups they will ask you to do advance jumps as a double jump --pike etc. **There are NO Scoresheets.** Judges make their own notes for ranking
  - 5.) COACH JUMP OFF: (free) Each school/Gym Please nominate and sign up ONE coach to enter the coach jump off ( if you want)  
 We will have two Coach Jump offs -- in Session #1 and Session #2 (so each gym can have 1 in session #1 and another coach in Session #2)  
 All coaches that sign up will receive a photo voucher for Classic Photo—and 1<sup>st</sup> place winner will receive an event tshirt
- **CONCESSIONS: NO OUTSIDE FOOD**  
*Kalahari Catering Department is handling the food again and they do an awesome job—They will have Breakfast items and lunch/dinner —they are in Zambezi ballroom—see venue map*
- **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-----Spirit trophy*  
**BUT REMEMBER** *We want the parents /spectators to get involved BUT it has to be a joint effort---the athletes 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 and Coed—** *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—also per usasf we combined -- because of USASF rules SR Coed L3 Cheer into Sr L3 because there was only one of each*
- **HAIR FOR ALL CHEER & DANCE TEAMS--** *Our Rules state that hair must be up----- IF YOUR HAIR IS AT SHOULDER LENGTH the sides can just be up (and must be out of face) If your hair is PAST shoulder length it must be put in a PONY TAIL--- braids are fine or pigtails and or/curled*  
**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**
- **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 –*

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- **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 level rules---*
- **VERIFICATION OF PENALTY**  
*If you do receive a level penalty or tumbling/building/Jump penalty you will be asked to come 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---- They are to sit on the X in front of the judges table. If we see any other age (JR-SR) coaches sitting on the X there will be a penalty-- TINY-MINI-YOUTH COACHES CAN NOT SIT ON THE SPRING FLOOR AND HELP during the performance –you can only have ONE coach sitting on the X in front of judges  
*There is a taped off area on each side of judges table that other coaches of the TINY MINI and YOUTH teams can sit and help but ONLY ONE COACH right in the middle on the X*
- **Spotting**—we do not provide spotters so you can have 2 spotters on the floor But they must be kneeling (or standing) on the back of the spring floor and only come forward for stunts and go back—no hands on spotting---
- **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
- **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 medical staff housed in the main performance ballroom--
- **PICTURES** *Classic Photo will be taking team and individual pictures Please go to the North Hallway and take pictures right before warm ups They will also be taking ACTION Shots that can be viewed on laptops and printed on the spot.*

- **EVENT T-SHIRTS-**  
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---*

- **NEW VIDEO TAPING IS ALLOWED No tripods---no tripods will be enforced**

- **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---- (coaches will pick up at registration when they register)

**EXHIBITION TEAMS:** *will already have their participation medals on and then will be announced at awards ceremony*

*---If you are the only team in a division you will take a trophy and Champion tshirts ---and your score will be included for Grand Champion ---*

**BANNERS** for teams only

*1-2 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*

**TROPHIES** *Each team will receive a placement trophy—and a trophy*

*For Spirit---however Grand Champion will ONLY receive a A BANNER  
Specialty divisions --medal to EACH*

*1<sup>st</sup> place team each member will receive*

*A ticket for a FREE White T-shirt with one National Logo imprint—team names on back and CHAMPION imprint*

- **National Champion t-shirts-**  
*This is only for TEAMS NOT Specialty divisions—  
Each 1<sup>st</sup> place team at the Awards will receive a FREE WHITE NATIONAL LOGO shirt WITH CHAMPIONS on it (or you can use the ticket to purchase an upgraded apparel with CHAMPIONS on it—and just pay the difference)  
\*\*Coach will receive tickets for entire team and (1) Coach at awards ceremony...*

**Take it to TSHIRTS ONSITE Booth (right by front admissions and the lion) after the awards ceremony (see venue map) Lost tickets will NOT be replaced**

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- **Participant MEDALS** --You will pick those up at registration—please bring them to the victory run on the schedule and pass them out to athletes
  
- **VICTORY RUN** please have fun and creative but no feather boas—  
 ---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- start to line up by the on deck area —by the sound engineer  
 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 —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!
  
- **COACHING STAFF OF THE YEAR----** We will award a banner in Session #1 and Session #2  
  
*We wanted to honor some of the coaches that have been loyal to MCD---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 Please print off the website
  
- **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!!!!!**