

# 2016-2017





The Illinois Cheerleading Coaches Association is a non-profit organization committed to the continuous development of Illinois' cheerleading coaches, and therefore each and every cheerleader.

## ICCA CHAMPIONSHIPS JANUARY 7 - 8, 2017

Membership in the ICCA brings experience in:
COACHING EDUCATION & MENTORING
SAFETY
SCHOLARSHIP OPPORTUNITIES
RECOGNITION OF ATHLETIC & SCHOLASTIC
ACHIEVEMENTS
COMPETITION
(IHSA & NFHS rules followed)



WWW.CHEERICCA.ORG



## 2016-2017 COMPETITION RULES

## **Attention All Cheerleading Coaches**

In order to compete in any ICCA competition, please review the following information: By-laws of the Illinois High School Association (IHSA) states that a member of the school spirit coaching staff is required to attend a rules interpretation each year.

High School Coaches: Rules interpretation presentation must be reviewed between August and November for credit. Log in to the school center on the IHSA website (www.ihsa.org) to obtain credit for rules interpretation presentation. Obtain your school ID and login from your Athletic Director. You may attend one of the on-site meetings listed on the IHSA website.

Junior High School Coaches: May attend an IHSA officials' training which includes rule interpretations. (Dates are posted on both cheericca.org and ihsa.org) A revised copy of the IHSA rules presentation will be put on the website and if reviewed in this manner, please print the last page of the presentation and date it for proof of meeting.

IHSA By-law Sets a sport season and contest limitation for competitive cheerleading teams: "No school belonging to IHSA shall allow its competitive cheerleading team to participate in interscholastic contest earlier than Monday of week 17 or later than Saturday of week 31." (October 24, 2016 —February 4, 2017)

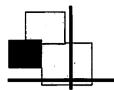
The contest limit is presently six (6) meets. No competitive IHSA/ICCA cheerleading team may participate in more than six meets. For high schools this does not include the IHSA state series. For junior highs, the six meets limit is exclusive of the ICCA championships.



### I. ELIGIBILITY

Any school cheerleading team which abides by the ICCA and IHSA eligibility rules and National Federation of High Schools (NFHS) Spirit Rules is eligible to compete.

- A. All cheerleaders in the competition must be members of a team that cheers together for a specific WINTER sport such as a wrestling or basketball team.
- B. Alternates may be used in case of emergency, but all teams must follow eligibility rules:
  - 1. Alternates may be used as replacements, not additions, to the team. Example: 12 member team cannot become a 13 member team by adding an alternate.
  - 2. Alternates must appear on the official team roster and meet all eligibility requirements.
  - 3. The number of alternates allowed on all teams follows IHSA alternate rules.
- C. A school may not drop or move members to make the team qualify for a different division.
  - 1. Example: A school with a 7<sup>th</sup> grade team and an 8<sup>th</sup> grade team cannot combine to compete. They must compete as separate teams (see "B" above)
  - 2. Example: A team with 17 members who cheer at school events may not drop members of the team in order to qualify for a smaller division.
- D. A cheerleader may not move down a level to compete. Example: A varsity cheerleader may not compete on the JV team.
- E. A cheerleader who competes on a team in one ICCA division is not eligible to compete on a team in a different ICCA division.



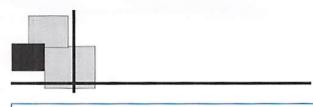
- F. Any team found guilty of illegal placement of members will be disqualified.
- G. Any team qualifying for the ICCA Championship must be an active member of ICCA.
- H. Teams may only represent the school in which all team members are enrolled and attend as full-time students. Exception: A home schooled student may be rostered and participate on the team he or she would attend if not home schooled.
- F. At the Championships, only 4 coaches or representatives (listed on current ICCA membership) per team will be allowed in the competition area for performances and awards.

#### II. DIVISIONS

There are several divisions of competition. These divisions are for school teams that actively cheer for their school athletic events. ICCA divisions are not intended for all-stars or competition teams that do not cheer at their school athletic events as a team. Such all-star or competition teams are not eligible for ICCA competitions.

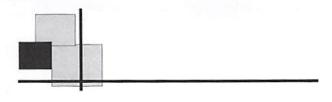
A. Varsity Divisions (grades 9—12) For ICCA competitions, team placement is determined by the IHSA school enrollment guidelines. Schools have the option to move to a higher division, but not lower.

Team Divisions will be announced shortly after the September 30, 2016, student enrollment deadline. Please check the IHSA website or check with your Athletic Director for official placement.



- 1. SMALL Varsity Maximum of 12 members on the floor An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.
- 2. MEDIUM Varsity Maximum of 16 members on the floor An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may note exceed 1 minute 30 seconds.
- 3. <u>LARGE</u> Varsity Maximum of 20 members on the floor An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.
- 4. <u>COED Varsity</u> Maximum of 20 members on the floor Requirements for this division match IHSA requirements for males, presently TWO. An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

On Behalf of the Illinois Cheerleading Coaches Association Have A Safe Competitive Season.



## B. Junior Varsity Division

(JV/Soph/Fresh

## \*\*NEW MEDIUM JUNIOR VARSITY DIVISION ADDED\*\*

Teams cheering for different levels may not combine to compete as one team.

Example: Separate cheer teams cheering for Freshman and Sophomore basketball teams respectively may not combine to form one JV team. Teams must cheer for the Jr. Varsity, Sophomore or Freshman level teams only. Division size is determined by size of team.

An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

- 1. SMALL JV Maximum of 14 members on the floor
- 2. MEDIUM JV Maximum of 16 members on the floor
- 3. LARGE JV Maximum of 20 members on the floor
- 4. FRESHMAN Maximum of 20 members on the floor

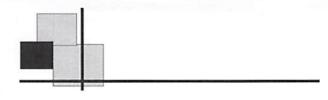
#### C. **Junior High Division**

(grades 5-8)

An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds. NO BASKET TOSSES are allowed.

- 1. SMALL
- Maximum of 12 members on the floor 2. MEDIUM Maximum of 16 members on the floor
- 3. LARGE

Maximum of 20 members on the floor



D. Non-Stunting Division

(grades 5-8) and (grades 9-12) ne which may utilize music and

An unstructured routine which may utilize music and cheer will be performed. The total routine must not exceed 3 minutes in length; total use of music may not exceed 1 minute 30 seconds.

(Non—stunting division team will **NOT** proceed to Championships.)

1. HIGH SCHOOL Maximum of 20 members on the floor

2. JUNIOR HIGH Maximum of 20 members on the floor

E. Stunt Group Division (grades 9-12)
A one minute routine will be performed with music appropriate for game situation. Routine can not include any independent tumbling or Jumping.

Please Note: There will be NO Stunt Group Division at any ICCA Competition after Championships.

1. ALL GIRL Maximum of 4 members on the floor (girls only)
2. COED Maximum of 3 members on the floor (minimum one boy)

Schools are limited to TWO stunt groups and individuals may only compete in one group.

ATTENTION: If your stunt group competes on the day that your team is not competing, it will count towards your contest limit.



#### III. RULES

Refer to Official High School 2016-2017 SPIRIT RULES BOOK Published by NFHS. Copies available at www.nfhs.org

National Federation of State High Schools Assoc.

P.O. Box 690

Indianapolis, IN 46206 Phone: (317) 972-6900 FAX: (317) 822-5700

### IV. COMPETITION

### A. General Rules

- 1. Cheers, motions and music must be appropriate for a game situation. Refer to NFHS Spirit Rules and "Participants' Responsibilities". (www.nfhs.org)
- 2. The maximum length for the Varsity, JV and Jr. High competition routine is 3 minutes with 1 Minute 30 seconds maximum for music.
- 3. TIMING STARTS whether on or off the mat, with
  - a. the first organized motion,
  - b. first word,
  - c. first beat of music.
- 4. TIMING ENDS with the last motion, word, beat of music or signal per IHSA conditions.
- Cheerleaders may incorporate appropriate poms, signs and school flags/banners in their routines if used in a safe manner to lead the crowd during performance.
- 6. Music can be on a CD or digital format with a back-up.



- 7. Glitter that does not readily adhere on the hair, face, body, and/or uniform is illegal. Glitter may be used on signs, props, flags only if laminated or sealed.
- NO costumes are allowed.
- 9. Cheerleaders must wear uniforms appropriate for a game situation.
- 10. Deductions will be made on the technical sheet for appearance infractions such as uniform, nails, hair, etc.
- 11. Coaches and alternates should refrain from yelling the complete cheer. For judges to effectively score the voice category, they must be able to hear the team. (Call backs are OK)
- 12. All competing team members must participate in the entire performance, except in case of any injury during the performance. Cheerleaders who are not physically capable of performing the whole routine will not be allowed to compete.
- 13. A cheerleader dressed as a mascot is permissible and will be judged as part of the performance. The mascot will be counted as a team member and must follow all NFHS rules.

### **B.** General Information

1. ICCA FEELS SPORTSMANSHIP IS VITAL TO THE SPORT. See NFHS rules. Unsportsmanlike behavior has no place in the realm of spirit teams. It is imperative that good sportsmanship prevail. The ICCA Board of Directors will take appropriate action if poor sportsmanship is shown.



- 2. Performances should be one-sided. Officials will sit in the center on one side. Technical official will be stationed on the floor.
- 3. Any problems or situations that arise concerning cheerleading performances will be discussed by the official at the contest and their decision will be final.
- 4. APPEALS: Only coaches may appeal.

Mathematical errors are the only question to be addressed. It must be addressed within 24 hours.

### 5. BOUNDARIES

- a. At ICCA competitions, the boundaries of the mat will be approximately 42' by 54' "or as stated in the IHSA terms and condition". A cheerleader stepping beyond the white boundary lines except for entering and exiting will be considered out of bounds.
- Mats will be placed vertically to the officials panel. An "X" will be placed in the middle for centering.

## 6. OFFICIALS & SCORING

- a. Qualifying for Championships:
  JV and Varsity Teams will use the IHSA score
  sheet and rubric. All Junior High teams will use
  the IESA scoresheet and rubric. An 100 point
  score sheet will be used for the non-stunting and
  stunt group divisions.
- b. QUALIFING PERCENTAGES to compete at ICCA Championships listed below.

  Varsity teams must score at least 78%

  Stunt Groups must score at least 80%

  JV teams must score at least 70%

  Jr. High teams must score at least 50%
- c. Tie break: The average of "Overall Effect" for Junior High as well as average Routine Composition for JV and Varsity.



#### 7. SAFETY

- a. ICCA will not be responsible for accidents, injuries or illnesses that occur before, during and after its competitions. Each coach must be responsible for handling all illness and/or injuries for his/her team.
- b. If it is necessary for a coach to leave the competi-tion site, he/she must inform the head official. A designated school representative must be present for a school to compete.
- c. Team coaches or chaperones attending the ICCA Championships must be at least 19 years of age.
- d. No team may start a routine over unless they are asked to do so by the official. Should a technical official stop a routine, the restart will begin at a safe point in the routine as determined by the head official. All scores and deductions received up to that point shall be carried over to the final score sheets. The team will be allotted 30 minutes of practice time to regroup.

### 8. ENTRY FEES

Member Schools Invitational Fee - \$100.00 Non-Member Schools Invitational Fee \$150.00 ALL ENTRY FEES ARE NON-REFUNDABLE.

## 9. VIDEOTAPING AND CAMERAS

No video cameras, cell phones or any other equipment for videotaping may be used in the warm-up and practice areas. Arrangements for videotaping any of the competition will be at the discretion of the host school.

# **Competitive Cheerleading Scoresheet**



Sectional	School:							
	2		20 10	20 00	2 2	8 8	20 10	20

o State

Division:																
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Official:\_\_\_\_\_

COMPETITION CATEGORY		TEAM SCORE	COMMENTS
PROJECTION/SHOWMANSHIP	10		-
JUMPS			
Difficulty	8.5	* * * * * * * * * * *	<u>@</u>
Execution	1.5		
TUMBLING			
Difficulty	8.5		
Execution	1.5		
PYRAMIDS/TOSSES			
Difficulty	8.5		
Execution	1.5		
PARTNER STUNTS			
Difficulty	8.5		
Execution	1.5	<del></del>	-
MOTIONS/DANCE	10		
ROUTINE COMPOSITION			
Creativity	5		
Transitions/Formations	5		-
Skill Utilization	5		-
	RAW SCORE		/ <b>75</b> =%
			— DEDUCTIONS
As of: 06-01-16			- LEGALITIES = TOTAL



## **Competitive Cheerleading Legalities**

School	Division	01	fficial						
Please cite the NFHS rule violation and the time/part in routine in which the violation occurred.									
MINOR NFHS VIO	LATION:								
Rule Infraction		Warning	Rule Number	x (1)					
			-	-					
				:					
				-					
MAJOR NFHS VIO	Spirit Rules Book 3.1.1 Jewelry; 3.	1.2 IValis, 5.1.5 Fi	all, o. i.u Appaiei						
Rule Infraction		Warning	Page Number	x (5)					
			-	ÿ					
				P					
				·					
				s					
<b>Examples</b> : NFHS inversions, etc	Spirit Rules Book 3.7.5 No back	spot for a cradl	e from an extended s	stunt; 3.3.1 Illegal					
	TOTAL LEGA DEDUCTION								

As of: 06-01-16



## **Competitive Cheerleading Deductions**

School	Division
Official	

## Please cite the deduction and the time/part in routine in which the violation occurred.

DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTION TOTAL
Music Time – 1:30	Overtime – (1)	
Total Time – 3 min.	Overtime – (1)	
Missed Skill Examples: Building skill is not attained Pyramid collapse	x1 x2	
Incomplete Skill Examples: Hands touch down on tumbling Tumbling lands on knees or back	x.25	
Boundary Violation Examples: One foot or hand is over the boundary line	x .5	
IHSA Terms & Conditions Violation	x 1	
	TOTAL POINT DEDUCTIONS:	



# CHEERLEADING STATE COMPETITION ROUTINE JUDGING SHEET

٦	SMALL ROUTINE
	MEDIUM ROUTINE
	LARGE ROUTINE

TEAM NAME				JUDO	GE NO
COMMUNICATION 10 POINTS Voice, Eye Contact, Facial Expressions 10 pts	MATERIAL Too wordy Good crowd work Good use of signs Clarity	Good ex	ACT/FACIAL EXI pressions ions overdone niles	В	<b>ICE</b> Strong voice Be louder Make words natural
FUNDAMENTAL SKILLS 50 POINTS A. Motions/Dance 7 pts Difficulty 3 pts Execution B. Tumbling 7 pts Difficulty 3 pts Execution C. Jumps 7 pts Difficulty 3 pts Execution D. Partner Stunts 7 pts Difficulty 3 pts Execution E. Pyramids 7 pts Difficulty 3 pts Execution E. Pyramids 7 pts Difficulty 3 pts Execution	Good motion execution Good dance execution Good choreography Add more variety Inappropriate dance Levels off Isolate motions Improper wrist	Good execution Improve landings Include more tumbling Hands down Bent legs Legs apart	Good execution Improve landings Improve height Point toes	Good execution Good dismounts Good variety Dismounts shaky Include more transitions Stunt sync on Falls	Good execution Good dismounts Good variety Dismounts shaky Include more transitions Pyramids shaky Falls
GROUP TECHNIQUES 20 POINTS A. Synchronization 10 pts  B. Formations & Spacing 10 pts  OVERALL EFFECT 10 POINTS Ground Appeal	SYNCHRONIZATION  Tumbling Stunts Dance Jumps Cheer  Good creativity Solid/clean routin	Goo Wat Nee Smc	ATIONS & SPACE d formations sch spacing d variety of form both transitions ally creative trand	ations	
Crowd Appeal 10 pts  SPORTSMANSHIP 10 POINTS 10 pts  TOTAL POINTS	Slow routine  Slashing Taunting Excessive celebrat	Gen Nati	uine enthusiasm ural facial expres tive material	0.00000	

\*See Technical Scoresheet for additional deductions



Chaorlanding Skills



## Competitive Cheerleading STUNT GROUP Scoresheet

SCORE SHEETS ARE SUBJECT TO CHANGE PENDING
IHSAYNFHS RULE UPDATES,
PLEASE CONTINUE TO CHECK WWW.CHEERICCA.ORG
AND IHSA.ORG FOR UPDATES.

Cheerleading Skills Difficulty Number & quality of body positions and skills being performed	10
Perfection of Routine Effortless & clean Motion technique in stunts	10
Routine Construction Variety of Stunts Creativity Timing Transitions	10 10 10 10
Overall Effectiveness Crowd Appeal	10
Projection/Poise/Appearance	10
RAW SCORE - DEDUCTIONS	2016-2017
- LEGALITIES	Score Sheet
TOTAL SCORE	Page 14



Team: Division:



# Competitive Cheerleading NON-STUNTING Scoresheet

SCORE SHEETS ARE SUBJECT TO CHANGE PENDING
IHSA/NFHS RULE UPDATES.
PLEASE CONTINUE TO CHECK WWW.CHEERICCA.ORG
AND IHSA.ORG FOR UPDATES.

Official:	
CATEGORY	
VOICE/PROJECTION MOTIONS/DANCE JUMPS TUMBLING FORMATION/TRANSITIONS SYNCHRONIZATION DEGREE OF DIFFICULTY OVERALL EFFECTIVENESS	10 10 10 10 10 10 10
RAW SCORE - DEDUCTIONS - LEGALITIES	2016-2017 Score Sheet
TOTAL SCORE	



## **SCHOLARSHIPS**

ICCA is proud to offer this program to outstanding Illinois senior cheerleaders. ICCA provides \$13,000-\$15,000 in scholarships annually.

The program promotes the attainment of higher educational goals for cheerleaders who have made positive contributions to their school through their academic success and involvement in cheerleading.

Senior cheerleaders who cheer for an ICCA member school and cheer for a winter season sport may apply. The cheerleader must be in compliance with all IHSA/ICCA cheerleading eligibility rules.

Please check the ICCA website for the scholarship application and requirements.

www.cheericca.org

Deadline: December 1, 2016

**Any questions contact Cindy Rueter** 

phone: 618-570-9994

email: drhawks@charter.net





## **All-State Cheer Team**

Senior athletes whose schools are ICCA members and who are actively cheering on the winter cheerleading team are eligible to apply for this awarding experience!

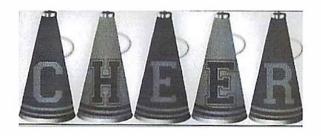
Nominate your best senior cheerleaders for the ICCA ALL-STATE Cheer Team. The combined, amazing talents of this team are showcased at the Illinois Basketball Coaches Association's All-Star Game. This all-expense paid weekend includes a luncheon for the team.

This is an amazing experience with fellow Illinois Cheerleaders that these athletes will never forget!!

Check the ICCA website for more details <u>www.cheericca.org</u>

For questions, contact KELLY AYLESWORTH kelcheerz@yahoo.com
(217) 674 – 3476
(217) 737 – 4883

Deadline: Must be POSTMARKED by December 1, 2016





## Senior Scholar Athlete Award

We would like to honor our senior athletes who have excelled academically. Please nominate those athletes on your team who have earned an accumulative GPA of at least 3.5 out of a 4.0 scale or at least a 4.5 out of a 5 scale after 6 high school semesters.

These scholar athletes will be recognized in our Championship program. This award is available to member schools only. Check the website for the form and information needed. (www.cheericca.org)

This program was very successful last year and we expect an even larger turn out this year. Be sure to get your nominations in early!

Deadline: November, 21, 2016

For questions, contact Cindy Rueter drhawks@charter.net





# **COACHES EDUCATION**

The ICCA strongly believes spirit coaches should educate themselves and continually update to provide the safest environment for their cheerleaders, and to protect themselves and their programs from liability. ICCA will offer both the NFHS Spirit Coaches Education Program and the NCSSE Coaches Education courses. Courses are usually offered at clinics and conferences. You may also find dates listed on our website or by contacting the directors of the Illinois programs:

## **AACCA Safety Course**

Neva Corn Pinckneyville, IL (618) 967-3441 nevacorn@gmail.com

Mickey Klement Joliet, IL (815) 741-4037 (815) 347-5778 rahcoach@comcast.net

NCSSE Courses
Pam Saxhaug Carmel, IN
(317) 844-9875 (317) 409-9353
pam.dornersaxhaug@gmail.com

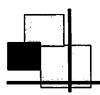
Coaches resource for safety rules and education please visit the following sites:

Illinois Cheerleading Coaches Association www.cheericca.org

## **NFHS Spirit Rules Book**

The following web site has been developed to provide Interpretations on NFHS Spirit Rules. http://www.cheersafe.org

> 2016/2017 IHSA Sectional/State Series www.ihsa.org



## **IMPORTANT DATES**

Jul. 1	ICCA Membership Opens
Sep. 1	Southern Coaches Round Table 2016 RSVP by August, 26, 2016 to Cheryl Haselhorst (618)691-8409 cah614@hotmail.com
Sep. 8	Region 2 Coaches Social RSVP by September 1, 2016 to Contact Valerie Mallon (815)742-8236 Valocitycheer@gmail.com for more info
Oct. 10	Fall Coaches Clinic Normal West High School
Oct.26	IHSA Competitive Season Begins
Nov. 17	ICCA early membership Cost will be \$175.00 after this date
Nov. 21	Senior Scholar Athlete Award Application Due
Dec. 1	Scholarship Applications Due All-State Applications Due
Dec. 15	Deadline for Nomination for Coach of the Year
Jan. 7-8	ICCA Championships Prairie Capital Convention Center Springfield
Jan. 28	IHSA Sectionals
Feb. 3-4	IHSA State Finals
Feb. 4	IHSA Competitive Season Ends

Annual Spring ICCA Coaches Conference To Be Announced



# FALL COACHES CONFERENCE

**COLUMBUS DAY - Monday** 

October 10, 2016

Normal West High School, Normal II
9 am - 2:30pm

Conference Registration: \$60.00

After Oct. I Conference Regis tr a tion \$75.00 Conference registration fee includes:

Attendance to all educational activities

Vendor exhibits

Lunch

Guest Speakers

- IHSA Assistant Executive Director

Susie Knoblauch

'Tiffany Michaels, Angie Wilmington, Camille

Munson, Mickey Klement, and more Contact

## Information

For registration details www.cheericca.org or email pam.dornersaxhaug@gmail.com



### SNAP SHOT OF WHAT TO EXPECT:

We have some really remarkable speakers coming to our FALL conference this year. Our association's goals are to provide the latest education and safety instruction for coaches while also helping to provide scholarships to our graduating cheerleaders. We need YOU there to help us achieve that!

Oct. 10, 2016 (Columbus Day)

Normal West HS 501 N. Parkside Rd. Normal, IL. 61761

Please remove the bottom portion of flyer and mail Registrations to:

Libby Moore 1512 Mary Elizabeth Drive Taylorville, Illinois 62568 Registration 8:30-9:00 a.m. Cost: \$60 until 9/30/2016 Cost: \$75 after 9/30/2016

## QUESTIONS;

Pam Dorner-Saxhaug
Pam.dornersaxhaug@gmail.com

Keynote Speaker Jim Lord National Federation Rules Committee/President of AACCA DO THIS, DON'T DO THAT!

Susie Knoblauch
Assistant Executive Director IHSA
Cheerleading
IHSA (scoring/judges/questions

Angie Willington
IHSA Clinician/Head Judge
Skills Difficulty and Execution

Tiffany Michaels
IHSA State Finals Judge
Building Your Score through NonRubric Categories

Steve Endsley
IESA Executive Director
"NEW this year "Junior High New
Score sheet and Rubric for IESA
teams

Gearing Up for Basketball
All Coaches

Please print all information

Cut here and Return with check

At	tendee Name:_							
Sc	hool:			Email A	ddress:			
Ph	none Number:			Check 7	<b>#</b> :			
То	Today's Date: Early/On-time Registration: \$60.00							
	Region 1	Region 2	Region 3	Region 4	Region 5	Chicago		
			Please Circ	cle One				

# ICA Region Representatives and Delegates

Region 1 Representative Holly Baumgarten	Holly_baum@yahoo.com	(773) 507-7456
Region 1 Delegate Kim Lucchetti	kiml@whleary.com	(708) 516-6522
Region 1 Delegate Jorie Stevens	bpdrebel@comcast.net	(708) 641-5048
Region Representative Valerie Mallon	valocitycheer@gmail.com	(815) 742-8236
Region 2 Delegate Mary Mitchell	Mary.mitchell@rps205.org	(708) 440-2980
Region 2 Delegate Veronica Seehawer	Veronica.seehawer@rps205.org	(815) 222-4586
Region 3 Representative Kara Bent	kwbee25@gmail.com	(309) 368-0487
Region 3 Delegate Kent Simmons	simmonscheer2@gmail.com	(309) 333-3971
Region 3 Delegate Cathi Sprecher	tcsprecher@live.com	(309) 368-4145
Region 3 Delegate Carla Taylor	ctaylor@ridgeview19.org	(309) 533-0632
Region 4 Representative Libby Moore	cheer2libby@gmail.com	(217) 820-4232
Region 5 Representative Cheryl Haselhorst	cah614@hotmail.com	(618) 691-8409
Region 5 Delegate Margie Schwartz	mschwartz@mtv80.org	(618) 214-0878
Region 5 Delegate Lisa Turner	cdtlkt91@yahoo.com	(618) 231-1928
Region 5 Delegate Chrissy Vickers	krise 19@live.com	(618) 927-0637
<u>Chicago</u> <u>Representative</u> Melody Brown	Mbrown@oprfhs.org	(708) 491-6672
Chicago Delegate Nicole White	whitenicole32@gmail.com	(815) 990-9011



# **INVITATIONALS**

Sunday, Nov 20	Region 5	Waterloo HS
Saturday, Nov 26	Region 5	Benton HS
Saturday, Dec 3	Region 3	Pontiac HS
Saturday, Dec 3	Region 5	Highland HS
Sunday, Dec 4	Region 5	Mt. Vernon High School
Saturday, Dec 10	Region 3	Farmington HS
Saturday, Dec 1	Region 5	Alton HS
10 Saturday, Dec	Region 2	Rockford Guilford HS
11 Saturday, Dec	Region 5	Pinckneyville HS
17 Saturday, Dec	Region 1	Hinsdale South HS
17 Saturday,	Region 4	New Berlin HS
Dec 17 Sunday,	Region 3	Peoria HS
Dec 18 Sunday,	Region 1	Oswego East HS
Dec 18 Saturday,	Region 5	Edwardsville HS
Jan 7	ICCA	Championships
		Varsity Teams / Stunt Groups
Sunday, Jan 8	ICCA	Championships
		JV and Jr High Teams
Sunday, Jan 22	Region 5	MaterDei HS

# ICCA REGIONS

