

THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION PRESENTS:

MSHSAA ONE DAY CHEER CLINICS

SPONSORED BY:



CLINIC SCHEDULE

- 9:00 AM Welcome Demonstration & Introduction of UCA Instructors
- 9:15 AM Coaches Roundtable Discussions
- 9:15 AM Warm-Up / Stretch / Concussion Education
- 9:50 AM Cheer Class *
- 10:20 AM Partner Stunts / Spotting *
- 11:15 AM Private Reviews
- 12:00 PM Lunch
- 1:00 PM Team UCA
- 1:00 PM Cheerleading Sport Medicine for Coaches
- 1:15 PM Dance Class or Optional Classes *
- 2:00 PM Partner Stunts *
- 2:45 PM Pick-A-Class:
 - Elite Stunts
 - Jumps and Conditioning
 - Open Workshop
- 3:15 PM Review & Goodbyes
- 3:30 PM Dismissal

**Cheer squads will be taught separately based on skill level. Material will be adjusted according to skill level. The easier material will NOT be on the DVD. UCA will have souvenir items available for purchase with prices ranging from \$6 to \$40*

LEARN FROM THE BEST.

It takes more than just talent to become a member of the UCA Staff. Along with the right cheerleading skills, UCA looks for young men and women possessing character and enthusiasm, as well as teamwork and leadership skills.



SAFETY FIRST AND ALWAYS!

Through an awareness course approved by the Centers for Disease Control (CDC) and the National Federation of High Schools (NFHS), all UCA Staff are knowledgeable about concussions. The Heads UP Concussion program allows us to help provide the best care for your cheerleaders.



STUNT CLASSES

Creative, visual transitions designed for all levels. All stunts taught follow AACCA and NFHS rules. UCA uses progressions so teams will leave with the technique to continue improving once they've returned home.



GAME DAY TRAINING!

In Cheer Class, learn to lead the crowd and rule the sidelines based on the five roles of a cheerleader: crowd leader, spirit raiser, athlete, ambassador and entertainer! Bring your poms, signs and meg!s!

LET'S GO



CLINIC FORMAT

The MSHSAA will once again be sponsoring One Day Cheer Clinics this summer at 8 different sites throughout the state. Universal Cheerleaders Association (UCA) will provide 10 talented, experienced and professional instructors to conduct these clinics. These enthusiastic instructors will provide an exciting and educational clinic experience for cheerleaders of all levels.

Updated instruction to be taught at the clinic will include new and usable cheers and sidelines, in addition to a fun 8-count dance. There will also be instruction on how to properly stunt using progressions. The dance class and partner stunts class will be 2 tier sessions based upon the skill level of each squad.

The program format will feature 2 coaches' sessions. The first session will be a coaches' roundtable discussion led by a UCA instructor. Topics will be selected based on those submitted by the coach on the registration form. The second session will be "Cheerleading Sports Medicine" conducted by an athletic trainer. This year's session will cover "Emergency Action Planning and Injury Prevention: Basic Wrapping and Taping". This will be a hands-on session so coaches will need to bring a roll of pre-wrap, tape and scissors to the session as none will be provided on site.

The MSHSAA One Day Cheer Clinics provide school cheerleaders an affordable clinic experience with excellent instruction. The UCA instructors will motivate your cheerleaders and get them off to a great start for the summer. Come join in the fun and excitement!



ABOUT THE CLINICS

Each clinic will begin at 9:00 AM and finish at 3:30 PM, with an hour scheduled for lunch. The clinic pre-registration fee is \$25 per student, which includes a MSHSAA cheer t-shirt. Please complete the size when submitting your registration form. Faculty coaches are admitted free. Coaches are welcome to attend the coaches' sessions at no charge, even if their cheerleaders are unable to attend.

Due to the warm weather that generally prevails this time of year, it is recommended that all cheerleaders wear appropriate attire (i.e. shorts, athletic shoes) as some facilities may not run their air conditioning during the summer months. Lunch will not be provided, so students should bring a sack lunch or make other arrangements.

All materials taught will be new and will NOT be taught at other UCA Summer Camps. Each school will receive a DVD of all the material taught at the clinic. However, the easier version of the material taught to the younger squads will NOT be on the DVD. We suggest that you bring a pencil and paper for additional notes. This will be especially helpful in stunt class since no video taping of the UCA instructors teaching will be permitted.

Pre-registrations must be postmarked by May 5, 2017. All registrations postmarked after May 5th shall be \$30. **Walk-in registrations** shall be invoiced to the school at \$30 per participant. **No** payments will be accepted at the clinic site as schools will be billed directly by MSHSAA. Tear off the attached form and mail it in today!

Make plans NOW to attend the 2017 MSHSAA One Day Cheer Clinics!

TO REGISTER:

Send your pre-registration form to MSHSAA.

MON. JUNE 12, 2017

SMITH-COTTON HIGH SCHOOL

2010 Tiger Pride Blvd.

Sedalia, MO 65301

(Contact: *Karmen Butler*)

CENTRAL HIGH SCHOOL

1000 South Silver Springs Road

Cape Girardeau, MO 63701

(Contact: *Patty Wamble*)

TUE. JUNE 13, 2017

KIRKSVILLE MIDDLE SCHOOL

1303 S. Cottage Grove

Kirkville, MO 63501

(Contact: *Susan Jones*)

ST. CHARLES HIGH SCHOOL

725 N. Kingshighway St.

St. Charles, MO 63301

(Contact: *Karen Asbell*)

WED. JUNE 14, 2017

BISHOP LEBLOND HIGH SCHOOL

3529 Frederick Avenue

St. Joseph, MO 64506-2999

(Contact: *Michael Evans*)

WAYNESVILLE HIGH SCHOOL

200 G.W. Lane

Waynesville, MO 65583

(Contact: *Shauna Smith*)

THUR. JUNE 15, 2017

OAK GROVE MIDDLE SCHOOL

401 SE 12th Street

Oak Grove, MO 64075

(Contact: *Carrie Gray*)

AURORA HIGH SCHOOL

305 W. Prospect

Aurora, MO 65605

(Contact: *KayLynn Pennell*)

Deadline for pre-registration is
May 5, 2017

MSHSAA CHEER CLINIC REGISTRATION FORM

(one per school)

School _____

Address _____

City/Zip _____

Site Attending: *(Please check beside site attending)*

Monday

- Central (Cape Girardeau)
 Smith-Cotton HS

Tuesday

- Kirksville MS
 St. Charles HS

Wednesday

- Bishop LeBlond HS
 Waynesville HS

Thursday

- Aurora HS
 Oak Grove MS

Topic Recommendation for Coaches Roundtable:

of Students *(before May 6th)* _____ **at \$25 each, total: \$** _____

of Students *(after May 6th)* _____ **at \$30 each, total: \$** _____

Total Additional T-Shirts _____ **at \$15 each, total: \$** _____

TOTAL REGISTRATION FEE: \$ _____

Participants T-Shirt Size Information:

(indicate number of each size)

_____ YL _____ YXL

_____ S _____ M _____ L _____ XL _____ XXL

**MSHSAA WILL INVOICE THE SCHOOL FOR THE
REGISTRATION FEE LISTED ABOVE.**

Coach's Name (print) _____

Coach's Email _____

Signed _____

Mail this registration form directly to:

MSHSAA
PO Box 1328
Columbia, MO 65205 - 1228
(573) 875 - 4880

