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THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION PRESENTS:

2024 MSHSAA ONE DAY CHEER CLINICS

CLINIC FORMAT:

The MSHSAA will once again be sponsoring One Day Cheer this summer at different sites throughout the state. Universal Cheerleaders Association (UCA) will provide 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.

The cheer clinics will provide updated instruction that will include new and usable cheers and sidelines, in addition to a sideline band chant. 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. One session will be a coaches' roundtable discussion led by a UCA instructor. Topics will focus on Sportsmanship and creating a positive game environment. Additional topics will be selected based on those submitted by the coach through the online registration process. The second will be "Coaches Sports Medicine" conducted by an athletic trainer.

This year's session will cover "Heat Acclimatization and Injury Prevention."

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

CHEER CLINIC SCHEDULE

9:00 am	Welcome & Introduction of UCA Staff
9:15 am	Coaches Roundtable Discussions
9:15 am	Warm-Up/Stretch/Concussion Education
9:45 am	Cheer/Chant Class
10:45 am	Jumps & Conditioning
11:15 am	Stunt Class/Progressions
12:00 pm	Lunch
1:00 pm	Band Chant
1:00 pm	Cheerleading Sport Medicine for Coaches
1:45 pm	Game Day Planning/Sign & Pom Seminar
2:00 pm	Boogie Chants
2:15 pm	Review & Goodbyes
2:30 pm	Dismissal



CHEER CLINIC INFORMATION

ABOUT THE CLINICS

Each clinic will begin at 9:00 AM and finish at 2:30 PM, with an hour scheduled for lunch. The clinic pre-registration fee is \$35 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 warm weather that generally prevails this time of year, it is recommended that all participants 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 material taught will be new and will NOT be taught at other UCA Summer Camps. Each school will receive a link of all the material taught at the clinic. However, the easier version of the material taught to the younger teams will NOT be in the link. We suggest that you bring a pencil and paper for additional notes. This will be especially helpful in stunt class, technique stations and lifts, tricks, jumps and turns since no videotaping of the UCA instructors teaching will be permitted.

Online Registrations must be submitted by May 24, 2024.

No late or walk-in registrations will be accepted.

Make plans NOW to attend a MSHSAA One Day Cheer Clinics!

MONDAY, JUNE 10, 2024

Hallsville High School
421 E Hwy 124
Hallsville, MO 65255
Contact: *Tricia Williams*

Advance High School
201 E School St.
Advance, MO 63730
Contact: *Patty Wamble*

TUESDAY, JUNE 11, 2024

Kirksville High School
1300 S Cottage Grove
Kirksville, MO 63501
Contact: *Susan Jones*

Smith-Cotton High School
2010 Tiger Lane Blvd
Sedalia, MO 65301
Contact: *Zara Hoover*

WEDNESDAY, JUNE 12, 2024

Waynesville High School
200 G.W. Lane
Waynesville, MO 65583
Contact: *Justice Miller*

East Buchanan High School
100 Smith Street
Gower, MO 64454
Contact: *Beth Hesson*

THURSDAY, JUNE 13, 2024

Neosho High School
511 Neosho Blvd
Neosho, MO 64850
Contact: *Korra Ackerson*

Norborne High School
405 Pirate Ln
Norborne, MO 64668
Contact: *Destini Elliott*

Submit your online Registration form to MSHSAA. Deadline for Registration is May 24, 2024.