

THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION PRESENTS:

2019 MSHSAA

ONE DAY CHEER AND DANCE CLINICS

CLINIC FORMAT:

The MSHSAA will once again be sponsoring One Day Cheer and Dance Clinics this summer at 8 different sites (8 cheer and 8 dances) throughout the state. Universal Cheerleaders Association (UCA) and Universal Dance Association (UDA) will provide 10 (Cheer) and 4 (Dance) talented, experienced and professional instructors to conduct these clinics. These enthusiastic instructors will provide an exciting and educational clinic experience for cheerleaders and dancers of all levels.

The cheer clinics will provide updated instruction that 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.

Updated instruction to be taught at the dance clinic will include new and usable routines and sidelines. There will also be instruction on how to properly perform technique with skills broken down by our qualified instructions. The technique stations are great for dances of all levels where you can send each individual to the best class for them.

The program format will feature 2 coaches' sessions. One session will be a coaches'

roundtable discussion led by a UCA and UDA instructor. Topics will be selected based on those submitted by the coach on the registration form. The second will be "Coaches Sports Medicine" conducted by an athletic trainer. This year's session will cover "Dynamic Warm-Ups (Routines vs. Stretching)".

MSHSAA One Day Clinics provide school cheerleaders and dancers an affordable clinic experience with excellent instruction. UCA and UDA instructors will motivate your cheerleaders and dancers 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 Demonstration and 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 Stunt / 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 & Conditioning, Open Workshop
3:15 pm	Review & Goodbyes
3:30 pm	Dismissal

DANCE CLINIC SCHEDULE

9:00 am	Welcome Demonstration and Introduction of UDA Instructors
9:15 am	Sports Medicine Session for Coaches
9:15 am	Team Building / Warm-Up / Stretching (Participants)
9:50 am	Pick-A-Class: Lifts, Tricks, Jumps & Turns
10:20 am	Technique Stations
11:15 am	Sideline Routines
12:00 pm	Lunch
1:00 pm	Coaches Roundtable
1:15 pm	Dance Routines*
2:30 pm	Private Review/Showcase
3:15 pm	Summary/Goodbyes
3:30 pm	Dismissal

*Cheer and Dance teams will be taught separately based on skill level. Material will be adjusted according to skill level.



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 and/or dance t-shirt, depending upon which clinic you will be attending. 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 or dancers 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 or UDA 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 and UDA instructors teaching will be permitted.

Pre-registration must be postmarked by May 10, 2019. All registrations postmarked after May 10th 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 a MSHSAA One Day Cheer or Dance Clinics!

CHEER CLINIC INFORMATION

DANCE CLINIC INFORMATION

MONDAY, JUNE 10, 2019

Smith-Cotton High School
2010 Tiger Pride Blvd.
Sedalia, MO 65301
Contact: Karmen Butler

Central High School
1000 South Silver Springs Rd
Cape Girardeau, MO 63701
Contact: Patty Wamble

Smith-Cotton High School
2010 Tiger Pride Blvd.
Sedalia, MO 65301
Contact: Julie Willadsen

Central High School
1000 South Silver Springs Rd
Cape Girardeau, MO 63701
Contact: Patty Wamble

TUESDAY, JUNE 11, 2019

William Matthew Middle School
1515 S. Cottage Grove
Kirksville, MO 63501
Contact: Susan Jones

St. Charles High School
725 N. Kingshighway St
St. Charles, MO 63301
Contact: Christi Bilyeu

Ritenour High School
9100 St. Charles Rock Road
St. Louis, MO 63114
Contact: Kim Daus

North County High School
7151 Raider Road
Bonne Terre, MO 63628
Contact: Ashley Douglas

WEDNESDAY, JUNE 12, 2019

Waynesville High School
200 G. W. Lane
Waynesville, MO 65583
Contact: Shauna Smith

Bishop-LeBlond High School
3529 Frederick Ave
St. Joseph, MO 64506
Contact: Michael Evans

William Matthew Middle School
1515 S Cottage Grove
Kirksville, MO 63501
Contact: Susan Jones

Cuba High School
1 Wildcat Pride Drive
Cuba, MO 65453
Contact: Melissa Albright

THURSDAY, JUNE 13, 2019

Oak Grove High School
605 SE 12th St
Oak Grove, MO 64075
Contact: Nicole Covey

Aurora High School
305 W Prospect
Aurora, MO 65605
Contact: Melissa Fieker

Platte County High School
1501 Branch St
Platte City, MO 64079
Contact: Nikki Boekhout

Marshfield High School
370 State Hwy DD
Marshfield, MO 65706
Contact: Cassie Lowe

Send your pre-registration form to MSHSAA. Deadline for pre-registration is May 10, 2019.