



THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION PRESENTS:

2022 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 different sites (8 cheer and 2 dance) throughout the state. Universal Cheerleaders Association (UCA) and Universal Dance Association (UDA) will provide 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 dancers 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 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 "Returning from Injury and Basic Taping". Coaches will need to bring their own tape for this hands on session.

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 \$35 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.

Online Registrations must be submitted by May 23, 2022.

No late or walk-in registrations will be accepted.

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

CHEER CLINIC INFORMATION

DANCE CLINIC INFORMATION

MONDAY, JUNE 13, 2022

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

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

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

No Site

TUESDAY, JUNE 14, 2022

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

Warrensburg High School
1411 S. Ridgeview
Warrensburg, MO 64093
Contact: Bailey Dahmer

No Site

No Site

WEDNESDAY, JUNE 15, 2022

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

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

Macon High School
702 N. Missouri Street
Macon, MO 63552
Contact: Megan Pollard

No Site

THURSDAY, JUNE 16, 2022

Oak Grove Middle School
401 SE 12th Street
Oak Grove, MO 64075
Contact: Stephanie Bueneman

Hollister High School
1798 State Hwy BB
Hollister, MO 65672
Contact: Shari Holliday

No Site

No Site

Submit your online Registration form to MSHSAA. Deadline for Registration is May 23, 2022.