

THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION PRESENTS:

# 2023 MSHSAA ONE DAY CHEER CLINICS

## CLINIC FORMAT:

The MSHSAA will once again be sponsoring One Day Cheer Clinics 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 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. 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 "Concussions: Return to Play/Post Concussion Instruction and Tips/Strategies for Overuse Injuries".

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 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

\*Cheer 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 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 22, 2023.**

**No late or walk-in registrations will be accepted.**

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

## CHEER CLINIC INFORMATION

### MONDAY, JUNE 12, 2023

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*

### TUESDAY, JUNE 13, 2023

Macon High School  
702 N Missouri St  
Macon, MO 63552  
*Contact: Susan Jones*

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

### WEDNESDAY, JUNE 14, 2023

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 15, 2023

Oak Grove High School  
401 SE 12<sup>th</sup> Street  
Oak Grove, MO 64075  
*Contact: Megan Ray*

Aurora High School  
305 W Prospect  
Aurora, MO 65605  
*Contact: Elizabeth Daugherty*

**Submit your online Registration to MSHSAA. *Deadline for Registration is May 22, 2023.***