



2010
Best of the Midwest
Cheer Festival

December 18th 2010
MNU Campus Cook Center

Co-Hosted by
Olathe Northwest High School
MidAmerica Nazarene University



Olathe Northwest High School and MNU would like to invite you to the first annual Best of the Midwest cheer festival.

When: Saturday December 18th 2010

Where: MNU Campus Cook Center (2030 E. College Way Olathe, KS 66062)

Registration: 8:00-9:00am

Divisions: High School Large and Small Varsity, JV, and Freshman,

***All forms and registrations fees must be received by December 1st 2010 to be eligible for festival**

Registration Fees:

Registration fees for cheer festival are \$250 per team and \$50 per stunt group.

Team registrations received before Monday November 1st 2010 will receive a \$50 discount per team registered (\$200 per team).

The cheer festival will highlight the outstanding cheerleading in Kansas and follow all KSHSAA rules and regulations. We will have four divisions. Each school may enter each division only once. The breakdown for each division is as follows: High School Large and Small Varsity 9-12 grade, Junior Varsity(JV) 9-11 grade (no seniors allowed in this division), and Freshman (9th graders only). You may crossover athletes, but each team is only allowed to crossover no more than 4 per team; and a participant cannot cheer for more than two team events total. Each crossover participant must be accounted for during your technical round evaluation. Varsity teams consisting of 20 or more participants will be considered "Large Varsity" and teams consisting of fewer than 20 participants will be considered "Small Varsity"

This is not a sponsored KSHSAA event, however, this festival is approved by KSHSAA in that no squads are competing for rankings, but are competing against a standard of excellence.

In order to enter this cheer festival each team must be a member of KSHSAA and one coach must be currently KSHSAA certified. All cheerleaders must be in good standing at their current school and meet all KSHSAA standards. State association member teams outside of

Kansas wanting to enter in the KSHSAA portion of the event you must follow all KSHSAA rules and clear eligibility with KSHSAA office in Topeka.

All teams must adhere to the rules pertaining to KSHSAA and NFHS. Refer to both handbooks to see allowable stunts, jumps, and tumbling passes. (Basket tosses are not allowed in the state of Kansas)

Demo Registration Fee:

Teams that choose to Demo at the Best of the Midwest cheer festival: Registration fees for Cheer Demo's are \$150 per team and \$50 per all girl or Co-ed stunt group. Team registrations received before Monday November 1st 2010 will receive a \$50 discount per team registered (\$100 per team). Demo space is limited. Demos are for High School teams not from Kansas, all-star gyms, and colleges. No awards or judging will be available for teams that choose to demo due to KSHSAA rules and regulations. These will be used for fillers and during tabulation times.

All events will take place in a full basketball court gymnasium on a non-spring 9-panel 1 5/8" cheer floor. Any double rotating stunts or any rotating pass tumbling has to be on a matted floor per USAF, AACCA, and rules. Three collegiate spotters will be on the mat at all times. Co-hosting committee will supply all technical judges. Host schools are not allowed to participate in the festival, they may only Demo. Olathe Northwest High School will demo as well as the MidAmerica Nazarene University Cheer Squad.

If a team fails to meet or abide by KSHSAA, USAF, AACCA rules that team will be disqualified from the festival, not asked back next year for a demo and turned into the appropriate agency. We expect all teams to follow their cheerleading rules and regulations.

Contact information for Festival:

Jessica Magaha - Olathe Northwest High School Assistant Cheer Coach

Phone: 913.748.6213

Fax: 913.780.7159

Address: 21300 College Blvd
Olathe, KS 66061



Information and Rules

- 1) All performances will take place within the bounds of a 9-panel 1 5/8" cheer mat(54'x42'). All squad members must be within this area for the entire performance. Any squad member who moves or steps outside of the mat will have a deduction to your overall performance.
- 2) Each coach/sponsor has to provide a list of names of your cheerleaders. You must also have the wavier signed by your administration with agreement of participation and Notarized.
- 3) You may add a mascot to your performance. The mascot cannot participate in any stunts and must remain clear of any tumbling, stunting, and jumps. The mascot will count towards your total number of members for division separations.
- 4) Each KSHSAA cheerleader must have a physical form on file with their school and is insured by their respected school. Olathe Northwest High School, MidAmerica Nazarene University, and Olathe USD #233 shall not be responsible for any injury/health liability. **All coaches must have a wavier signed and notarized with parental consent per each participant at registration. All coaches must have medical forms filled out with a copy of insurance per participant on file with them at time of registration.**
- 5) All teams must follow KSHSAA rules if performing in the festival. All all-star teams must follow USAF rules, and all other teams must follow AACCA and their respected states rules as pertaining to the demonstration event.
- 6) All decisions made by judges concerning the legality of stunts, pyramids, tumbling, or any other action are final. The team will be allowed to adjust its routine during the technical round if something is deemed illegal.
- 7) Time Constraints: **Festival** and **Demo** teams have to perform their routine in **90 - 180 (1:30-3:00) seconds**. If a team goes over or under the time allotted, a penalty will be assessed which will result in a loss of points. Each team will be given 15 seconds to set on the mat. Time will start at the 16th second mark. If a team goes longer than 5 seconds to the 3:05 mark the MC will shut off the music. Your team has 10 seconds to exit the mat and to clear all signs, megas, and poms. If your team takes longer, penalty points will be assessed to your final score. We have a lot of teams to move in and out so it's imperative that each team stays on schedule.
- 8) All teams must have a coach or school administrator present during any performance. This person must be identified at registration.

9) All teams will have a designated area on the day of the event. The main holding area will be the classroom, located in the north hall and main auditorium by the entrance. We will be sharing rooms with multiple teams and each team will have a schedule for locker rooms and dressing rooms.

10) Each team will have a designated practice time and technical round time. If you fail to show for your scheduled times you will lose your session. No other gyms or practice facility will be available for practice.

11) Each team will be checked for jewelry, piercings, hair, and nails before performance.

12) Performance Criteria:

- Entrance and Exits are not part of your performances however you have 15 seconds to enter and 10 seconds to exit after your music.
- Your time starts on the first note of music, or first clap or motion. However, if you exceed your 15 second entry time, your time will start on the 16th second
- Required elements for the routine shall include in no particular order: cheer and chant, stunting, dancing, pyramids, jumping, and tumbling. You will be required to include at least a 30 second cheer within your 90-180 second routine. The music must stop during this time. You can do this at the beginning, middle, or end of your routine. The stop in music may not exceed 45 seconds or loss of points will be incurred.
- Music: **Your music shall be on one CD(No tapes allowed), marked with your schools name, division, and time length on the disc.** It must be one track and not two separate tracks if a cheer is placed in the middle. Your school representative will hit play and cannot stop the track for any reason unless it's for a safety purposes. Your music must be mastered appropriately with your: 30-45 cheer built in. The music will be turned off no matter what is going on at the 3:05 mark and your team will be asked to exit the mat.
- If a technical failure happens on our end, your team will be allowed to repeat their performance one time. This time will be discussed with judges, and coaches committee to determine the best time available. However, if your music fails to play properly your team will be disqualified and not allowed to perform from the festival portion, but allowed to Demo.
- Any music left at the MC's table will be discarded at the end of the festival. We are not responsible for your music.
- The only props allowed include signs, megas, poms, an mascot. Props cannot be thrown. If an item is tossed a deduction will result.
- Group Stunt:
 - All of the same rules apply
 - No cheer/chant, only stunting
 - Length of routine will not exceed one minute (1:00) your music will be stopped and asked to leave the exit the floor at 1:05.
 - No more than 5 members per stunt group
 - Schools cannot have more than 2 stunt groups representing
 - Music must be on one track and school sponsor must hit play.
 - Teams must enter and exit mat with no breakdown, pep talks, or anything else. They must be on the mat and set in 5 seconds and music will begin as soon as they are set.

- 1) Classifications:
 - a. Large Varsity - Consists of 20 or more members (female and/or male) grades 9-12
 - b. Small Varsity - Consists of 19 or fewer members (female and/or male) grades 9-12
 - c. Junior Varsity (JV) - Consists of 8 or more, but no seniors are allowed in this division.
 - d. Freshmen - Consists of 8 or more, but only freshmen allowed in this division

- 2) Crossover:
 - a. You are allowed to crossover 4 total participants per division.
 - b. Participants cannot perform in more than 2 team events.
 - c. Each school will have to identify who you are crossing over at registration.
 - d. A crossover can still compete in the group stunt
 - e. A school can enter in all four divisions if they have the squad size, but remember a \$250 fee will be required per each entry. Again you are only allowed 4 crossovers for all divisions and a cheerleader can only participate in 2 team events.

Awards

All teams participating in the KSHSAA cheer festival will receive a trophy if their scores are reflected in the appropriate range. The following is a breakdown of how the trophies will be handed out.

Superior Ranking: With an average score from the judges ranging between 90-100 points

Excellent Ranking: With an average score from the judges ranging between 80-89 points

Outstanding Ranking: With an average score from the judges ranging between 70-79 points

Specialty Awards:

Sportsmanship Award (Picked by all coaches/sponsors attending festival)

Pioneer Award (Picked by MNU Cheer and Staff)

Raven Award (Picked by ONW cheer and coaches)

GPA Award (Highest cumulative squad GPA)

Superior Stunts/Pyramids Award (based on rubric)

Superior Cheer/Chant Award (based on rubric)

Best of the Midwest Cheer Festival Format

Schedule for Saturday December 18th this is not absolute expect some minor changes

- 8:45am Doors Open for coaches and sponsors only
- 10:00am Registration
- 10:15am Teams allowed to enter building and find room assignments
- 11:00am Coaches meeting in the Allegera Room
- 12:00am Technical Rounds begin
- 2:00pm End of Technical Rounds teams begin lining upstairs. Doors Open
- 2:30pm Start Performances
 - Freshman Division
 - JV Division
 - Small Varsity Division
 - Large Varsity Division
- 4:30pm Group Stunts begin
- 6:15pm ONW and MNU Cheer performance
- 6:30pm Awards

(All times are based on number of registered participants)

Technical Round:

Technical round will begin promptly and on schedule. Your team will be given 5 minutes to run its routine and judges will decide if any elements are illegal according to KSHSAA rules. You will be given your warning at this time; your routine card will be documented of illegal stunting, pyramiding, or tumbling. If your performance is deemed legal, your routine judging card will be signed off and you will have whatever time to re-run whatever parts you need to in your 5 minutes remaining. Each team will get 10 minutes total to stretch and do a full run through upstairs before your technical judging. This will be all mapped out the day of competition.

Performance Judging:

Each team will be given their order of performance based at registration. This is completely random and has no effect on your scoring. You will be given 10 minutes to warm up in the North gym with no music. There are two stations one stretching, then one performance station. Each station is 5 minutes, and will be monitored and timed by an ONW/MNU volunteer. Once you have finished your warm-up station you will be asked to head downstairs to the holding hallway. Once in the holding hall you will be up next. Once the doors are opened for your performance you will have 15 seconds to get on the mat and set. Your coach/sponsor will have to go ahead with the team ahead of you so your music will be ready when you enter. They will meet the MC at the DJ booth and wait for them to take your music. Once they take your music and your team enters, you can only hit play. The MC will stop the routine at 3:05 or at your coach's que.

Best of the Midwest School Registration Form

(School teams only)

School Name _____

School Address _____

Street City State Zip
School Phone () _____ School Fax () _____

Coach/Sponsor _____

Athletic/Activity Director _____

Principal _____

KSHSAA Rules meeting site and Date Attend _____

Number of Cheerleaders Participating _____ (All Divisions)

Mascot Participating: YES NO Which Division will your mascot be performing? _____

Type of Squad ALL GIRL COED

How many teams will you be registering: 1 2 3 4

How Many stunt groups: 1 2 None

What Division are your registering: (circle all that apply) Large Varsity Small Varsity JV Division Freshman

KSHSAA School Classification: 1A 2A 3A 4A 5A 6A

Crossover Cheerleaders: (only allowed 4 total) How many: _____

Please list your crossover names and grade here:

- 1.
- 2.
- 3.
- 4.

Please mail and make all checks payable to ONW Cheer and mail to:

Jessica Magaha
21300 College Blvd
Olathe, KS 66061

T-Shirt Pre-Order for Coaches/Sponsors

You will be given 2 free T-shirts in your coach's packet the day of the festival. Please include your two sizes below so we can have them ready for you at Registration. Place the quantity next to size.

Coach/Sponsor T-Shirt: S _____ M _____ L _____ XL _____ 2XL _____
(T-Shirts will be available the day of the Festival for \$15)

Best of the Midwest School Demo Registration Form

(Demo teams only)

Teams that choose to Demo you will need to fill out the Registration Form and have your payment in by December 1st 2010 to be considered for a Demo. As a Demo you choose to not participate in the awards portion or to be judged.

School /Gym Name _____

School Address _____
Street City State Zip

School Phone () _____ - _____ School Fax () _____ - _____

Coach/Sponsor _____

Athletic/Activity Director _____

Principal _____

Number of Cheerleaders Participating _____

Mascot Participating: YES NO

Type of Squad ALL GIRL COED

How many teams will you be registering: 1 2 3 4

School Classification:

All Star Classification:

Any State or National Titles you would like mentioned before your Demo?

Please mail and make all checks payable to ONW Cheer and mail to:

Jessica Magaha
21300 College Blvd
Olathe, KS 66061

T-Shirt Pre-Order for Coaches/Sponsors

You will be given 2 free T-shirts in your coach's packet the day of the festival. Please include your two sizes below so we can have them ready for you at Registration. Place the quantity next to size.

Coach/Sponsor T-Shirt: S _____ M _____ L _____ XL _____ 2XL _____

(T-Shirts will be available the day of the Festival for \$15)

Demo Disclaimer Form

We, the undersigned officials of _____ High School/Academy/All Star Gym/College, hereby acknowledge that Olathe Northwest High School and MidAmerica Nazarene University are sponsoring the Best of the Midwest cheer festival and is governed by the NFHS, KSHSAA, USAF, and AACCA rules and regulations. We agree to follow all rules and regulations in which we fall under, NFHS, KSHSAA, USAF, and AACCA. We agree that our cheerleaders will adhere to these rules and regulations.

We understand that all decisions made by Olathe Northwest High School and MidAmerica Nazarene University at the Best of the Midwest cheer festival are final. If either party mentioned above feels that you have violated a rule or performed outside of your parameters you will be asked to leave. We encourage a safe environment for our teams and athletes.

You will be given 10 minutes to warm up and perform. Your performance cannot take longer than 3 minutes. All Demos' are being used as fillers between routines and changes of Divisions. You will have your performance times a week before the festival.

You also understand that your team will not be judged, awarded, or given any advice due to KSHSAA rules and regulations. However, your team will be introduced with previous accomplishments and titles.

We also agree to follow all campus rules and return our assigned rooms back in the condition we found them.

By signing this you understand the above rules and regulations and agree to all of the above-mentioned items,

Head Coach or Sponsor Signature _____

Printed Name _____ Date _____

Athletic/Activity Director Signature _____

Printed Name _____ Date _____

Disclaimer Form

We, the undersigned officials of _____ High School/Academy, hereby acknowledge that Olathe Northwest High School and MidAmerica Nazarene University is sponsoring the Best of the Midwest cheer festival and is governed by the NFHS and KSHSAA rules and regulations. We agree to follow all rules and regulations of the NFHS and KSHSAA. We agree that our cheerleaders will adhere to these rules and regulations.

We understand that all cheerleaders have to represent our school and be from our school in good standing. We cannot use other cheerleaders from any other school but ours.

We understand that all decisions made by the Judges and coaches committee at the Best of the Midwest cheer festival are final.

We agree to follow all campus rules and return our assigned rooms back in the condition we found them.

Head Coach or Sponsor Signature _____

Printed Name _____ Date _____

Athletic or Activity Directors Signature _____

Printed Name _____ Date _____



Team Rosters

School _____ Division: Large Small JV Frosh

Coach _____ 1st Quarter Average GPA _____

A Roster needs to be filled out for each team you registered for

(Crossovers below)		
1)		
2)		
3)		
4)		

*If you need more room for participants use the back of this sheet

Bottom four boxes are for your crossovers. If you are not using a crossover do not fill out these boxes. Also your squad GPA will be used on this page to determine who gets the GPA Award. This has to be submitted before December 1st 2010.

Stunt Group Registration Form

School Name _____

Division Large Varsity 6A-5A Small Varsity 4A-1A

Group Members (Cannot exceed 5 members)

- 1.
- 2.
- 3.
- 4.
- 5.

Stunt Group Registration Form #2

School Name _____

Division Large Varsity 6A-5A Small Varsity 4A-1A

Group Members (Cannot exceed 5 members)

- 1.
- 2.
- 3.
- 4.
- 5.

Only two teams per school may enter the Stunt Group portion of our festival. You will have one minute (1:00) per routine with only a 5 second entry and 5 second exit. Move quickly so we can get all the groups in!
Coaches have your music ready for your stunt groups.

Best of the Midwest Cheer Festival

WAIVER AND RELEASE OF LIABILITY

DISCLAIMER: MIDAMERICA NAZARENE AND OLATHE NORTHWEST HIGH SCHOOL IS NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PREFORMING, PARTICIPATING IN BEST OF THE MIDWEST CHEER FESTIVAL, OR IN ANY OTHER WAY INVOLVED IN CHEERLEADING, OR ANY OTHER ACTIVITY PROVIDED BY MIDAMERICA NAZARENE AND OLATHE NORTHWEST HIGH SCHOOL CHEER, FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF MNU AND ONW CHEER AND/OR STAFF

In consideration of my participation, I hereby release and covenant not-to-sue MidAmerica Nazarene, an any of heir employees, teachers, coaches, or agents, from any and all present and future claims resulting from ordinary negligence on the part of MidAmerica Nazarene or others listed for property damage, personal injury, or wrongful death, arising as a result of my engaging in said activities with MidAmerica Nazarene, including but not limited to activities directly associated with MidAmerica Nazarene on and off the premises. I hereby voluntarily waive any and all claims resulting from ordinary negligence, both present and future, that may be made by me, my family, estate, heirs, or assigns.

Further, I am aware that tumbling and cheerleading are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that tumbling, cheerleading, and related activities always involve certain potential for minor to catastrophic injury including death. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated. I am voluntarily participating in this activity with knowledge of the risks involved and hereby agree to accept any and all inherent risks of property damage, personal injury, or death. I further agree to indemnify and hold harmless MidAmerica Nazarene and all others listed for any and all claims arising as a result of my engaging in or receiving instruction from MidAmerica Nazarene Cheer activities referred to within this release.

I understand that this waiver is intended to be as broad and as inclusive as permitted by the laws of the state of Kansas and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the state of Kansas

I affirm that I am of legal age and am freely signing this agreement for myself as well as for my minor children. I have read this form and fully understand that by signing this form, I am giving up legal rights and or remedies, which may be available to me for the ordinary negligence of MidAmerica Nazarene or any person listed or described above.

Signature of Parent

Date

Print Parent Name

Print Athlete Name

Signature of Participant if over 18

Date

Cheerleader Release and Medical Information

Parental Permission

(Each Cheerleader will need one filled out)

Please print all information in form below except where it needs to be signed and notarized.

Your cheerleader will be performing at the Best of the Midwest Cheer festival December 18th 2010 at MidAmerica Nazarene University Cook Center. This event is being Co-hosted by Olathe Northwest High School and MNU Cheer.

Minor's Name _____ Home Phone _____

Parent or Guardian Name (Print) _____

Home Address _____

Coach and/or Sponsor _____

I the parent/guardian do hereby grant permission for the above named minor to participate in the Best of the Midwest Cheer Festival at MNU on December 18th 2010, Co-hosted by Olathe Northwest High School and MNU.

I acknowledge and understand the following,

- While participating in this event there is a possibility of injury or illness to my son/daughter. I acknowledge that assuming the risk of such physical illness and or injury by their participation, and I further release Olathe Northwest High School, MidAmerica Nazarene University, and Olathe Schools USD #233 as well as all its representatives, from any claims for personal illness and/or injury that my son/daughter may sustain as a result of their participation.
- In order that my son/daughter to receive emergency medical treatment in the event of illness or injury during the event, I hereby authorize the school coach, Olathe Northwest High School, MNU, MNU training staff and its representatives to obtain medical treatment for my son/daughter for such illness or injury. I hereby hold Olathe Northwest and MNU and its representatives harmless in the exercise of this authority. I agree to be responsible for any and all medical bills that may be incurred on behalf of my son/daughter as a result of their participation in this event.
- KSHSAA, Olathe Schools USD #233, MidAmerica Nazarene University have rules and regulations regarding conduct, safety, and sportsmanship by which my son/daughter must abide, and that my son/daughter and I will be responsible for their failure to abide by those rules and regulations.

I have read and understand the above and give my child permission to participate.

Parent/Guardian's Signature

Date

INFORMATION and CONSENT FOR MEDICAL TREATMENT FORM

This form is to be completed and brought to the "Best of the Midwest" Cheer Festival by the team head coach/sponsor. This person is responsible for keeping this form readily available in case of an emergency. All medical forms will be checked at registration for completion.

Student's Name _____

Age _____ Date of Birth ____/____/____ Grade _____

Guardian's Name(s) _____

Guardian's Telephone number(s) _____

Student's Address _____

In case of emergency, when a parent/guardian cannot be contacted, please contact: (Field Below)

Person of contact on December 18th 2010 _____

Relationship to student _____ Emergency Contact Phone _____

Family Physician _____ Phone _____

Does the Student wear glasses? Yes No Contacts? Yes No Do they wear either to compete? Yes No

List any known allergies, drug reactions, or other pertinent medical information we should know about your child. (Diabetes, seizures, previous head injuries, medications, etc...)

CONSENT FOR MEDICAL TREATMENT

_____ has my permission to attend and participate in the Best of the Midwest cheer festival on Saturday, December 18th 2010. I understand that in the event that emergency treatment is required, I authorize emergency medical treatment or hospitalization as necessary in the event of an accident or illness of my/our child. I understand that this written consent is given in advance of any specific diagnosis or hospital care.

Olathe Northwest High School, MidAmerica Nazarene University, and medical staff on site supervising the activity/event are hereby granted my/our permission to seek and authorize any medical treatment that may be necessary for the health and well being of my son/daughter _____.

Dated _____

Signature of Parent / Guardian (circle one)

TO BE NOTARIZED AS APPROPRIATE:

STATE OF: _____ COUNTY OF: _____

BE IT REMEMBERED THAT ON THIS _____ day of _____, 20_____, before me, the undersigned Notary Public, in and for the County and State aforesaid, came _____, who is personally known to be the identical person who signed the above and foregoing Consent and Medical Authorization, and acknowledged to me that he/she signed the same freely and voluntarily and knew the purpose for which said instrument was to be used.

IN TESTIMONY WHEREOF, I have hereunto affixed my notary seal and signature they day and year last written above:

My appointment expires: _____

NOTARY PUBLIC: _____



Checklist and Reminders:

Due by December 1st 2010

(November 1st, 2010 to receive discount)

- Registration Form and Payment
- Stunt Registration Form and Payment
- Demo Teams Registration and Payment Due

ONW and MNU will send out: December 11th 2010 (Via Email)

- Assigned Practice times
- Performance times

Required at Registration December 18th 2010 8:00am

- 1) Completed Roster, You will need a new Roster for each Division you are performing
- 2) Parental Consent Form (all members)
- 3) Notarized Medical Treatment and Release form (all members)
- 4) Demo Teams will need Parental Consent, Medical Treatment, and Release form

At Registration you will receive:

- 1) Coaches packet
 - a. 4 wrist bands for admission purposes
 - b. Technical Judging Card
 - c. Hotel and Restaurant Cards provided by the City of Olathe
 - d. Coaches Paperwork on final schedule
 - e. 2 T-shirts (please provide coaches/sponsors size in registration form)
 - f. MNU Cheer recruitment Pack to pass out to your cheerleaders

What you will find at MNU the day of the Event:

Varsity Rep Susan Day will have a Booth for your NCA, UCA needs

All Concessions will be provided by MNU per facility contract

MNU Admissions will have a table

Several Colleges will be attending as well to pass out info on their school

Numerous Vendors with cheer related material

T-shirts will be available for \$15