

CONNECTICUT ASSOCIATION OF SCHOOLS
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203)250-1111/Fax (203)250-1345

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TO: Cheerleading Coach/Advisor
FROM: Cheerleading Committee
Date: February, 2007
RE: 2007 CHEERLEADING CHAMPIONSHIPS

PLEASE BE SURE YOUR CHEERLEADING COACH RECEIVES THIS INFORMATION

Your school has filed a cheerleading Intent-to-Enter Form and an Entry Form and has been scheduled to perform in the championship on Friday, March 9, 2007 or Saturday, March 10, 2007. This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.

IF YOU MUST WITHDRAW AFTER 2:00 PM ON FRIDAY, MARCH 9, 2007 PLEASE NOTIFY SHERRIE ZEMBRZUSKI AT (203) 233-0881

Five classes of competition have been formed. Your school has been placed in one of these classes based on girl enrollment or having both genders on the squad.

- | | |
|--------------|----------------------------------|
| 1). Class LL | Enrollment – 520 and above |
| 2). Class L | Enrollment – 380 - 519 |
| 3). Class M | Enrollment – 259 - 379 |
| 4). Class S | Enrollment – 258 and below |
| 5). Co-ed | (Both genders make up the squad) |

Three separate and distinct Championships will be held at

THE NEW HAVEN CITY-WIDE FIELD HOUSE

On
Friday, March 9, 2007
Or
Saturday, March 10, 2007

The first championship on Friday will involve Class S schools and Coed schools. The second championship on Saturday morning will involve Class LL schools and Class M schools and the third championship on Saturday afternoon will involve Class L schools. **NOTE:** The gym will be cleared between the second and third competition. There is a **SEPARATE** charge for **EACH** Championship.

Do not arrive prior to the gym opening for your session. Time is needed to make sure that the gym and lobby areas are set up and clean for each session. You will be asked to remain on your bus until the designated time. We ask for your cooperation in this matter.

Every attempt has been made to schedule the cheerleading competition so that it will not conflict with the Boys and Girls State Tournament games. We would like to make you aware of the fact that the Boys Quarterfinal for basketball for Class LL and Class M are scheduled for Friday, March 9, 2007. The Girls Finals are on Saturday, March 10, 2007: Class L at 11:00 am, Class M at 2:00 pm, Class S at 5:00 pm and Class LL at 8:00 pm.

Friday, March 9, 2007

1st Championship – Class S and Coed

4:30 p.m. Gym opens for participants
5:15 p.m. Gym opens for spectators
5:30 p.m. Coaches' Meeting
6:00 p.m. Practice begins
6:15 p.m. Announcements
6:30 p.m. Competition begins
10:00 p.m. Competition ends

Saturday, March 10, 2007

2nd Championship – Class LL and Class M

9:00 a.m. Gym opens for participants
9:45 a.m. Gym opens for spectators
10:00 a.m. Coaches' Meeting
10:30 a.m. Practice begins
10:45 a.m. Announcements
11:00 a.m. Competition begins
2:00 p.m. Competition ends

3rd Championship – Class L

3:00 p.m. Gym opens for participants
3:45 p.m. Gym opens for spectators
4:00 p.m. Coaches' Meeting
4:30 p.m. Practice begins
4:45 p.m. Announcements
5:00 p.m. Competition begins
7:00 p.m. Competition ends

Sunday, March 11, 2007 is the snow date. If the competition on Friday March 9, 2007 is cancelled the time schedule will be as follows:

1st Championship – Class S and Coed

11:00 a.m. Gym opens for participants
11:45 a.m. Gym opens for spectators
12:00 p.m. Coaches' Meeting
12:30 p.m. Practice begins
12:45 p.m. Announcements
1:00 p.m. Competition begins
4:00 p.m. Competition ends

Sunday, March 11, 2007 is the snow date. If the competition on Saturday March 10, 2007 is cancelled, the time schedule will be as follows:

2nd Championship – Class LL and Class M

9:30 a.m. Gym opens for participants
10:15 a.m. Gym opens for spectators
10:30 a.m. Coaches' Meeting
11:00 a.m. Practice begins
11:15 a.m. Announcements
11:30 a.m. Competition begins
2:30 p.m. Competition ends

3rd Championship – Class L

3:30 p.m. Gym opens for participants
4:15 p.m. Gym opens for spectators
4:30 p.m. Coaches' Meeting
5:00 p.m. Practice begins
5:15 p.m. Announcements
5:30 p.m. Competition begins
7:30 p.m. awards announced

In the event of inclement weather local radio and TV stations will be notified. A decision will be made by noon for the competition on March 9, 2007. A decision will be made very early on the morning of March 10, 2007 for the Saturday competition. In addition you can check the CAS website, www.casciac.org for any changes to the schedule.

SPECIFIC RULES RELATIVE TO THE COMPETITION

1. Schools will perform according to the order of performance listed on the next page (page 5). Please note: “Bumping up” by Class (division) will occur in each and every case for “no shows”. For example – if your school is slated to perform in Class L in the sixth position and the Class L school ahead of you doesn’t show up, then your squad will perform in the spot ahead and all schools in the Class will “bump up” one Class position.
2. In the first session a Class S team will perform followed by a Coed team. In the second session a Class M team will perform followed by a Class LL team and in the third session all Class L teams will perform.
3. Practice times will be assigned as the squads arrive at the New Haven City-Wide Athletic Center. Each team will be allotted four (4) minutes to warm up. Warm ups for full routines will be allowed. Warm ups will take place just before a team goes on the mat. **WARMUPS WILL BE IN THE ORDER OF PERFORMANCE AND APPROXIMATELY THIRTY MINUTES BEFORE YOUR PERFORMANCE TIME. PLEASE BE ON TIME AND DO NOT MISS YOUR ASSIGNED WARMUPTIME.** A safety judge **WILL NOT** be present at this time. If you will be warming up your entire routine make sure you have your own CD or tape player since a DJ will not be present at the warm up area. Penalty points will be deducted for any infraction that occurs during the competition. (SEE ENCLOSED PENALTY SHEET) If you are in doubt about the legality of a stunt or pyramid submit a picture or video tape at least two weeks prior to the competition. A decision will be made within three days of the receipt of the video or picture. Mail to Sherrie Zembrzusi, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825.
4. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
5. When the team arrives at the New Haven Field House, the coach/advisor is asked to enter with the team and with a copy of their roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the entry form that has been submitted. **A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON EITHER THE INTENT-TO-ENTER FORM OR THE ENTRY FORM.**
6. The site at the New Haven City-Wide Athletic Center has several locker rooms with locker space available for your use. We ask that your gym bags be placed under the bleachers, or in the locker rooms. They may not be placed in front of doors or in the walkways. These areas need to be left free of obstructions so that participants and spectators can move about and also are accessible in the event of an emergency. You are advised that CAS-CIAC and the New Haven City-Wide Athletic Center are not responsible for items lost or stolen.
7. Spectators will not be allowed on the competition floor. Only cheerleaders and coaches with sneakers on will be allowed on the matted surface. Shoes will not be allowed on the competition area.
8. Please remind all spectators that the New Haven City-Wide Athletic Center is a smoke free. Smoking is not allowed inside or outside of the building. There is absolutely **NO SMOKING** at the New Haven City-Wide Athletic Center.
9. No food or drinks are permitted in the New Haven City-Wide Athletic Center. Only cheerleaders will be allowed to have plastic water bottles inside the field house.
10. A trainer will be available for injuries that occur at the competition. Please bring your own tape if you need to be taped or have a prior injury.
11. Squads given permission to enter after this notice will perform first in the order of performance.
12. **CONDUCT AND GOOD SPORTSMANSHIP** – For the most part, we have been exceedingly proud of our high school students and their following of adult fans. We especially request that all school personnel – administrators, faculty and coaches – give definite emphasis to the subject of good sportsmanship so that your students will conduct themselves in a manner that will reflect nothing but credit upon your school and its fine team. Any seemly or unsportsmanlike conduct on the part of students or adults is a direct reflection on the school. Please remember that you are the guests of the site school, as guests you may want to be invited back next year.
13. Seating at the New Haven City-Wide Athletic Center is on a first come, first serve basis. Seats cannot be saved for spectators.

14. **SIGNS, NOISEMAKERS AND BANNERS FORBIDDEN** – Please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards, and streamers is DEFINITELY NOT ALLOWED. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as the cheerleaders. THEY WILL NOT BE PERMITTED, AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE COMPETITION. We also ask that you **DO NOT** bring balloons into the New Haven City-Wide Field House. They are forbidden.
15. Tee shirts, team pictures and a professional video tape of the competition will be available for purchase on the day of the competition
16. Included in this mailing are five (5) complimentary tickets, which are to be used for faculty, spouses or administrators. They are **NOT TO BE GIVEN TO PARENTS**.
17. Admission prices for the competition are: \$7.00 general admission, \$5.00 for senior citizens and \$3.00 for children 10 and under.
18. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter unless another entry fee is paid.

NEW ENGLAND REGIONAL CHEERLEADING COMPETITION

Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition.

In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championship, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:

- The points awarded from each judge in the category for “overall effect/overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
- If a tie remains, the highest and lowest score from each judge will be deleted and the remaining scores will be tabulate with the team awarded the highest point total given the higher rank.

DIRECTIONS TO THE NEW HAVEN CITY-WIDE FIELD HOUSE

480 Sherman Parkway
New Haven, CT 06511

FROM I-95 NORTH: Take Exit 47 to RT 34 to where the highway ends, go straight for $\frac{3}{4}$ of a mile to Sherman Ave. Take the right on to Sherman Ave., go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then make your first left into the main parking lot.

FROM I-95 SOUTH: Take Exit 47 to RT 34, follow RT 34 to where the highway ends, go straight for $\frac{3}{4}$ of a mile to Sherman Ave. Take the right on to Sherman Ave., go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then make your first left into the main parking lot.

FROM I-91 SOUTH: Take RT 34 exit. Follow RT 34 to where the highway ends, go straight for $\frac{3}{4}$ of a mile to Sherman Ave. Take the right on to Sherman Ave., go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then make your first left into the main parking lot.

FROM RT 15 (WILBUR CROSS PARKWAY) Take Exit 59, take a right onto Whalley Ave.. (Toward New Haven). Then turn left onto Ella Grasso Boulevard. Continue straight until the end and then make a right onto Crescent Street. Field House will be $\frac{1}{2}$ mile down on your left. As you proceed towards the field house, make your first left onto Munson Street and then make your first left into the main parking lot.

FROM RT 15 SOUTH: Take Exit 60, take a right onto Dixwell Ave. Continue on Dixwell Ave. until you see Stop and Shop on the left and Dunkin Donuts on your right. At the light (St. Ann’s Church) make a right onto Arch Street. Continue for approx. 2 miles and then make a left onto Bowen Street. After you see the baseball field on your left you then make a left onto Munson Street and make your first left into the main parking lot.

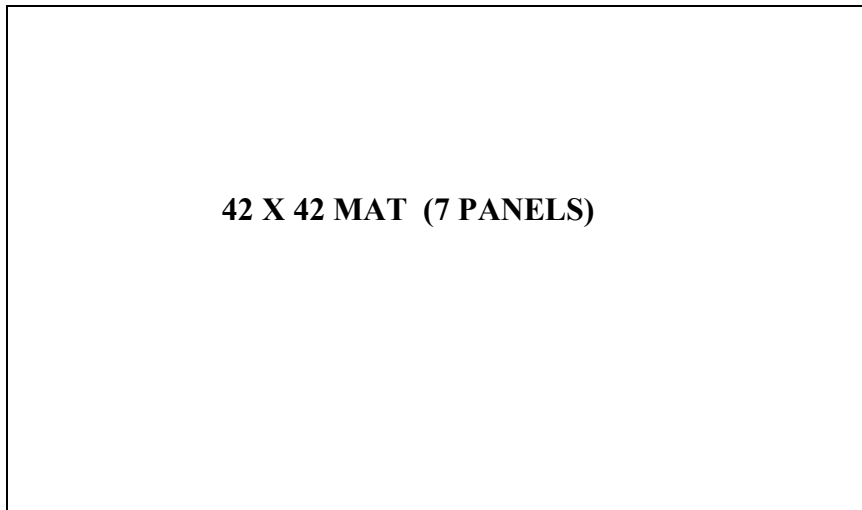
ORDER OF PERFORMANCE

FRIDAY MARCH 9, 2007	AM SATURDAY MARCH 10, 2007	PM SATURDAY MARCH 10, 2007
CLASS S AND COED	CLASS LL AND CLASS M	CLASS L
Sacred Heart (S)	1) West Haven (LL)	1) Conard (L)
East Windsor (Coed)	2) Sacred Heart Academy (M)	2) East Lyme (L)
Lyman Memorial (S)	3) Newtown (LL)	3) Torrington (L)
Bethel (Coed)	4) Woodland (M)	4) Guilford (L)
Shepaug Valley (S)	5) Shelton (LL)	5) Rockville (L)
East Hampton (Coed)	6) Wolcott (M)	6) Joel Barlow (L)
Gilbert (S)	7) Hamden (LL)	7) Farmington (L)
New Milford (Coed)	8) N.W. Catholic (M)	8) Foran (L)
Haddam-Killingworth (S)	9) Bunnell (LL)	9) Fairfield Warde (L)
Daniel Hand (Coed)	10) Luralton Hall (M)	10) Pomperaug (L)
Ellington (S)	11) Cheshire (LL)	11) North Haven (L)
Windham (Coed)	12) Brookfield (M)	12) RHAM (L)
Lewis Mills (S)	13) Norwalk (LL)	13) Wilton (L)
Branford (Coed)	14) Jonathan Law (M)	14) Killingly (L)
Parish Hill (S)	15) Trumbull LL	15) Ledyard (L)
Coginchaug (Coed)	16) Plainville (M)	16) Berlin (L)
Valley Regional (S)	17) Danbury (LL)	17) Waterford (L)
Windsor (Coed)	18) New Fairfield (M)	18) East Haven (L)
Bolton (S)	19) Southington (LL)	19) Woodstock Academy (L)
East Hartford (Coed)	20) Tolland (M)	20) Fitch (L)
Cromwell (S)	21) Simsbury (LL)	21) Darien (L)
Fairfield Ludlowe (Coed)	22) Rocky Hill (M)	22) Lyman Hall
Prince Tech (S)	23) Middletown (LL)	
Wilby (Coed)	24) Watertown (M)	
St. Bernard (S)	25) Glastonbury (LL)	
Stamford (Coed)	26) Nonnewaug (M)	
Tourtellotte (S)	27) Masuk (LL)	
Portland (S)	28) Bacon Academy (M)	
Trinity Catholic (S)	29) Westhill (LL)	
Putnam(S)	30) Seymour (M)	
Granby Memorial (S)	31) Hall (LL)	
Wheeler (S)	32) Griswold (M)	
Derby (S)	33) Newington (LL)	
Grasso Tech (S)	34) Holy Cross (M)	
Immaculate (S)	35) Norwich Free Acad(LL)	
St. Paul (S)	36) North Branford (M)	
Ansonia (S)	37) New Britain (LL)	
	38) St. Joseph (M)	
	39) Crosby (LL)	
	40) Avon (M)	
	41) Naugatuck (LL)	
	42) Plainfield (M)	
	43) Greenwich (LL)	
	44) Stonington (M)	
	45) Staples (LL)	
	46) Sheehan (M)	
	47) Montville (M)	

CHEERLEADING MARCH 9 & 10 2007

GYM SETUP

DJ



42 X 42 MAT (7 PANELS)

**BLEACHER
BLEACHERS FOR
FOR
SPECTATORS
SPECTATORS**

JUDGES

BLEACHERS FOR SPECTATORS

2007 CHEERLEADING ROSTER

*Coaches: Please bring this COMPLETED to the New Haven City-Wide Athletic Center
(please print or type)*

Team Name _____ Town _____

Members of the Team:

- 1). _____
- 2). _____
- 3). _____
- 4). _____
- 5). _____
- 6). _____
- 7). _____
- 8). _____
- 9). _____
- 10). _____
- 11). _____
- 12). _____
- 13). _____
- 14). _____
- 15). _____
- 16). _____
- 17). _____
- 18). _____
- 19). _____
- 20). _____

- Coaches: 1). _____
- 2). _____

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

TEAM _____ DIVISION _____ JUDGE NUMBER _____

	MAX SCORE	SCORE	COMMENTS
JUDGES 1 & 5			
Pyramids Skill Level, % of Team involved, Timing, Variety, Technique, Dismounts, Execution	10		
Flow of Routine Routine moves smoothly from one segment to the next. Cheer Moves, Effectively, Cleanly, Maintains Momentum	5		
Transitions Cheerleaders move smoothly and cleanly from one segment of the routine to the next avoiding bumping and unnecessary crossing	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed.	5		
JUDGES 2 & 6			
Partner Stunts Skill Level, % of Team Involved, Timing, Variety, Technique, Dismounts, Execution	10		
Voice Volume, Tone, Pitch, Clarity, Appropriate Inflections, Appropriate use of words	5		
Expression and Enthusiasm Smiles, Spirit, Naturalness, Showmanship maintained throughout entire routine	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed	5		
JUDGES 3 & 7			
Gymnastics Skill Level, % of Team Involved, Timing, Technique, Execution	10		
Jumps Skill Level, % of Team Involved, Timing, Technique, Height, Variety, Execution	10		
Formations and Spacing Use of floor, Varied, Interesting, Properly Aligned and Symmetrical (when appropriate)	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed	5		
JUDGES 4 & 8			
Motions Technique, Timed, Controlled, Sharp, Tight, Varied, Difficult	10		
Dance Innovative, % of Team Involved, fast Paced, Exciting, Timing, Rhythm, Appropriate Selection and use of Music and Movement, Execution, Visually Effective	10		
Creative Use of Material Imaginative, Appropriate for all Ages, Good Incorporation and Presentations of all Elements	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed	5		
TOTAL	110		

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**CONNECTICUT ASSOCIATION OF SCHOOLS
CHEERLEADING PENALTY SHEET**

SCHOOL _____ **DIVISION** _____ **JUDGE'S INITIALS** _____

VIOLATION

PENALTY POINTS

1). Apparel – wearing jewelry, long fingernails, unsafe hair devices,
improperly covered braces (10 points per violation) _____

2). Performance Mistakes – stepping on poms or signs, inattentive
spotter, improperly performed legal stunts (10 points) _____

3). Safety Violations (25 points)
Rule Infraction **Page #** **Category** **Rule #** _____

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

4). Time
Time of Music _____
Maximum time is 1 minute 30 seconds (90 seconds) _____

Time of Routine _____

- Minimum time is 2 minutes (120 seconds)**
- Maximum time is 2 minutes 30 seconds (150 seconds)**
- 1 - 5 seconds over or under deduct 2 points**
- 6 - 10 seconds over or under deduct 4 points**
- 11 - 15 seconds over or under deduct 6 points**
- 16 - 20 seconds over or under deduct 8 points**
- 21 - 25 seconds over or under deduct 10 points**

TOTAL PENALTY POINTS : _____

NEW ENGLAND/CONNECTICUT CHEERLEADING JUDGING CRITERIA

JUDGE #1 AND JUDGE #5

PYRAMIDS

Pyramids

A groups of Stunts, braced or non-braced, in close proximity in order to form a visual effect of one unit.

Requirement: teams are required to incorporate at least one pyramid in the competition routine.

Level	Point Range	Skills
Elite	9 – 10	*Transitional Pyramid sequences using a combination of liberty variations (without the use of front spots) and/or tick tocks. *Pyramids performed with a <u>high level</u> of execution, perfection and flexibility.
Advanced	7 – 9	*Transitional Pyramid sequences using a combination of liberty/liberty variations with the use of front spots. *Pyramids performed with a <u>high level</u> of execution, perfection and flexibility. *And./or Elite level pyramids performed with a <u>sub-standard</u> level of technique and execution.
Intermediate	4-7	*Pyramid sequences using liberty/liberty variations performed from the ground up with no transitions. *Transitional 2-Legged pyramid sequences. *And/or Advanced pyramids performed with a <u>sub-standard</u> level of technique and execution.
Beginner	1-4	*Pyramid sequences built from the prep (half-extension) level and below. *And/or Intermediate pyramids performed with a <u>sub-standard</u> level of technique and execution.

FLOW OF ROUTINE (5 pts) Routine moves smoothly from one segment to the next. Cheer Moves Effectively, Cleanly, Maintains Momentum

TRANSITIONS (5pts) Cheerleaders move smoothly and cleanly from one segment of the routine to the next avoiding bumping and unnecessary crossing.

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

JUDGE #2 AND JUDGE #6

PARTNER STUNTS

Liberty Variations—stunts based on the traditional liberty grip, including, but not limited to, hitch, arabesque, scorpion, scaled, heel stretch, bow and arrow.

To receive maximum points a team would have to have maximum participation.

Maximum Participation –

- 20 cheerleaders – 4 or 5 stunt groups
- 16 – 19 cheerleaders – 3 or 4 stunt groups
- 15 cheerleaders – 3 stunt groups
- 12 – 14 cheerleaders – 2 or 3 stunt groups
- 10 – 11 cheerleaders – 2 stunts groups
- 9 or under – 1 or 2 stunts groups

Level	Point Range	Skills
Elite	9 – 10	<p><u>Elite Stunts</u> include liberty or liberty variations with above average flexibility, all girl single based extended stunts, extended co-ed single based stunts, basket tosses twist or two positions.</p> <p>*All stunts performed with a <u>high level</u> of execution, perfection and flexibility.</p> <p>*Maximum participation.</p> <p><u>Dismounts:</u></p> <ul style="list-style-type: none"> • <u>Single Twisting Dismounts</u> from extended liberty variations without front spots and with maximum participation (i.e., 5 groups for 20 cheerleaders); • <u>Double Twisting Dismounts</u> from extended liberty variations with/without front spots; • <u>Single Twisting Dismounts</u> from extended stunt, when All-Girl Single based stunting.
Advanced	7 – 9	<p><u>Advanced Stunts</u> include liberty or liberty variation with average flexibility, basket tosses; toss to hands (co-ed), single based all-girl stunting at prep (half extension) level.</p> <p>*All stunts performed with a <u>high level</u> of execution, perfection and flexibility.</p> <p>*And/or Elite Stunts performed with sub-standard level of technique and execution</p> <p>*Maximum Participation.</p> <p><u>Dismounts:</u></p> <ul style="list-style-type: none"> • <u>Single Twisting Dismounts</u> from extended liberty variations with/without front spots. • <u>Single Twisting Dismounts</u> for 2-Legged extended stunts without front spots. • <u>Straight Cradles</u> from extended stunts when All-Girl Single based stunting. • <u>Double Twisting Dismounts</u> from the Prep (Half-extension) level.
Intermediate	4-7	<p><u>Intermediate Stunts</u> include traditional two-leg extended stunts or any combination thereof. Chairs, Liberty with a front spot.</p> <p>*All stunts performed with a <u>high level</u> of execution, perfection and flexibility.</p> <p>*And/or Advanced stunts performed with a <u>sub-standard</u> level of technique and execution.</p> <p><u>Dismounts:</u></p> <ul style="list-style-type: none"> • <u>Single Twisting Dismounts</u> from the Prep (Half-extension) level without front spots. • <u>Single Twisting Dismounts</u> from 2-Legged extended stunts performed with front spots. • <u>Straight Cradles</u> from extended liberty/liberty variations performed with front spots. • <u>Straight Cradles</u> from 2-Legged extended stunts without the use of front spots.
Beginner	1-4	<p><u>Beginner Stunts</u> include prep(half extension), thigh stand, shoulder stand, shoulder sit, pop up splits, straddle press, liberty and liberty variations at the prep level.</p> <p>*And/or Intermediate stunts performed with a sub-standard level of technique and execution.</p> <p><u>Dismounts:</u></p> <p><u>Single Twisting Dismounts</u> from the Prep (Half-extension) level with front spots.</p> <p><u>Single Twisting Dismounts</u> from liberty variations at the Prep level.</p> <p><u>Straight Cradles</u> from 2-Legged stunts with the use of front spots.</p>

VOICE (5 pts) Volume, Tone, Pitch, Clarity, Appropriate Inflections, Appropriate use of words

EXPRESSION AND ENTHUSIASM (5 pts) Smiles, Spirit, Naturalness, Showmanship maintained throughout entire routine

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

JUDGE #3 AND JUDGE #7

TUMBLING

Level	Point Range	Skills
Elite	9 – 10	*Elite tumbling skills include standing tucks, front tumbling, X-outs, series passes with multiple advanced/elite skills, whips, layouts and full twisting layouts. *Jumps into back tucks. *100% of team with intermediate skills or above, majority of team with advanced skills or above, and numerous elite level skills performed with a high level of execution and perfection
Advanced	7– 9	*Advanced tumbling skills include round-off back tucks, round-off back handspring back tucks, standing back tucks and standing back handspring back tucks. *Jumps into back handsprings. *100% of team with intermediate skills and only some advanced skills performed with a high level of execution and perfection. *OR Majority of team with intermediate skills and several advanced/elite skills performed with a high level of execution and perfection. *And/or elite level skills performed at sub-standard level of execution and perfection.
Intermediate	4 – 7	*Intermediate tumbling skills include standing back handsprings, round-off back handsprings and round off multiple handsprings. *100% of team with intermediate skills only, performed with a high level of execution and perfection. *OR 100% of team with beginner skills or better, majority of team with intermediate skills and minimal advanced skills performed with a high level of execution and perfection. *And/or advanced level skills performed at sub-standard level of execution and perfection.
Beginner	1-4	*Basic tumbling skills include forward rolls, round-offs and cartwheels. *100% of team with basic skills performed at a high level of execution and perfection and/or some intermediate tumbling skills. *No advanced/elite tumbling skills. *And/or intermediate level skills performed at sub-standard level of execution and perfection..

JUMPS

Requirement: 2 jumps must be incorporated into the entire competition routine, one of which must be performed by 100% of the team and the second jump must be performed by the majority of the team.

Combination jumps are more than one jump performed in succession.

Level	Point Range	Skills
Elite	8 – 10	*Elite Jumps include Toe Touches, Hurdlers, and Herkies above level, pikes, around the worlds, and double nines level or above. *Combination jumps performed with no prep in between. *Jumps performed with a back handspring or back tuck attached to the jump sequence. *All Jumps performed by the majority of the team with strong execution and variety
Advanced	6– 8	*Advanced Jumps include level Toe Touches, Hurdlers, and Herkies, pikes and double double nines slightly below level. *Combination jumps performed with no prep in between. *Jumps performed with a back handspring attached to a jump sequence. *All Jumps performed by the majority of the team with strong execution and variety. *And/or Elite jumps executed with sub-standard technique and perfection.
Intermediate	3-6	*Intermediate Jumps include Toe Touches, Hurdlers, and Herkies slightly below level, pikes and double nines well below level *Combination jumps performed with a prep in between. *All Jumps performed by the majority of the team with strong execution and variety. *And/or Advanced jumps executed with sub-standard technique and perfection.
Beginner	1-3	*Beginner Jumps include Toe Touches, Hurdlers, and Herkies well below level and tuck jumps and spread eagles.. *And/or Intermediate jumps executed with sub-standard technique and perfection.

FORMATION AND SPACING (5 pts): Use of floor, Varied, Interesting, Properly Aligned and Symmetrical (when appropriate)

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

JUDGE #4 AND JUDGE #8

MOTIONS

Level	Point Range	Skills
Elite	9 – 10	Elite Motions performed by the majority of the team. Executed at a fast pace with several 'and' counts, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes to enhance the visual effect. Strong use of floor work with several level and formation changes
Advanced	7 – 9	Advanced Motions performed by the majority of the team. Executed at a reasonably fast pace with moderate 'and' counts, strong level of technique, moderate foot and body movements during transitions, good use of moves, motions and level changes to enhance the visual effect. Good use of floor work, with moderate level and formation changes.
Intermediate	4-7	Intermediate Motions performed by the majority of the team. Executed at an average pace with minimal 'and' counts, strong level of technique, minimal foot and body movements during transitions, moderate variety of moves, motions and level changes to enhance the visual effect. Minimal use of floor work, with minor level and formation changes.
Beginner	1-4	Beginner Motions performed by the majority of the team. Executed at a slow pace with little or no 'and' counts, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions. Minimal or no use of floor work, level changes, and/or formation changes.

DANCE

Level	Point Range	Skills
Elite	9 – 10	Elite Motions performed by the majority of the team. Executed at a fast pace with several 'and' counts, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes to enhance the visual effect. Strong use of floor work with several level and formation changes
Advanced	7 – 9	Advanced Motions performed by the majority of the team. Executed at a reasonably fast pace with moderate 'and' counts, strong level of technique, moderate foot and body movements during transitions, good use of moves, motions and level changes to enhance the visual effect. Good use of floor work, with moderate level and formation changes.
Intermediate	4-7	Intermediate Motions performed by the majority of the team. Executed at an average pace with minimal 'and' counts, strong level of technique, minimal foot and body movements during transitions, moderate variety of moves, motions and level changes to enhance the visual effect. Minimal use of floor work, with minor level and formation changes.
Beginner	1-4	Beginner Motions performed by the majority of the team. Executed at a slow pace with little or no 'and' counts, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions. Minimal or no use of floor work, level changes, and/or formation changes.

CREATIVE USE OF MATERIAL (5 pts) Imaginative, Appropriate for all Ages, Good Incorporation and Presentation of all Elements

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

2nd Annual New England Interscholastic Winter Spirit Championship
Saturday, March 17, 2007
Whittemore Center, University of New Hampshire
Sponsored by the New England Council of Secondary School Principals' Association
President, Paul MacMillan, Kingswood Regional High School, Wolfeboro, NH
Executive Director, William Savage, Keene, NH

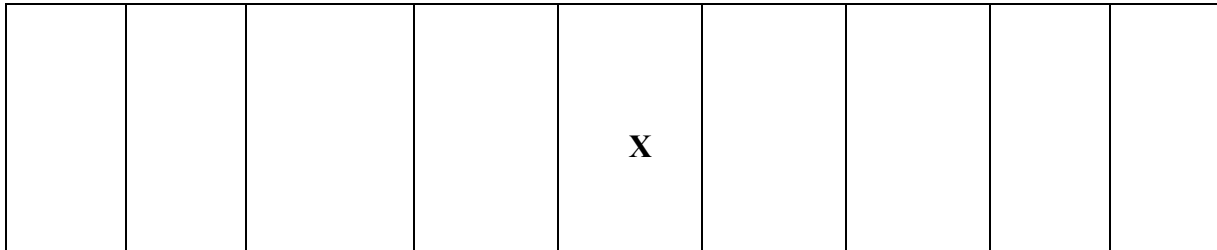
The teams who place first, second and third in Class LL, Class L, Class M, Class S and Coed are all eligible to represent Connecticut at this 2nd Annual New England Interscholastic Winter Spirit Championship. After the results are announced on March 9th and 10th the Coach from each team must declare whether or not their team will be participating in this event. We hope that each winning team will be able to attend this event. Please read the following information about the New England Competition.

- Registration:** The arena will open for athletes and coaches two hours prior to the start of each session. Teams should check in at the pass gate. The first session begins at 10:00 am and the arena will open at 8:00 am for teams competing. The first session teams will be Coed, Division III (Connecticut Class M) and Division IV (Connecticut Class S). The second session begins at 3:30 pm and the arena will open at 1:30 pm for the second session. The second session teams will be Division I (Connecticut Class LL) and Division II (Connecticut Class L)
- Entry Fee:** \$150.00 per team. Checks should be made out to the New England Council. Entry fees must be paid at the time of registration. School checks are preferred.
- Awards:** Plaques will be awarded for first, second, and third places. There will be 22 individual medals issued per team.
- Coaches Meeting:** A coaches meeting will take place one hour prior to the start of the competition. An optional tour will follow the meeting to familiarize people with the facility if necessary.
- Entry Limits:** A maximum of 20 competitors and two coaches will be allowed per team. There will be 5 competitions throughout the day. NH, RI, and VT will be allowed to enter two teams and CT, MA and ME will be allowed to enter three teams in the following divisions: I, II, III, and IV. All states will be allowed to enter three teams in the Coed Division. All Entries and competitor names must be e-mailed by Monday, March 12 to Chris Bergeron at cbergeron@salem.k12.nh.us
- Results:** Results will be available for the teams after the awards ceremony. One set of results will be printed for each school.
- Admission:** Admission is \$7.00 for everyone. The admission gate will open at 8:30 am.
- Insurance:** The insurance policy carried by C.N.E.S.S.P.A. provides for the safety of the athletes and spectators. The individual schools, in accordance with the insurance programs operating in the respective states should provide insurance for competitors and coaches.
- Hotels:** Hotel Accommodations are available at the following locations. When calling for Reservations, make sure to indicate that you are with the New England Cheerleading Championship Event. This way you will get the rates listed below.
- Hampton Inn (Headquarters Hotel), 99 Durgin Lane, Portsmouth, NH 603-431-6111
\$89.00 Double Room, Full Breakfast, Pool
- Holiday Inn, 300 Woodbury Ave., Portsmouth, NH 603-431-8000
\$74.95 Double Room
- Comfort Inn and Suites at Weeks Crossing, Dover, NH 603-750-7507
\$99.00 Standard Room, \$119.00 One Bed Suite with Pullout, \$129.00 Two Bed Suite
With Pullout, Continental Breakfast
- America Best Inn, 383 Woodbury Avenue, Portsmouth, NH 603-431-4400
\$54.95 Double Room, Continental Breakfast
- Directions:** **From the North and South.**
Get to Route 95 in NH and get off at Exit 4 (Spaulding Turnpike, Route 16). Follow the Spaulding Turnpike North to Exit 6W, Route 4 West. Follow Route 4 West to the exit for the Whittemore Center and UNH. Go left off the exit and the Whittemore Center will be on your left.
From the West.
Follow Route 101 East through Manchester, NH Get off at Route 125 and follow Route 125 North. At the rotary, bear right onto Route 4 east and follow to the exit For the Whittemore Center and UNH. Go right off the exit and the Whittemore Center will be on your left.
- Meet Director:** Mr. Chris Bergeron, Salem High School, Salem, NH
- Web Site:** www.newenglandsports.com

NOTES TO SPIRIT COACHES AND ATHLETIC DIRECTORS

IN ACCORDANCE WITH THE WHITTEMORE CENTER, THE FOLLOWING RULES ARE NECESSARY FOR THE SMOOTH RUNNING OF THE SPIRIT TOURNAMENT.

- All Coaches need to be familiar with the National Federation Rule Book.
- **BUSES MUST PARK AT THE ALUMNI PARKING LOT, WHICH IS BEHIND THE WHITTEMORE CENTER.** Go past the arena on your left and take your first left after NH Hall onto Edgewood Road. Then take your first left onto Strafford Avenue and the Alumni parking lot will be on your left. Teams can use the footpath to walk to the Whittemore Center.
- All teams need to check in at the pass gate.
- **Only coaches and team member listed on the official tournament roster will be allowed to enter through the pass gate.** Anyone else attending the tournament will be required to purchase a ticket.
- The Whittemore Center will open 2 hours before the competition time (8:00 AM). You have been assigned times for warm-ups based on your assigned competition time. You are responsible for getting your team where they need to be and when they need to be there. Tickets will be sold beginning at 8:30 AM. It is recommended that teams who are competing in the second session not arrive at the Whittemore Center until after 1:30 PM. Due to the number of teams competing, there will be some teams that will have the same assigned seating area as teams in the first session.
- **Due to increase security levels, it has become Whittemore Center policy that all bags will be searched prior to entering the arena.** Each competitor will be allowed to bring one drink into the Whittemore Center. All other food/drinks will not be allowed to be brought into the arena.
- Once your team has entered the Whittemore Center, they will not be allowed to leave the building.
- Each team will be assigned a seating area. Please bring a trash bag. **All teams are responsible to pick up their own trash.**
- Athletes will be allowed to change in locker rooms A and B.
- There will be a trainer on site beginning at 9:00. **All teams are expected to provide their own tape and supplies for taping athletes. The trainer will not provide supplies.**
- The team area is a secure area for the teams meaning that the general public will not have access. Coaches' passes will be handed out at the coaches meeting. Coaches will not be allowed to leave and return the secure area without them.
- It is recommended that you test your music with the DJ prior to the start of the competition.
- It is recommended that you forward your music to the DJ prior to the competition so it can be burned into his computer. This eliminates any issues with regard to your music. Directions for sending your music to the DJ are listed below.
- If you wish to play music during your warmup time, you need to provide your own CD player. There will be an extension cord provided so you can plug it in.
- Tickets for the general public will be sold beginning at 8:30 AM.
- There will be a mandatory coaches meeting at 9:00 am (first session) and 2:00 pm (second session) on the competition floor. A representative from each team must be at the meeting.
- Warm-ups will start approximately 30 minutes prior to the first competition and have been divided into two separate stations as noted on the draw. The first station consists of two strips of mat. The second station is on a 7 strip competition mat. You are free to use the mats in each station as you wish. You have a maximum of 4 minutes at each station.
- Due to the liability of the Whittemore Center, there is no practicing in the loge area. All team warm-ups are restricted to the warm-up area during your team's assigned time. Also, there is no stunting or tumbling allowed in the dance studio.
- The competition will begin at 10:00 (first session) and 3:30 (second session)
- During the competition, no one will be allowed on the competition floor other than the team competing. The team on deck can use the hockey bench to wait their turn. The next two teams can wait in the hallway.
- The competition mat will be set up as pictured below.



<p style="margin: 0;">FRONT OF THE MATS JUDGES AND FANS</p>
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INSTRUCTIONS FOR SENDING YOUR MUSIC TO THE DJ FOR THE NEW ENGLAND COMPETITION

You can mails a CD to the DJ. Please include contact information so he can contact you to confirm that there are not issues with your music..

Tom Patoine
9 Princeton St.,
Concord, NH 03301

Or

You can e-mail the music to him at ditimallen@verizon.net

1. You MP3 file needs to be on your computer.
2. Right click on your MP# file and click on send to a compressed folder.
3. The compressed folder is what you need to send to the DJ
4. Please include your contact information with your e-mail so you
Can confirm that there are no issues with your music

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