



11th Annual New England Interscholastic Spirit Championship

Saturday, March 18, 2017

Providence Career and Technical Academy

41 Fricker St., Providence, RI 02903

Presented by the Council of New England Secondary School Principals' Association

57 Northern Blvd., Colchester, CT 06415

Executive Director: Donn Friedman, donn@cnesspa.org, (860-416-1884)

President: Michael Lunney, RUIL

The meet will be held regardless of weather conditions.

- Time:** 10:30 AM Session I – Divisions 1, 2
2:30 PM Session II – Divisions 3, 4 & Coed
- Meet Director:** Deb Valente
dvalente@cox.net
- Entry Limits:** A maximum of 20 competitors will be allowed per team. There will be divisions competing throughout the day. All six states will now be allowed to enter three teams in the following divisions: I, II, III, IV and Coed.
- Filing of Entries:** One representative from each state association should submit the entries. All entries and competitor names must be emailed by **noon, Monday, March 13, 2017** to Deb Valente at dvalente@cox.net
- Registration/
Packet Pick-up:** The facility will open for athletes and coaches two hours prior to the start of each session. Teams should check in at the competitor gate, which is the side entrance from Cranston St. (front of the school is on Fricker St. which is the spectator entrance) **NO LATER THAN** their designated registration time. Registration times will be staggered based on the order of appearance.
- The CNESSPA website will provide session, registration, warm-up, and competition times at a later date. Packets will contain CNESSPA pins and certificates for all competitors
- Arrival:** Buses should drop teams at the Cranston St. entrance (front of the school is on Fricker St. which is the spectator entrance). There are no further bus parking instructions at this time.
- Music Compliance:** **Due to the new Music Guidelines set forth by the NFHS, all teams qualifying must complete the enclosed Music Copyright Compliance Form in order to compete and present at the registration, along with the entry fee. Additional music information is also enclosed.**

- Entry Fee:** \$150.00 per team. There will be no refunds and no purchase orders will be accepted, check or cash only. Checks should be made payable to the **CNESSPA** and paid at registration on the day of the meet, **along with the signed Music Copyright Compliance Form.**
- Note:** Only team members listed on the entry submission and two coaches will be allowed through the competitor gate. \$10.00 per person may be added to the entry check for additional team members, who are not on the entry form, or additional coaches.) All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission. Only competitors and coaches with the proper credentials will be allowed in the warm-up area.
- General Admission:** \$10.00 for everyone at the spectator entrance, which will open at 8:30 AM. Admission for spectators will only be through the Main Entrance (front of the school on Fricker St.).
- Awards:** Plaques will be awarded to the first, second, and third place teams in each division. Individual medals will also be awarded to those teams.
- Schedule:** There will be multiple sessions being conducted throughout the day. The final schedule for each Division will be determined once all the entries have been collected. Teams will be allowed to check in starting two hours prior to the start of their session. Please note, that starting times maybe adjusted due to the number of teams entered in each session. Make sure you check the CNESSPA website for a finalized order of appearance for each session.
- Coaches:** Coaches are reminded that they are not to approach any official during or after the competition concerning a rule's violation or score. At no point should a coach approach the judges' hospitality room. Should you have an issue please contact Jennifer Cloutier with the CNESSPA. All results are final and no changes will occur in the scoring.
- Information for Teams:** **Teams needing taping for non-emergency situations should provide their own tape for the on-site trainer.**
- Each team will be assigned 1 table in the designated team area and will be responsible for keeping their area clean. The CNESSPA and PCTA are not responsible for lost or stolen items or valuables.
Stunting outside the warm-up area is prohibited. No stunting on the grass, parking lot, or concrete outside the facility.
No glitter application is allowed inside PCTA.
- Sportsmanship:** Student-athletes, coaches, administrators, spectators, contest officials and all other persons connected directly or indirectly with a member school shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all interscholastic events in which they participate and/or attend. Any violation of these principles will be addressed by the CNESSPA. Participants are subject to removal should an incident occur.
- Concessions:** Concessions will be available.
- T-Shirts:** Official New England Spirit Championship apparel will be sold at the meet. Apparel can be pre-ordered at www.grr-tees.com until the Thursday before the competition and post-ordered beginning on Monday after the competition.
- Internet Address:** Information and results will be posted at www.cnesspa.com

Other Information: Horns, posters, noisemakers, confetti, and balloons are not permitted at Lawrence High School. Attaching items to the gym wall is strictly prohibited – including team banners.

FLASH PHOTOGRAPHY and VIDEOTAPING is prohibited at all times.

Cheerleaders and spectators are reminded that they may not sit in the aisles. This is a fire hazard as well as a safety hazard. The competition can be shut down by a fire marshal for non-compliance.

Directions: From I-95 North and I-95 South -

Take Exit 21 (Atwells Ave). Stay straight to go onto Service Road No 7. Take a slight right onto Broad Street. Turn right onto Fricker Street and the facility will be on your left.

Hotels:

It is very important that when calling to make a reservation that you tell the clerk you are with the
“NEW ENGLAND HIGH SCHOOL CHEERLEADING CHAMPIONSHIP”
to get the group rate

***** TOURNAMENT HOST HOTEL *****

THE HILTON PROVIDENCE Rate \$129.00 plus taxes
21 Atwells Avenue Complimentary breakfast, up to 4 per room
Providence, RI 02903 Phone **401-831-3900**
Or reserve online at: <http://group.hilton.com/TheNEChampionships>
Complimentary car self-parking
Complimentary bus parking

Also:

HILTON GARDEN INN Rate \$99.00 plus taxes
1 Thurber Street Complimentary breakfast, 2 per room excludes omelets
Warwick, RI 02886 Phone **401-734-9600**
Complimentary parking

HAMPTON INN and SUITES Rate \$104.00 plus taxes
201 Post Road Complimentary breakfast
Warwick, RI 022886 Phone **401-739-8888**
Or reserve online at: www.hampton-inn.com/hi/providence using the Group Code ‘NEC’ or
Complimentary parking

COURTYARD MARRIOTT Rate \$105.00 plus taxes
55 Jefferson Park Road Complimentary breakfast
Warwick, RI 02886 Phone **401-215-1412**
Complimentary parking
Or reserve online at: [Book your group rate for NE Championships-Cheerleading](#)

Detailed Coaches Instructions will be posted at a later date.

**Competition Mat Format
(42' x 42')**

Cheerleader Seating Area

Warm Up Area

X

Vendor Area

JUDGES

SPECTATOR BLEACHERS

2017 New England Spirit/Dance Championship
Music Copyright Compliance Form

In order to protect the Council of New England Secondary School Principals' Association (CNESSPA) Spirit/Dance Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, _____, verify that all copyright permissions
Coach's Name

were properly and completely obtained by _____
Music Mixer's Name

prior to production of the 2017 CNESSPA Spirit/Dance Championship routine music for the

_____ team from _____
School's Name *Class and Region*

These permissions can be verified by certification document(s) available upon request.

I acknowledge that this form will be kept on file by CNESSPA, and I will need to keep my certification documents on file for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CNESSPA of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed): _____

Coach Signature: _____

Date: _____

Administrator Name (Printed): _____

Title: _____

Administrator Signature: _____

Date: _____

NOTE: THIS FORM MUST BE COMPLETED AND RETURNED AT REGISTRATION FOR THE NEW ENGLAND SPIRIT/DANCE CHAMPIONSHIP ALONG WITH THE REGISTRATION FEE IN ORDER TO COMPETE.

Music Copyright Compliance

All copyright permissions must be properly and completely obtained by the individual or group that is responsible for creating the routine music for a team. All recordings mixed together in cheer/dance routines should be properly licensed and written confirmation of such licenses should be provided to your state association, if requested. You should bring a copy of such licenses and receipts to the New England Spirit/Dance Championship, in addition to the signed Music Copyright Compliance Form, if further verification is requested.

You may use recordings that are purchased from vendors that comply with US Copyright laws or create/commission original works for your team (i.e. an original song and recording to which you own or license the rights by written agreement). Under US Copyright law, no teams are permitted to create a re-mix, mash-up or medley without proper written authorization from the copyright owners.

US Copyright laws apply any time music is not being used for personal use. Purchasing a legal copy of a song (iTunes, CD, Amazon download, etc.) only grants the user private, personal use of the music. If you purchase a recording, that alone does not give you the right to make additional copies or mix the recording with other recordings for any other purpose--including use at school functions or other public performances. Personal use gives you the right to listen to the song, but does not give you any other rights in the bundle of rights to that piece of music, which is why the music should not be copied, modified or used in a public place without additional consent.

However, if teams wish to use only a single song in their routine, they may bring a legally purchased copy of that recording to be used at the event. Teams may not re-mix these recordings in any way (such as adding sound effects, changing tempo or mixing with any other recordings), but you may make minor edits for timing purposes only (i.e. removing a chorus or bridge to fit the duration of the music time limit).

Remember:

- Do not use mash-ups, either created by you or sold by music providers using music without proper licensing.
- Do not download songs from sites that do not have properly licensed music.
- Do not copy or distribute to others a recording you have legally purchased.
- Licenses/Permissions must be received in writing (or email) and must be provided to you by all copyright owners.
- If you request a license and you get no response, this does NOT mean that you have permission to use the music.

Coaches are responsible for ensuring that the music used by their teams for any public performance and all competitions follows the above guidelines.

Guidelines for Music Providers:

- When recordings and compositions are completely original:
 - All elements in the recordings, including instrumentation and vocal performances, are owned or controlled by the music provider. If any elements are not owned or controlled by the music provider, the music provider must obtain the appropriate licenses from the applicable copyright owners to edit, re-arrange or otherwise alter such works to create a new work for your team.

- **If teams want to create their own re-mix or otherwise edit any music purchased from a provider of original music, their license agreement with such providers of original music must also specifically include this right to edit, re-arrange or otherwise alter works.**
- **When recordings are cover recordings of popular music:**
 - **Guidelines provide that cover recordings of popular music may be used in re-mixes only if the purchase/license of the cover recording includes an explicit right to alter the cover recordings and create new works from these cover recording elements.**
- **Unlicensed samples may not be used in routine music.**
 - **No unauthorized third party recordings may be used in any way in the new recordings without a proper license. "Sampling" a series of words or beats from any recording is not permitted unless an appropriate written sampling license was obtained.**
- **Music providers should allow each team to make up to 40 copies of the recordings.**
 - **A mechanical license fee may need to be paid to reproduce copyrighted musical compositions on CDs, records, downloads, etc. If the music provider does not own or control the underlying musical composition, they will need to obtain a mechanical license to make copies of each recording. The music provider is responsible for obtaining the mechanical license and paying any royalties for each copy made--this includes the copy provided upon your initial purchase of the recording, any subsequent recordings in which they are incorporated, and any additional copies that will be distributed to the team.**

Dj Tim Allen Patoine

203 Alton Woods Drive/ Concord, N.H. 03301 / 603-496-0423 cell
djtimallen@comcast.net

Coaches,

My name is Dj Tim and I will be Emceeing and managing YOUR music at the CNESSPA NEW ENGLAND CHEER COMP on Saturday 3/18/2017 in Providence RI.

The goal here is to get your music into my system BEFORE the day of the Comp. "Things only go wrong when there is no time to fix it". The best way to get me your music is to attach it to an email and send it to me. You can also use a free service like "dropbox". If all else fails, you can mail it to the address listed above. If you are having "technical difficulties" getting me your music, I have the following suggestion for you... Have one of your girls do it! They are far more tech savvy than most adults.

GUIDELINES:

- Have your music in MP3 format. iTunes will let you make an MP3 copy of any track in your library.
- Please include What STATE you are from & the Name of your School!
- "Try" to have your music consist of ONE track. If it is ONE track you can just give me a "thumbs" up as to when to start it. If it is TWO tracks or needs to be PAUSED, you will NEED to stand next to me in order to give me the proper cues.
- **Emailing me music the night before the comp is "not cool"! Or the morning of the comp, for that matter....**

My email address is djtimallen@comcast.net. I am very good about returning emails and letting you know when I have your music.

Good luck and I will see you all at the Competition!

Dj Tim

CATEGORY JUDGING

JUDGE 1

* PYRAMIDS – DIFFICULTY	10
PYRAMIDS – TECHNIQUE.....	5
TRANSITIONS/FLOW OF ROUTINE	5
OVERALL IMPRESSION	5

JUDGE 2

* PARTNER STUNTS – DIFFICULTY	10
PARTNER STUNTS – TECHNIQUE	5
VOICE	5
OVERALL IMPRESSION	5

JUDGE 3

* TUMBLING – DIFFICULTY	10
TUMBLING – TECHNIQUE.....	5
* JUMPS – DIFFICULTY	10
JUMPS – TECHNIQUE	5
OVERALL IMPRESSION	5

JUDGE 4

* MOTIONS – DIFFICULTY	5
* DANCE – DIFFICULTY	5
MOTIONS/DANCE – TECHNIQUE	5
FORMATIONS & SPACING	5
OVERALL IMPRESSION	5

TOTAL110

NFHS Rules Will Be Followed

2 Safety/Penalty Judges on the Floor

No Safety Check or Coaches Meeting

No Penalty for Length of Music

3 Minutes per Routine. Overtime = 5 Point Penalty

Tenths of a Point Will Be Used in Judging

Tiebreaker = Combined Total of * Categories

Pyramids – Difficulty			
1-5	5-7	7-9	9-10
<p>Pyramid sequence built from prep level and below</p> <p>Basic entries and transitions such as:</p> <ul style="list-style-type: none"> • 180 to sponge • Two-legged show-n-go • Straight up extended two-legged stunt 	<p>Pyramid sequence using liberty variations performed from the ground up with limited transitions</p> <p>Entries and transitions such as:</p> <ul style="list-style-type: none"> • Single-leg show-n-go • Half up • Switch up to prep level • Inverted entry to below prep level • Full twisting transitions to below prep level • Non-release transitions to a horizontal position to prep level or above • Release transitions to prep level or below 	<p>Transitional pyramid sequences using a combination of liberty variations with the use of front spots</p> <p>Entries and transitions such as:</p> <ul style="list-style-type: none"> • Switch up to liberty position; • Inverted entry to prep level • Full twisting transitions to prep level (single leg) or above (two leg) • Release transitions to/from/at the extended level maintaining a vertical position • Braced flips to/from below prep level 	<p>Pyramid sequences using a combination of liberty variations (without the use of front spots) with multiple transitions and body positions</p> <p>Entries and transitions such as:</p> <ul style="list-style-type: none"> • Full up to extended single leg stunt • Switch up to extended single leg stunt showing flexibility (Stretch, Scale, Scorpion, etc.) • Inverted entry to extended position • Release transitions to/from horizontal position(s) to the extended level • Braced flips to/from prep level or above

The following are considered when scoring difficulty:

- Degree of difficulty
- Percentage of team participation
- Variety of entries, inversions, dismounts and transitions

Pyramids – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Technique = A team’s effectiveness in demonstrating proper form (flyer flexibility, body position of bases, spotters and flyers, control of stunt including entry, dismount, and transitions), timing, uniformity and precision

Voice		
1-2	2-4	4-5
Below average pitch and clarity/enunciation Below average volume relative to number of athletes	Average pitch and clarity/enunciation Average volume relative to number of athletes	Excellent pitch and clarity/enunciation Above average volume relative to number of athletes

Stunts – Difficulty			
1-5	5-7	7-9	9-10
<p>Beginner stunts such as:</p> <ul style="list-style-type: none"> • prep • thigh stand • shoulder stand • shoulder sit • pop up splits • straddle press • liberty and liberty variations at prep level <p>Dismounts such as:</p> <ul style="list-style-type: none"> • Single Twisting Dismounts from the prep level with front spots • Single Twisting Dismounts from liberty variations at the prep level • Straight Cradles from 2-Legged stunts with the use of front spots 	<p>Basic two-leg extended stunts or any combination thereof, chairs, and liberty with a front spot.</p> <p>Suspended rolls from the performance surface</p> <p>Transitions/entries such as:</p> <ul style="list-style-type: none"> • Half up • Switch up to prep level • Inverted entry to below prep level <p>Dismounts such as:</p> <ul style="list-style-type: none"> • Single Twisting Dismounts from the prep (half extension) level without front spots • Single Twisting Dismounts from 2-Legged extended stunts with front spots • Straight Cradles from extended liberty/liberty variations performed with front spots • Straight Cradles from 2-Legged extended stunts without the use of front spots 	<p>Liberty or liberty variations with average flexibility, basket tosses, toss to hands (co-ed), single based all girls stunting at prep level.</p> <p>Maximum participation</p> <p>Transitions/entries such as:</p> <ul style="list-style-type: none"> • Full up to extended two leg stunt • Switch up to liberty position • Inverted entry to prep level <p>Dismounts such as:</p> <ul style="list-style-type: none"> • Single Twisting Dismounts from extended liberty variations with/without front spots • Single Twisting Dismounts from 2-Legged extended stunts without front spots • Straight Cradles from extended liberty/liberty variations performed with front spots 	<p>Liberty or liberty variations with above average flexibility, all girls single based extended stunts, extended co-ed single based stunts, basket tosses with twist or two positions.</p> <p>Maximum participation for most of stunt sequences</p> <p>Minimal use of front spots for most of stunt sequences</p> <p>Transitions/entries such as:</p> <ul style="list-style-type: none"> • Full up to extended single leg stunt • Switch up to extended single leg stunt showing flexibility (Stretch, Scale, Scorpion, etc.) • Inverted entry to extended position <p>Dismounts such as:</p> <ul style="list-style-type: none"> • Single Twisting Dismounts from extended liberty variations without front spots and with maximum participation • Single Twisting Dismounts from extended stunt with All Girl based stunting

The following are considered when scoring difficulty:

- Degree of difficulty
- Percentage of team participation
- Variety of entries, inversions, dismounts and transitions

MAXIMUM PARTICIPATION			
ATHLETES	STUNT GROUPS	ATHLETES	STUNT GROUPS
20	4 or 5	12 – 14	2 or 3
16 – 19	3 or 4	10 – 11	2
15	3	9 or less	1 or 2

Stunts – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Technique = A team’s effectiveness in demonstrating proper form (flyer flexibility, body position of bases, spotters and flyers, control of stunt including entry, dismount, and transitions), timing, uniformity and precision

Transitions/Flow of Routine		
1-2	2-4	4-5
Major issues during transitions (bumping; excessive travel) Minimal incorporation of skills during transition Choppy, lacks cohesion, excessive down time	Some issues during transitions (bumping; excessive travel) Average incorporation of skills during transition Average coordination among all elements of the routine	Clean transitions Excellent incorporation of skills during transitions Uncluttered changes between segments Strong coordination among all elements of the routine

CNESSPA CHEERLEADING RUBRIC

Category 3

Tumbling – Difficulty			
1-5	5-7	7-9	9-10
Basic skills: <ul style="list-style-type: none"> • Forward Rolls • Round-Offs • Cartwheels • Walkovers Less than majority of team with handspring(s) and limited tucks	Majority of team with handspring skills (standing, running, and/or series) AND/OR Minimal tucks (standing or running) or above	Most of team with handspring skills (standing, running, and/or series) AND/OR Majority of team with tucks (standing or running) or above	Most of team with tucks (standing or running) or above AND/OR Majority of team with layouts, fulls, or specialty passes ending in tuck or above

Combining skills (jump-back handspring/tuck, series back handsprings, back handspring-tuck, etc.) will increase difficulty and score higher within the ranges.

SPECIALTY PASS = Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher; or running tumbling involving skills such as back handspring step outs, whips, or arabians ending in a tuck or higher

Tumbling – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Technique = A team’s effectiveness in demonstrating proper form (body position and control, landings), timing uniformity and precision

MAJORITY/MOST QUANTITY TABLE												
# OF ATHLETES	9	10	11	12	13	14	15	16	17	18	19	20
MAJORITY	5	6	6	7	7	8	8	9	9	10	10	11
MOST	7	8	8	9	10	11	11	12	12	13	14	15

Jump – Difficulty			
1-5	5-7	7-9	9-10
Basic jump sequences consisting of basic jumps with or without an immediate connection	2 advanced connected jumps performed by most of the team	3 advanced connected jumps performed by most of the team OR 2 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority	4 advanced connected jumps performed by most of the team OR 3 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority

All approaches within the jumps must use a whip approach to be considered connected. Most of the team performing an advanced jump/tumble combination will increase the difficulty and score higher within the ranges. Each skill will be judged in its respective category.

ADVANCED JUMPS = Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

BASIC JUMPS = Spread Eagle, Tuck Jump

The following are considered when scoring difficulty: Degree of difficulty; Percentage of team participation; Variety; Additional skills; Synchronization

Jump – Technique		
1-2	2-4	4-5
Below average technique – less than majority demonstrated excellent precision, form and synchronization	Average technique – majority demonstrated excellent precision, form and synchronization	Above average technique – most demonstrated excellent precision, form and synchronization

Technique = A team’s effectiveness in demonstrating proper form (height, flexibility, landing, body position, pointed toes), timing, uniformity and precision

MAJORITY = 51% (of the team) | **MOST** = 75% (of the team)

Motions		
1-2	2-4	4-5
Little to no formation changes, transitions, and level changes Little to no variety of motion Lack of movement during transitions Below average use of floor (footwork, floor work, visual effect, etc.) Basic choreography and/or creativity	Minimal formation changes, transitions, and level changes Some variety of motion Minimal movement during transitions Average use of floor (footwork, floor work, visual effect, etc.) Some original and visual material Average choreography and/or creativity	Multiple advanced formation changes, transitions, and level changes Excellent variety of motion Difficult foot and body movement during transitions Excellent use of floor (footwork, floor work, visual effect, etc.) Excellent choreography and/or creativity

Dance		
1-2	2-4	4-5
Below average energy, musicality, rhythm and pace of music ("and" counts) Little to no formation changes, basic transitions, and level changes Little to no variety of motion Below average use of floor (footwork, floor work, visual effect, etc.) Basic choreography and/or creativity	Average energy, musicality, rhythm and pace of music ("and" counts) Minimal formation changes, transitions, and level changes of average complexity Some variety of motion and use of floor (footwork, floor work, visual effect, etc.) Average choreography and/or creativity	High energy, musicality, rhythm, and pace of music ("and" counts) Multiple advanced formations, transitions, and level changes Excellent variety of motion and use of floor (footwork, floor work, visual effect, etc.) Excellent choreography and/or creativity

Motion & Dance - Technique		
1-2	2-4	4-5
Below average technique – many with bent wrists and/or poor placement Below average timing & synchronization	Average technique- some bent wrists and/or placement off Average timing & synchronization	Excellent technique – proper placement, sharp precision Excellent timing & synchronization

Technique = Proper body positioning, placement and alignment; clear movements; controlled balance, flow and connection from one skill to the next; powerful and sharp movement

Formations & Spacing		
1-2	2-4	4-5
Unclear formations Little variety Spacing off throughout routine	Formations demonstrate some good use of floor, alignment, and symmetry Some variety Minor problems in spacing	Clear, visually effective formations Large variety of formations Minimal/No spacing errors

CNESSPA CHEERLEADING RUBRIC

Overall Impression		
1-2 BELOW AVERAGE	3-4 AVERAGE	4-5 ABOVE AVERAGE
The following are considered when scoring:		
Overall Impression:	A team's effectiveness in performing a comprehensive and positive memorable experience	
Creativity/Choreography:	A team's effectiveness to implement innovative, visual, unique and intricate ideas, incorporations and music	
Showmanship:	A team's effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd.	

2017 CHEERLEADING ROSTER

***Coaches: Please bring this COMPLETED Floyd Little Athletic Center
(please print or type)***

Team Name _____ Number of cheerleaders on the mat today _____

Members of the Team:

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

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

PRACTICE AND COMPETITION TIMES FOR FRIDAY MARCH 3, 2017

		STRETCH	FOUR STRIPS	FULL MAT	PERFORMANCE
1).	CCSU (Exhibition)	5:30 PM	5:34 PM	5:38 PM	6:20 PM
2).	Amistad (S)	5:34 PM	5:38 PM	5:42 PM	6:24 PM
3).	Torrington (Coed)	5:38 PM	5:42 PM	5:46 PM	6:28 PM
4).	Hale Ray (S)	5:42 PM	5:46 PM	5:50 PM	6:32 PM
5).	Hall (Coed)	5:46 PM	5:50 PM	5:54 PM	6:36 PM
6).	Westbrook S)	5:50 PM	5:54 PM	5:58 PM	6:40 PM
7).	North Haven (Coed)	5:54 PM	5:58 PM	6:02 PM	6:44PM
8).	St. Paul Catholic (S)	5:58 PM	6:02 PM	6:06 PM	6:48 PM
9).	New London (Coed)	6:02 PM	6:06 PM	6:10 PM	6:52 PM
10).	Wheeler (S)	6:06 PM	6:10PM	6:14 PM	6:56 PM
11).	Wamogo (Coed)	6:10 PM	6:14 PM	6:18 PM	7:00 PM
12).	East Hampton (S)	6:14 PM	6:18 PM	6:22 PM	7:04 PM
13).	Killingly (Coed)	6:18 PM	6:22 PM	6:26 PM	7:08 PM
14).	Coginchaug (S)	6:22 PM	6:26 PM	6:30 PM	7:12 PM
15).	Seymour (Coed)	6:26 PM	6:30 PM	6:34 PM	7:16 PM
16).	Holy Cross (S)	6:30 PM	6:34 PM	6:38 PM	7:20 PM
17).	Daniel Hand (Coed)	6:34 PM	6:38 PM	6:42 PM	7:24 PM
18).	Cromwell (S)	6:38 PM	6:42 PM	6:46 PM	7:28 PM
19).	Norwalk (Coed)	6:42 PM	6:46 PM	6:50 PM	7:32 PM
20).	Thomaston (S)	6:46 PM	6:50 PM	6:54 PM	7:36 PM
21).	Manchester (Coed)	6:50 PM	6:54 PM	6:58 PM	7:40 PM
22).	Oxford (S)	6:54 PM	6:58 PM	7:02 PM	7:44 PM
		JUDGES BREAK			
23).	Notre Dame Fairfield (S)	7:04 PM	7:08 PM	7:12 PM	7:54 PM
24).	East Lyme (Coed)	7:08 PM	7:12 PM	7:16 PM	7:58 PM
25).	Immaculate (S)	7:12 PM	7:16 PM	7:20 PM	8:02 PM
26).	Branford (Coed)	7:16 PM	7:20 PM	7:24 PM	8:06 PM
27).	North Branford (S)	7:20 PM	7:24 PM	7:28 PM	8:10 PM
28).	Sacred Heart, (Coed)	7:24 PM	7:28 PM	7:32 PM	8:14 PM
29).	Shepaug Valley (S)	7:28 PM	7:32 PM	7:36 PM	8:18 PM
30).	Bridgeport Central (Coed)	7:32 PM	7:36 PM	7:40 PM	8:22 PM
31).	Derby (S)	7:36 PM	7:40 PM	7:44 PM	8:26 PM
32).	East Hartford (Coed)	7:40 PM	7:44 PM	7:48 PM	8:30 PM
33).	Northwest Catholic (S)	7:44 PM	7:48 PM	7:52 PM	8:34 PM
34).	NFA (Coed)	7:48 PM	7:52 PM	7:56 PM	8:38 PM
35).	Litchfield (S)	7:52 PM	7:56 PM	8:00 PM	8:42 PM
36).	Wilby (Coed)	7:56 PM	8:00 PM	8:04 PM	8:46 PM
37).	Ansonia (S)	8:00 PM	8:04 PM	8:08 PM	8:50 PM
38).	Woodstock Academy (Coed)	8:04 PM	8:08 PM	8:12 PM	8:54 PM
39).	Portland (S)	8:08 PM	8:12 PM	8:16 PM	8:58 PM
40).	Griswold (S)	8:12 PM	8:16 PM	8:20 PM	9:02 PM
41).	Morgan (S)	8:16 PM	8:20 PM	8:24 PM	9:06 PM
42).	UNH (Exhibition)	8:20 PM	8:24 PM	8:28 PM	9:10 PM
43).	NFA (Unified)	8:24 PM	8:28 PM	8:32 PM	9:14 PM
44).	Daniel Hand (Unified)	8:28 PM	8:32 PM	8:36 PM	9:18 PM
45).					

PRACTICE AND COMPETITION TIMES FOR FRIDAY MARCH 3, 2017

4:15 pm Gym opens for participants

5:15 pm Gym opens for spectators

5:15 pm Coaches meeting

5:30 pm Practice begins

6:15 pm Announcements

6:20 pm Competition begins

9:15 pm Competition ends

9:30 pm Awards

**PRACTICE AND COMPETITION TIMES CLASS LL
SATURDAY AFTERNOON MARCH 4, 2017**

	TEAM	STRETCH	FOUR STRIPS	FULL MAT	PERFORMANCE
1).	Stamford (LL)	3:30 PM	3:34 PM	3:38 PM	4:00 PM
2).	Conard (LL)	3:36 PM	3:40 PM	3:44 PM	4:06 PM
3).	Fairfield Ludlowe (LL)	3:40 PM	3:44 PM	3:48 PM	4:12 PM
4).	New Milford (LL)	3:46 PM	3:50PM	3:54 PM	4:18 PM
5).	Trumbull (LL)	3:52PM	3:56 PM	4:00 PM	4:24 PM
6).	Ridgefield (LL)	3:58 PM	4:02 PM	4:06 PM	4:30 PM
7).	Brien McMahon (LL)	4:04 PM	4:08 PM	4:12 PM	4:36 PM
8).	Fairfield Warde (LL)	4:10 PM	4:14 PM	4:18 PM	4:42 PM
9).	Westhill (LL)	4:16 PM	4:20 PM	4:24 PM	4:48 PM
10).	Cheshire (LL)	4:22 PM	4:26 PM	4:30 PM	5:02 PM
11).	Staples (LL)	4:28 PM	4:32 PM	4:36 PM	5:08 PM
12).	Wilton (LL)	4:34 PM	4:38 PM	4:42 PM	5:14 PM
13).	Southington (LL)	4:40 PM	4:44 PM	4:48 PM	5:20 PM
14).	West Haven (LL)	4:46 PM	4:50 PM	4:54 PM	5:26 PM
15).	Greenwich (LL)	4:52 PM	4:56 PM	5:00 PM	5:32 PM
16).	Danbury (LL)	4:58 PM	5:02 PM	5:06 PM	5:38 PM
17).	Shelton (LL)	5:04 PM	5:08 PM	5:12 PM	5:44 PM
18).	Newtown (LL)	5:10 PM	5:14 PM	5:18 PM	5:50 PM
19).	Cheshire (Unified)	5:16 PM	5:20 PM	5:24 PM	5:56 PM
20).	Trumbull (Unified)	5:22 PM	5:26 PM	5:30 PM	6:02 PM
21).	Shelton (Unified)	5:28 PM	5:32 PM	5:36 PM	6:08 PM
22).	Newtown Unified)	5:34 PM	5:38 PM	5:42 PM	6:14 PM
23).		5:40 PM	5:44 PM	5:48 PM	6:20 PM
24).		5:46 PM	5:50 PM	5:54 PM	6:26 PM
25).		5:50 PM	5:54 PM	5:58 PM	6:32 PM
26).		5:54 PM	5:58 PM	6:02 PM	6:38 PM
27).		5:58 PM	6:02 PM	6:06 PM	6:42 PM

2:15 pm Gym opens for participants
2:45 pm Gym opens for spectators
3:00 pm Coaches Meeting
3:30 pm Practice begins
3:45 pm Announcements
4:00 pm Competition begins
6:15 pm Competition ends
6:30 pm Awards

**PRACTICE AND COMPETITION TIMES CLASS M AND CLASS L
SATURDAY MORNING MARCH 4, 2017**

	TEAM	STRETCH	FOUR STRIPS	FULL MAT	PERFORMANCE
1).	Bassick (M)	9:30 AM	9:34 AM	9:38 AM	10:16 AM
2).	South Windsor (L)	9:34 AM	9:38 AM	9:42 AM	10:20 AM
3).	Plainfield (M)	9:38 AM	9:42 AM	9:46 AM	10:24 AM
4).	Rockville (L)	9:42 AM	9:46 AM	9:50 AM	10:28 AM
5).	Haddam Killingworth (M)	9:46 AM	9:50 AM	9:54 AM	10:32 AM
6).	Naugatuck (L)	9:50 AM	9:54 AM	9:58 AM	10:36 AM
7).	Suffield (M)	9:54 AM	9:58 AM	10:02 AM	10:40 AM
8).	Lyman Hall (L)	9:58 AM	10:02 AM	10:04 AM	10:44 AM
9).	Weston (M)	10:02 AM	10:04 AM	10:08 AM	10:48 AM
10).	Lauralton Hall (L)	10:04 AM	10:08 AM	10:12 AM	10:52 AM
11).	Northwestern (M)	10:08 AM	10:12 AM	10:16 AM	10:56 AM
12).	Wethersfield (L)	10:12 AM	10:16 AM	10:20 AM	11:00 AM
13).	Stonington (M)	10:16 AM	10:20 AM	10:24 AM	11:04 AM
14).	RHAM (L)	10:20 AM	10:24 AM	10:28 AM	11:08 AM
15).	Granby Memorial (M)	10:24 AM	10:28 AM	10:32 AM	11:12 AM
16).	Stratford (L)	10:28 AM	10:32 AM	10:36 AM	11:16 AM
17).	St. Joseph (M)	10:32 AM	10:36 AM	10:40 AM	11:20 AM
18).	Berlin (L)	10:36 AM	10:40 AM	10:44 AM	11:24 AM
19).	New Fairfield (M)	10:40 AM	10:44 AM	10:48 AM	11:28 AM
20).	Bristol Central (L)	10:44 AM	10:48 AM	10:52 AM	11:32 AM
		JUDGES BREAK			
21).	Fitch (L)	10:54 AM	10:58 AM	11:02 AM	11:42 AM
22).	Plainville (M)	10:58 AM	11:02 AM	11:06 AM	11:46 AM
23).	Ledyard (L)	11:02 AM	11:06 AM	11:10 AM	11:50 AM
24).	Bacon Academy (M)	11:06 AM	11:10 AM	11:14 AM	11:54 PM
25).	Nonnewaug (L)	11:10 AM	11:14 AM	11:18 AM	11:58 PM
26).	Watertown (M)	11:14 AM	11:18 AM	11:22 AM	12:02 PM
27).	Tolland (L)	11:18 AM	11:22 AM	11:26 AM	12:06 PM
28).	Bethel (M)	11:22 AM	11:26 AM	11:30 AM	12:10 PM
29).	Mercy (L)	11:26 AM	11:30 AM	11:34 AM	12:14 PM
30).	Ellington (M)	11:30 AM	11:34 AM	11:38 AM	12:18 PM
31).	East Haven (L)	11:34 AM	11:38 AM	11:42 AM	12:22 PM
32).	Enfield (M)	11:38 AM	11:42 AM	11:46 AM	12:26 PM
33).	Windsor (L)	11:42 AM	11:46 AM	11:50 AM	12:30 PM
34).	Waterford (M)	11:46 AM	11:50 AM	11:54 AM	12:34 PM
35).	Jonathan Law (L)	11:50 AM	11:54 AM	11:58 PM	12:38 PM
36).	Woodland (M)	11:54 AM	11:58 PM	12:02 PM	12:42 PM
37).	Brookfield (L)	11:58 PM	12:02 PM	12:06 PM	12:46 PM
38).	Montville (M)	12:02 PM	12:06 PM	12:10 PM	12:50 PM
39).	Bunnell (L)	12:06 PM	12:10 PM	12:14 PM	12:54 PM
40).	Wolcott (M)	12:10 PM	12:14 PM	12:18 PM	12:58 PM
41).	Joel Barlow (L)	12:14 PM	12:18 PM	12:22 PM	1:02 PM
42).	Middletown (L)	12:18 PM	12:22 PM	12:26 PM	1:06 PM
43).	Sacred Heart Academy (L)	12:22 PM	12:26 PM	12:30 PM	1:10 PM
44).	Foran (L)	12:26 PM	12:30 PM	12:34 PM	1:14 PM
45).	UNH (Exibition)	12:30 PM	12:34 PM	12:38 PM	1:18 PM

**PRACTICE AND COMPETITION TIMES CLASS M AND CLASS L
SATURDAY MORNING MARCH 4, 2017**

8:15 am Gym Opens for Participants

9:00 am Gym opens for Spectators

9:15 am Coaches Meeting

9:30 am Practice begins

10:00 am Announcements

10:16 am Competition begins

1:15 pm End of competition

1:30 pm Awards