



## WELCOME TO THE ICCA CHAMPIONSHIPS

### COACHES' INFORMATION

- The ICCA registration desk is on the first floor of the Abraham Lincoln Hotel next to the ballroom. Signs will be posted to guide you. Be sure to have your permission slips in alphabetical order to present at registration. Registration is from 6-9pm on Friday, 7:30-11:00am, 1-2pm and 4-6pm on Saturday and 7:30-11:00am and 1-2 pm on Sunday.
- The most up-to-date performance schedule will be given to you at the registration desk.
- At registration, you will receive the number of shoe tags OR wristbands for team members you registered for the event (per IHSA rules). Only 4 coaches are allowed through with the team. Personal trainers, bus drivers, etc. are not included for wristbands. Coaches' wristbands are for adults – who must be at least 19 years of age.
- Programs will be sold at the registration desk during registration hours and in the lobby of the Convention Center from 8am-4pm.
- Silkworm is open for cheer apparel on the 1st floor in the ballroom of the Abraham Lincoln Hotel from 8:30am to 6:00pm on Saturday and 8:00am to 30 minutes after awards on Sunday.
- NO outside food or drink is allowed in the Bank of Springfield Center. Please communicate this with your team and parents.
- Coaches, please do not bring your children/family backstage with you. ICCA is not responsible for babysitting while you are with your team. Please make arrangements for someone to supervise your children while you are with your team.
- ICCA has a trainer available for emergencies. She is not available for taping athletes. Please make your own arrangements for taping.
- You will be able to check your music just before your team performs. The audio table will have headsets for you to cue/check your music just before your team enters. We suggest you come to the table with the previous team, so you have time to check it. Be sure to have your own dongle.
- Be sure to have back-up music with you. There will be two seats where you can be seated until the team performing before you finishes their routine.

- **PROCESS FOR CHECK- IN** - When you arrive to prepare for competition, go to the table outside of the ballroom on the first floor of the **Pres. Abraham Lincoln Hotel**. Your team will then be assigned an escort and go to the second floor via the staircase. PARENTS ARE NOT ALLOWED ON THE SECOND FLOOR! Your escort will continue with you as you move on with the competition process. The next stop will be for photos (10 minutes). Wagner Photo is again providing photos for the Championships. From the photo area, you will be escorted to an area in the PAL Ballroom for stretching (15 minutes). Staying in the same ballroom you will go to the matted area to warm up tumbling and stunting. There will be at least 2 mats for tumbling and 3 mats for stunting. No basket tosses here. (5 minutes on each group of mats). Then the team moves to the BOS Warm up area to go through the full routine. A boom box will be there and a full mat. Check ceiling height for pyramids and stunts. No basket tosses here. (5 minutes on the mat) Next you will walk up the ramp to the performance floor. While on deck, if you need to warm up a basket toss there are 2 strips of mats. 5 minutes later, you perform.
- **Trainer is only for performance injuries in the BOS.**
- Please encourage your team NOT to bring all their “stuff” with them through the process, especially any valuables. They will have to carry it through the process and leave it backstage while they compete. **ICCA is not responsible for lost or stolen items.**
- The mat is set up according to ICCA/IHSA rules. Boundary lines are set as far to the edge as possible. There will be an X in the middle of the mat for centering purposes.
- We ask that coaches remind their team members about the following:
  1. If there is a possible head or neck injury, DO NOT move the injured person. Allow medical personnel to make that decision.
  2. If a member is bleeding, he/she may not continue until the bleeding is stopped and the uniform is clean of blood.
  3. **PLEASE move off the matted area if you feel you will vomit.**
- For the awards, each division will be called to the floor separately with only the top teams (up to 10) being brought down.
- After awards, teams receiving trophies (1st, 2nd, and 3rd place) will need to go to the lower level (where warm up took place) for a team photo.
- Scoresheets will be emailed to you following the announcement of awards for each division.
- A coaches hospitality room will be located in the lower level of the Convention Center – Room B6 just off the elevator.

**GOOD LUCK!**

**If you have questions during the weekend, please contact Cindy Rueter  
at 618-570-9994.**