



High School Provincial

# **CHEERLEADING**

## **Championships**

**April 7 & 8, 2017**



Edwin Parr Composite School  
Athabasca, AB

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## **Competition Information**

### **Alberta School's Athletic Association**

[www.asaa.ca](http://www.asaa.ca)

### **Provincial Cheerleading Championship Website**

<http://www.asaa.ca/championships/site/asaa-cheerleading-championships>

### **Contact Information**

Chair Barb Lachance

780-689-6838 (c)

[blachance@mcsnet.ca](mailto:blachance@mcsnet.ca)

### **Competition Location**

Athabasca Regional Multiplex

2 University Drive

Athabasca, AB

### **Banquet Location**

Athabasca Regional Multiplex

2 University Drive

Athabasca, AB

# Map

Edmonton, Alberta to Atha...

https://www.google.ca/maps/dir/Edmonton,+Alberta/Athabasca+Regional+Multiplex,+2+University+Dr,+Athabasca,+...

Home Zimbra Outlook Banner 7 Phonelist Ombuds Database Ombuds Home - Atha... U-G Calendar Grad Calendar Registrar Newton (ver: 1.1.14) - ... DegreeWorks

from Edmonton, Alberta  
to Athabasca Regional Multiplex, 2 University Dr, Atha...

**1 h 52 min** (149 km)  
via AB-2 N  
Fastest route now due to traffic conditions

**Edmonton**  
Alberta

- > Follow 101 St NW, Kingsway NW and 118 Ave NW to St Albert Trail NW  
13 min (5.6 km)
- > Follow AB-2 N to University Dr in Athabasca  
1 h 37 min (142 km)
- Turn left onto University Dr  
2 min (1.5 km)

**Athabasca Regional Multiplex**  
2 University Dr, Athabasca, AB T9S 0A3

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Transferring data from geo0.ggpht.com...

Map data ©2017 Google Terms Send feedback 2 km

## **Accommodations**

### **For Coaches and Athletes Only:**

#### **Days Inn Athabasca**

2805 48<sup>th</sup> Avenue  
Athabasca, AB  
1-780-675-7020

Quote "Cheer Provincials" when booking

#### **Super 8 Athabasca**

4802B Wood Heights Road  
Athabasca, AB  
1-877-502-5384  
1-780-675-8888

Quote "Cheer Provincials" when booking

#### **New Western Athabasca Inn**

5211 – 41<sup>st</sup> Avenue  
Athabasca, AB  
1-780-675-2294

Quote "Cheer Provincials" when booking

### **Additional:**

Athabasca Hillside Motel  
4804- 46A Avenue  
Athabasca, AB  
780-675-5111

Athabasca Lodge Motel  
4010-52 Street  
Athabasca, AB  
780-675-4700

# Competition Schedule of Events

Athabasca Regional Multiplex

2 University Drive

Athabasca, AB

## Day 1 - Thursday, April 6th

7:00 – 9:00pm

Practice times

10 minute Stretch

10 min – Warm-up

10 min – Competition floor

- This will be the athletes' only time to use the competition floor.
- Teams travelling the furthest will be given priority.
- Teams may request a time however all bookings will be made back to back.
- Teams must book in advance and have until **Monday, April 3rd** to do so.
- Booking requests are to be sent to Barb Lachance  
[blachance@mcsnet.ca](mailto:blachance@mcsnet.ca)
- 

\*Please note that Thursday's events are not mandatory.

## Day 2 - Friday, April 7th

- 10:00 am Team registration and team photos.  
Your registration time will be noted on the extra mat warm up time.  
**\*Please do NOT show up prior to this time\***
- 11:00 am Coaches Meeting – Area to be announced
- 11:30 am Ticket Sales Begin  
**\*Please inform your spectators NOT to show up prior to this time\***
- 12:30 pm Doors to the bleacher area open for spectators.
- 12:35 pm Captains Meeting – Area to be announced
- 12:45 pm Athletes line-up for Parade of Athletes
- 1:30pm Opening Ceremonies Begin  
  
Parade of Athletes  
O Canada  
Welcome from ASAA  
Greetings from the Aspen View School Board  
Greetings from Edwin Parr Principal  
Greetings from the Town of Athabasca  
Greetings from the County of Athabasca
- 1:45pm Warm-Up Begins  
(5 mins at each of the following stations: Stretch, Stunt & Tumble Mats, Seven Mat Floor, On Deck)
- 2:00pm Competition Begins
- 3:45pm Competition Ends  
(All teams are expected to stay until the end of the event.)
- 5:00pm Doors to the Banquet Open  
(Athletes, Coaches & Advisors only)
- 6:00pm Dinner Served
- 7:30pm Banquet Program Begins
- 8:00pm Dance Begins
- 10:00pm Dance Ends

### Day 3 - Saturday, April 8<sup>th</sup>

- 8:00 am Team Registration  
**\*Please do NOT show up prior to this time as the building doors will be locked and you will not be permitted entry.**
- 9:00 am Tickets on sale to public.
- 9:30 am Doors to the gym open for spectators
- 10:15 am Warm-Up Begins (please follow the schedule posted with the Order of Performance on the ASAA host website)
- 10:15 am Competition intro (instructions, etc.)
- 10:30 Competition Begins
- 12:45 pm Awards Ceremony
- 1:00 Event Ends

**\*\* All times are subject to change\*\***



## **Banquet Information**

5:30 pm	Doors Open
6:00 pm	Dinner Served (Buffet Style)
7:30 pm	Banquet Program Begins
8:00 pm	Dance Begins
5:30 – 8:30 pm	Photo Booth
10:00pm	Dance Ends

- Banquet tickets are \$30 each, mandatory attendance
- Semi-formal attire is required. No t-shirts or jeans.
- Athlete seating is first come, first served. (Table rounds of ten)
- Attendance at the banquet is mandatory for all team members, coaches and advisors however teams have the discretion to leave the event after the formal program has ended at 8:00pm.

**\*\* All athletes must be in banquet area for Banquet Program\*\***

## **Registration Information**

**\*\*All registration forms must be completed by noon, April 3, 2017\*\***

Teams must fill out and submit the registration form electronically on the Championship website by April 3, 2017. Be sure to include:

1. Team photo
2. School logo

Click on the registration link on the navigation panel of the Provincial Cheerleading website:

<http://www.asaa.ca/championships/site/asaa-cheerleading-championships>

If you have any questions about the registration process, please contact ASAA at 780-643-1888.

### **Entry Fee**

Team entrance will be \$275/team.

### **Banquet Fee**

Banquet fees are \$30/ticket.

### **ASAA Pay It Forward Scholarship Loonie Fee**

\$1/athlete included in Entry Fee According to ASAA Policy (page 64):

## **Fees**

“Pay it Forward Scholarship Loonie Fee”: Each provincial championship will charge an additional \$1 for each participating student and remit those funds to the ASAA office after the championship. 100% of funds will be directed into an ASAA scholarship fund to recognize student athletes who give back to their communities by either coaching or officiating in school or community sport.

**\*\*Please send a combined cheque for all fees and banquet fees made out to Edwin Parr Composite Sr High Cheerleading. Please note on cheque “Provincials Registration”. Must be received by first day of event, April 7, 2017.\*\***

## Technical Requirements for Music

- An auxiliary cord will be supplied for music to be played from a personal device.
- It is important that the device you are using is on airplane mode so phone calls or texts do not interrupt the playing of the music.
- The volume on the device should be turned up all of the way.
- A designated person must be present to play and pause your team's music as you see fit. The DJ will **NOT** do this for you.
- A Portable stereo will be available in the warm up area for coaches to use. Only an auxiliary cord will be present.

## Coaches Meeting

The coaches meeting will take place on **Friday, April 7th at 11:00 am**. Area to be announced and provided to coaches upon arrival at the registration desk.

As per the ASAA Official Handbook (page 64, section V. F. v):

"Any team that attends provincials as the zone/regional representative and fails to attend or send a team representative to the mandatory coaches meeting will be fined a fee of \$250 for failing to send a representative to the coaches meeting. This fee will be collected by the ASAA office and split between the host of the championship and the ASAA; the latter of which will be earmarked for the ASAA subsidy account to help offset costs to ASAA provincial hosts. The Executive will have the sole discretion to waive the penalty based on the rationale provided by the school for failure to attend the coaches meeting."

## Captains Meeting

The captains or representative of all teams will have a meeting to take place on **Friday, April 7th at 12:35 pm** prior to the athlete parade. This is mandatory for each team to be represented.

## General Information

### Admission

Spectators are to enter the building through the main entrance only.

Spectator wristbands will be sold at the door for \$10 each. Seating is first come first served. Wristband can be purchased for both days on the Friday event. Children under the age of 4 are free.

Edwin Parr and the Athabasca Regional Multiplex will not be responsible for broken, lost or stolen wristbands. These wristbands will not be replaced. A new wristband will have to be purchased assuming there is still availability.

All coaches will receive lanyards. These lanyards will allow coaches to gain entrance into the warm up area and competition area. Those without a lanyard will not be permitted in these areas. **\*\* Bus Drivers will not be given lanyards\*\***

### Team Hosts

Each team will also have assigned team host(s) to escort them to mat times, photos etc. Hosts will be able to answer general questions about the competition and assist you if anything arises during the event.

### Team Spaces

Teams will have an assigned change room. These rooms will NOT be locked during the event.

Please note that teams are sharing rooms. We ask that all athletes and coaches respect the change rooms and the belongings found in the room. It is expected that the room will be left the way it was found. We appreciate your cooperation in this matter. Edwin Parr and the Athabasca Regional Multiplex will not be responsible for lost or stolen articles.

## Programs

Team photos will be included in this year's program. We will be using the photograph that you send with your online registration. Any team that does not submit a suitable photograph by the **April 3rd** deadline will have a "camera shy spot" in the program.

There will be a limited number of programs printed and will be on sale at the door. Cash only. Each team will receive one complimentary program.

## Vendors

A variety of vendors will be selling goods at the event within the Fieldhouse of the Athabasca Regional Multiplex. 9:00 am to 3:45 pm on Friday and 9:00am-1:00 pm on Saturday. Gimmicks Souvenir Clothing Specialists will be selling the official ASAA Cheer Provincials gear. They have lots of clothing styles, colours and sizes. All items for sale will include this year's logo as shown below and athletes will have the option to personalize their clothing items.



## Live Feed

Please note that the ASAA is now charging for live-streaming access.

Three years ago, ASAA first partnered with SportsCanada.TV to offer a streamlined live streaming experience for all provincial championships. Since then we've continued to stream more and more of our provincial championships online and viewers from across the world have tuned in to watch our championship events live. We've seen a great buy-in from our schools and some tremendous examples of highly polished productions. It has become an expectation of our hosts to stream more and more games each year and this has not come without its costs, such as camera/terminal rentals and costs of commentators/play by play, etc... Historically the provincial host schools' have had to bear all of these costs themselves - as of 2016-17 however, ASAA will be moving to a pay-for-access model for provincial championship live streaming, in turn eliminating the cost to hosts of the camera/terminal rentals.

Fees for all viewers will be structured as follows:

\$10 FOR 24 HOUR ACCESS.

\$15 FOR 30 DAY ACCESS

\$30 FOR ONE (CALENDAR) YEAR ACCESS.

Click [HERE](#) to access the live streaming

NOTE: You will have access to the game archives for the duration of your subscription.

## Team Photos & Pictures

Each team will have a photo taken the first day of the competition.

## Results

Score sheets will be available for coaches to pick up at the registration table Saturday morning for Friday's performance and immediately after awards on Saturday for Saturday's performance.

## Opening Ceremonies

The opening ceremonies will be held on Friday, April 7 at 1:30 pm in the Fieldhouse at the Athabasca Regional Multiplex. Please ensure that you are in your assigned team location by 12:45pm. Do not come to the gym or warm-up area.

Team hosts will collect teams and assist them in lining up. The opening ceremonies will last for approximately 15 minutes. The first four teams in the order of performance will be escorted from the opening ceremonies in four minute intervals to start their mat times.

## **Order of Performance**

The order of performance for Friday & Saturday will be posted on the ASAA website. The order of performance will be reversed for Saturday's competition.

## **Mat Times**

Teams may register for a mat time on Thursday. Teams will have assigned mat times on Friday and Saturday. Mat times will be posted on the competition website by **April 4th**.

## **First Aid**

First Aid will be on site during the warm up and performance times.

## **Appeal Committee**

Appeals can be heard on process only. The decision of the judges is final. The committee will be comprised of three members who are not in a conflict of interest position. Appeals must be made through the ASAA.

## **ASAA Code of Ethics & Cheerleading Policy**

Please refer to the 2016/17 ASAA Policy Handbook & Code of Ethics (pages 26-67) all coaches, athletes, officials, volunteers and spectators are expected to abide by these policies. This handbook can be found at: [www.asaa.ca](http://www.asaa.ca)

## **Rules & Judging**

The ASAA follows the School Cheer Rule Book 2016 - 2017 as stated by the Alberta Cheerleading Association. Teams will also need to ensure they follow the rules for their specified division: Division 1, Division 2, Co-Ed and Game Day.

It is the coaches' responsibility to ensure their routine meets the requirements outlined. All rule clarifications must be done in advance according to the clarification policy which can be found at: [www.albertacheerleading.ca](http://www.albertacheerleading.ca)

No additional safety judges will be present at the competition during mat times.

## **Provincial Awards**

The top three places in each category – Division 1, Division 2, and Co-Ed will receive medals and keeper plaque. The first place winner will also receive a trophy to keep in their school for one year. As well, the first place teams will receive Championship T-shirts from ASAA.

## **Novice Award**

At the Provincial Competition, a plaque will be given to the best novice team at the competition.

The criteria for this award is:

- The team is competing in their first or second Provincial Cheerleading Competition within the last decade.
- The team has the highest mark of eligible teams in any category (in the event of a tie, all teams tied will receive plaques).



## Sportsmanship Awards

Sportsmanship is a truly important aspect of the sport of cheerleading and the ASAA championship. It is defined in Merriam-Webster's dictionary as:

“fair play, respect for opponents, and polite behavior by someone who is competing in a sport or other competition; conduct (as fairness, respect for one's opponent, and graciousness in winning and losing) becoming to one participating in a sport”

**We respectfully ask that teams do not make, bring or exchange gifts or other items that could be misconstrued as bribery (ie: handing out candy, passing out spirit sticks etc.). This undermines the essence and integrity of sportsmanship, the sportsmanship award and sportsmanship pins.**

One sportsmanship banner will be given to one team at the ASAA Provincial Cheerleading Championship. The team receiving this award will represent the true spirit of sportsmanship, integrity, ethics and fair play.

Each team present at Provincials will be asked to select a team that best exemplifies the qualities of sportsmanship throughout the competition. Coaches will be provided with a ballot that they will complete based on their team's decision. The rationale in having the teams select the award winner is that they interact with one another throughout the two day event and will have the best insight into which teams are truly sportsmanlike.

Teams will vote for one team and assign a score out of five based on a rubric. Ties will be broken, if necessary, based on the numerical scores received from each voting team. The ASAA Commissioner will collect teams' votes on Saturday before the end of the competition.

Pins will be given to individuals who exhibit outstanding displays of integrity, fair play and good sportsmanship. These pins may be given to players, coaches, parents and spectators. These individuals should be recognized for bringing positive presence to the championship and demonstrating consistent exemplary sportsmanlike behavior. Recipients of a sportsmanship pin should show exemplary behavior.

# **Emergency Action Plan**

## **Emergency Protocol**

1. DIAL 911
2. GIVE ADDRESS- **Athabasca Regional Multiplex, 2 University Drive**
3. EXPLAIN TO DISPATCH THE NATURE OF INJURY OR INCIDENT
4. REPORT BACK TO TEACHER / COACH/ COMMITTEEMEMBERS
5. MEET AMBULANCE

## **When an Injury Occurs**

1. When coming in contact with the injured student/athlete, take control and assess the situation. Exercise universal precautions related to blood and body fluids.
2. Do NOT move the injured person.
3. Send someone to get the onsite First Aid help. They will take charge. In the unlikely event of first aid being unavailable, continue as per 4 – 10.
4. Assess the injury – evaluate the severity of the injury and decide if further assistance is required.
5. If an ambulance is not needed, decide what action is to be taken to remove the injured party from the playing surface.
6. If an ambulance is required – request that another person call 911. Have them report back to you with estimated time of arrival and send them to the entrance to wait.
7. Observe the injured party carefully for any change in condition.
8. When the ambulance arrives, describe the incident and what has been done.
9. An adult should be designated to accompany injured party to the hospital.
10. Contact the parent/guardian of the injured athlete/student.

## **Fire Alarm and Evacuation Procedures**

All alarms are to be treated as emergencies. As soon as the alarm sounds, a complete evacuation of the building will commence unless the principal or designate cancels the evacuation using the public address system.

- a) All guests within the school will leave in an orderly fashion. Please move to a location well away from the building, to the main street sidewalk area. It is vitally important to keep clear of the doorways and to leave clear access to the building for firemen, police or other emergency personnel. In the event of extreme weather, proceed to the Athabasca University.

- b) The last person in a room will check to see that everyone has left the room and that the doors have been closed. Do not lock doors and do not switch off the lights.
- c) When it can be determined that the building is safe to be re-entered, an announcement will indicate the "all clear" (3 short bells) for all people to return to their rooms.

### **Lock Down Procedures**

A lock down may be activated as a result of:

- a bomb threat
  - threatening persons
  - emergency situations
- 
- a) All guests who may safely leave the Multiplex will do so in an orderly fashion and proceed to the Athabasca University.
  - b) Persons who are unable to leave the building will attempt to find a safe place (ie: washroom, storage room, classroom) in which they may remain silent and out of sight.
  - c) Lights should be turned off in the designated area and blinds should be closed.
  - d) Individuals within the school should refrain from using the classroom phone and their personal cell phones.
  - e) When it can be determined that the building is safe, an announcement will indicate the "all clear" (said three times by a designated individual).
  - f) If the fire alarm is triggered during a lock down, do not leave your safeplace.

## **Reminders & Checklist**

**March 28th** – Deadline to book hotel rooms in all Athabasca Accommodations

**April 3** – Online registration deadline

**April 3** – Deadline to request practice mat time on Thursday, April 6, 2017

**April 4th** – Order of performance and mat times posted on the ASAA host website

**April 7, 2017** – Receipt of payment deadline if paying by cheque (in person at competition).

**April 7 & 8, 2017** – ASAA Cheerleading Provincial Championships

- Tickets are \$10/day. Cash only.
- Ensure teams and spectators are not arriving prior to the designated times as the doors will be locked and they will not be permitted entrance.
- Encourage athletes and families to bring spending money for souvenir