

APRIL 12 & 13, 2019

Airdrie, AB

Hosted By



George McDougall High School

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COMPETITION INFORMATION

Alberta Schools' Athletic Association

www.asaa.ca

Provincial Cheerleading Championship Website

<https://www.asaa.ca/championships/list/cheerleading>

Contact Information

Liese Reichert, Chair
(403) 948-5935 (school)
(587) 999-0082 (cell)
lreichert@rockyview.ab.ca

Competition Location

George McDougall High School
412 3rd Ave
Airdrie, AB T4B 1R7
(403) 948-5935

Banquet Location

Crossfield Community Hall
Box 915, 900 Mountain Ave,
Crossfield, AB
T0M 0S0

Accommodations

For Coaches and Athletes Only:

Wingate by Wyndham

513 Gateway Rd. NE
Airdrie, AB T4B 0J6
587-775-6171

Hampton Inn and Suites

52 East Lake Ave
Airdrie, AB T4A 2G8
403-980-4777

Holiday Inn Express

64 East Lake Ave NE
Airdrie, AB T4A 2GB
1-877-660-8550

Super 8

815 East Lake Blvd NE
Airdrie, AB T4A 2G4
403-948-4188

Ramada

1-191 East Lake Crescent
Airdrie, AB T4A 2H7
403-945-1288

When Booking please let the hotels know you are booking for Cheer Provincials.

Competition Schedule of Events

Day 1 - Thursday April 11

7:00-9:00 p.m.

Practice times

10 min - 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.
- The times will be allotted in 10 minute intervals. (7:00, 7:10, 7:20 etc)
- Teams must book in advance and have until **Monday, April 8** to do so.
- Booking requests are to be sent to Liese Reichert reichert@rockyview.ab.ca

*Please note that Thursday's events are not mandatory

Day 2 - Friday, April 12

10:00 am	Team registration and Team photos <ul style="list-style-type: none">• Your registration time will be noted on the extra mat warm up time. Please do NOT show up prior to this.
11:00 am	Kiosk opens for athletes lunch purchase
11:30 am	Ticket Sales Begin <ul style="list-style-type: none">• Please inform your spectators NOT to show up prior to this time.
12:00 pm	Coaches Meeting - GMHS Staff Room
12:30 pm	Doors to the bleacher area open for spectators
12:35 pm	Captains Meeting - TBA
12: 45 pm	Teams Begin to line up for Parade of Athletes
1:30 pm	Opening Ceremonies Begin
1:45 pm	Warm-Up Begins (5 mins at each of the following stations: Stretch, Stunt and Tumble Mats, 7 mat floor , On Deck)
2:00 pm	Competition Begins
4:00 pm	Competition Ends
5:30 pm	Banquet Doors open
6:15 pm	Dinner Served
7:30 pm	Banquet Program Begins
8:00 pm	Dance Begins
9:30 pm	Dance Ends.

Day 3 - Saturday, April 13

8:30 am	Team Registration <ul style="list-style-type: none">• Please do NOT show up prior to this time as the building 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 am	Competition Begins
12:45 pm	Awards Ceremony
1:00 pm	Events End.

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

BANQUET - Athletes and Coaches only

Box 915, 900 Mountain Ave, Crossfield, AB T0M 0S0

5:30 p.m. Banquet Doors Open
6:15 p.m. Dinner
7:30 p.m. Program
8:00 p.m. Dance
9:30 p.m. Banquet Ends

Banquet tickets are \$30 each per person.

Attendance to 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 8:00 pm.

Semi formal attire is required, no t-shirts or jeans. Athlete seating is first come, first served. Coaches and advisors seating will be reserved.

Food allergies, gluten free, or vegetarian meal requests must be brought to attention by April 8th. After this time, requests will be accepted but may not be available. Please send your team name, athlete's name and their restrictions to
Jacqueline Tobin : jtobin@rockyview.ab.ca

REGISTRATION

The registration deadline is 12:00 PM on Monday, April 8th, 2019

Registration must be completed on the ASAA Championship Website:

<https://www.asaa.ca/championships/list/cheerleading>

If you have any questions about the registration process, please contact

Deanna Metro

Assistant Director

Alberta Schools' Athletic Association

Ph: 780-643-1888

Fx: 780-415-1833

deanna@asaa.ca

Fees

Entry Fee : \$275.00 / team

Banquet Fee: \$30 / ticket

Loonie Fee : \$1 / athlete

According to ASAA Policy (page 64):

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

A combined cheque for all fees should be made out to: **George McDougall High School**. Cheques need to be submitted no later than April 12th. Cheques can either be mailed to **George McDougall High School, 412 3rd Ave, Airdrie, AB T4B 1R7** or be given to Liese Reichert at team registration.

COACHES INFORMATION

COACHES /CAPTAINS MEETINGS

The coaches meeting will take place Friday at 12:00 pm in the GMHS Staff Room. The coaches room will be the GMHS Staff Room. The Judges room will be held in the small conference room closest to the main gym.

A captains meeting (a designated athlete who has/have been selected by their coach to represent their team) will take place at 12:35 pm in room TBA.

As per the ASAA Official Handbook:

“Any team that attends provincials as the zone/regional representatives and fails to attend or send a team representative to the mandatory coaches meeting will be fined a fee off \$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 coaches meetings.”

MUSIC

Competition mat : An auxiliary cord will be supplied to play all music from personal devices. It is important that the device you are using is in airplane mode and the volume is turned up completely. A designated person must be present to play your music as you see fit. The DJ and MC will not be responsible for playing music.

Practice mat : An auxiliary cord and speakers will be provided on the 7 mat practice floor.

Change Rooms

Change rooms are located in both the Aux Gym and the Main Gym. George McDougall High School is not responsible for any lost or stolen items.

Reminder: New iphones require the headphone to lightning adapter. Coaches are responsible for providing their own adapter.

TEAM HOSTS

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

PROGRAMS

Team photos will be included in this years program. We will use the photographs submitted with your online registration. Any team that does not submit a suitable photograph by the April 8th registration deadline will have a “camera shy spot” in the program. Programs will be on sale for \$10.00 each. **Cash only**. There is no ATM available at the school.

TEAM PHOTOS

Team photos will be taken Friday afternoon after check in. Action shots and awards will also be photographed and distributed to coaches following the event. A team photo schedule will be released with the order of performance. Online access will be available for all pictures taken at the competition. The websites will be put in each teams registration packet.

PARKING & DROP OFF

APPENDIX I : Parking Maps & Instructions

SCORE CHECK & SCORE SHEETS

Score Check will be available throughout the events. All ranges, deductions, legalities and commenting will appear in the Cheer Comp Events App approximately 15 minutes after your team has competed. Once ranges have been pushed to the app teams have 15 minutes to review and challenges difficulty ranges.

SOCIAL MEDIA

We will be using social media (Facebook, Twitter, Instagram etc.) in the months leading up to the event and during the event to promote Provincials and the sport of cheerleading. Coaches, athletes & spectators are encouraged to post statuses and pictures with the hashtag #cheerprovs2019.

We have also created a Facebook Event (ASAA Cheer Provincials by GMHS) that will keep all guests updated on the event. It will include important reminders and updates. We invite all athletes, coaches and families to join.

Instagram: @cheerprovs2019

Twitter: @2019 Provs

ASAA Instagram: @asaaprovs

ASAA Twitter: @ASAA

Live Streaming

The event will be live streamed through the ASAA Youtube channel for **free**. The link to the channel is:

https://www.youtube.com/channel/UCJ0hxEdxRbxcJjt5W8Eclg?view_as=subscriber

OPENING CEREMONIES

The opening ceremonies will be held on Friday, April 13th at 3:30 pm. Team hosts will collect teams and assist them in lining up. The opening ceremonies will last for approximately 20 minutes.

The first four teams in the order of performance will be escorted from the opening ceremonies in five minute intervals to start their mat times.

Order of Performance

The order of performance for Friday & Saturday will be posted on the ASAA and ACA website by April 10th. The order of performance will be reversed for Saturday's competition.

FIRST AID

Two certified registered nurses and/or EMTs on site Friday and Saturday. They will be located in the main gym. The first aid station will not be supplying athletic tape nor will they be taping athletes. Please ensure you are bringing your own supplies. Ice for injuries can be found in the kiosk outside of the main gym.

First Aid kits will be available in the Auxiliary Gym, the main gym and the kiosk. The AED will be in the main gym PE office and the fire extinguishers are located outside the main gym in the hall.

Emergency Protocol

- Dial 911
- Give address **GEORGE MCDOUGALL HIGH SCHOOL, 412 3 AVE, AIRDRIE**
- Explain to dispatch the nature of injury or incident
- Report back to teacher/coach/committee Members
- Meet Ambulance

When and Injury Occurs:

- When coming in contact with the injured student/athlete, take control and assess the situation. Exercise universal precautions related to blood and body fluids.
- Do NOT move the injured person
- 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
- Assess the injury-evaluate the severity of the injury and decide if further assistance is required.
- If an ambulance is not needed, decide what action is to be taken to remove the injured party for the playing surface.
- 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.
- Observe the injured party carefully for any change in condition.
- When the ambulance arrives, describe the incident and what has been done.
- An adult should be designated to accompany injured party to the hospital.
- 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. Please see the map in appendices II for the emergency exits located within George McDougall High School
- All guests within the school will leave in an orderly fashion. Please move to a location well away from the building, to the field area behind the school. 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 Town and Country located behind the school.
- 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.
- When it can be determined that the building is safe to be re-entered, an announcement will indicate the “all clear” 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
- Persons in the school will attempt to find a safe place (i.e. washroom, storage room, classroom) in which they may remain silent and out of sight.
- Lights should be turned off in the designated area and blinds should be closed.
- Individuals within the school should refrain from using the classroom phone and their personal cell phones.
- When it can be determined that the building is safe, an announcement will indicate the “all clear”.
- If the fire alarm is triggered during a lockdown, do not leave your safe place.

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 directed to ASAA Cheer Commissioner, Jennifer Guinney.

ASAA Code of Ethics & Cheerleading Policy

Please refer to the 2018-2019 ASAA Policy Handbook - Code of Ethics (pages 26-37) all coaches, athletes, officials, volunteers and spectators are expected to abide by these policies. This handbook can be found at: www.asaa.ca

RULES & JUDGING

The ASAA follows the 2018-2019 High School Rules 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

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

AWARDS

PROVINCIAL AWARDS

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

NOTE: Game Day is an ASAA trial category for the 2018-19 season. As a result, only the first place team in the Game Day category will receive medals and a plaque.

NOVICE AWARD

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

Criteria:

- o Must be competing in first or second provincial cheerleading competition within the last decade.
- o Achieves the highest mark out of the eligible teams in any category

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 behaviour 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 the ASAA Commissioner will collect teams' votes on Saturday before the end of the competition. The final decision is at the discretion of the ASAA rep, Committee Chair and ASAA Cheerleading Commissioner.

Sportsmanship 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 behaviour. Recipients of a sportsmanship pin should show exemplary behaviour.

SPECTATOR INFORMATION

ADMISSION

General admission : \$10 / day or \$15 / 2 day pass

RVS students with Valid School ID: \$2

Children 3 & under are free

CASH ONLY

Spectators and athletes are to enter the building through the main entrance or gym entrances located on the south, east and north ends of the school.

The doors of the school will open at 11:30 am Friday and 8:30 am Saturday.

George McDougall will not be responsible for broken, lost or stolen wristbands. These wristbands will not be replaced. A new wristband will have to be purchased.

All coaches will receive lanyards. These lanyards will allow coaches to gain entrance into the warmup and competition areas. Those without a lanyard will not be permitted in these areas.

CONCESSION

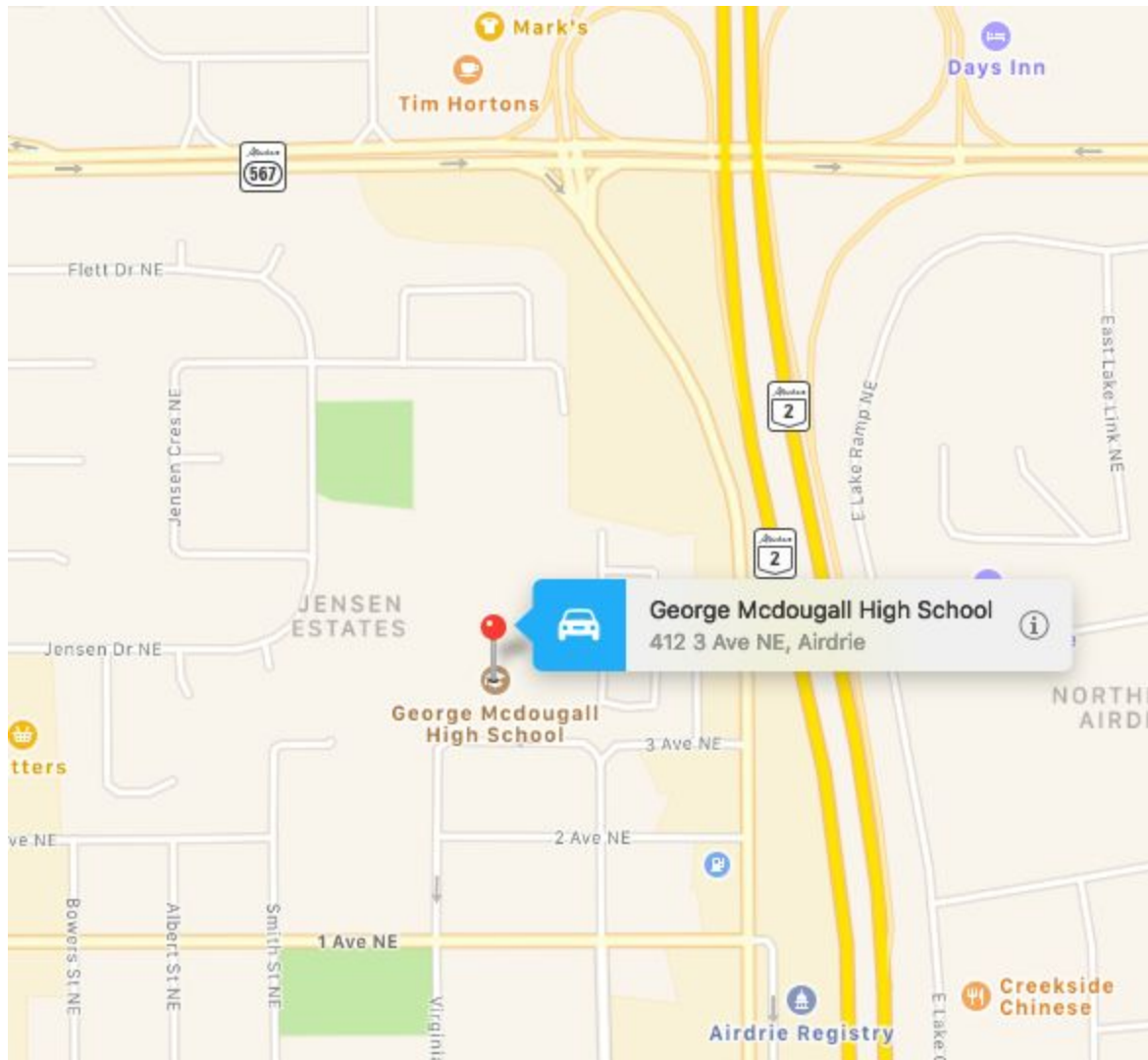
The concession will be open both days of competition with a variety of items available. Healthy options will be made available with the athlete in mind. The concession is **cash only**.

Apparel

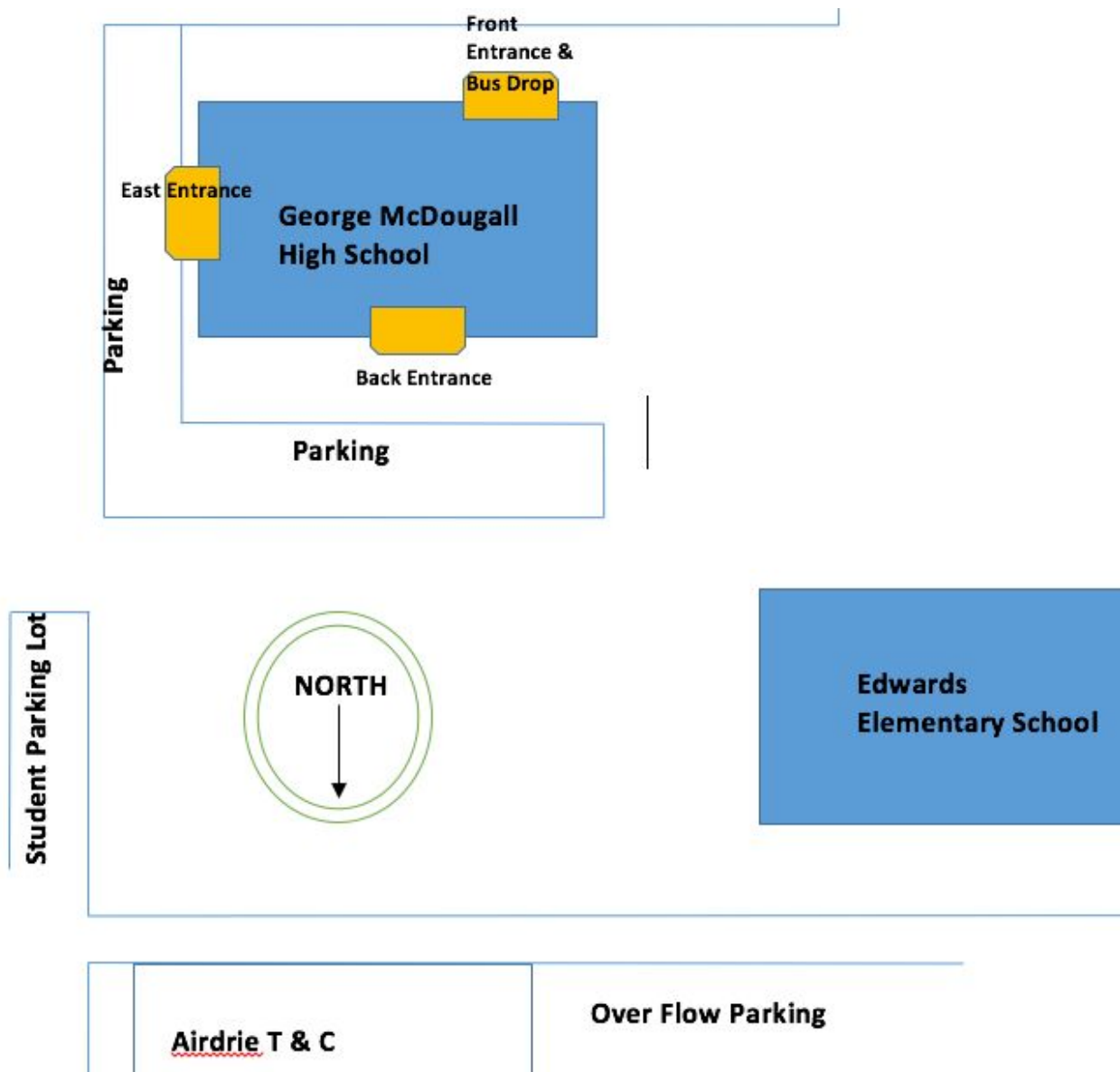
Official ASAA Cheer Provincials gear will be sold 11:00- 4:00 pm Friday and 9:00am - 4:00pm Saturday in GMHS' rotunda. All items for sale will include this years championship event logo. Athletes will *not* have the option to personalize this year. More information about the apparel including a flyer can be found on the website.

Appendix I: Parking & Maps

George McDougall High School



Optimal Parking @ GMHS



Crossfield Community Hall



APPENDIX II: Physical Education Complex Emergency Medical Procedures

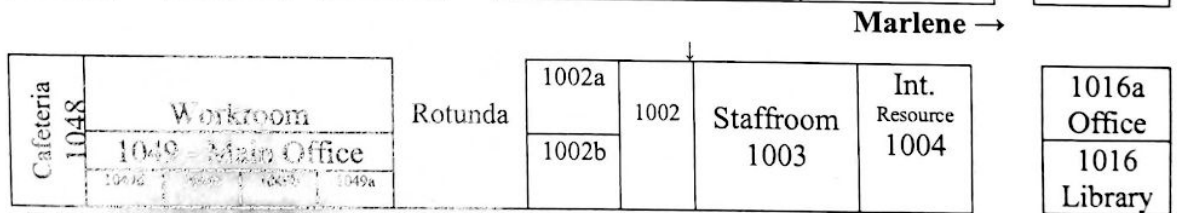
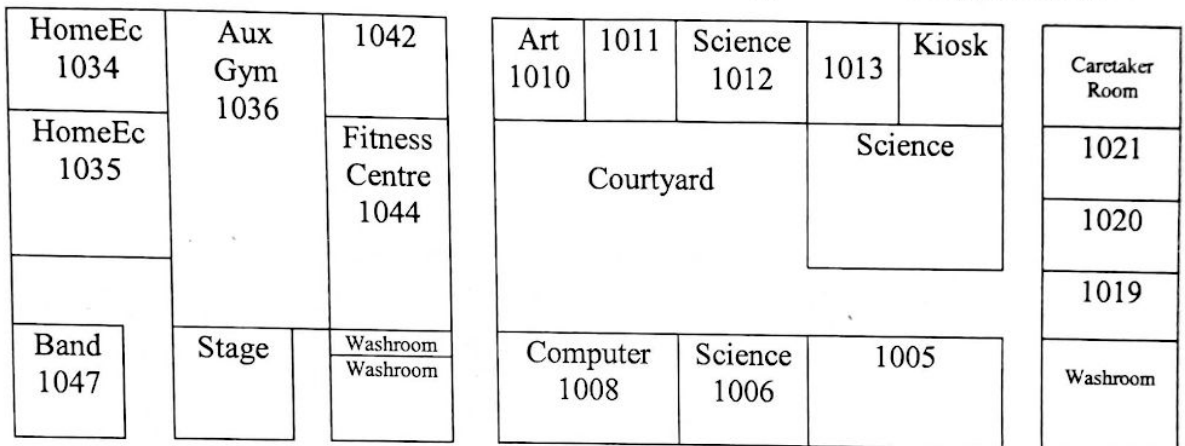
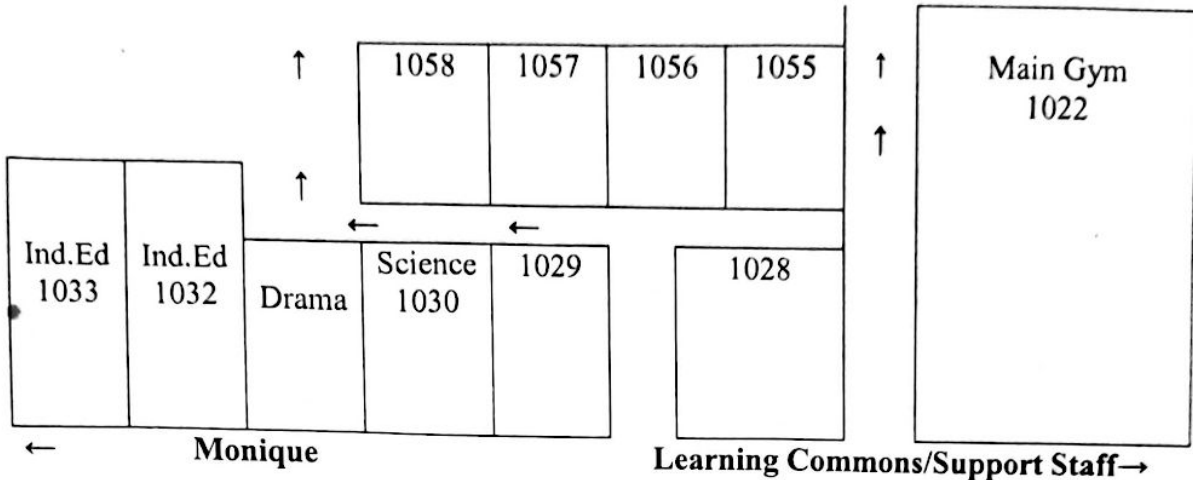
In the event of a fire, please see emergency exits map below:

FIRE EXITS 2018-2019

Mike

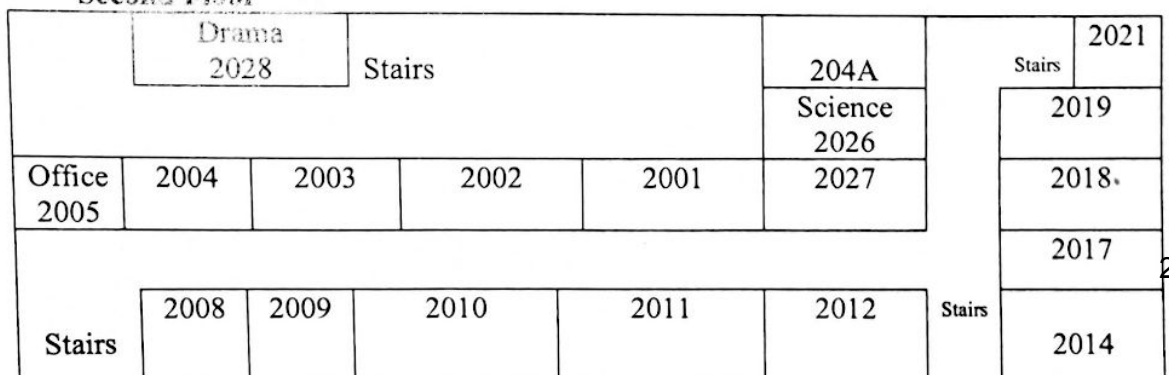
Main Floor

1030 (Hensby), 1012 (Wyman/Enwright), 1022 (Tobin), 1055 (Reichert), 1056 (Ayer/Tobin), 1057 (Serna/Yakiwchuk), 1058 (Power)



Roberta 1004 (Ayer), 1003 (Locke), 2009 (Casey), 2004 (Emshey), 1032 (Melton), 2014 (David), 2014 (Kiernan), 2014 (MacLennan), Cafeteria

Second Floor



Our emergency muster point is located at the Town & Country Center just north of the George McDougall football Field.