

2015-2016 DISTRICT 3 M&T BANK COMPETITIVE SPIRIT CHAMPIONSHIP

General Information

The doors will open at Central Dauphin East High School at 8 AM.

Cost of admission is \$8.00 for adults and \$5.00 for students

Warm ups will be on a 7 panel cheer mat for 10 minutes and you are free to warm up whatever you like during that time. There is an A and B mat for warm ups, your mat is listed on the schedule

There will not be a boom box in warm ups, but teams may bring their own.

There will be concessions

Teams are encouraged to provide their own spotters that are not members of the team.

Please make multiple copies your music to ensure it works.

No tumble or jump off, no specialty awards, all teams will compete on a 9 panel cheer floor

A trainer will be on site

No air horns or noisemakers

Teams can leave their belongings and sit on the non performance facing side of the lower and upper levels of the gym

There will be a coaches room with refreshments throughout the competition

Driving Directions:

Central Dauphin East Senior High: 626 Rutherford Road – from Interstate 83 use Union Deposit Road exit, east to second traffic signal, left on Rutherford Road for 1/4 mile.

From Rte. 22 – south at Prince Street to Locust Lane, right to traffic signal, left to 600 Rutherford Road. Go to MapQuest.com.



Parking and Entrance:

Park by the Gymnasium Entrance to the school. Buses can drop teams off here and park at East Middle which is directly across from East High.

The doors below the word GYMNASIUM is the Spectator Entrance which will open at 8 a.m.. Teams/Coaches are to enter along the side of the building (near the tennis courts). There will be directional signs outside of the school for teams/coaches to follow.

CD East and District 3 will not be responsible for lost or stolen items.

Your arrival time is totally up to you since there is no coaches meeting or registration. When you arrive please make sure that a coach "checks in" at the score sheet table in the gymnasium so we can confirm that your team has arrived. **You will need to provide an updated roster at this point.**

Warm Ups:

The wrestling room as well as 2 panels in the hall will be available to stretch and flex. Please arrive to warm ups 5 minutes before your scheduled time.

There will be someone to "check in" with, outside of warm ups, and let you know when it is your time to go in. There will also be a safety judge in the warm-up room. You will have 10 minutes on a 7 panel cheer floor to do what you wish.

You are welcome to bring your own boom box. After your warm up you will go to the on deck area and wait until your performance.

The girl's locker room will be open if cheerleaders still need to get ready but the primary restrooms are located by the Spectator Entrance.

Trainers:

There will be at least one trainer at the competition for after performance help (icing, taping, medical emergencies, etc). They will be seated next to the awards table.

All teams are asked to do their own pre-performance taping and injury prevention. All coaches need to make sure you have Emergency Cards for each athlete with you for the competition.



Awards:

Score sheets will be given out after awards have been announced, coaches can come up to the score table to collect them.

Only the 1st and 2nd place teams will be announced in each division. Official results will be released on Monday December 16th.

Official results will be posted on the District 3 website and I will contact the 25 schools that advance to the State Competition.

You will be given your unofficial order at the conclusion of the Competition.

Vendors:

Allen's Memory Lane will record the day and DVDs are available for purchase.

A t-shirt vendor will be at the competition as well.

Varsity/CDT will be providing a coaches lounge in the teachers' lounge with free light refreshments, this room is located across from the cafeteria. Food and Drinks will be for sale in the concession stand outside of the Gymnasium.

Andrea Bowlin from Elite Cheer Bows will also be present.

Other notes:

No stunting or tumbling outside of warm ups.

Spectators cannot save seats.

Please encourage your team and fans to remain seated during performances. No food or drink inside the gym.

The judging panel is comprised of UCA staff members.

Please make sure you bring at least two copies of your music.

