

**January, 2010**

Dear Coaches,

We will not be having a coaches meeting. This is some information you may find helpful.

- **Doors open at 8:00a.m.** Please do not have your teams arrive prior to this time.
- Spectator costs are \$5 for adults and \$3 for students and children.
- A maximum of two coaches per team will be allowed in free. Coaches must sign-in at team check-in table and receive a hand stamp. Registration will open at 8:00a.m. and will remain open throughout the competition. You can register your team at any time. We recommend registering at least one hour prior to your warm-up time.
- We will not cancel the competition for weather. All registration fees are non-refundable.
- Please enter the building by the cafeteria entrance (south side of the building), which is located behind the fine arts center, stay to your left as you enter the parking lot.
- Violations: please self monitor your team for nails, glitter, and jewelry. The performance judges may deduct points for any violation occurring during the performance.
- The warm up area will be open from 8:30 – 9:00a.m. for morning teams and 12:20 – 12:50p.m. for afternoon teams. 4 minutes per team will be allowed if you would like to come early. The warm up area includes 2 areas; the 7 mat cheer floor located in the small gym, and the wrestling room which is matted. A CD player will be available in both warm up areas.
- The performance mat will also be available for use between 9:00 – 9:30a.m. Sound checks will be available at the table by the DJ in the main gym before the competition or during spring floor teardown. Each time spot is 5 minutes in length to use the performance mat.
- Warm up prior to performance: Each team will have 15 minutes in the warm up area, 5 minutes to stretch, 5 minutes in the wrestling room and 5 minutes on a 7 mat cheer floor.
- **PLEASE NO STUNTING OR TUMBLING IN ANY AREAS WHERE THERE ARE NO MATS.**
- Music: DJ will have the capability of playing CD's. You will be able to play your music or signal the DJ to start your music.
- Exhibition: Exhibitions will be performing between scored teams.
- A hospitality room located near the cafeteria will be available for all coaches and judges. The door will be labeled coaches/judges room. Please feel free to enjoy the snacks, hang your coats and relax. Please do not leave any valuables in the room.
- Participants: We will have the home side bleachers open for the teams to place their bags or they can use the cafeteria for bags etc.
- Concessions will be available all day. **Please no food/beverages in the gym area.** The only exceptions are water and popcorn.
- First Aid for injuries/emergencies will be available from 9:30a.m. to the conclusion of the competition
- We value you opinion on how we did, so if you could please email any comments, we would truly appreciate your time. Your opinion is important to us.

Thank you for bringing your team to the Heat Spirit Competition. If you have any questions before or during the competition please do not hesitate to contact me.

Cassie Stack  
Director of Operations