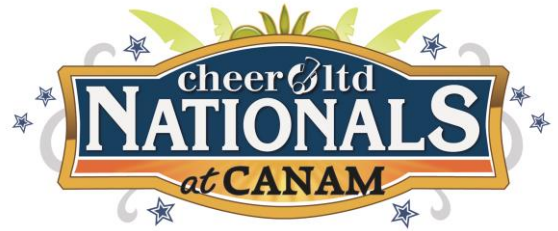


CANAM CRAZIES GUIDELINES



Visual appeal is a key criterion in the CANAM Crazies Contest—the more visual, the better our judges like it! Costumes are a great idea (Alpha Athletics parents and fans were all decked out in pink - we even had a flamingo costume, for example) as are funny hats, body paint (within acceptable limits, please!), etc.

Signs are a great way to enhance the visual, but make sure to keep those signs down while teams are performing. Obstructing someone's view is not the way to the judges' hearts!

Enthusiastic and vocal support of the team is essential for potential CANAM Crazies winners...from the priority seating area! Have your cheers ready and your voices primed to greet your team's appearance on the mat. Just remember—only appropriate words, gestures, and positive phrases are allowed!) We recommend that potential CANAM Crazies practice a few times while the team is practicing before coming to CANAM—it will help your timing and that delicate balance of supporting the team and not distracting the team.

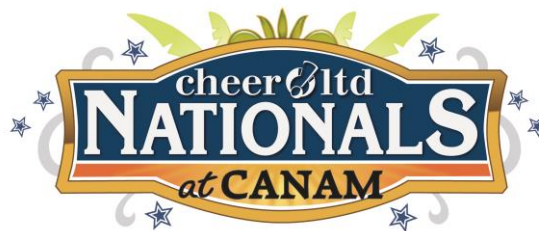
We've had CANAM Crazies who gave out little things to random spectators that were in keeping with their theme . . . ones who sang a little song before their team came on . . . or CANAM Crazies whose cars were decorated even better than they were!

Cheering for the other teams in your division is a great way to the judges' hearts...after all, we are here for some great competition, so let your competitors know that you appreciate their hard work and their terrific routine...and at the end of the weekend, may the best team win!

The top three finalists (from each arena of the convention center) will be posted on the jumbo screens by 9 AM on Sunday of CANAM. The top 3 will need to be in the competition arena in all their gear during that arena's CANAM Crazies award ceremony (to be determined closer to the event).

CANAM/Cheer Ltd. event staff will make their decision based on everything observed on Friday and Saturday of CANAM weekend. The decision of the event judges is final and they will choose one CANAM Crazies Award for scholastics/recreation teams and one CANAM Crazies Award for all-star teams. The CANAM Crazies Sportsmanship award will be presented on Sunday of CANAM. The winning team in Arena A, winning team in Arena B, and winning team in Arena C will receive \$250 for the team and the CANAM Crazies Sportsmanship Cup. Cheer Ltd. believes in the spirit of the sport and considers this one of the greatest honors we award. Cheer Ltd. Nationals, as in life, believes it is not whether you win or lose...but how you play the game.

JUMP-OFF NOMINATION FORM 2019



Forms need to be faxed to Cheer Ltd. at 910-488-4618 by 5:00 PM on February 15, 2019 to be eligible for random drawing (if needed) to participate in the jump Off! Check out Cheer Ltd. Nationals at CANAM Facebook Page on February 22nd to see which athletes have been drawn for the Jump-Off! Teams are allowed to only nominate a maximum of 10% of their athletes. All information must be completed accurately.

MINIMUM REQUIREMENTS: Toe Touch, Pike, Hurdler, Double Toe Touch. Remember that skills will become progressively harder as individuals make it further through the jump-off and the jumps listed above are simply the MINIMUM requirements for a contestant. Jump-Off Winner will receive a flower lei AND \$100!

Circle if your nominee; are All-Star or Scholastic/Recreation.

All-Star and Scholastic Athletes will both be on a Spring floor for the jump off!

Circle One: All-Star / Scholastic / Recreation
(Spring Floor) (Spring Floor)

TEAM NAME: _____ COACH: _____

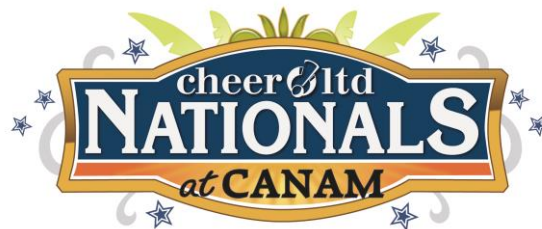
CITY, STATE _____ COACH EMAIL _____

ATHLETES FIRST AND LAST NAME. PLEASE SPELL ACCURATELY.

IF CHOSEN, THEIR NAME WILL BE PUBLISHED

1. _____
2. _____
3. _____
4. _____

TUMBLE-OFF NOMINATION FORM 2019



Forms need to be faxed to Cheer Ltd. at 910-488-4618 by 5:00 PM on February 15, 2019 to be eligible for random drawing (if needed) to participate in the tumble-off. Check out Cheer Ltd. Nationals at CANAM Facebook Page on February 22nd to see which athletes have been drawn for the Tumble-Off! Teams are allowed to only nominate a maximum of 10% of their athletes. All information must be completed accurately.

MINIMUM REQUIREMENTS: Standing Tumbling – series back handsprings, tuck, back handspring tuck. Remember that skills will progressively get harder as individuals advance through the Tumble-Off and the above are simply the **MINIMUM** requirements for a contestant. Tumble-Off Winner will receive a flower lei AND \$100! Circle if your nominees are All-Star or Scholastic/Recreation. All-Stars AND Scholastic athletes will be on a spring floor for the tumble-off!

Circle One: All-Star / Scholastic / Recreation
(Spring Floor) (Spring Floor)

TEAM NAME: _____

COACH: _____

CITY, STATE _____

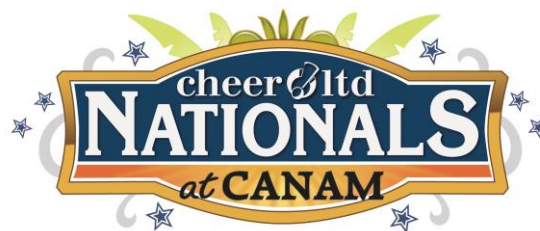
COACH EMAIL _____

ATHLETES FIRST AND LAST NAME. PLEASE SPELL ACCURATELY.

IF CHOSEN, THEIR NAME WILL BE PUBLISHED

1. _____
2. _____
3. _____
4. _____

PARENT PERFORMANCE FORM 2019



Forms need to be faxed to Cheer Ltd. at 910-488-4618 by 5:00 PM on February 15, 2019 to be considered. The first 15 parent groups will perform. Check out Cheer Ltd. Nationals at CANAM Facebook Page on February 22nd to see which parent teams have been drawn to perform!

REQUIREMENTS/RESTRICTIONS: Parents have a maximum of two minutes on the floor and may only dance, cheer, stunt and tumble! BE CAREFUL and remember this weekend is all about the athletes, but we love your spirit and know the athletes will love it even more!! Signs, banners, painted faces...creativity is allowed! Just remember...two minutes maximum and no tosses! Please also remember that this is for FUN! There are no trophies or prizes for parents – other than a possible lei!

Circle if the team you are representing is cheering for an All-Star Team or Scholastic/Recreation Team. All parent teams will perform in Arena C on a spring floor. All information must be completed accurately.

Circle One: All-Star / Scholastic / Recreation

TEAM/SCHOOL/PROGRAM NAME: _____

COACHES NAME: _____

CITY, STATE _____

CONTACT FOR PARENT GROUP: _____

CONTACT EMAIL: _____

CONTACT PHONE NUMBER: _____