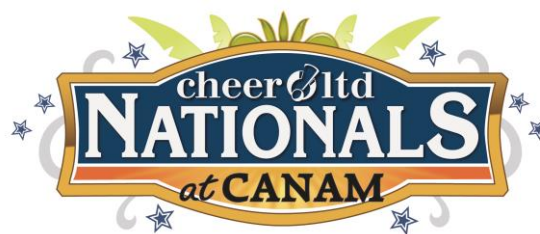


CANAM LUAU PEP RALLY 2019



Jump - Off – Teams will be allowed to submit no more than 10% of their athletes for this exciting jump-off lottery! 100 total spots will kick this pep rally off! Please see nomination form for minimum requirements! Nomination form is due February 15, 2019 and athletes drawn will be posted on Cheer Ltd. Nationals at CANAM Facebook page February 22nd. Selected participants (decided by lottery drawing if needed) will come to the competition floor in in Arena A (all participants will perform on a spring floor) to begin the fun! Rows of athletes will be asked to do a particular jump and the best will move on to the next round! Jumps get progressively harder and in the end, the Jump - Off Champion is awarded...with a beautiful flower lei AND \$100 cash!!!

Tumble - Off – Teams will be allowed to submit no more than 10% of their athletes for this exciting tumble-off as well! Minimum skills are required even to be nominated for this event and skills progressively get more difficult. Please see nomination form for minimum requirements! Nomination form is due February 15, 2019 and athletes drawn will be posted on Cheer Ltd. Nationals at CANAM Facebook page February 22nd. Selected participants (decided by lottery drawing if needed) will come to the competition floor in Arena A (all participants will perform on a spring floor) and begin the fun! Standing Tumbling will be tested first and the field will be narrowed significantly before the final rounds in Running Tumbling! Nominate your best tumblers and they may be crowned the Tumble-Off Champion with a “one-like-a-million others” flower lei AND \$100 cash!

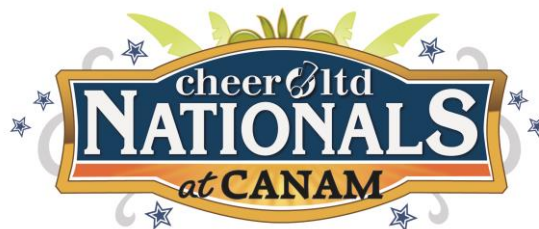
Parent Performance – Teams with CRAZY parents will be happy that they have a place to show their spirit...literally! Parents Forms (first 15 parent groups) received by Cheer Ltd. will be called to the stage for a maximum of 2 minutes to show their pride and start the weekend off with spirit! Selected Parent teams will be announced via Facebook on February 22nd! Parent teams are doing this for **FUN** – for their athletes! There is no winner...just great parent spirited fun!

Open College Championships – During the Cheer Y'all Pep Rally our Open College Championships will be taking place in Arena C! All athletes and coaches are more than welcome to go into Arena C and check out these amazing collegiate teams! Athlete tags and coaches credentials are required to enter into Arena C to watch the Collegiate Open Championships!

Dance! Dance! Dance! – The evening will end with some dancing on the competition floors – all are welcome to “Move it Move it” and “Celebrate Good Times”!

FUN! FUN! FUN! Everyone has worked hard...had a long trip...and now it is time to relax (as much as one can the night before Nationals) and just have some FUN!

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: _____

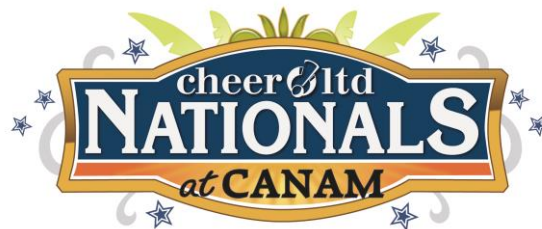
CITY, STATE _____ COACH EMAIL _____

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 _____

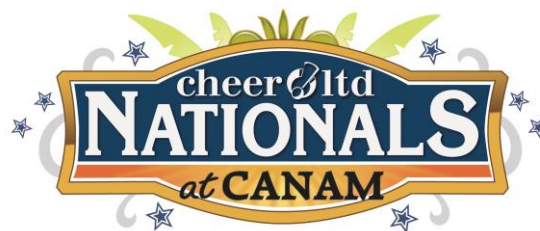
COACH EMAIL _____

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: _____