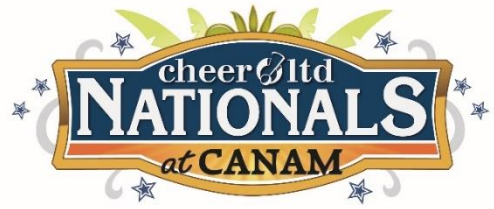


# 3/20/2020

## ROARING into the TWENTIES PEP RALLY



**Most importantly besides a *super, fun evening* . . . we are raising money for St. Jude's Children's Hospital!**

Donations will be taken at the door from the spectators (coaches and athletes are free, but are urged to take up a collection and turn in! They will receive special recognition!)

**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 24<sup>th</sup>, 2020 and athletes drawn will be posted on Cheer Ltd. Nationals at CANAM Facebook page March 2<sup>nd</sup>. 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 set of beads, maybe a tiara 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 24<sup>th</sup>, 2020 and athletes drawn will be posted on Cheer Ltd. Nationals at CANAM Facebook page March 2<sup>nd</sup>. 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 - so be prepared) 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" flapper beads, possibly a tiara AND \$100 cash!

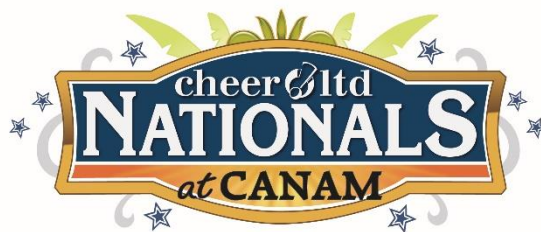
**Lip Sync Battle** - Teams with CRAZY entertainers, there will be categories for athletes and coaches but an EXTREMELY limited in number. Practice your lip sync routines. Costumes, choreography - come up with it all! The more you get into character, the better! Preapproved music (cannot duplicate tracks . . . first come, first served) Multiple awards: Staff pick, best choreography, crowd favorite, best song, best props, and the most popular (likes on Facebook photo of squad) a very special prize! The first 12 teams entered (6 groups of athletes and 6 groups of coaches) received by Cheer Ltd. will be called to the stage for a maximum of 3 minutes to show their lip sync expertise and start the weekend off with spirit! Selected participants will be announced via Facebook on March 1<sup>st</sup>!

**Open College Championships** - Before the Roaring 20's Pep Rally, our Open College Championships will be taking place in Arena A! All athletes and coaches are more than welcome to go into Arena A and check out these amazing collegiate teams! Athlete and coaches credentials are required to enter into Arena A to watch the Collegiate Open Championships!

**Dance! Dance! Dance!** - The evening will end with some dancing on the competition floors - all are welcome to do the "Charleston" 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 Day 2 of Scholastic Nationals and Day 1 of the AS Nationals) and just have some FUN!

# JUMP-OFF NOMINATION FORM 2020



Forms need to be emailed or mailed by 5:00 PM on February 24, 2020 to be eligible for random drawing (if needed) to participate in the Jump-Off! Check out Cheer Ltd. Nationals at CANAM Facebook Page on March 2<sup>nd</sup> 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 beads, pearls and maybe even a tiara AND \$100!

Circle if your nominees 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

Team Name: \_\_\_\_\_

Coach: \_\_\_\_\_

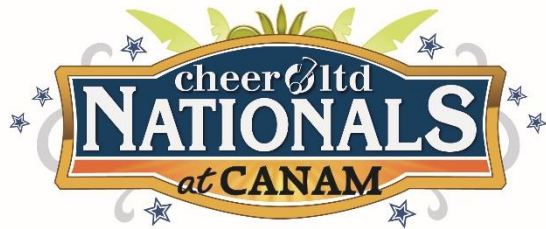
City, State: \_\_\_\_\_

Coach Email: \_\_\_\_\_

Athlete's first and last name. Please spell accurately. If chosen, their name will be published.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# TUMBLE-OFF NOMINATION FORM 2020



Forms need to be emailed or mailed by 5:00 PM on February 24<sup>th</sup>, 2020 to be eligible for random drawing (if needed) to participate in the Tumble-Off! Check out Cheer Ltd. Nationals at CANAM Facebook Page on March 2<sup>nd</sup> 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 beads or pearls and possibly a tiara or headband AND \$100!

**Circle if your nominees are All-Star or Scholastic/Recreation.**

**All-Star and Scholastic Athletes will both be on a spring floor for the Tumble-Off!**

Circle One: All-Star / Scholastic / Recreation

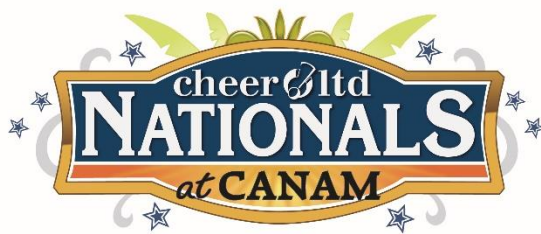
Team Name: \_\_\_\_\_ Coach: \_\_\_\_\_

City, State: \_\_\_\_\_ Coach Email: \_\_\_\_\_

Athlete's first and last name. Please spell accurately. If chosen, their name will be published.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# LIP SYNC BATTLE FORM 2020



Forms need to be emailed or mailed by 5:00 PM on February 24<sup>th</sup>, 2020 to be eligible for random drawing (if needed) to participate in the Lip Sync Battle! Check out Cheer Ltd. Nationals at CANAM Facebook Page on March 2<sup>nd</sup> to see which athletes and coach groups have been drawn for the first annual Lip Sync Battle!

Programs are permitted to only nominate one group of athletes or coaches.  
All information must be completed accurately.

**MINIMUM REQUIREMENTS:** Costumes, choreography – come up with it all! The more you get into character, the better! Preapproved music (cannot duplicate tracks . . . first come, first served)

Multiple awards: Staff pick, Best Choreography, Crowd Favorite, Best Song, Best Props, and the most popular (likes on Facebook photo of squad) a very special prize! The first 12 teams entered (6 groups of athletes and 6 groups of coaches) received by Cheer Ltd. will be called to the stage for a maximum of 3 minutes to show their lip sync expertise

**Circle if your nominees are All-Star or Scholastic/Recreation.**

Circle One: All-Star / Scholastic / Recreation

Team Name: \_\_\_\_\_ Coach: \_\_\_\_\_

City, State: \_\_\_\_\_ Coach Email: \_\_\_\_\_

Team name with first names of those on the team. Please spell accurately. If chosen, their name will be published.

Team Name: \_\_\_\_\_ Coaches or Athletes

Team Members: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

Team Name: \_\_\_\_\_ Coaches or Athletes

Team Members: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_