



COMPETITION SCOOP

Northern California Regional

November 16, 2019

Oak Ridge High School | 1120 Harvard Way | El Dorado Hills, CA 95762

COACHES:

Registration/Check-in:

- Please follow directional signs to Check-in
- Registration Times:
 - All Star Cheer – Saturday 8:00am
 - School Cheer – Saturday 3:00pm
- You must register a minimum of 30 minutes PRIOR to your assigned warm-up time.
- Please bring the following items to registration:
 1. Signed Copy of Rules and Regulations
 2. Proof of payment
 3. Proof of licensed music.
 4. Release Forms
 - School Teams - medical release form
 - All Star Teams - USASF Roster for the event

PARENTS/SPECTATORS:

Spectator Fee:

\$10.00 spectators (all fees are per day)

\$5.00 Ages 5-12 (all fees are per day)

Ages 4 & under free

Doors open at 8:00am Saturday

Merchandise:

Merchandise will be available for purchase.

Concessions will be sold at the event. NO OUTSIDE FOOD OR DRINK ALLOWED!

Awards:

Award ceremonies will take place throughout the competition. Please refer to the competition schedule for approximate times.

Advisor/Coaches Meeting:

- There will be no coaches meeting at the event, however competition information will be available at check-in.
- Any questions can be answered by the Tournament Director.

Warm up/Rehearsal:

- To ensure the event is run in a timely manner, please be aware of your team's designated warm-up time. We ask that all athletes and coaches report to the warm up/ rehearsal area at least 10 minutes prior to your assigned time.
- Please follow directional signs to the warm-up/Please refrain from leaving bags and other personal belongings in the rehearsal area.
- Please bring two back-up copies of your music

Order of Competition:

- The order of competition, including warm-up time, will be posted online Tuesday prior to the event

Competition Time:

(Times are tentative & subject to change.)

All Star Cheer: Saturday 9:00am-2:00pm

School Cheer: Saturday 3:00pm-7:00pm

FOR MORE INFORMATION:

James Blunk

UCA N.CA/N. NV State Director

jblunk@varsity.com

Carrie Seller

Varsity All Star Advisor

cseller@varsity.com

UPCOMING EVENTS:



JAN. 31 - FEB. 2, 2020



FEB. 7 - 9, 2020



MARCH 14 - 15, 2020



UCA.VARSITY.COM

UDA.VARSITY.COM

