

ALL STATE CHEERLEADING SELECTION PLAN

Nomination Due Date: November 16, 2022
Regional Tryouts: November 30, 2022
All State Tryouts: December 7, 2022

Head Cheer Coaches must be a member of the OCA to nominate a cheerleader for All State.

Nominees must be a current Senior member of the cheerleading squad and be in good standing with the cheerleading squad during the same school year they are nominated.

INSTRUCTIONS:

- A. Coaches may nominate three (3) senior cheerleaders. A maximum of three (3) All Region and two (2) All State cheerleaders may be selected from the same school.
- B. **A completed nomination form should be sent to the OCA office by the given deadline.** The head cheer coach must sign the form. Please limit information to the space provided on nomination sheet. A labeled photo (wallet-size headshot preferred) should accompany the nomination form. Please label the photo with the cheerleader's name, school and sport (CHEER). If a photo is not available, it will not hurt the nomination. **Do not send your nominations forms to your region representative.**

Oklahoma Coaches Association
8080 Crystal Park Drive
Oklahoma City, OK 73139

Nomination forms must be received on or before November 16, 2022. You may fax a copy of the form to the OCA office (405-635-9325) and then send the original form and picture in the mail. Please do not fax the photo. You may also email forms to lea.mouss@oklahomacoaches.org. Please SCAN your form (PDF) and photo (JPEG). Do not email a photo of the form and photo. Scanned nominations are preferred.

- C. **All Region selection will be held on Wednesday, November 30, 2022, at the following sites:**

Region 1: Weatherford	10 a.m.	Region 5: Chickasha	10 a.m.
Region 2: Stillwater	10 a.m.	Region 6: McAlester	10 a.m.
Region 3: Salina	10 a.m.	Region 7: Owasso	10 a.m.
Region 4: Elk City	10 a.m.	Region 8: Putnam City	10 a.m.

- D. **All State selection will be held on Wednesday, December 7, 2022, at Washington High School, 101 East Kerby, Washington, OK 73093. East tryouts will run from 10:00 a.m. thru 12:00 p.m. West tryouts will run from 1:30 thru 3:30 p.m.**
- E. Notification of their selection to the **All Region squad** will be posted one (1) hour after tryouts; athletes will receive written notification of their selection to the **All State squad** within 2 to 3 weeks from the OCA office. Media coverage is allowed after notification by the Oklahoma Coaches Association.

GENERAL INFORMATION:

- A. Coaches are encouraged to bring their contestants. **Tryouts will be open for spectators. An admission charge of \$5 will be charged at each site.**
- B. Filming will not be allowed at the tryout site. PLEASE ENCOURAGE THE SPECTATORS FROM YOUR SCHOOL TO FOLLOW THIS RULE!
- C. Tryouts will be in order from smallest to largest classification.
- D. There will be NO call backs.
- E. Mats will be used for All Region and All State tryouts.

PROCEDURE:

- A. Sixteen (16) cheerleaders will be chosen from each region (64-West; 64-East) for the All Region cheerleading squads.
- B. Sixteen (16) cheerleaders will be selected from the West and sixteen (16) cheerleaders from the East to make the All State squad.
- C. Each class will be guaranteed a minimum of one (1) All Region and one (1) All State cheerleader. (2A, 3A, 4A, 5A, 6A)
NOTE: Some regions do not have any contestants submitted in each class.
- D. Alternates are designated by highest points.
- E. Classification (2A-6A) is based on OSSAA's cheerleading competition classifications.

CRITERIA:

- A. Cheerleaders nominated will perform the following skills in this order:
1. Cheer
 2. Jump – Toe-Touch (Single)
 3. Jumps – Either Toe-Touch & Pike OR Toe-Touch & Front Hurdler Connected
 4. Standing Tumbling – NO JUMPS!
 5. Running Tumbling
- B. **DO NOT incorporate tumbling/jumps/kicks into cheer.** The cheer is to be strictly motions and performed exactly as demonstrated on the OCCA website – www.oklahomacheercoaches.com.
- C. Athletes must perform in school uniform including shoes.
- ***If the above criteria are not followed, candidate could be disqualified.

RATING SHEET:

Motion Technique	1 – 10 Points
Voice Projection / Inflection	1 – 10 Points
Showmanship	1 – 10 Points
Jumps	1 – 15 Points
Standing Tumbling	1 – 5 Points
<u>Running Tumbling</u>	1 – 10 Points
Possible Total	60 Points

***A deduction of 0.5 (point 5) or 1 point will be used in each category of All Region and All State score sheet for poor or missed skills.

ALL REGION TRYOUT LOCATIONS:

Region 1: Weatherford High School, 1500 N. Washington Ave, Weatherford, OK	PH: (580) 772-3385
Region 2: Stillwater High School, 1224 N. Husband, Stillwater, OK	PH: (405) 880-3943
Region 3: Salina High School, 206 S. Ross, Salina, OK	PH: (918) 434-5347
Region 4: Elk City Pioneer Center, 1221 N. Pioneer Road, Elk City, OK	PH: (580) 225-0175
Region 5: Chickasha High School, 101 John Cowan Dr, Chickasha, OK	PH: (405) 222-6550
Region 6: McAlester High School, Brumley Gym, McAlester, OK	PH: (918) 448-4579
Region 7: Owasso High School, 12901 E. 86 th St. N., Owasso, OK	PH: (918) 272-1867
Region 8: Putnam City High School, 5300 NW 50 th , Warr Acres, OK	PH: (405) 789-4350

ALL STATE CHEERLEADING TRYOUT LOCATION:

Washington High School, 101 East Kerby, Washington, OK, 73093

CHEER: Motions are on the OCCA website - www.oklahomacheercoaches.com.

THE TIME x HAS COME x
FOR YOU TO SEE THE BEST x
THERE'S NO ONE BETTER
FROM THE EAST TO THE WEST x
O-K-L-A-H-O-M-A (Spell Out)
OKLAHOMA ALL STATE x
THIS IS OUR DAY x
YEAH!
(x = Pause / Clap)

(All State performance order will follow from the OCCA President)

DO NOT add words or phrases!

DO NOT change words to your school name or mascot

This cheer and motion tutorial is found on the OCCA website – www.oklahomacheercoaches.com.

NO redo's or starting over of cheer.