



April 9th – April 11th 2009

Mark your Calendars for the Event of the Year!!

Vancouver, BC

Thank you for your interest in the FOURTH Annual Sea to Sky Cheerleading Championship. The International Cheer Alliance continues to promote and plan this event throughout Canada and the United States. Four years ago, it was our vision to have teams from all over Canada and America come to beautiful Vancouver for an extraordinary cheerleading experience.

This is the **DANCE Registration Package**. The Dance Portion of the Sea to Sky Championship will occur on Saturday, only. Please take a look and ensure that everything is filled out accurately. The sooner you are able to return your registration package and deposit, the sooner we can process your file and put together a firm schedule to help all of you with planning your weekend and communicating information to your athletes and families.

Once you're registered, we will send you further information regarding detail aspects of the championship. This includes, but is not limited to, the schedule, events, updates, divisions and teams attending etc...

Please do not hesitate to call or e-mail the office with any questions or concerns.

seatosky.liz@gmail.com

604-552-4924

778-421-4436 (mobile)

International, please contact Jibreel

seatosky.jibreel@gmail.com

253-740-0272

Sincerely,

The International Cheer Alliance

www.internationalcheeralliance.com

2010 SEA TO SKY INTERNATIONAL CHEERLEADING CHAMPIONSHIP

AN ADDITIONAL FORM MAY BE NEEDED FOR EACH **DANCE TEAM** ATTENDING

(Please refer to www.usasf.net for all division break downs & explanations / Rules & Guidelines)

Please send this FORM fully filled out by Fri, March 12th to:

International Cheer Alliance
B3 – 1410 Parkway Blvd., Box #33
Coquitlam, BC V3E 3J7

Dance Club / School: _____ **Phone #:** _____

Fax: _____ **Main Contact & Phone #2:** _____

Mailing Address: _____

Emails: _____ / _____

(Confirmation of registration, the performance schedule, and competition details will be sent to your e-mail)

DANCE TEAM ENTRIES - \$35 per athlete before Fri, March 12th or \$40 on/after Sat, March 13th
Solos & Duos pay \$50 per performance

Small and Large Divisions may be made at the natural break if there are numerous teams registered in any given division.

AGE is based on how old the dancer was on Aug 31st 2009

Division of Competition	HIP HOP	POM	JAZZ	Lyrical	# on Team	Cost
Youth (11 and younger)						\$
Junior (14 and younger)						\$
Senior (18 and younger)						\$
Solos or Duos						\$

DANCE DIVISIONS at Sea to Sky are only a **ONE-DAY** Event and will **ALL** take place on the same floor and stage as the Cheer Divisions (Spring Floor). Winners of each Dance Genre will be awarded on Saturday. Each Dance Team member will receive a Competition Gift and all winning teams will be rewarded with **HUGE** Team Trophies, individual medals and a Banner to hang in your gym, school or Dance Studio.

Dance Divisions take place on Saturday, April 10th.

2 Coaches / TEAM attend free: _____ / _____
_____ / _____ / _____

This page is due Fri, March 12th along with full payment

SECTION C

Team Roster & Cross Over Athletes
(Make a copy of this page for every team attending)

Team Roster: List **ALL** Members of each team (We will accept your team roster / phone list to save you time – Print a copy and simply attach it to this Registration Form)

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.
21.	22.
23.	24.
25.	26.

CROSS OVER DANCERS: Cross over dancers pay \$20 additional routine they compete within the Dance Championship portion of the event. Dancers that are also cheerleaders will only receive this discount if they are involved in a SECOND DANCE ROUTINE. Dancers that are also cheerleaders pay the FULL amount to be a part of the CHEER CHAMPIONSHIP (\$75) and then \$35 to be a competitor in the DANCE CHAMPIONSHIP. If they were on a second dance team, it would be \$20 additional.

List the names of your cross over athletes below:

- 1. Name _____ Additional Team(s) _____
- 2. Name _____ Additional Team(s) _____
- 3. Name _____ Additional Team(s) _____
- 4. Name _____ Additional Team(s) _____
- 5. Name _____ Additional Team(s) _____
- 6. Name _____ Additional Team(s) _____
- 7. Name _____ Additional Team(s) _____
- 8. Name _____ Additional Team(s) _____
- 9. Name _____ Additional Team(s) _____
- 10. Name _____ Additional Team(s) _____

This page is due Fri, March 12th along with full payment



INTERNATIONAL CHEER ALLIANCE
2010 SEA TO SKY

Fees Calculation Page

This form is due along with your Registration Form

To calculate your deposit amount, select either option 1 or 2 below. Select option 1 if you do not need a hotel and select option 2 if you do need a hotel package. Full payment is Due no later than Friday, March 12th for discounted rate.

1. If Payment is received and/or postdated by Fri, March 12th 2010:

\$35 per athlete attending:

Number of Athletes= _____ X \$35

Number of Crossovers to other Dance Teams = _____ X \$20

Number of Solos or Duos = _____ X \$50

Number of Coaches beyond 2 per team = _____ X \$35

TOTAL=

2. If Payment is postdated **ON/AFTER** March 13TH 2010:

\$40 per athlete attending:

Number of Athletes= _____ X \$40

Number of Cross Overs to other Dance Teams = _____ X \$20

Number of Solos or Duos = _____ X \$50

Number of Coaches beyond 2 per team = _____ X \$40

TOTAL=

****EVENT HOTELS**

The International Cheer Alliance is proud to partner with CSTT Sports Management International to provide you with professional hotel services. They will take care of all your hotel arrangements and allow easy access to a web based reservation service to make it easy for your families to book at the same hotels as you. Your team or program will be given your own user name and password for you to pass along to your team and parents to make booking and travel hassle free.

Visit their website at: www.cstt.com

http://secure.cstt.com/Tournaments/HotelList_Results.php?eventid=3326

This page is due Fri, March 12th along with full payment



DANCE TEAMS RULES AND GUIDELINES

CATEGORIES/DIVISIONS

The *INTERNATIONAL CHEER ALLIANCE* and/or its competition personnel reserve the right to delete, combine, or divide categories and divisions as deemed necessary. An individual may not participate on more than one team within the same category. All athletes must be students at the school they are registered to compete with. The Sea to Sky International Championship will offer both SMALL and LARGE Divisions wherever there is a natural break and need to create more divisions.

Please visit www.usasf.net for a complete explanation of all Rules including acceptable tumbling and tricks:

www.usasf.net/safety/dancerules

The ICA respects and follows USASF Dance Rules, Glossary and Age Grids for our event.

ROUTINE REQUIREMENTS

All Choreography should be appropriate and entertaining for all audience members. And vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content and will be viewed as lacking audience appeal; thereby, impacting this aspect of the scoresheet.

Team Routines – Not to exceed 2 minutes and 30 seconds (2:30).

Solos and Duos – Not to exceed 90 seconds

DANCE DIVISIONS & EXPLANATIONS

JAZZ – A Jazz Routine incorporates stylized dance movements, combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

HIP HOP – Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations and combos and other tricks.

LYRICAL – Routines combine the principles of Jazz and Ballet and emphasize proper technical execution. The use of flexibility, balance and mood are incorporated. Routines are fluid in movement and focus on emotions that compliments the musical selection.

POM – Poms must be used for 80% of the routine. Important characteristics of a Pom Routine includes synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms and other dynamics common in dance routines.

COSTUMES & PROPS

All Costuming and makeup should be age appropriate and acceptable for family viewing.

Wearable and Handheld items are allowed in all categories of dance. These may be removed and discarded from the body. So Standing Props allowed (any item that bears the weight of the participant).

MUSIC

All teams must provide their own music. Cassettes will not be accepted. CDs must be labeled with the school/team name and category/division. A sound system will be provided. A back-up CD must be available & present at the time of performance. A representative must be present at the sound system at the time of performance. Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

ENTRANCE/EXIT

Judges are looking for enthusiasm and showmanship during entrances and exits. Teams and individuals are encouraged to move on and off the floor as quickly as possible.

WARM UP & PERFORMANCE AREA

Both the warm up and performance areas will have a full 42' X 54' sprung floor with a 2" carpet bonded foam mat on top. Dancers will perform on a Raised Stage and carpet will not be removed.

PERFORMANCE ORDER/SCHEDULES

Typically, performance order is based on the receipt of registrations. The first registration received will be the last to perform in that division and the last registration received will be the first to perform. All teams will be given an assigned check-in and warm-up time prior to competition. The "Person to Receive Correspondence" will be sent/emailed a tentative line up with performance times at least 2 weeks prior to the competition. These times are subject to change. The final schedule will be available by checking www.internationalcheeralliance.com and performance times will remain the same regardless of scratches. It is the advisor's responsibility to check the schedule for accuracy.

FOOD

There is a food court with various popular and health conscious vendors within the Vancouver Convention & Exhibition Centre. Food / Snacks / water will NOT be permitted inside the host facility.

PENALTIES

10 Points will be deducted from the final team score /500 for violations of safety rules and/or time infractions.



**INTERNATIONAL CHEER
ALLIANCE
SCORE SHEET**

Dance Divisions

1 2 3 4 5 6 7 8

Judge Number

Initials

Team _____ Division _____
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Dance Elements		Strong	Improve	Comments
Technique / Skills / Tricks	/30			
Difficulty / Complexity	/20			
Choreography / Appeal	/20			

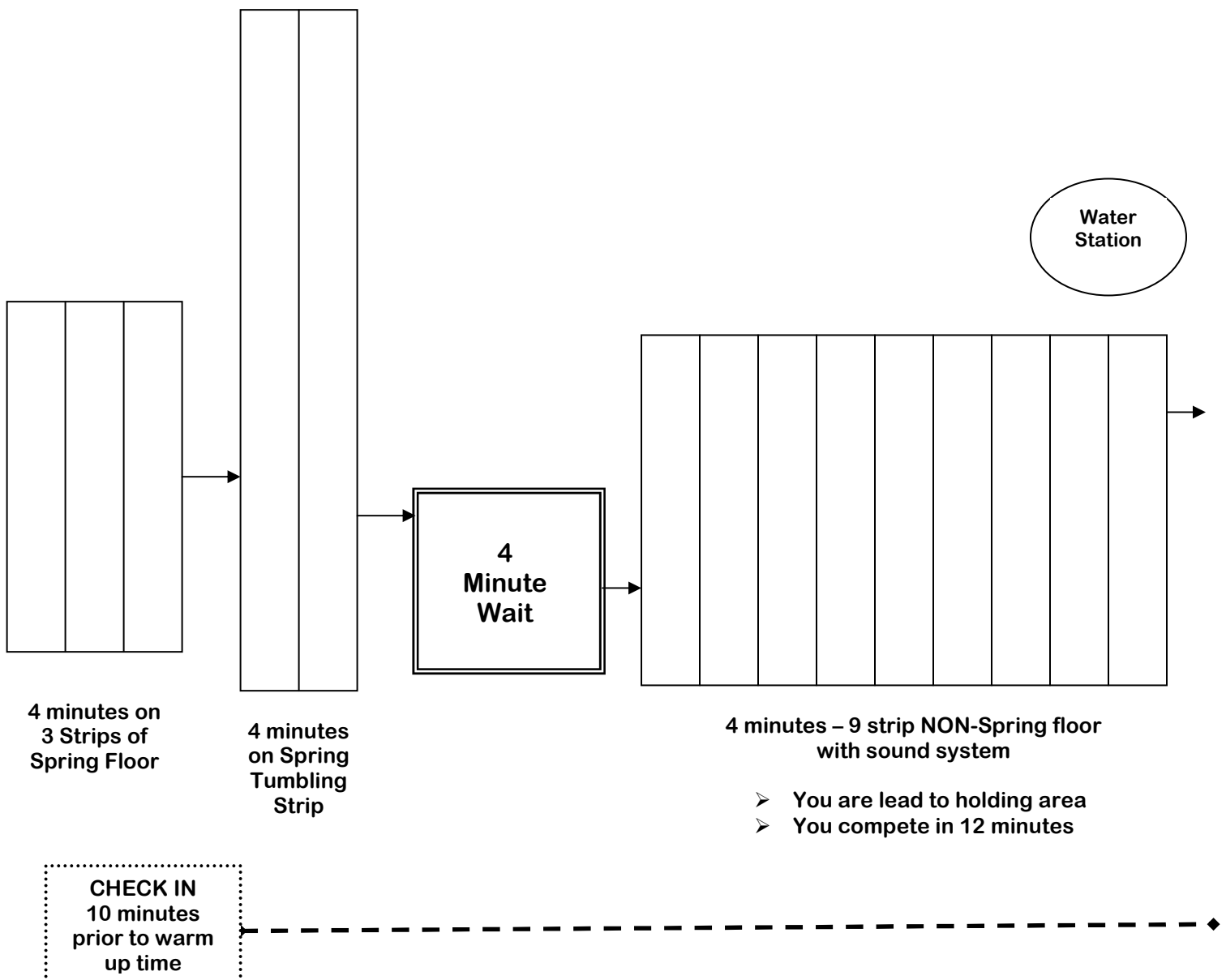
Overall Impression (30)		Strong	Improve	Comments
Execution/Precision	/10			
Transitions / Spacing	/10			
Showmanship/Appearance	/10			
Total				

The Warm Up Room

Dance Teams may use any part of the warm up room to mark their routines while waiting for their scheduled warm up times.

For Dance Divisions, we will slightly modify the warm up room below so that you have more time on the big mat.

Teams will be asked to check in 10 minutes before their scheduled warm up times. Teams have 16 minutes in the warm up area and then they compete 12 minutes after their final 4 minutes on the full 9 strip warm up floor. There will be a water station made available for athletes when coming off of the floor, before going into the holding area.





GIVE A COPY OF THIS FORM TO EVERY PARTICIPANT LIABILITY RELEASE AND WAIVER FORM

Bring this Form with you to the event. Do NOT mail it in ahead of time. Every participant must have a completed and signed release form to turn in at registration in order to participate

Minor's Name _____ Name of Parent or Legal Guardian _____
 Address _____ School/Team Name _____
 City, Province/State, Postal Code/Zip _____ Division _____
 Daytime Phone Number (_____) _____ Cell Phone while at event _____
 Evening Phone Number (_____) _____ Event Date is April 9th to 11th 2010

Liability Release: For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above Event to be conducted by The International Cheer Alliance. I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless The Sea to Sky International Cheerleading Championship, the Hosting site, (Vancouver Convention and Exhibition Center) on whose premises the Event will occur, the affiliates of The National Highschool Spirit Federation is a not for profit corporation ("NHSF"), U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") and the respective directors, officers, representatives, members, agents and employees of the International Cheer Alliance and their respective affiliates (hereinafter collectively "Releasees") from any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: **X** _____ Date: _____

Supervision: A chaperone/adult (age 21 and over) is required to attend with participants. This chaperone will be responsible for the participants at all times. The International Cheer Alliance is not responsible for participants' supervision..

Appearance Agreement: I understand that the International Cheer Alliance from time to time produces promotional material relating to its programs. I understand that as participant and/ or a spectator at the Event that Minor may be included in videotapes, dvds, podcasts and videocasts or photographs taken during the Event. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant International Cheer Alliance, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and / or videotape Minor and to utilize such videotapes and photographs and Minor's name, face likeness, voice and appearance as a part of the Event or in any other media now in existence or hereafter developed, in advertising and promoting the Event, in advertising and promoting similar future events or in advertising and promotions relating to the Sea to Sky Championships and/or the International Cheer Alliance, in general without reservations and limitations.

Medical Release: I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the event. In the event of such illness or injury, I authorize The International Cheer Alliance to obtain necessary medical treatment for Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him / her to the Event and that he / she shall consume the prescribed dosage for such medications.

Medications (if any): _____
 Allergic to (if any): _____

I acknowledge that the Minor suffers from the following conditions: _____

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: **X** _____ Date: _____

Relationship to Minor: _____ Minor SS# or Health Card # _____

Minor's Birth date: _____

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: **X** _____ Date: _____