

# 16th Annual Rams Spirit Competition Rams Spirit Competition

Saturday, November 5, 2011

Central Dauphin High School

437 Piketown Rd.

Harrisburg, PA 17112

[www.cdcheerleading.org](http://www.cdcheerleading.org)

**Squad Divisions:** \$125 per team

**All Stars:** Mini All Star (8 yrs and under)  
Youth All Star (11 yrs and under)  
Junior All Star (14 yrs and under)  
Senior All Star (18 yrs and under)

**ALL-STAR TEAMS WILL COMPETE ON OUR SPRING FLOOR IN THE MORNING SESSION.**

**Youth Recreational Teams:** Mini (K-2<sup>nd</sup>) PeeWee (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> grade)  
Youth (5<sup>th</sup>, 6<sup>th</sup> grade) Junior (7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade)  
Senior (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)

\*\*If your rec team division breakdown is different than listed above, please call for division placement in this competition. We will place you in the most appropriate division.

**School Divisions:** (Must cheer for the school you are representing)

Jr. High/Freshman  
Junior Varsity  
Varsity\* will split large/small if enough register  
Co-Ed

**REC AND SCHOOL DIVISIONS WILL COMPETE ON A REGULAR MAT FLOOR IN THE AFTERNOON SESSION.**

**HIGH SCHOOL TEAMS – USE THIS OPPORTUNITY TO GET READY FOR THE DISTRICT III CHAMPIONSHIPS IN DECEMBER!!**

**Individual & Partner Stunts:**

All-Girl Stunt Group registration - \$50.00

Individual registration - \$15.00

**Specialty Awards** will be given to squads with exceptional performances in: **DANCE, JUMPS, GYMNASTICS, MOUNTS & PYRIMIDS, CHEER EXECUTION, CREATIVITY, and MOST SPIRIT** (during the performance.)

There will be a Jump-Off and Tumble-Off contest open to all registered participants at a cost of \$5.

**Performance Format:**

Any combination of cheer, chant and dance may be used in your routine. Time will begin with the first word, movement, or sound of your music. A three (3) minute time limit will be used. No penalty for routines under 3 minutes. (Individuals and Partner groups 1:30.) Your squad may begin from any area of the mat. You may not begin your routine in a stunt or pyramid. You will be allowed to set up poms and signs prior to your routine. Please wait for your team name to be announced before you begin. All decisions of the judges are final.

Registration deadline is October 24, 2011. A \$10.00 late fee for registrations after 10/24/11.

Order of performance is determined by order of registrations received. Sorry, no refunds.

Fill out the Registration and Squad Waiver forms and return with your check for \$125 per team in the addressed envelope to:

C.D. Cheerleaders C/O Stacey Elliott  
2035 Covey Ct.  
Harrisburg PA 17110

Any questions, please contact Diane Pattison at (717) 651-1494 or [cheercoach55@msn.com](mailto:cheercoach55@msn.com).



**CENTRAL DAUPHIN HIGH SCHOOL**  
**2011 RAMS SPIRIT COMPETITION**  
**SQUAD WAIVER FORM**

I (COACH) \_\_\_\_\_, verify that all members of my squad are physically able to perform the necessary skills involved in competition cheerleading. I also verify that all members have the permission of their parents to participate in the event, and hold harmless the Central Dauphin School District, the coordinator, and anyone connected with the event of responsibility of bodily injury to our members. I will have the pertinent medical information available for each of my squad members in the event it is needed to treat an injury. All teams/organizations are responsible for any damage to school property or surrounding areas attributed to them. Not responsible for lost or stolen articles.

Coach's signature: \_\_\_\_\_

Squad Name: \_\_\_\_\_

Date: \_\_\_\_\_

Dear Coach:

Please make sure the above statement concerning your squad members is true, kindly sign the Waiver, and bring it to the registration table the day of the competition.

**The registration table will be located at a separate entrance. Only coaches will be admitted with the squad, all spectators must enter through the regular doors also near the main parking lot. Teams should wait together until the registration process is complete. They will then be escorted to an area for them to put their belongings and prepare to warm-up.**

## **Central Dauphin Rams Spirit Competition    SCHOOL & REC TEAMS**

Team Name		Division		Judges Initials
Cheerleading Fundamentals	Maximum Points	Score		Comments
<b>Motions</b>	10		Variety Sharpness Precision Arm Levels	
<b>Cheer Execution</b>	10		Spacing Formations Variety Sharpness	
<b>Jumps</b>	10		Height Variety Technique Incorporation	
<b>Tumbling</b>	10		Variety Technique Difficulty Incorporation	
<b>Stunting/ Pyramids</b>	10		Variety Technique Dismounts Incorporation	
<b>Dance</b>	10		Timing Rhythm Energy Togetherness	
Overall Effect:				
<b>Crowd Appeal</b>	10		Showmanship Expression Spirit Poise Voice Energy	
<b>Timing / Transition</b>	10		Timing Routine Flow	
<b>Difficulty of Routine</b>	10		Degree of Difficulty Variety	
<b>Overall Performance</b>	10		Use of Squad Skills Solid Routine Clean Routine	
<b>Total Score</b>	<b>100</b>			
<b>Safety Infractions:</b>				
Improper Spotting		-10		
Improper Stunting		-10		
Improper Move/Dismounts		-10		
	Deductions	(     )	<b>GRAND TOTAL:</b>	

## **Central Dauphin Rams Spirit Competition ALL STAR SCORE SHEET**

Team Name		Division		Judges Initials
Cheerleading Fundamentals	Maximum Points	Score		Comments
<b>Stunts</b>	10		Difficulty Technique Execution Incorporation	
<b>Tosses</b>	10		Difficulty Height/Execution Technique Incorporation	
<b>Pyramids</b>	10		Difficulty Timing/Execution Technique Incorporation	
<b>Tumbling</b>	10		Variety Technique Difficulty Incorporation	
<b>Jumps</b>	10		Height Variety Technique/Timing Incorporation	
<b>Motions &amp; Dance</b>	10		Motions/Levels Precision/Sharpness Timing/Formations Energy/Togetherness	
Overall Effect:				
<b>Crowd Appeal</b>	10		Showmanship Expression Spirit Poise Voice Energy	
<b>Timing / Transition</b>	10		Timing Routine Flow	
<b>Difficulty of Routine</b>	10		Degree of Difficulty Variety	
<b>Overall Performance</b>	10		Use of Squad Skills Solid Routine Clean Routine	
<b>Total Score</b>	<b>100</b>			
<b>Safety Infractions:</b>				
Improper Spotting		-10		
Improper Stunting		-10		
Improper Move/Dismounts		-10		
	Deductions	(      )	<b>GRAND TOTAL:</b>	

