



## 2020-2021 MCCA ALL STATE INFORMATION

### Sideline Team

All State Sideline Team tryouts are open to sideline and game day cheerleaders nominated by their coach. This year we are going virtual, tryouts will be judged based on video submission of the candidate performing the required material.

#### TRYOUT REGISTRATION:

- Tryout registration cost: **\$15** per cheerleader
  - Payment should be mailed or paid online at time of registration.
- Tryout registrations and video submissions are **due December 19, 2020**.
  - No late registrations or videos will be accepted.
  - Registration payment must be received by December 19 in order for video to be judged.
- Coaches must be current members of MCCA to nominate athletes from their program.
- All seniors OR up to 6 cheerleaders can be nominated from each program.
- Nominated cheerleaders must be part of a high school sideline or game day team on the tryout date.
  - Cheerleaders must finish fall season in good standing with their team and/or be in good standing with their team's winter season to be recognized at the State Banquet.
- Athletes may tryout for both the sideline and competitive All State teams if they meet the requirements for each team.

#### TRYOUT MATERIAL:

- Cheer
  - You can find the words and a video of the cheer on the [All State Sideline page](#).
  - Athletes will perform the cheer as choreographed in the video and should not use poms during this portion.
- Band Dance
  - Athletes will choreograph their own unique band dance.
  - Athletes will choose 1 of 2 provided songs. Official music will be emailed out to coaches after they register their athletes.
  - Choreography must include the use of props. Props allowed: poms or megaphones.
  - Athletes may add the crowd leading chants to their band dance.
    - Athletes cannot use their own school's name, mascot, or colors in chant; instead they should utilize the following: MCCA, Red, Blue, White, or All State.

#### VIDEO SUBMISSION INSTRUCTIONS:

- Attire should be a plain white t-shirt and black shorts. No team logos should be visible.
- Hair should be worn in a ponytail (if long enough) and all face framing hair must be secured back if it reaches the athlete's eyes. Participants can choose to wear a plain white or black bow.

- Video needs to be 1 continuous recording that includes both elements of the tryout material above.
- Cheerleaders may choose to spirit and/or tumble in/out of frame like they would if entering and exiting a mat at an in-person tryout.
- Ensure camera is set up to record in landscape and that there is a full view of the cheerleader (head to toe) but not so far away that there is a lot of excess background.
- **MSHSL face mask/covering rules must be followed:**

<b>Face Masks/Coverings in Cheerleading</b>	
<b>Required:</b>	<ul style="list-style-type: none"> <li>• Due to the high contact nature of stunting, cheerleaders <b><u>are required</u></b> to wear masks indoors.</li> <li>• At indoor practices, coaches <b><u>are required</u></b> to wear masks at all times.</li> <li>• It is recommended that cheerleaders wear masks at outdoors practices, especially while stunting and when social distancing is not possible.</li> <li>• At outdoor practices, coaches must wear a mask when interacting with student-athletes and when social distancing is not possible.</li> </ul>

- **Upload video to YouTube**
  - Video privacy setting must be public or unlisted to ensure judging access.
- **Email video link to [allstate.mcca@gmail.com](mailto:allstate.mcca@gmail.com)**
  - Use candidate's name and school in the subject line.

**POST TRYOUT INFORMATION:**

- Results will be posted to social media and emailed out to coaches who nominated their athletes.
- All State members will be recognized at the State Banquet.
- More detailed information will be emailed out to those who make the team.

**If you have any questions, please contact Jenn Fleener at [allstate.mcca@gmail.com](mailto:allstate.mcca@gmail.com)**