

# ALL STATE CHEERLEADING SELECTION PLAN

**Nomination Due Date: September 20, 2023**  
**Regional Tryouts: October 4, 2023**  
**All State Tryouts: October 18, 2023**

**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 September 20, 2023. 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](mailto: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, October 4, 2023, at the following sites:**

Region 1: Weatherford	10 a.m.	Region 5: Blanchard	10 a.m.
Region 2: Stillwater	10 a.m.	Region 6: McAlester	10 a.m.
Region 3: Jay	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, October 18, 2023, at Washington High School, 101 East Kerby, Washington, OK 73093. West tryouts will run from 10:00 a.m. through 12:00 p.m. East tryouts will run from 1:30 through 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 to 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](http://www.oklahomacheercoaches.com).
- C. Athletes must perform in school uniform including shoes.
- \*\*\*If the above criteria are not followed, the 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: Jay High School, 468 E. Monroe, Jay, OK	PH: (918) 787-4644
Region 4: Elk City Pioneer Center, 1221 N. Pioneer Road, Elk City, OK	PH: (580) 225-0175
Region 5: Blanchard High School, 1400 County Line Road, Blanchard, OK	PH: (405) 485-3392
Region 6: McAlester High School, Brumley Gym, McAlester, OK	PH: (918) 448-4579
Region 7: Owasso High School, 12901 E. 86 <sup>th</sup> St. N., Owasso, OK	PH: (918) 272-1867
Region 8: Putnam City High School, 5300 NW 50 <sup>th</sup> , 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](http://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's name or mascot**

**This cheer and motion tutorial is found on the OCCA website – [www.oklahomacheercoaches.com](http://www.oklahomacheercoaches.com).**

**NO redo's or starting over of cheer.**

**All tryouts will be in-person, on-site. There will be NO exceptions.**