

# ALL STATE CHEERLEADING SELECTION PLAN

**Nomination Due Date: September 17, 2025**  
**Regional Tryouts: October 1, 2025**  
**All State Tryouts: October 8, 2025**

**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 and school during the same school year they are nominated.**

## **INSTRUCTIONS:**

- A. Coaches may nominate all 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 the nomination sheet. **Do not send nominations forms to your region representative.**

**MAIL TO:**  
**Oklahoma Coaches Association**  
**8080 Crystal Park Drive**  
**Oklahoma City, OK 73139**

**Nomination forms must be received on or before September 17, 2025. You may mail a copy of the form to the OCA office or email forms to [lea.mouss@oklahomacoaches.org](mailto:lea.mouss@oklahomacoaches.org). SCAN your form as a PDF. Scanned nominations are preferred.**

- C. **All Region selections will be held on Wednesday, October 1, 2025, 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 (Brunley Gym)	10 a.m.
Region 3: Sallisaw	10 a.m.	Region 7: Broken Arrow	10 a.m.
Region 4: Lawton Eisenhower	10 a.m.	Region 8: Putnam City	10 a.m.

- D. **All State selection will be held on Wednesday, October 8, 2025, at the Washington Event Center, 318 Washington Way, Washington, OK 73093. 405-288-2354. 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 selection to the **All Region squad** will be posted one (1) hour after tryouts; Athletes will receive emailed notification of their selection to the **All State squad** within 1 week 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 at all sites 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 (2A, 3A, 4A, 5A, 6A) will be guaranteed a minimum of one (1) All Region and one (1) All State cheerleader.  
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 competitive cheerleading competition classifications.

**CRITERIA:**

- A. Cheerleaders nominated will perform the following skills in this order:
    - 1. Cheer
    - 2. Jump – Single Toe-Touch
    - 3. Jumps – Either Toe-Touch & Pike OR Toe-Touch & Hurdler Connected
    - 4. Standing Tumbling
    - 5. Running Tumbling
  - B. **DO NOT incorporate tumbling/jumps/kicks into cheer. The cheer is to be strictly motions and should be performed exactly as demonstrated in the video.**
  - 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 – 10 Points
Standing Tumbling	1 – 10 Points
<u>Running Tumbling</u>	<u>1 – 10 Points</u>
Possible Total	60 Points

**\*\*A deduction of 0.5 or 1 point will be used in each category 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: Sallisaw High School, 2301 W. Ruth Ave., Sallisaw, OK	PH: (918) 775-7761
Region 4: Lawton Eisenhower HS, 5202 W. Gore Blvd, Lawton OK	PH: (580) 355-9144
Region 5: Blanchard High School, 1400 County Line Road, Blanchard, OK	PH: (405) 485-3391
Region 6: McAlester HS, Brumley Gym, 301 E. Adams Ave., McAlester, OK	PH: (918) 448-4579
Region 7: Broken Arrow High School, 2200 N. 23 <sup>rd</sup> St., Broken Arrow, OK	PH: (918) 259-4700
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 Event Center, 318 Washington Way, Washington, OK 73093	PH: (405) 288-2354
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**CHEER: Link for the motions will be posted on the Oklahoma Cheer Coaches Facebook page and OCCA website ([www.oklahomacheercoaches.com](http://www.oklahomacheercoaches.com))**

**All State performance order will follow from the OCCA President**

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-MA (Spell Out)  
 OKLAHOMA ALL STATE x  
 THIS IS OUR DAY x  
 YEAH!

**(x = Pause / Clap)**

**DO NOT add words or phrases, jumps or skills.**  
**DO NOT change words to your school’s name or mascot**  
**NO redo’s or starting over of cheer.**  
**All tryouts will be in person, on-site. There will be NO exceptions.**