

ALL STATE CHEERLEADING SELECTION PLAN

Nomination Due Date: October 9, 2024
Regional Tryouts: October 23, 2024
All State Tryouts: October 30, 2024

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 October 9, 2024. You may mail a copy of the form to the OCA office or email forms to lea.mouss@oklahomacoaches.org. SCAN your form as a PDF. Scanned nominations are preferred.

- C. **All Region selection will be held on Wednesday, October 23, 2024, 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: Sallisaw	10 a.m.	Region 7: Broken Arrow	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 30, 2024, at the Washington Event Center, 318 Washington Way, Washington, OK 73093. 405-288-2354. East tryouts will run from 10:00 a.m. through 12:00 p.m. West 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 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 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: 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) 485-3391
Region 6: McAlester High School, Brumley Gym, McAlester, OK	PH: (918) 448-4579
Region 7: Broken Arrow High School, 2200 N. 23 rd St., Broken Arrow, OK	PH: (918) 259-4700
Region 8: Putnam City High School, 5300 NW 50 th , 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)

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.