



# **ASAA Cheerleading Provincial Championships**

**APRIL 14 & 15, 2023**

Morinville, AB

*Hosted By*



**MORINVILLE COMMUNITY  
HIGH SCHOOL**

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# **COMPETITION INFORMATION**

## **Alberta Schools' Athletic Association**

[www.asaa.ca](http://www.asaa.ca)

### **Provincial Cheerleading Championship Website**

<https://www.asaa.ca/championships/list/cheerleading>

#### **Contact Information**

Amanda Bulger, Chair  
(780) 939-6891  
abulger@gsacrd.ab.ca

#### **Competition Location**

Morinville Leisure Centre  
25126 SH 642  
Sturgeon County, AB T8R 2P9  
(780) 939-3450

<https://www.morinville.ca/en/things-to-do/morinville-leisure-centre.aspx>

## ACCOMMODATIONS

For Coaches and Athletes Only

### **St. Albert Inn & Suites:**

#156 St. Albert Trail, St. Albert AB, T8N 0P5

(780) 459-5551

Must book by March 29th, 2023

Cost per room is \$120.00/night and includes breakfast

*Block Code: Cheer Provincials or #4252*

### **Best Western St. Albert:**

460 St. Albert Trail, St. Albert AB, T8N 5J9

(780) 470-3800

Must book by March 31st, 2023

Cost per room is \$134.99/night and includes breakfast

*Block Code: ACA Cheer Provincials - Morinville Community High School*

Or to book online use this link for the group rate:

[https://www.bestwestern.com/en\\_US/book/hotel-rooms.61082.html?groupId=8X6RF3W2](https://www.bestwestern.com/en_US/book/hotel-rooms.61082.html?groupId=8X6RF3W2)

### **Holiday Inn and Suites:**

1145 St. Albert Trail, St. Albert AB, T8N 7X1

(587) 290-1837

Must book by March 30th, 2023

\$124 + tax for up to quad occupancy/night and includes breakfast

*Block Code: ASAA/ACA Cheerleading Provincials*

# SCHEDULE OF EVENTS

## Tuesday, April 11, 2023

7:00 pm Virtual coaches meeting.  
\*\*\* A meeting link will be sent out a few days prior.

## Friday, April 14, 2023

3:00 PM - 8:00 PM

\*\* All times are subject to change, please follow the schedule posted with the Order of Performance on the ASAA host website \*\*

### Banquet

3:00 pm Banquet doors open at Morinville Community High School  
3:30 pm Meal is served  
4:00 pm Banquet program begins  
4:50 pm Captains meeting at Morinville Community High School  
5:00 pm Head over to the Morinville Leisure Centre for registration

### Competition Day 1

5:15 pm Team Registration  
**\* Please do not show up prior to this time as you will not be permitted entry. There will be no one present to check in your team**

6:00 pm Doors to the venue open for spectators  
**\* Please inform your spectators not to show up prior to this time as they will not be permitted entry.**

6:40 pm Warm Up Begins  
6:45 pm Competition Welcome  
7:00 pm Competition Begins  
8:00 pm Competition Ends

## Saturday, April 15, 2023

12:20 PM - 4:30 PM

*\*\* PLEASE NOTE ~ All times are subject to change, please follow the schedule posted with the Order of Performance on the ASAA host website \*\**

### Competition Day 2

- |         |   |
|---------|---|
| 1:00 pm | Team Registration   |
| 1:40 pm | Doors to the venue open for spectators<br><i>* Please inform your spectators not to show up prior to this time as they will not be permitted entry.</i> |
| 2:10 pm | Warm Up Begins  |
| 2:15 pm | Competition Day 2 Opening Remarks   |
| 2:30 pm | Competition Begins  |
| 3:30 pm | Competition Ends  |
| 4:05 pm | Awards Ceremony   |
| 4:45 pm | All spectators and teams must be out of their assigned areas, the warm up area and the competition area.  |

# **BANQUET**

For Coaches/Advisors and Athletes Only

Morinville Community High School  
9506 100 Ave  
Morinville AB T8R 1N6  
(780) 939-6891

3:00 pm	Banquet doors open
3:30 pm	Meal is served
4:00 pm	Banquet program begins
4:50 pm	Captains meeting
5:00 pm	Banquet ends

Banquet tickets are \$30.00 per person. The meal will be catered by M and M Catering. Attendance at the banquet is mandatory for all team members, coaches, and advisors. Business casual attire would be preferred - no ripped jeans and sweatshirts. Athletes are encouraged to come to the banquet with competition hair and makeup already done. Athlete seating is first come, first served. Coaches and advisors seating will be reserved.

Serious food allergies can be accommodated if brought to our attention before March 31st . Please send your team name, athlete's name and their restrictions to Amanda Bulger at [abulger@gsacrd.ab.ca](mailto:abulger@gsacrd.ab.ca)

## **Banquet Menu**

Chicken Noodle Soup  
Minestrone Soup (Gluten and Dairy Free)  
Chicken Caesar Wraps  
Gluten Free Veggie Sandwiches  
Ham and Cheddar on a Brioche Bun  
Turkey and Swiss on Brown/Multigrain Bread  
Pasta Salad  
Greek Salad  
Sheet Cakes with Frosting  
Homestyle Cheesecake  
Assortment of Fruit Platter (in season)

## REGISTRATION

**The registration deadline is 12:00 PM on Friday, March 31st, 2023**

Registration must be completed on the ASAA Championship Website:

<https://www.asaa.ca/championships/list/cheerleading>

**If you have any questions about the registration process, please contact:**

Alberta Schools' Athletic Association

ASAA Assistant Director:

Shelbea MacLennan - Direct Line: (780) 638-3669 / [shelbea@asaa.ca](mailto:shelbea@asaa.ca)

ASAA Cheerleading Commissioner:

Holly Elliott - 780-919-5528 / [holly-ann.elliott@ngps.ca](mailto:holly-ann.elliott@ngps.ca)

### **Fees**

Entry Fee : \$300.00 / team

Banquet Fee: \$30.00 / ticket

Loonie Fee : \$1 / athlete

### **According to ASAA Policy (page 44):**

“Pay it Forward Loonie Fee: : Each provincial championship will charge an additional \$1 for each participating student and will remit those funds to the ASAA office after the championship. 100% of funds will be directed into an ASAA scholarship fund to recognize student athletes who give back to their communities by either coaching or officiating in school or community sport.

### **A combined cheque of all fees and banquet tickets should be made payable to:**

Morinville Community High School

Memo: ASAA Cheer Provincials 2023

### **Cheques can be sent to:**

Attn: Amanda Bulger

Morinville Community High School

9506 100 Ave

Morinville, AB T8R 1P6

### **Credit:**

Payments can be taken over the phone at Greater St. Albert District Office. Let the receptionist know that you are calling to pay for the ASAA Cheerleading Provincials and she will direct your call.

(780) 459-7711

## COACHES INFORMATION

### COACHES AND CAPTAINS MEETING

#### **Coaches Meeting**

Tuesday, April 11, 2023 @ 7:00 PM

A meeting link will be sent out to coaches a few days prior to the meeting.

#### **Captains Meeting**

(a designated athlete who has been selected by their coach to represent their team)

Friday, April 14, 2023

4:50 PM in the Staff Room at MCHS

#### **As per the ASAA Official Handbook:**

“Any team that attends provincials as the zone/regional representatives and fails to attend or send a team representative to the mandatory coaches meeting will be fined a fee of \$250 for failing to send a representative to the coaches meeting. This fee will be collected by the ASAA office and split between the host of the championship and the ASAA; the latter of which will be earmarked for the ASAA subsidy account to help offset costs to ASAA provincial hosts. The executive will have the sole discretion to waive the penalty based on the rationale provided by the school for failure to attend coaches meetings.”

### MAT TIMES

Teams will have five minutes for photos, five minutes on two strips of mats, five minutes on three strips of mats, and five minutes on a full floor (seven strips of mats). The length that teams will have before they compete will be dependent on the timing of the competition but will be approximately three-five minutes. This will give teams a few mins for water, mental preparation, team rituals etc.

### COMPETITION FLOOR

A 42' by 42' (seven mats), non-sprung competition floor will be provided for all teams.

## ORDER OF PERFORMANCE

The order of performance for Friday & Saturday will be posted on the ASAA website by April 11th. The order of performance will be reversed for Saturday's competition.

## MUSIC

*Reminder: New iPhones require the headphone to lightning adapter. Coaches are responsible for providing their own adapter.*

**Competition Floor:** An auxiliary cord will be supplied to play all music from personal devices. It is important that the device you are using is in airplane mode and the volume is turned up completely. A designated person must be present to play your music as you see fit. The DJ and MC will not be responsible for playing music.

**Warm Up Floor:** An auxiliary cord and speakers will be provided on the 7 mat warm up floor.

## ATHLETE BAG STORAGE

All teams will have an assigned dressing room to store their belongings. Please do not bring valuables as neither Morinville Community High School, nor The Morinville Leisure Centre, will be responsible for lost, damaged or stolen items. These rooms will not be locked during the competition. We ask that all athletes and coaches respect the dressing rooms. It is expected that the room will be left the way it was found. We appreciate your cooperation in this matter.

## TEAM PHOTOS

Team photos will be taken on Friday and will be included in your mat time. Action shots and awards will also be photographed. Teams will be provided online access to a selection of photos. Additional photos will become available on a website for purchase.

Team photos will be included in this year's program. We will use the photographs submitted with your online registration. Any team that does not submit a suitable photograph by the March 31st registration deadline will not have a team photo in the program.

## TEAM HOSTS

Teams will not be assigned a host this year, as the venue is very easy to navigate. However, there will be a number of volunteers stationed around the venue to help with the flow and assist with any questions.

## SOCIAL MEDIA

*Please take pictures using hashtag #ASAApprovs*

**ASAA Instagram: @asaapprovs**

**ASAA Twitter: @ASAA**

## LIVE STREAMING

The event will be live streamed through the ASAA Youtube channel for free. The link to the channel will be included on the ASAA Provincials website under “watch live”.

<https://www.asaa.ca/championships/list/cheerleading>

## CHAMPIONSHIP APPAREL

Elite Sportswear will have ASAA Cheerleading Provincial Championship apparel for purchase on site. **Cash only at the event.** If you are not able to purchase your apparel at the event due to a shortage of stock, you will have the opportunity to make a team order after the event.

For more information on how to place a post-event online order see the [Championship Website](#).



## SCORING INFORMATION

### SCORE CHECK

A Score Check station will be available in the upper concourse, across from where the judging panel is set up.

### DEDUCTION SHEETS

Coaches will review their teams' deduction sheets at the Score Check station only, as deduction sheets must remain at Score Check.

### SCORE APPEALS

Coaches may submit an appeal for deductions received through the ACA's Score Check & Appeal Policy. The Score Check Judge will not provide video playback unless an appeal is submitted. Teams can receive additional deductions during the appeal process.

### SCORE SHEETS

Score Sheets will be available for coaches to pick up after the end of the awards ceremony from the Score Check station.

### RESULTS

Comparative results, by division, will be emailed to coaches by the event host within 48 hours of the event.

### RULES & SCORING

All scholastic divisions will follow the Cheer Canada [Canadian Scholastic Cheer ICU Rules & Regulations](#). It is the coaches' responsibility to ensure their routine meets the necessary requirements.

All rule clarifications must be done in advance according to the [Scholastic Legality Clarification Guidelines](#) which can be found at: [albertacheerleading.ca/bylaws-policies-committees](http://albertacheerleading.ca/bylaws-policies-committees).

Teams will be adjudicated using the Cheer Canada Scholastic Cheer Comparative System and Score Sheets. A copy of the Score Sheets can be found at [cheercanada.ca/education/score-sheets](http://cheercanada.ca/education/score-sheets).

Information regarding scoring can be found in Scholastic [Scoring 101](#) also located on the Cheer Canada website.

All teams must have an ACA-certified coach who is certified to the level they are coaching.

All participants (e.g.: coaches, CIT's, athletes, staff advisors) must be current ACA members in good standing and adhere to Cheer Canada policies and to the ACA policies and procedures, such as those listed below:

- ACA Bylaws
- Code of Conduct
- Social Media Policy
- Score Appeal Policy & Form
- Unsportsmanlike Conduct Policy

### **APPEAL COMMITTEE**

Appeals can be heard on process only. **The decision of the judges is final.** The committee will consist of three members who are not in a conflict of interest position. Appeals must be directed to ASAA Cheer Commissioner, Holly-Ann Elliott.

#### ***ASAA Code of Ethics & Cheerleading Policy***

Please refer to the 2022-2023 ASAA Policy Handbook - Code of Ethics (pages 20-25) all coaches, athletes, officials, volunteers and spectators are expected to abide by these policies. This handbook can be found at: [www.asaa.ca](http://www.asaa.ca)

## **AWARDS INFORMATION**

### **PROVINCIAL AWARDS**

The top three places in each official ASAA category – Intermediate, Advanced All Girl, Advanced All Gender and Game Day will receive medals and a keeper plaque. The first place winner will receive a trophy to keep in their school for one year and will receive a banner and Championship T-shirts from ASAA.

### **NOVICE AWARD**

At the Provincial Competition, a plaque will be given to the best novice team at the competition.

Criteria:

- Must be competing in their first or second provincial cheerleading competition within the last decade.
- Achieves the highest mark out of the eligible teams in any category

### **SPORTSMANSHIP AWARDS**

Sportsmanship is a truly important aspect of the sport of cheerleading and the ASAA championship. It is defined in Merriam-Webster's dictionary as: "fair play, respect for opponents, and polite behaviour by someone who is competing in a sport or other competition; conduct (as fairness, respect for one's opponent, and graciousness in winning and losing) becoming to one participating in a sport"

We respectfully ask that teams do not make, bring or exchange gifts or other items that could be misconstrued as bribery (ie: handing out candy, passing out spirit sticks etc.). This undermines the essence and integrity of sportsmanship, the sportsmanship award and sportsmanship pins.

One sportsmanship banner will be given to one team at the ASAA Provincial Cheerleading Championship. The team receiving this award will represent the true spirit of sportsmanship, integrity, ethics and fair play.

Each team present at Provincials will be asked to select a team that best exemplifies the qualities of sportsmanship throughout the competition. Coaches will be provided with a ballot that they will complete based on their team's decision. The rationale in having the teams select the award winner is that they interact with one another throughout the two day event and will have the best insight into which teams are truly sportsmanlike.

Teams will vote for one team and the ASAA Commissioner will collect teams' votes on Saturday before the end of the competition. The final decision is at the discretion of the ASAA rep, Committee Chair and ASAA Cheerleading Commissioner. Sportsmanship pins will be given to individuals who exhibit outstanding displays of integrity, fair play and good sportsmanship. These pins may be given to players, coaches, parents and spectators. These individuals should be recognized for bringing positive presence to the championship and demonstrating consistent exemplary sportsmanlike behaviour. Recipients of a sportsmanship pin should show exemplary behaviour.



For Individual Sportsmanship pin awards, nominations will be collected through an online form. To nominate an athlete, official, or fan from another school scan the QR code that will be posted around the event as well as on the [ASAA Championship Website](#) and fill out an evaluation on how this individual “Sets the Bar” for others including what set them apart. Nominators must be from a different school than the nominee, and must have at least 2 of the criteria indicated in the nomination form to be considered. Recipients should be those who raise the standard and set the car for others to strive for in terms of sportsmanlike and positive sporting behaviour.

# Have you seen someone "Setting the Bar"?

Scan the QR code below to nominate an official, athlete, coach/manager, or fan **from another school** for a **Provincial Sportsmanship Pin!**

Nominees should exhibit behaviours from *more than one* of the three categories below:

#### **Creating a Positive Environment**

- ~ Cheer in a way that set a positive climate for ALL
- ~ Encourage ALL athletes both on your team AND outside of your team

#### **Respectful Behaviour**

- ~ Individual respected the competition and their opponents
- ~ Treated officials with respect and integrity throughout ALL competition

#### **Exhibiting Positive Self Control**

- ~ Regulate emotions in stressful situations and consistently exhibited appropriate behavior
- ~ Individual executed their role with integrity

\*You will be asked to provide evidence for each of the areas that you are selecting to indicate how the nominee “set the bar” for others, including what sets them apart.

**SET  
THE  
BAR**



## SPECTATOR INFORMATION

### ADMISSION

Tickets will be for sale both **ONLINE AND AT THE DOOR**. Online tickets will be available through the Morinville Community High School home page (or this link <https://www.studentquickpay.com/GSACRD/MyAccount/Main.aspx?webitemid=99>) from March 24th to April 12th. After the 12th tickets can be purchased at the door. Tickets purchased at the door will be **CASH ONLY**.

- 1 Event General Admission - \$15.00
- 2 Event General Admission - \$25.00
- 3 Event General Admission - \$35.00
- Children under 5 - Free

The tickets can be combined and used at both the ACA and the ASAA events over the 2 days.

### PARKING & DROP OFF

#### **Spectators, Coaches, Advisors and Judges Parking**

There is ample free parking for everyone in the Morinville Leisure Centre parking lot.

#### **Entrances**

Please use the main entrance of the Morinville Leisure Centre. Spectators will proceed to the arena side of the venue. Only coaches, athletes, volunteers, and judges will be permitted in the dressing rooms and practice area.

### CONCESSION

*\*\* Concession will accept cash, debit and credit. There is also an ATM on site. \*\**

The Morinville Leisure Centre has Mama's Food Bar on site with a variety of menu items to choose from.

## EMERGENCY ACTION PLAN

**In the event that an emergency occurs please contact Kent Lessard (780-293-4517).  
Please see below for venue details.**

### FIRST AID

Morinville Fire Department will be on site Friday and Saturday, they will be located in the competition area. The first aid station will not be supplying athletic tape nor will they be taping athletes. Please ensure you are bringing your own supplies. Multiple AEDs and fire extinguishers can be found around the venue.

### EMERGENCY PROTOCOL

- Dial 911
- Give address **MORINVILLE LEISURE CENTRE, 25126 SH 642, STURGEON COUNTY AB, T8R 2P9**
- Explain to dispatch the nature of injury or incident
- Report back to teacher/coach/committee Members
- Meet Ambulance

### WHEN AN INJURY OCCURS

1. When coming in contact with the injured student/athlete, take control and assess the situation. Exercise universal precautions related to blood and body fluids.
2. Do NOT move the injured person
3. Send someone to get the onsite First Aid help. They will take charge. In the unlikely event of first aid being unavailable, continue as per 4-10
4. Assess the injury-evaluate the severity of the injury and decide if further assistance is required.
5. If an ambulance is not needed, decide what action is to be taken to remove the injured party for the playing surface.
6. If an ambulance is required-request that another person calls 911. Have them report back to you with an estimated time of arrival and send them to the entrance to wait.
7. Observe the injured party carefully for any change in condition.
8. When the ambulance arrives, describe the incident and what has been done.
9. An adult should be designated to accompany the injured party to the hospital.
10. Contact the parent/guardian of the injured athlete/student.

## **NEAREST HOSPITAL**

*\*\* See attached map below for directions \*\**

### **Sturgeon Community Hospital**

201 Boudreau Rd

St. Albert, AB T8N 6C4

## **FIRE ALARM & EVACUATION PROCEDURES Morinville Leisure Centre (MLC)**

- All fire alarms are to be treated as emergencies. As soon as the fire alarm sounds, a complete evacuation of the building will commence.
- All guests within the MLC will leave in an orderly fashion to the closest emergency exit. The Muster point is located outside in the south parking lot. You will be directed by MLC Staff.
- Leave immediately, MLC Staff will enact the Fire ERP and sweep the building.
- When it can be determined that the building is safe to be re-entered, the MLC Staff Warden member will make an announcement to the group.
- Please see the attached map of emergency exits located within the Morinville Leisure Centre (MLC) along with the Muster point in the parking lot.

# DIRECTIONS TO STURGEON COMMUNITY HOSPITAL

← from Morinville Leisure Centre, 25126 SH 642, AB ...  
to Sturgeon Community Hospital, 201 Boudreau R...

**19 min** (21.0 km)



via Hwy 2 S

Fastest route now due to traffic conditions

## Morinville Leisure Centre

25126 SH 642, AB T8R 2P9

↑ Head west on AB-642 W toward E Boundary Rd

3.5 km

↗ Turn left to merge onto Hwy 2 S/AB-2 S toward Edmonton

16.6 km

← Turn left onto Villeneuve Rd/AB-633 E

22 m

↑ Continue straight onto Erin Ridge Rd

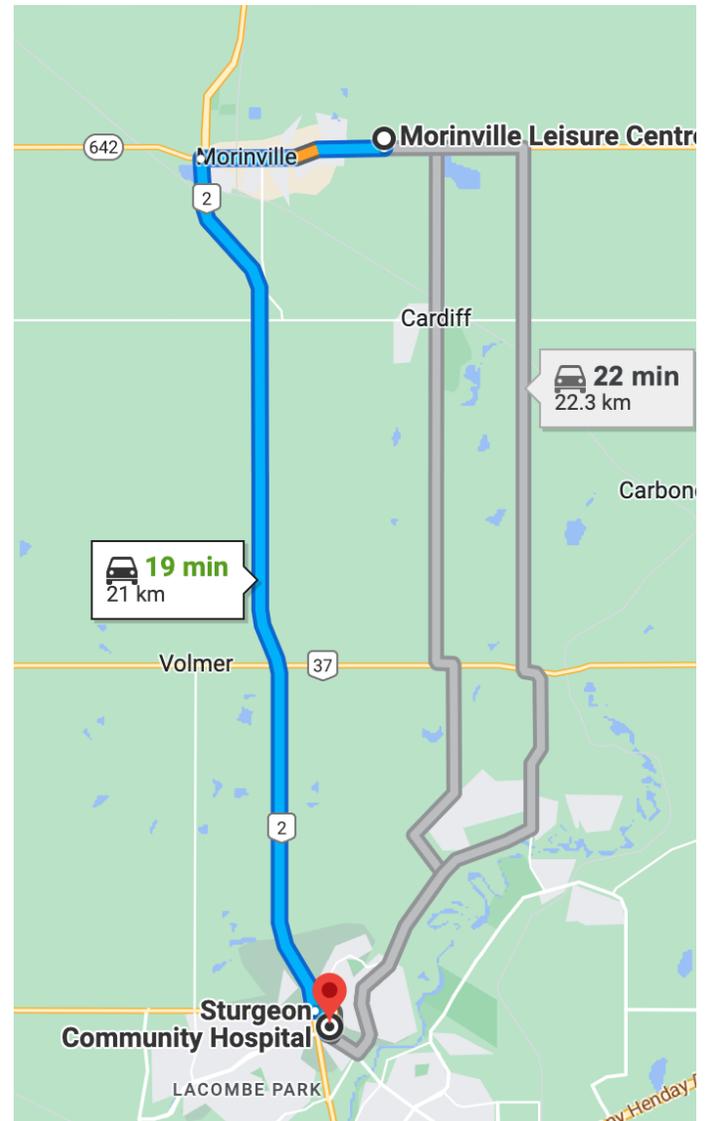
350 m

↘ Turn right onto Erin Ridge Dr

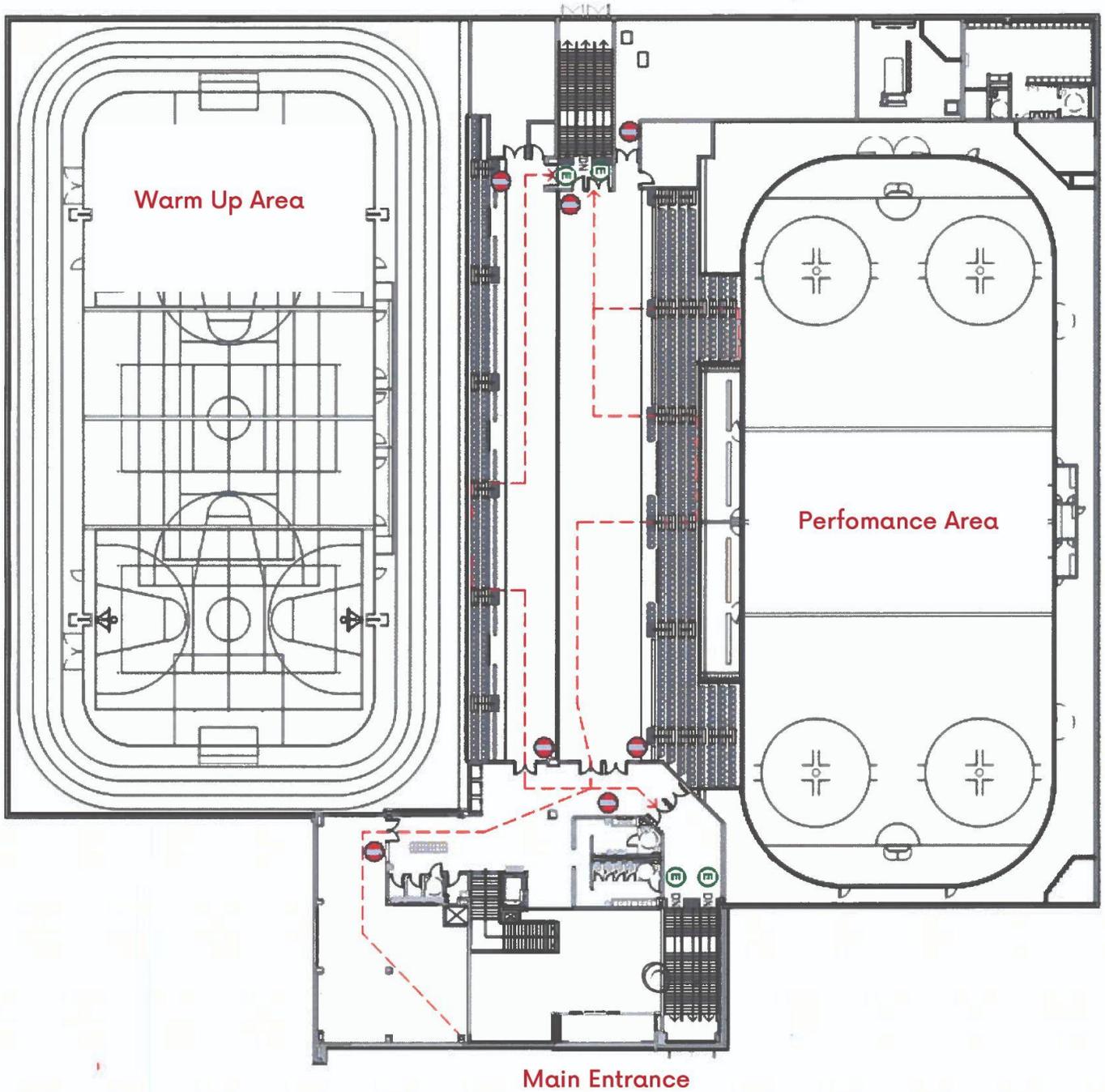
450 m

↘ Turn right onto Boudreau Rd

100 m



# MAP OF THE MORINVILLE LEISURE CENTRE



-  EXIT DOOR
-  FIRE EXTINGUISHER
-  PRIMARY EXIT

