

TO: CHEER COACHES AND SQUADS

FROM: MELISSA COULTER, DESTINY CORBIN, MIKE HESSMAN, CHS CHEER REGIONALS SITE MANAGERS

RE: LAST MINUTE INSTRUCTIONS AND INFORMATION

Welcome to Choctaw High School and best wishes to you during the competition. Our goal is to provide you with the best possible experience as you compete for a regional championship. PLEASE LET US KNOW IF THERE IS SOMETHING WE CAN DO TO HELP!

1. The PASS GATE for cheerleaders and coaches will be located at the south entrance of the Lyle Boren Activity Center. Locker assignments, final instructions, and your host/hostess will be provided at that time as well as two coaches passes.
2. Spectator admission and spectator pass gate will be located at the northeast entrance (see map). Price is \$5 for adults and students.
3. Each team will be assigned a locker room for final primping and restroom facilities. Please try to use the restroom in your locker room instead of the lobby to help with traffic control. As soon as you are done competing you will exit the floor in the southwest corner and retrieve items left in the locker room. There will be at least one other team assigned the same locker room as you while you are warming up and competing. Keep in mind that Choctaw High School is not responsible for lost or stolen personal property.
4. Please have your team sit in the south bleachers as to allow the north and west bleachers open to parents, friends, and other supporters.
5. When your squad is ready to warm-up for the competition, your host/hostess will take you to the little gym area to prepare for the competition. You will have 6 minutes of stretching, 6 minutes on two mats, 6 minutes on 9 mats and then 6 minutes before you perform. Please pay attention to the monitors in the warm-up room. They will let you know when to rotate.
***Another piece of info you may be interested in is the teams will perform facing the north, but will enter the floor from the northwest corner of the gym.
6. Please be on time! Look over the approximate time schedule, but also know this is an approximate schedule - judges may take longer than planned, or other delays may make a difference in the scheduled time.
7. There will be a coaches hospitality room - refer to your map for location - rankings will be posted here after each class finishes.
8. Remember, no signs, banners or noisemakers may be used during the competition per OSSAA guidelines.
9. IF YOU HAVE ANY QUESTIONS OR IF THERE IS ANYTHING WE CAN DO TO HELP MAKE THIS EXPERIENCE BETTER, PLEASE LET US KNOW! Email mcoulter@cnpschools.org

OSSAA REGIONAL CHEERLEADING SCHEDULE

- Note - all practice times are approximate - please pay attention for the call to rotate by the warm-up room director.

Class 2A - 12PM

School	Check-in	Stretch	Two Mats	9 mats	Performance
Keota	11:21	11:36	11:42	11:48	12:00
Quinton	11:27	11:42	11:48	11:54	12:06
Wewoka	11:33	11:48	11:54	12:00	12:12
Crescent	11:39	11:54	12:00	12:06	12:18
Stroud	11:45	12:00	12:06	12:12	12:24
Cashion	11:51	12:06	12:12	12:18	12:30
Velma-Alma	11:57	12:12	12:18	12:24	12:36

Awards immediately following

Class 3A - 1PM

School	Check-in	Stretch	Two mats	9 mats	Performance
Community Christian	12:21	12:36	12:42	12:48	1:00
Holdenville	12:27	12:42	12:48	12:54	1:06
Washington	12:33	12:48	12:54	1:00	1:12
Lindsay	12:39	12:54	1:00	1:06	1:18
Crossings Christian	12:45	1:00	1:06	1:12	1:24
Chisolm	12:51	1:06	1:12	1:18	1:30
Perry	12:57	1:12	1:18	1:24	1:36
Christian Heritage	1:03	1:18	1:24	1:30	1:42
Jones	1:09	1:24	1:30	1:36	1:48

Awards immediately following

Class 4A - 2PM

School	Check-in	Stretch	Two Mats	9 mats	Performance
Tuttle	1:21	1:36	1:42	1:48	2:00
Elk City	1:27	1:42	1:48	1:54	2:06
Heritage Hall	1:33	1:48	1:54	2:00	2:12
Kingfisher	1:39	1:54	2:00	2:06	2:18
Plainview	1:45	2:00	2:06	2:12	2:24
Weatherford	1:51	2:06	2:12	2:18	2:30
Mt. St. Mary	1:57	2:12	2:18	2:24	2:36
Purcell	2:03	2:18	2:24	2:30	2:42

Awards immediately following

Class 5A - 3PM

School	Check-in	Stretch	Two Mats	9 mats	Performance
Southeast	2:21	2:36	2:42	2:48	3:00
Elgin	2:27	2:42	2:48	2:54	3:06
Chickasha	2:33	2:48	2:54	3:00	3:12
Bishop McGuiness	2:39	2:54	3:00	3:06	3:18
Piedmont	2:45	3:00	3:06	3:12	3:24
Carl Albert	2:51	3:06	3:12	3:18	3:30
Del City	2:57	3:12	3:18	3:24	3:36

Awards immediately following

Class 6A - 4PM

School	Check-in	Stretch	Two Mats	9 mats	Performance
Southmoore	3:21	3:36	3:42	3:48	4:00
Choctaw	3:27	3:42	3:48	3:54	4:06
Deer Creek	3:33	3:48	3:54	4:00	4:12
Edmond Memorial	3:39	3:54	4:00	4:06	4:18
Putnam City North	3:45	4:00	4:06	4:12	4:24

Awards immediately following

**CHEER REGIONALS
LOCKER ROOM ASSIGNMENTS**

LOCKER ROOM A	LOCKER ROOM B	LOCKER ROOM C
Keota	Quinton	Wewoka
Crescent	Stroud	Cashion
Velma-Alma	Community Christian	Holdenville
Washington	Lindsay	Crossings Christian
Chisolm	Perry	Christian Heritage
Jones	Tuttle	Elk City
Heritage Hall	Kingfisher	Plainview
Weatherford	Mount St. Mary	Purcell
Southeast	Elgin	Chickasha
Bishop McGuiness	Piedmont	Carl Albert
Del City	Southmoore	Choctaw
Deer Creek	Edmond Memorial	Putnam City North



Map of Choctaw High School

14300 N.E. 10th Street, Choctaw, OK 73020



1. Main Gate
2. Main Parking
3. Bus Parking
4. Team Entrance
5. Warmup Room

