



# OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

DAVID JACKSON, EXECUTIVE DIRECTOR

MIKE WHALEY, ASSOCIATE DIRECTOR

Assistants : Amy Cassell - Mike Plunkett - David Glover - Todd Goolsby - Grant Gower



TO: CHEER COACHES  
FROM: AMY J. CASSELL  
RE: STATE CHAMPIONSHIP CHEER COMPETITION FACILITY INFORMATION  
DATE: JANUARY 25, 2021

IT'S HERE! We are finally at our State Championships for Competitive Cheer, and we are so excited!

The competition is set to begin at 10 a.m. at Union High School's UMAC. You'll find a map attached for the site. The warm-up will occur at the high school and due to some construction, the Union folks have graciously provided a shuttle service over to the UMAC for the competition.

The warm-up schedule is below – please be on time for your respective check-in and warm-up assignments.

**MASKS ARE REQUIRED FOR ALL PARTICIPANTS, COACHES AND SPECTATORS.**

**SOCIAL DISTANCING PROTOCOLS MUST BE FOLLOWED.**

**Please make sure your communities are aware of this policy.**

## IMPORTANT INFORMATION:

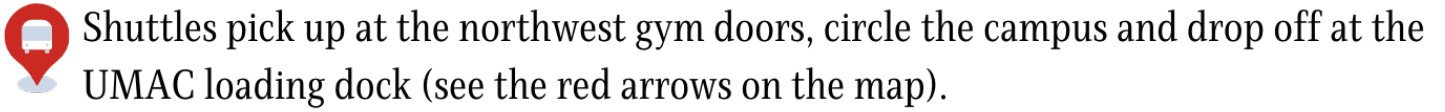
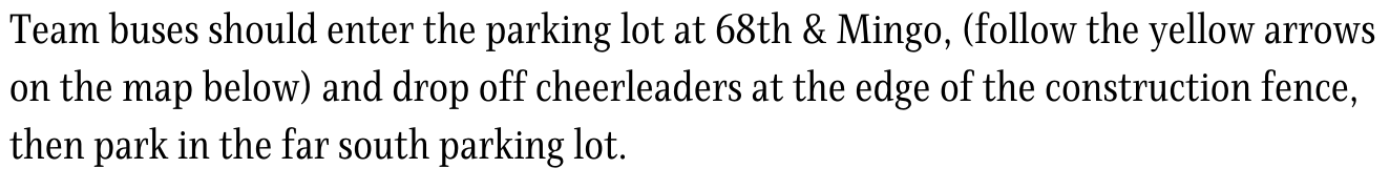
1. Buses **MUST** park in far south lot.
2. The link for online tickets for your school was sent to your AD today. The Athletic Director has the discretion to control the distribution for your school. The respective school links will be closed Thursday at 7 p.m. and a public link will open on the OSSAA homepage (ossaa.com) at 8 a.m. Friday for any unsold tickets. **EACH SESSION REQUIRES A TICKET.**
3. No outside food or drink is allowed inside the building.
4. Concessions will be open.
5. KUKULSKI BORTHERS will provide t-shirts and souvenirs at the event.
6. No signs, noise makers, are permitted. **MASKS ARE REQUIRED FOR PARTICIPANTS, COACHES AND SPECTATORS.** Teams may remove their masks to warm-up and perform.
7. **PLEASE COME PREPARED/DRESSED TO PERFORM. DO NOT LEAVE ANYTHING OF VALUE IN ANY AREA OTHER THAT THE HOSTS DESIGNATE. WE CANNOT BE HELD RESPONSIBLE FOR LOST OR STOLEN PERSONAL PROPERTY.**
8. Participants **must** sit in the end zone area of the arena instead of the side areas. **SECTION 119, 120, 121 AND 122 ARE DESIGNATED FOR PARTICIPATING SQUADS AFTER THEIR PERFORMANCE.**
9. When your squad is ready to warm-up for the competition, you will be directed to the warm-up area to prepare for the competition. The manager in the warm-up room will direct squads to the next stage of the warm-up. Please follow the schedule **EXACTLY**; timing is everything in running this competition smoothly. We appreciate your cooperation.

Teams will be provided individual times in the warm-up rooms before their scheduled performance (schedule below). After your preparation is complete, you will be shuttled to the UMAC for your performance. Please move your teams quickly to the shuttles.

**We will be running one classification at a time. Once your team has performed, please be seated in Sections 119, 120 121 or 122. At the end of all performances awards will be given in the stands. No teams are to be on the competition floor outside of their performance time. ALL CLASSIFICATIONS WILL FACE THE SAME DIRECTION FOR PERFORMANCE.**

10. **COACHES, MAKE SURE YOUR TEAM IS IN THE WARM UP AREA AND READY TO GO AT THE TIME LISTED ON THE SCHEDULE.** A time schedule is provided in this posting, please look it over and be in place to enter the warm-up area. Remember, this is an **approximate** schedule, judges may take longer than planned, or other delays may make a difference in the scheduled time.
11. A full practice mat area will be provided in the warm-up areas. There will be a tumbling strip mat available.

12. Re-Entry is not allowed.
13. Head coaches will receive three floor passes that must be worn for entrance to the competition floor. Only three coaches are allowed in the coach's box, **no additional cheerleaders** or coaches may enter the competition floor.
14. Please remind your fans in accordance with OSSAA Policy, no signs, banners, or noisemakers may be used by fans during the competition. Please refer to the OSSAA guidelines.
15. NO photographers will be permitted on the competition floor. Due to COVID, there will not be any professional photographers or video of the competition.





# **UNION ATHLETIC TRAINING**

## **MEDICAL EMERGENCY ACTION PLAN**

**Facility:** UMAC

**Year:** 2020-2021

**Address:** 6836 S Mingo Road, Tulsa 74133

### **Emergency Protocol:**

- First person to arrive on scene provides initial care.
- Send for AED.
  - ✓ Location: **Arena, north wall/2<sup>nd</sup> floor west wall/on floor during games w/Athletic Trainer**
- Send a coach, manager, or uninjured student-athlete to notify the Athletic Trainer if not on site.
- If the Athletic Trainer cannot be located, the head coach will become the leader.

### **Leader:**

- This person will be in charge of the emergency and will instruct others on the emergency team accordingly.

### **Leader's assistant:**

- Will assist the leader in the primary evaluation of the injured athlete.

### **Phone caller (a designated adult with access to phone):**

- Call EMS (911) and communicate the following information
  - ✓ The nature of injury
  - ✓ Level of consciousness
  - ✓ Age / sex of injured
  - ✓ Caller will not hang up until EMS operator until advised to do so.

### **Person to meet EMS:**

- Ambulance entrance: **Loading Dock, southeast corner of UMAC**
- Will contact necessary staff to assure full access for ambulance
- Will meet ambulance at the designated entrance and lead to injured athlete

### **Person to accompany athlete to hospital:**

- Ride with the athlete in the ambulance in the event the parent / guardian cannot be contacted
- Will have athletes physical and emergency information in hand.

**It is the responsibility of the Athletic Trainer to inform Athletic Director of the incident**

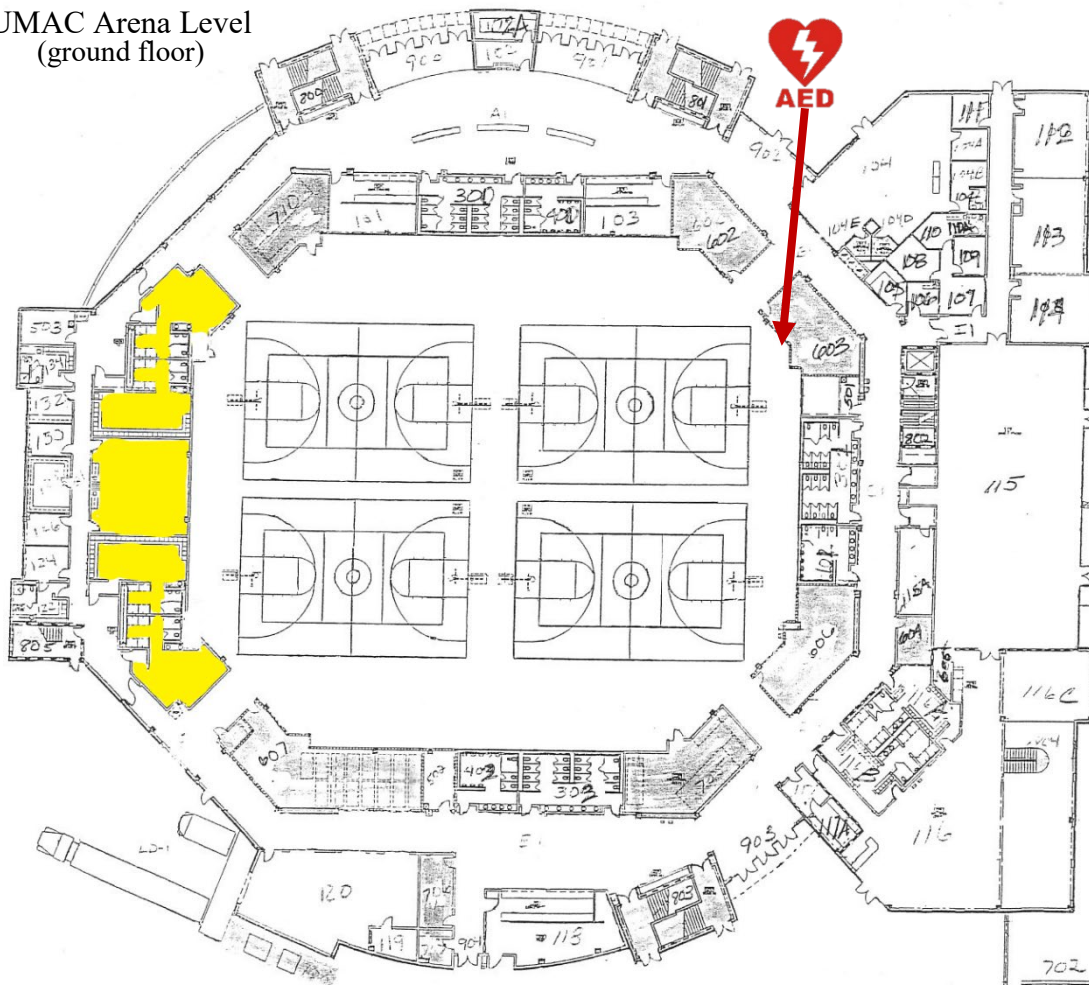
**It is the responsibility of the Athletic Trainer or head coach to inform athlete's parent / guardian**

**It is the responsibility of the Athletic Trainer to document incident and all actions taken**

<b>Head Athletic Trainer:</b>	<b>Dan Newman</b>	<b>918-852-2066</b>	
<b>Assistant Athletic Trainer:</b>	<b>Meagan DeShane</b>	<b>918-521-4940</b>	
<b>Assistant Athletic Trainer:</b>	<b>Jacob Newby</b>	<b>918-607-1437</b>	<b>EMS: 911</b>
<b>Athletic Training Facility:</b>	<b>UMAC</b>	<b>918-357-7493</b>	<b>fire, police, or ambulance</b>
<b>Athletic Department:</b>	<b>6836 S Mingo Rd Tulsa, 74133</b>	<b>918-357-7410</b>	



UMAC Arena Level  
(ground floor)



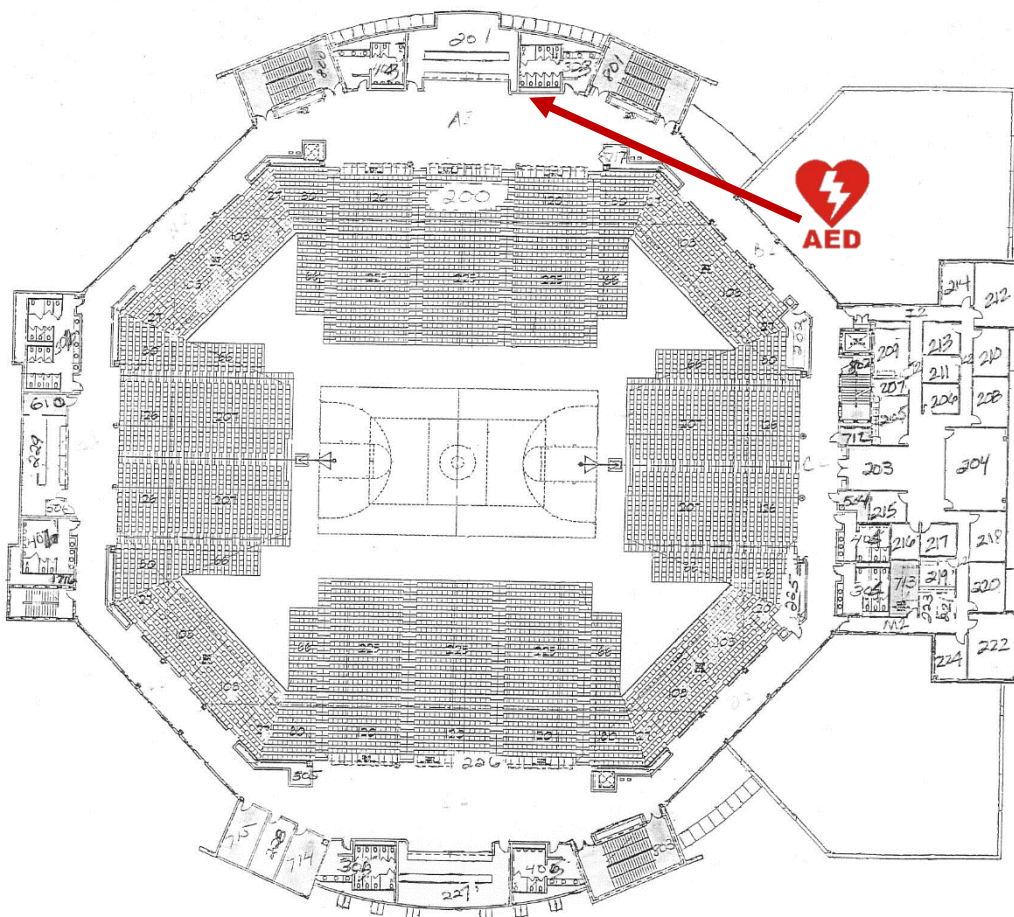
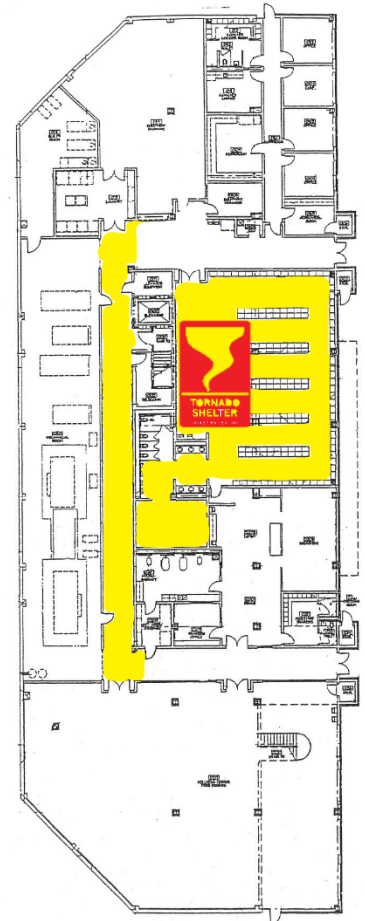
AED Locations:

- Arena Level-northwest wall inside arena
- Concourse Level-west wall near concession stand

Ambulance enter via loading dock, southeast corner

Tornado Shelter in highlighted areas

UMAC Field Level



# 2021 OSSAA COMPETITIVE CHEER SCHEDULE

2A	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
CRESCENT	9:05	9:20		9:30		9:40		9:50	10:05
KEOTA	9:10		9:25		9:35		9:45	9:55	10:10
WARNER	9:15	9:30		9:40		9:50		10:00	10:15
CENRAL (SALLISAW)	9:20		9:35		9:45		9:55	10:05	10:20
HINTON	9:25	9:40		9:50		10:00		10:10	10:25
CHOUTEAU-MAZIE	9:30		9:45		9:55		10:05	10:15	10:30
KETCHUM	9:35	9:50		10:00		10:10		10:20	10:35
WYNNEWOOD	9:40		9:55		10:05		10:15	10:25	10:40
OKEMAH	9:45	10:00		10:10		10:20		10:30	10:45
WELEETKA	9:50		10:05		10:15		10:25	10:35	10:50
CASHION	9:55	10:10		10:20		10:30		10:40	10:55
DIBBLE	10:00		10:15		10:25		10:35	10:45	11:00
COMMERCE	10:05	10:20		10:30		10:40		10:50	11:05
QUINTON	10:10		10:25		10:35		10:45	10:55	11:10

3A	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
KELLYVILLE	10:50	11:05		11:15		11:25		11:35	11:50
WASHINGTON	10:55		11:10		11:20		11:30	11:40	11:55
EUFULA	11:00	11:15		11:25		11:35		11:45	12:00
LINDSAY	11:05		11:20		11:30		11:40	11:50	12:05
PERRY	11:10	11:25		11:35		11:45		11:55	12:10
LINCOLN CHRISTIAN	11:15		11:30		11:40		11:50	12:00	12:15
HUGO	11:20	11:35		11:45		11:55		12:05	12:20

# 2021 OSSAA COMPETITIVE CHEER SCHEDULE

4A	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
STIGLER	12:05	12:20		12:30		12:40		12:50	1:05
CHICKASHA	12:10		12:25		12:35		12:45	12:55	1:10
INOLA	12:15	12:30		12:40		12:50		1:00	1:15
CROSSINGS CHRISTIAN	12:20		12:35		12:45		12:55	1:05	1:20
PAULS VALLEY	12:25	12:40		12:50		1:00		1:10	1:25
WESTVILLE	12:30		12:45		12:55		1:05	1:15	1:30
HILLDALE	12:35	12:50		1:00		1:10		1:20	1:35
BLANCHARD	12:40		12:55		1:05		1:15	1:25	1:40
KINGFISHER	12:45	1:00		1:10		1:20		1:30	1:45
PURCELL	12:50		1:05		1:15		1:25	1:35	1:50

5A	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
BISHOP MCGUINNESS	1:25	1:40		1:50		2:00		2:10	2:25
WEATHERFORD	1:30		1:45		1:55		2:05	2:15	2:30
GROVE	1:35	1:50		2:00		2:10		2:20	2:35
PIEDMONT	1:40		1:55		2:05		2:15	2:25	2:40
HERITAGE HALL	1:45	2:00		2:10		2:20		2:30	2:45
SKIATOOK	1:50		2:05		2:15		2:25	2:35	2:50
TAHLEQUAH	1:55	2:10		2:20		2:30		2:40	2:55
TUTTLE	2:00		2:15		2:25		2:35	2:45	3:00
GLENPOOL	2:05	2:20		2:30		2:40		2:50	3:05
NEWCASTLE	2:10		2:25		2:35		2:45	2:55	3:10
POTEAU	2:15	2:30		2:40		2:50		3:00	3:15
CLAREMORE	2:20		2:35		2:45		2:55	3:05	3:20

# 2021 OSSAA COMPETITIVE CHEER SCHEDULE

6A	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
SOUTHMOORE	2:50	3:05		3:15		3:25		3:35	3:50
ED SANTA FE	2:55		3:10		3:20		3:30	3:40	3:55
MUSTANG	3:00	3:15		3:25		3:35		3:45	4:00
YUKON	3:05		3:20		3:30		3:40	3:50	4:05
JENKS	3:10	3:25		3:35		3:45		3:55	4:10
ED MEMORIAL	3:15		3:30		3:40		3:50	4:00	4:15
UNION	3:20	3:35		3:45		3:55		4:05	4:20
ED NORTH	3:25		3:40		3:50		4:00	4:10	4:25
MOORE	3:35		3:50		4:00		4:10	4:20	4:35

SMALL CO-ED	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
SPERRY	4:05	4:20		4:30		4:40		4:50	5:05
DEWEY	4:10		4:25		4:35		4:45	4:55	5:10
BRIDGE CREEK	4:15	4:30		4:40		4:50		5:00	5:15
HARRAH	4:20		4:35		4:45		4:55	5:05	5:20
LITTLE AXE	4:25	4:40		4:50		5:00		5:10	5:25
NEWKIRK	4:30		4:45		4:55		5:05	5:15	5:30
SULPHUR	4:35	4:50		5:00		5:10		5:20	5:35

LARGE CO-ED	CHECK IN	STRETCH GYM	STRETCH CHEER ROOM	TUMBLE GYM	TUMBLE CHEER ROOM	ROUTINE GYM	ROUTINE CHEER ROOM	LEAVE WARM UP	PERFORM
BT WASHINGTON	5:05	5:20		5:30		5:40		5:50	6:05
WESTMOORE	5:10		5:25		5:35		5:45	5:55	6:10
BIXBY	5:15	5:30		5:40		5:50		6:00	6:15
OWASSO	5:20		5:35		5:45		5:55	6:05	6:20
WOODWARD	5:25	5:40		5:50		6:00		6:10	6:25
BROKEN ARROW	5:30		5:45		5:55		6:05	6:15	6:30