

*Mercy High School's  
12<sup>th</sup> Annual Spirit Spectacular  
Cheerleading and Dance Competition  
Mascot and Solo Exhibition*



Varsity Dance



Varsity Cheerleaders



Novice Dance

Friday, April 30, 2010  
5:00 pm

Junipero Serra High  
450 West 20<sup>th</sup> Ave  
San Mateo, CA 94403

Doors open at 4:00pm  
Warm-ups begin at 4:30pm

Entrance fee  
Adults \$5  
Children \$1

T-Shirts on Sale for  
\$10 at the door

Registration deadline is **Wednesday, April 21, 2010**  
Register online [www.mercyhsb.com](http://www.mercyhsb.com)  
**Each participant will receive a t-shirt!!!**

For information please contact Meave Fallon Ward at [mfallon@mercyhsb.com](mailto:mfallon@mercyhsb.com)

March 2010

Dear Cheerleading and/or Dance Coach,

Mercy High School is excited to host “*Spirit Spectacular*” its 12<sup>th</sup> Annual Cheerleading and Dance Competition at Junipero Serra High School on Friday, April 30, 2010 at 5:00 pm! We invite all soloists out there to participate in our solo exhibition. For all your mascots, we will have a short “mascot clinic” culminating in a group performance.

Mercy High School is proud to offer a myriad of awards each year. Due to its huge success at our competitions in the past, we are pleased to once again offer our *Spectacular Coach Award!* We encourage all coaches to submit the following/enclosed information:

1. Application filled out by the entering Coach
2. Essay about you, turned in by one of your cheerleaders/dancers (preferably a captain)

Our entire competition will be videotaped and available for purchase!

Our Mercy Crusaders will take the floor and perform the routines they took on the 2009-2010 competition circuit. We started the year winning many awards at USA Summer Camp at UC Santa Cruz. We have competed at USA Regionals in Tracy, Stockton, and Antioch and at the Aragon Hip Hop Competition, Cheer Around the Bay in South San Francisco, and the Sequoia Showcase. At the end of March, we will be traveling to Anaheim, CA to participate in the USA Nationals!

Although the competition will be held at Junipero Serra High School, we ask that you kindly respect the school and not direct any phone calls to Serra High. If you have any questions, please feel free to contact Athletic Director Meave Fallon Ward directly at Mercy High School by calling her office at (650) 762-1107 or by emailing her at [mfallon@mercyhsb.com](mailto:mfallon@mercyhsb.com).

We hope you can join us on April 30<sup>th</sup> and we look forward to seeing you then!

With Enthusiasm,

*Meave Fallon Ward*  
Athletic Director  
[mfallon@mercyhsb.com](mailto:mfallon@mercyhsb.com)

*Becca Hazen*  
Cheer Coach  
[rebecca\\_hazen@yahoo.com](mailto:rebecca_hazen@yahoo.com)

*Gary Ferguson*  
Dance Coach  
[dancewithg@yahoo.com](mailto:dancewithg@yahoo.com)

## ***Registration, fees and deadlines:***

Teams must register by **Monday, Wednesday April 21, 2010**. There is a **\$13 registration fee per participant** – this includes a t-shirt and certificate for each participant. **All participants must be current students at your school. Please enclose a list of each participant's name with your registration form. You can register on the Mercy High School website [www.mercyhsb.com](http://www.mercyhsb.com). Checks should be made out to Mercy High School and sent to:**

Cheerleading Competition  
Mercy High School  
c/o Meave Fallon Ward  
2750 Adeline Drive  
Burlingame, CA 94010

## ***Format:***

Doors will open at 4:00pm. Warm-ups will begin at 4:30pm, and the competition will begin promptly at 5:00pm. The awards ceremony will be held at the end of the evening, after the solo, cheer, and dance competitions have been completed. The 7<sup>th</sup> Grade teams will be in a separate division from 8<sup>th</sup> Grade Teams. The time of the awards ceremony will be based on the number of soloists and schools participating.

Each team (7<sup>th</sup> or 8<sup>th</sup> Grade) may compete in the cheer competition, the dance competition, or both. Each cheer and each dance routine should be no longer than 2:30. Solo dance routine should be no longer than 1:30.

Music must be provided on the day of the event on a CD, should be clearly marked with school's or soloist's name, and should be the only track on the CD. (Soloist music can be included in the school's CD but track numbers must be clearly indicated.) Music may be collected at the judging table at the end of the competition.

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## **Registration Form**

Registration Deadline is  
**Wednesday, April 21, 2010**

School Name \_\_\_\_\_

School Colors \_\_\_\_\_

Coach's Name \_\_\_\_\_

Coach's Phone# \_\_\_\_\_

Coach's Email \_\_\_\_\_

Total Number of squad participants \_\_\_\_\_ x \$13 = \_\_\_\_\_

Number of soloists \_\_\_\_\_ x \$5 = \_\_\_\_\_

T-shirt sizes (include one for the coach(es) too:

Youth Large \_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Med \_\_\_\_\_ Adult Lrg \_\_\_\_\_ Adult XL \_\_\_\_\_

Our school will participate in (check all that apply):

- Cheer competition – 7<sup>th</sup> Grade division
- Cheer competition – 8<sup>th</sup> Grade division
- Dance competition – 7<sup>th</sup> Grade division
- Dance competition – 8<sup>th</sup> Grade division
- Solo exhibition (this is not a competition, all participants will receive an award)
- Mascot showdown (not a formal competition, but an opportunity for the mascots to show their spirit)

Checks should be made out to Mercy High School and sent to:

Cheerleading Competition  
Mercy High School  
c/o Meave Fallon Ward  
2750 Adeline Drive  
Burlingame, CA 94010

You may register at **[www.mercyhsb.com](http://www.mercyhsb.com)**

Please attach a list of each participant's name (including grade, mascot, and indicating soloists) and submit with this registration form and check.

We ask that you kindly respect our venue, Serra High School, and do not call them with questions. Any questions you have may be directed to Meave Fallon Ward, Athletic Director of Mercy High School: (650) 762-1107 or [mfallon@mercyhsb.com](mailto:mfallon@mercyhsb.com)

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## **Rules, Judging Guidelines, and Awards**

### ***The following are strictly prohibited:***

- Tumbling with the use and support of less than both hands
- Stunting (i.e.: thigh stands, partner stunts, basket tosses, shoulder straddles)
- Use of mini-trampolines, springboards, or any other height increasing apparatus
- Pyramids
- Jumps which land in a stunt
- Confetti and streamers
- Jewelry and accessories (i.e.: earrings, bracelets, necklaces, rings, poorly fastened hair pieces and/or tattoos, loose face/body glitter)
- Hard-soled shoes or shoes that may mark or otherwise deface the gym floor

### ***The following are acceptable:***

- Jumps in which landings bear the weight of both feet
- High kicks in which landings bear the weight of both feet
- Props, poms, megaphones, and signs used during routines (please note: safety and disposal of such will therefore be monitored)
- Posters and balloons to decorate the school's section (please note: decorations must be cleaned up and cleared by the end of the competition)

### **Samples of Squad Judging:**

- Originality
- Sharpness
- Clarity of movements
- Quality of jumps or leaps
- Voice projection
- Eye contact/facial expressions
- Showmanship
- Sportsmanship
- Positive attitude
- Overall appearance

### ***Awards:***

- School trophy and individual medals for 1<sup>st</sup> place 8<sup>th</sup> Grade Cheer winners
- School trophies for 2<sup>nd</sup> and 3<sup>rd</sup> Place winners of 8<sup>th</sup> Grade Cheer division
- School trophy for 1<sup>st</sup> place 7<sup>th</sup> Grade Cheer winners
- School trophy and individual medals for 1<sup>st</sup> Place 8<sup>th</sup> Grade Dance winners
- School trophies for 2<sup>nd</sup> and 3<sup>rd</sup> Place winners of 8<sup>th</sup> Grade Dance division
- School trophy for 1<sup>st</sup> place 7<sup>th</sup> Grade Dance winners
- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place school trophy for the Most Spirited school
- Plaque for Spectacular Coach
- Mascot and soloist participation awards

More information at [www.mercyhsb.com](http://www.mercyhsb.com)

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## DVD Order Form

Professional video taping

### **ORDERED BY**

School \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone# \_\_\_\_\_

**\*If you want to place a group order for multiple families on your team you can put the order all together on this form and list the family names on the back.**

### **Early bird price (deadline April 21):**

**Number of DVDs \_\_\_\_\_ x \$20= \_\_\_\_\_**

### **Day of or after competition price:**

**Number of DVDs \_\_\_\_\_ x \$25= \_\_\_\_\_**

Checks should be made out to "Mercy High School." You will be contacted with the DVDs are available for pickup. Any questions you have may be directed to Meave Fallon Ward, Athletic Director of Mercy High School: (650) 762-1107 or [mfallon@mercyhsb.com](mailto:mfallon@mercyhsb.com).

**COACHES PLEASE DISTRIBUTE TO  
PARENTS!!**

*Mercy High School's 12<sup>th</sup> Annual Spirit Spectacular*  
**Spectacular Coach**  
Application 2010

1. How did you become a coach?
2. How long have you been coaching, and at what levels?
3. What type of cheerleading and/or dance experience do you have personally?
4. What is/was your squad and personal goals for the year?
5. What kind of bonding activities do you partake in, and why do you feel they are the most effective?
6. What is the most rewarding thing about coaching in your opinion?
7. What is your coaching philosophy?

Please also have one of your competing cheerleaders complete an essay, no longer than one typed page, stating why she/he feels that you should receive this award, including any statements and/or stories or situations in which the coach went "above and beyond" and excelled as a role model.