

Spirit Spectacular 2016

GENERAL INFORMATION:

Friday, April 15, 2015

Junipero Serra High School Gymnasium

451 W. 20th Ave, San Mateo, CA.

Doors open at 3:30pm pm

Warm-ups begin at 4:00pm

Program ends at 6:00 pm

ENTRANCE FEE:

General Admission:

Adults - \$5.00

Teens - \$3.00

12 and under are free

(Participants and their coaches do not need ticket)

TIME LIMITS:

ALL routines will need to remain at 2 minutes and 30 seconds maximum. Soloist routines should be no longer than One minute and 30 seconds maximum.

REGISTRATION:

Teams must register by Thursday, March 25th, 2016. There is a \$20 registration fee per participant which includes a t-shirt and certificate. All participants must be current students at your school. Please see registration form and include a list of each participant's name with your registration. All registration forms should be

emailed to:

gferguson@mercyhsb.com.

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

**Mercy High School Burlingame
c/o Gary Ferguson
2750 Adeline Drive
Burlingame, CA 94010**

AWARDS:

Mercy High School is proud to offer a myriad of awards each year including trophies for first, second, and third place in both cheer and dance divisions. Also, due to its popularity at our competitions in the past, we are pleased to once again offer our Spectacular Coach Award! We encourage any student-athlete to submit the following/enclosed information:

- **Essay about your coach, turned in by one of your cheerleaders/dancers (preferably a captain)**

Music- This years competition music must be on a digital device. There is no cd player at the gym. Make sure your competition music is placed in a separate playlist from all of your other competition music and is clearly marked. Example: Mercy Burlingame 7th grade Dance. Please remember to place devices in airplane mode if they are cellular compatible.

PERFORMANCES WILL BE JUDGED ON THE FOLLOWING CRITERIA:

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

GOOD LUCK TO ALL PARTICIPANTS!

GENERAL RULES:

We encourage school spirit; therefore bring signs, rooter poms, etc.

Small banners may be hung on the gym walls with blue painters tape (no other tape is allowed).

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**

BE KNOWN - BE CHALLENGED - BE TRANSFORMED



ATHLETICS