



2023-2024 MCCA ALL STATE INFORMATION

Competitive Team

All State Competitive Team tryouts are open to competitive cheerleaders nominated by their coach. Tryouts are judged based on video submission of candidates performing at a competition.

TRYOUT DETAILS:

- Tryout registration cost: **\$20** per cheerleader.
- Tryout registrations and video submission are **due Sunday, December 17, 2023 by noon.**
 - Payment may be paid online at time of registration or offline via mail.
 - Registration payment must be received by December 17 in order for video to be judged.
 - No late registrations or submissions will be accepted.
- Coaches from high school, community education, or all star competitive programs can nominate their athletes for the All State team.
 - Cheerleaders must remain on the team and in good standing to be recognized at the State Banquet and perform at the State Competition.
- Coaches must be current members of MCCA to nominate athletes from their school/gym/program's competitive team.
- All seniors or up to 6 cheerleaders can be nominated from each school/gym/program.
- Athletes will be judged based on their video submission.
- Cheerleaders may tryout for both the competitive and sideline All State teams if they meet the requirements for each team.

VIDEO SUBMISSION INSTRUCTIONS:

- Candidates will submit a routine video or highlight reel, no longer than 2.5 minutes, that contains the following elements:
 - Cheer - Should include multiple crowd leading techniques (motions, signs, stunts, etc).
 - Stunts - At least 5 8-counts of stunting
 - Jumps - At least 1 double jump (can include additional jumps or longer connection)
 - Tumbling (optional) - Best standing and/or running tumbling
- Ensure there is a full view of the candidate (head to toe) and that skills are not cut off.
- If you are using a performance video or clip, clearly indicate where the candidate is located.
- **Upload the video to YouTube**
 - Video privacy settings must be public or unlisted to ensure judging access.
 - Video quality does affect judging. It is recommended that you ensure video is playable in at least 720p.
- **Email video link to allstate.mcca@gmail.com**
 - Use the candidate's name and school/gym in the subject line.
 - Include descriptions of starting position(s) if filmed during a performance and other athletes are in the frame.

POST TRYOUT INFORMATION:

- Results will be posted to social media and emailed out to coaches who nominated their athletes by **January 1, 2024**.
- All State members will be recognized at the State Banquet on **Friday, January 26, 2024**.
- All State cheerleaders are invited to perform at the State Competition on **Saturday, January 27, 2024**. Performance will take place at the end of the night before final awards.
 - Practice for the performance is on **Sunday, January 14, 2024**.
- More detailed information will be emailed out to those who make the team.

FREQUENTLY ASKED QUESTIONS:

Can I nominate a cheerleader from my School who competes on a team at an All Star gym or Rec program?

- No, you can only nominate athletes who compete on a team from the school/gym/program you coach for. For example, if you have a sideline cheerleader who competes at an All Star gym; the All Star gym will need to nominate the athlete for the All State Comp Team.

Can videos be recorded at practice?

- Yes! This year we are allowing for a performance video OR highlight reel to ensure you are able to best capture your skills. A single performance video may be submitted like in the past or you can piece together clips from performances or practice showing off your best skills.

Can I submit multiple videos?

- No, please use video editing software or an app to paste together your video clips into a single video before uploading to YouTube.

If you have any questions, please contact Jenn Fleener at allstate.mcca@gmail.com.