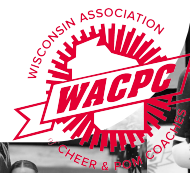




WACPC

Wisconsin Association of Cheer and Pom Coaches Inc.

District Meeting 2025





WACPC Board of Directors

Executive Board

Ryan Mittelstaedt, President
Renee Buchholz, Vice President
Kristen Alger, Treasurer
Hayley Wolfe, Secretary

District Representatives:

District 1 Reps: Liz Klatt & Lisa Gerdman
District 2 Reps: Liberty Christianson & Kelsey Rode
District 3 Reps: Alexis Schroeder & Charlie Boivin
District 4 Reps: Lauren Hoefgen & Natalia Vernezze
District 5 Reps: Haley Reiche & Carrienne Barrett
District 6 Reps: Tara Gullicksrud & Lizzi Collins

At Large Members:

Andrew Meinel, Anne Shaw, Taylor Johnson, Rodney Anderson,
Lindsay Wakefield, Taylor McGee





WACPC Standards and Compliance

- Coaches should consistently uphold the integrity of the profession, strive to set an example of the highest ethical and moral conduct.
- Coaches should have thorough knowledge of the safety rules.
- Competition administrators and judges shall have the respect and support of the coach. **Public criticism of competing athletes, teams, coaches, competition administrators, or judges is unethical.**





WACPC Ethics Statement (cont.)

- Conduct that incites athletes or spectators against these personnel is unethical. Constructive criticism or concerns should be directed to the WACPC Board of Directors.
- Coaches shall actively use their influence to promote sportsmanship.
- While it is impossible for competition administrators or judges to monitor the ethical behavior of athletes, teams or coaches, these rules exist on an honor system.





Coaching Ethics

Coaching ethics means conforming to professional standards and moral conduct. Cheer and Dance coaches have a tremendous influence in the education of an athlete. Never place the value of winning above the value of instilling the highest ideals of character.



Sportsmanship

Sportsmanship Winners 2024-2025



Hudson



Kenosha Christian Life



Kettle Moraine

- Nominate teams in 2025-2026 by scanning a QR code in programs or on posters at event. Nominations open November 1 - March 1
- Google form can also be found on wacpc.com > Recognition > Sportsmanship.



Coach of the Year



Brittney Braun



Brandi Russell-Berg

Nominations for coach of the year are open through January 7.





Scholarships

- WACPC awarded 23 scholarships in 2025. Congratulations to those deserving student athletes! At minimum of 20 scholarships of at least \$1,000 will again be awarded based on merit in 2026.
- 1237 Scholar athletes awarded





WACPC Membership

- Individual WACPC Coaching Membership \$75
- Individual WACPC Coaching Membership AND National Dance Coaches Association (NDCA) Annual Membership \$105 (\$20 savings)
- Individual WACPC Coaching Membership AND USA Cheer Annual Coaches Professional Membership \$105 (\$20 savings)
- Individual WACPC Non-Coaching Membership \$50

NOTE: Each individual coach should create their own sports engine account and register.

WACPC is the only WIAA-recognized governing body for cheer and dance in Wisconsin, supporting coaches through networking, education, and lifetime opportunities for athletes. All head coaches or conference attendees must hold membership; staff attending only competitions can register via the team form.





Membership Registration

Note: Once you submit your invoice through SportsEngine, you'll receive a Quickbooks invoice within 48 hours. You can pay directly using the link in the email, or print the invoice and have your school mail a check.

Membership is not active until payment has been received by Treasurer. All memberships are nonrefundable.



Communication

Ways to connect via Social media:

- Facebook Page:
 - Wisconsin Association of Cheer and Pom Coaches
 - Used for general updates and public announcements
- Instagram:
 - @WACPC
- Members who have registered for WACPC can access:
 - 2025-26 WACPC Coaches BANDs
 - Used for member media blasts such as celebrations, collaboration activities, motivational tips, and enhancing education of spirit sports. Questions are accepted, but can also be sent in other ways.
- Continuing:
 - Coaches Corner





WACPC Event Dates

JEM Fall Conference

October 18, 2025 @ Greenheck Turner Community Center | Wausau, WI

Fall Conference:

Nov. 14-16, 2025 @ Wilderness, WI Dells

Cheer JEM:

Jan. 10, 2026 @ Portage High School

Dance Regionals:

Jan. 24, 2026 @ DC Everest HS & Middleton HS

Dance JEM:

Jan. 31, 2026 @ Kimberly High School

Dance State:

Feb. 6-7, 2026 @ La Crosse Center

Cheer Prelims:

Feb. 14, 2026 @ Hartford Union HS

Cheer State:

Feb. 20-21, 2026 @ Resch Expo Center | Green Bay





WACPC JEM Fall Conference

- **Conference Fee**
 - For member coaches \$75
 - For athletes \$75
- **Date**
 - October 18, 2025
- **Location**
 - **Greenheck Turner Community Center**
in Wausau, WI





WACPC Fall Conference

- **Conference Fee**
 - For member coaches \$150
 - For athletes \$125
- **Date**
 - November 14-16, 2025
- **Location**
 - Wilderness Conference Center in the Wisconsin Dells





Minutes and Communication

- Meeting minutes will be posted within 14 days after each meeting.
- Financials, updates, and board/committee reports are included in the posted minutes
- Follow us on social media for the latest news and highlights.
- Concussion insurance details are available for all member coaches on the Members-Only page.



Dance Updates





DANCE EVENT LOCATIONS

- **Regionals:** January 24, 2026
 - Northern: DC Everest High School
 - Southern: Middleton High School
- **JEM:** January 31, 2026
 - Kimberly High School
- **Varsity State & College Competition:** February 6-7, 2026
 - La Crosse Center

Regional Grey Zone Map is available on wacpc.com under:

- Comps/Registration > Dance - Varsity



TEAM REGISTRATION INFORMATION

- Registration opens October 1
 - \$25 per athlete
 - \$125 for second routine / third routine
- Deadline for Dance Team Registration
 - Dec 1
 - Late Fee \$500



ALL-STATE / DUO / TRIO / SMALL GROUP INFO

- Registration Opens
 - October 1st, 2025
- Cost
 - \$35 per athlete
 - Varsity
 - All State
 - Varsity and JEM
 - Duets/Trios & Small Groups
- Registrations Closes
 - December 1, 2025
 - Late Fee **\$500**
- Deadline for Video Submissions
 - January 2, 2026



VARSITY DANCE DIVISIONS

(Enrollment splits based on 2024-2025, includes charter schools)

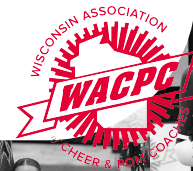
Pom

- Division 1 1570 and Higher
- Division 2 1200 - 1569
- Division 3 870 - 1199
- Division 4 560 - 869
- Division 5 360 - 559
- Division 6 359 and lower

Division splits by team
can be found on
wacpc.com under
Comps/Registration >
Dance - Varsity

Open

- Division 1 1200 and higher
- Division 2 560 - 1199
- Division 3 559 and Lower





JEM DANCE DIVISIONS

- **JV (Grades 9th-12th)**
 - POM / JAZZ / HIP HOP / KICK
- **MIDDLE SCHOOL / REC (Grades 5th-9th)**
 - POM / JAZZ / HIP HOP / KICK
- **NOVICE (Grades 5th-9th)**
 - POM / JAZZ / HIP HOP / KICK
- **UPPER ELEMENTARY (Grades K-6th)**
 - POM / JAZZ / HIP HOP
- **LOWER ELEMENTARY (Grades K-3rd)**
 - POM / JAZZ / HIP HOP





VARSITY UPDATES

- **State Dance**
 - **Friday**
 - All Pom Divisions / All State Dance
 - **Saturday**
 - 1st of the Day - Jazz
 - 2nd of the Day - Kick
 - 3rd of the Day - Hip Hop
- For more information on the estimated timeline of these divisions please refer to the Website < Competitions < Varsity - Dance < 2026 WACPC State Dance Timeframes



COLLEGE UPDATES

- **Placing College Teams will receive Trophies and Medals in 2026**
- **Registration Fees are now the same as all other divisions.**
 - **Registration opens October 1**
 - \$25 per athlete
 - \$125 for additional routine
- **State Dance**
 - **Saturday**
 - 1st of the Day - Jazz
 - 2nd of the Day - Pom
 - 3rd of the Day - Hip Hop





JEM UPDATES

- **JV Roster Rule**
 - 75% of dancers on JV teams must be exclusive to JV (rounded up).
- **JEM Division Split Rule (Now Including JV)**
 - Any division (including JV) with 13+ teams will be split.
 - JV will be divided into D1 and D2 when applicable.





GENERAL DANCE UPDATES

- **Minimum Time Between Performances**
 - Teams will be given at least 40 minutes between performance and report times when lineups are created for competitions.
- **Dance Comp Genie (New Tabulation Program)**
 - Approved to proceed with implementation.
- **Handbook**
 - 2025-2026 Handbook has been updated and posted.
 - We are exploring a re-design and re-organization to improve clarity / functionality of the handbook.





GENERAL DANCE UPDATES

- **LIVE Line Up Drawing**

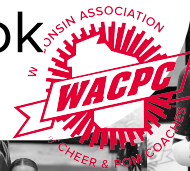
- Registration due date is postmarked December 1, 2025
- The drawing is planned for the first weekend in January
 - The exact date is still to be determined
- A Non-Competing Dance Committee member will do the drawing.
- The drawing will be on a zoom or google link set up in January and sent out for coaches to join.
- A recording will be sent out afterward if unable to attend.
- New Faster Process for Drawing:
 - Available within our Handbook under:
 - About WACPC > Handbooks





GENERAL DANCE UPDATES

- Finalizing job descriptions for new/updated roles
 - Assistant Dance Judge Liaison
 - Dance Safety and Education Judge
 - IT Event Operations Assistant
 - Content Creator
 - Dance Event Planning Coordinator
- Reorganizing / Redesigning of the Dance Handbook





DANCE JUDGE TRAINING

When:

Performance Judge - September 20th

Safety Judge - September 21st

Registration Fee: \$50.00

(\$75.00 for Both Performance / Safety)

Where: Wauwatosa West High School

Registration Opens: August 15th





UPDATES ON SAFETY RULES FOR DANCE

- Kick Count - **New minimum:** 35 kicks of any height by the entire team across all age classifications.
- **New**, reorganized books: available through membership
- **Dance Rule is now Rule 3**, with definitions at beginning, then rules and situations follow.
- **No new NFHS Rules**, only clarifications and new situations.
- Pay close attention to definitions: there are **8 new ones**.
- **Rule 3.1.3b2** has expanded and includes kip ups and headsprings now as well when wearing half-soled shoes.
- **HANDS FREE POMs: No longer allowed for any kind of tumbling or lifting.**
- **Rule 3.10–Props**—has been reorganized. This is where information regarding the use of handheld props, stepping on props, etc. is found.
- **Questions?** JulieJ@wacpc.com



CONTACT US

- NFHS & WACPC Rules Clarification
 - juliej@wacpc.com
 - Legality rulings (sending videos)
 - Questions re: warnings/deductions received at event in WI
 - Interest in becoming a Tech Judge
- All Other Questions!
 - Dance Co-Chair
 - andrew@wacpc.com
 - District Representatives
 - Emails located on our Website < About WACPC < Board of Directors
- Dance Proposals/Concerns Form:
 - Located on the Home Page of wacpc.com



Cheer Information



Team Registration Information

- Registration opens **October 1**
 - JEM & Varsity Cheer
 - \$25 per athlete
 - \$125 for second routine
 - College Cheer
 - \$25 per athlete (\$200 minimum)
 - \$100 for second routine
- Deadline for JEM Cheer Registration
 - **Dec 1, 2025**
 - Late Fee \$500
- Deadline for Varsity & College Cheer Registration
 - **December 19, 2025**
 - **NO LATE REGISTRATIONS ACCEPTED**





All State / Mascot / Stunt Group Information

- **Registration Opens October 1!**
- **Cheer All State (includes Mascot)**
 - \$35 per athlete
- **Stunt Groups (All Girl Quad & Coed)**
 - \$40 per group
 - No crossovers, no extra personnel
 - All Girl Quads are limited to 4 athletes
 - Coed must use 3 (spotter can be male or female)
- **Deadline for Registration**
 - **Dec 19, 2025 for All State, Mascot & Stunt Group**
 - Late Fee \$500
- **Deadline for All State, Mascot & Stunt Group Video Submissions**
 - February 1, 2026





Cheer Event Locations

- **JEM:** January 10, 2026
 - Portage High School
- **Preliminaries:** February 14, 2026
 - Hartford Union High School
- **State Cheer Championship:** February 20-21, 2026
 - Resch Expo Center | Green Bay





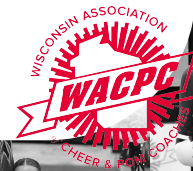
Cheer State Updates

- WACPC Cheer State Scheduling Update
 - Friday February 20th
 - All-State, Stunt Group, Mascot, College
 - Saturday February 21st
 - Game Day, Traditional, Non-Tumble, & Cheer Dance



Cheer Division Updates

- Updated Divisions & Sub-Divisions
 - Preset Subdivisions
 - **Small:** 5–11 athletes | **Medium:** 12–15 athletes | **Large:** 16+ athletes
 - All Girl Traditional
 - All Girl Non-Tumble
 - All Girl Gameday
 - Coed Gameday
 - **Small:** 1 male | **Large:** 2+ males
 - Coed Traditional
 - Coed Non Tumble
 - **No Subdivision Split**
 - Cheer Dance
- Top 50% of every division will qualify from prelims to state; No auto-qualifiers
- Scores of 75% or more of total possible score will advance to state for all Traditional and Non-Tumble divisions (**ex.** Traditional AG is out of 140, team would have to score at least 105 for wildcard)
- Last season of Cheer Dance division; will be eliminated for 2026/2027 season





Non-Tumble Routine Updates

Group Stunt Base Score Criteria:

- All Girl Non-Tumble: Out of 6 stunts (7th is a bonus)
- Middle School Non-Tumble: Out of 4 stunts (5th is a bonus)
- Coed Non-Tumble: Out of 6 stunts
 - 3 must be coed-style stunts
 - 4 coed stunts = bonus

UPDATES ON SAFETY RULES FOR CHEER

- **New**, reorganized books: available through membership
- **Cheer Rule is now Rule 2**, with definitions at beginning, then rules and situations.
- **No new NFHS Rules**, only clarifications and new situations.
- Be sure to review the definitions: there are **4 new/updated ones**.
- **2.2.7** allows an extended single-based stunt supported at the waist as an exception for requiring a spotter.
- **2.3.5d** clarifies a bracer may release the top person or move to a load during a flip inversion when the top is descending and goes to a cradle or performance surface.
- **2.3.7** clarified exceptions for when a participant can hold props in hands.
- **2.3.9** prohibits a participant from landing or being caught in an inverted position in a stunt or pyramid from an unassisted airborne position.
- **2.5.3e, f** clarifies restrictions on use of props during tosses to a cradle, and that a top person must not be inverted during tosses to cradles.
- **2.5.6d, e** clarifies release from extended vertical position and to permit a release from a vertical position at prep level to land in a vertical or horizontal position.
- **HANDS FREE POMES: No longer allowed for any kind of tumbling or stunting.**
- **Questions?** katy@wacpc.com





Cheer Judge Training

When: August 23rd & 24th (Sat/Sun)

Time: 9 AM - 5 PM

Where: Milwaukee Area (exact location tbd)

Register [HERE](#)





Contact Us

- katy@wacpc.com
 - NFHS & WACPC Rules Clarification
 - Legality rulings (sending videos)
 - Questions re: warnings/deductions received at event in WI
 - Interest in becoming a Tech Judge
- haileyr@wacpc.com
 - Requests for Judges
 - Feedback on Events
 - Requests for scoresheet clarifications
 - Requests for scoresheets (w/o Logo) to be used at locals
- lauren@wacpc.com or taylorj@wacpc.com
 - All other cheer related questions!

[Cheer Proposals/Concerns Form](https://www.wacpc.com) (wacpc.com)

