

# Wahconah Regional High School

## Winter Cheerleading Invitational

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**SUNDAY, FEBRUARY 19<sup>TH</sup> at 1PM**  
**in the Wahconah Regional High School Gymnasium**  
**150 Old Windsor Rd, Dalton, MA 01226**  
All MSAA sanctioned teams are welcome to attend

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The Wahconah Regional High School Cheerleaders and Coaches invite you to be a part of our 2nd cheerleading invitational at our brand-new school on February 19, 2023!

This tournament has been sanctioned by the MSAA and will follow the 2022-2023 NFHS Spirit Rules and Regulations. All competing schools must be sanctioned by the MSAA, and teams adhere to the MSAA guidelines related to routine length and format.

**COMPETING TEAMS:** **Performance** teams may perform for a maximum of 2:30. There is no limit to the amount of music used, but a cheer must be included. **Game Day** teams may perform for a maximum of 3:00. Game Day routines must contain four elements in the following order: Band Chant, Situational Sideline, Crowd Leading Cheer, and Fight Song.

**TEAM CHECK-IN AND WARM-UP:** Each team will be provided with a 5-minute pre-penalty/ warm up. Team check-in, warm-up and competition times will be e-mailed to coaches listed on the registration form approximately 1 week prior to the competition.

**MUSIC:** If you have a file you can e-mail ahead of time, it would be appreciated! If not, please plan to bring 2 copies of your music to prevent any technical issues. You may test your music upon your arrival and will be able to play your music during your warm-up time.

**AWARDS:** Trophies will be awarded for placement in all divisions. The number of awards will be based on the number of teams competing in each division.

**SPECTATORS:** Doors will open to spectators at approximately **12:30PM**. The competition begins at **1:00PM**. Admission is **\$7 for adults** and **\$5 for students/seniors**. Only cheerleaders and coaches on the attached roster form will be allowed free admission.

**COVID GUIDELINES:** All cheerleaders, coaches and spectators will be required to be masked inside our facility. As of now, there is no limit to the number of spectators admitted, and the competition should be able to proceed as normally as possible. If needed, updated COVID guidelines will be provided when warm-up times are sent out.

**REGISTRATION:** To register a team, please e-mail Coach Nikki DiMassimo at [ndimassimo@cbrsd.org](mailto:ndimassimo@cbrsd.org) as soon as possible to reserve your spot!

The attached registration form, team roster, and a registration fee of **\$125 per team** must be **mailed** (to the address on the following page) by **Monday, January 30, 2023**.



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## REGISTRATION FORM

(Please fill out separate forms for each competing team)

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

School Address: \_\_\_\_\_

School Mascot: \_\_\_\_\_ School Colors: \_\_\_\_\_

Head Coach: \_\_\_\_\_ Cell #: \_\_\_\_\_

Coach E-Mail Address: \_\_\_\_\_

**Please select ONE per category:**

### TEAM TYPE

Circle ONE:      Varsity                  Junior Varsity                  Middle School

### DIVISION

\_\_\_\_ Performance      Circle ONE:    D1    D2    D3    D4    CO-ED    Middle School  
\_\_\_\_ Game Day

Please send this form, the attached roster, and a registration fee of **\$125 per team** by **Monday, January 30, 2023** to:

Wahconah Cheerleading  
Attn: Nikki DiMassimo  
107 Warren Avenue  
Dalton, MA 01226

Checks and/or PO's should be made payable to **Wahconah Cheerleading**.

Payments are non-refundable and must be received by the deadline!

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### TEAM ROSTER

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

Roster for (circle one):            Game Day                            Performance

Please list all team members below indicating captains with a "C" and seniors with an "S"

- |           |           |
|-----------|-----------|
| 1. _____  | 11. _____ |
| 2. _____  | 12. _____ |
| 3. _____  | 13. _____ |
| 4. _____  | 14. _____ |
| 5. _____  | 15. _____ |
| 6. _____  | 16. _____ |
| 7. _____  | 17. _____ |
| 8. _____  | 18. _____ |
| 9. _____  | 19. _____ |
| 10. _____ | 20. _____ |

#### Alternates

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

#### Coaches

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
|----------|----------|

*Signing below indicates that your school is a sanctioned member of the MSAA, all cheerleaders are cleared to participate, and that you agree to adhere to all MSAA rules and regulations.*

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Principal/AD Signature: \_\_\_\_\_ Date: \_\_\_\_\_