



## Regional Competition - Vista Del Lago High School

December 8, 2018

CIF Sanctioned - Sponsoring CIF School, Vista Del Lago High School  
Final Schedule

### **BAND CHANT - Game Day**

10:30 Chico

### **HS GROUP STUNT INT**

Windsor  
Bella Vista  
Irvington

### **HS GROUP STUNT ADV**

10:50 Windsor

### **CO-ED VARSITY SHOW CHEER NON-TUM ADV**

El Capitan

### **PEE WEE SHOW CHEER NOV TRADITIONAL REC**

Casa Roble Jr Rams

### **JR SHOW CHEER ADV TRADITIONAL REC**

11:10 Casa Roble Jr Rams

### **JV SHOW CHEER NOV**

Bella Vista  
Damonte Ranch

### **SITUATIONAL SIDELINE- Game Day**

11:30 Chico

### **VARSITY SHOW CHEER NOV**

Alhambra  
Montgomery

11:50 Irvington

### **CO-ED VARSITY SHOW CHEER NOV**

Rancho Cotate

### **CO-ED VARSITY SHOW CHEER INT**

Damonte Ranch

### **VARSITY SHOW CHEER NON-TUM NOV**

12:10 American

### **JV SHOW CHEER NON-TUM ADV**

Pleasant Valley

### **VARSITY SHOW CHEER NON-TUM ADV**

Pleasant Valley

12:30 Woodcreek

Sutter Union  
Oak Ridge

### **VARSITY SHOW CHEER ADV (Evaluation)**

12:50 Oak Ridge

### **FIGHT SONG - Game Day**

Chico

Remove Mats

### **VARSITY JAZZ**

1:15 Vista Del Lago

### **YOUTH POM TRADITIONAL REC**

Salinas Broncos

### **JR HIGH SONG/POM**

Eich Intermediate

### **JV SONG/POM NOV**

1:35 Vista Del Lago

### **VARSITY SONG/POM NOV**

Vista Del Lago

### **AWARDS**



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### December 8, 2018

Doors will open at 9:45AM. All teams should report to the registration table no later than 45 minutes prior to the beginning of the division in which they are competing. Two free passes will be allotted to each school/group for advisors/coaches at registration. Additional spectator or team alternates wristbands may be purchased for \$8.00 – cash only. Exact change will be appreciated. Children age five and under are admitted free of charge. Admission may be pre-purchased for spectators by going to the following website – <https://www.eventbrite.com/e/usa-vista-del-lago-regional-sat-dec-8-tickets-51266744212>. For pre-purchased admission wristbands upon arrival, proceed to general admission and show proof of purchase at the expedited “TicketRoar/Pre-Purchase” designated line. You will receive a wristband which will allow you to enter the event. Pre-purchased admission cannot be used without receiving a wristband first. Note that the pre-purchase opportunity closes prior to the event.

You will need to submit an alphabetized list of all participating performers, as well as a signed USA participant release and waiver form (school and youth/rec teams) for each participating performer. **NO COMPETITORS FROM SCHOOL-BASED OR YOUTH/REC TEAMS WILL BE ALLOWED TO COMPETE WITHOUT AN ORIGINAL, SIGNED PARTICIPANT RELEASE AND WAIVER FORM. WE ASK THAT ALL RELEASE AND WAIVER FORMS PLEASE BE ALPHABETIZED.**

First aid staff will be on site to provide assistance for emergencies only. Taping of wrists/ankles for individual performers will not be available. Any participant who has a suspected concussion/head injury will not be allowed to return to participation the day of the incident, per Varsity Spirit corporate policy.

**There will be no seat saving permitted.** All seats are on a first-come, first-serve basis. As a reminder, the USA and/or host facility will not be responsible for lost/stolen items at the competition. Please encourage team members to leave valuables, bags etc. in their vehicles. **Do not leave bags unattended.** For security reasons all competitors must stay in possession of their bags at all times. We will not permit bags in the facility to save seats. All bags (spectators/performers) are subject to search.

Competition will begin at 10:30 AM. Please refer to the enclosed tentative performance schedule. Please check the USA website ([usa.Varsity.com](http://usa.Varsity.com)) on the Wednesday before the competition after 5:00 p.m. (PST), for a final schedule. A final schedule will also be available at the registration table on the day of the event. All teams must be ready to perform 15 minutes prior to their scheduled time. In order to avoid a possible penalty, any changes must be received in the USA office in writing by 5:00 p.m. (PST) the Friday one week prior to your competition date. **No changes will be allowed on the day of the event.**

There will be assigned warm-up/practice time offered for each cheer team. Teams must report to the warm-up area at the time designated on the “Warm-Up” schedule. Teams will not be permitted to enter the warm-up area earlier than their assigned check-in time. All cheer teams will have the opportunity to practice/warm-up on a carpet bonded foam mat measuring at least 30’ x 42’. **All cheer teams will perform on a carpet bonded foam mat measuring 54’x42’ (9 strips).**

**MUSIC RULES:** Music guidelines are being followed at all USA and Varsity Brands events. Competition music must be properly licensed and a team must provide a printed copy of proof of licensing at team registration. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For further details visit [www.varsity.com/music](http://www.varsity.com/music).

A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance. All teams must provide their own MP3 device (or smart phone) for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a head phone jack. New – Ability to play routine from a CD **will not** be available.

Spirit and youth/rec teams, please note the AACCA School Cheer Safety Rules, USA Song/Pom and Pep/Short Flag General Safety Rules, and the Show Cheer and Song/Pom Division Limitations posted at [usa.varsity.com](http://usa.varsity.com). Remember that two points will be deducted from the final team average of each occurrence of an illegal procedure. Performance error deductions will be assessed.

Scoresheets will be distributed to all teams at the conclusion of the competition. Only an authorized team advisor/coach who is designated at team registration may pick these up. A photo I.D. will be required for scoresheet pick up. Recaps may be requested via the USA website ([usa.varsity.com](http://usa.varsity.com)) following the competition. Bids to USA Nationals will be awarded to all teams receiving an 80% of total possible points for school-based show cheer divisions and 75% of total possible points for all rec show cheer and all other non-show cheer divisions, regardless of any penalties received.

Video Taping Policy - For safety and security we respectfully request that videotaping be limited to performances of your school/organization only. Tri-pods for cameras and/or cameras with a specialized lens attachment may not be used. Again, videotaping is permitted, but only of the routine(s) that are being performed by your participant's team. Livestreaming of the event is not permitted.

**Vista Del Lago High School  
1970 Broadstone Pkwy  
Folsom, CA 95630**

UNITED SPIRIT ASSOCIATION • 5770 Warland Drive, Ste B, Cypress, CA 90630  
[usa.varsity.com](http://usa.varsity.com)



United Spirit Association



@usacamps



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**UNITED SPIRIT ASSOCIATION**  
**LIABILITY RELEASE AND WAIVER FORM**  
**GIVE A COPY OF THIS FORM TO EVERY PARTICIPANT**

*Every participant must have a completed and signed release form to turn in at registration at the door in order to participate.  
Please use blue ink. Photocopies will not be accepted.*

Minor's Name \_\_\_\_\_ Name of Parent or Legal Guardian \_\_\_\_\_  
Address \_\_\_\_\_ School /Team Name \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Division \_\_\_\_\_  
Phone Number (\_\_\_\_\_) \_\_\_\_\_ Event Location \_\_\_\_\_  
Email \_\_\_\_\_ Event Date \_\_\_\_\_ Cheer [ ] Dance [ ]

**Liability Release:** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I \_\_\_\_\_, as parent or legal guardian of \_\_\_\_\_, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above "Event" to be conducted by Varsity Spirit LLC ("Varsity Spirit") dba United Spirit Association ("USA"). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit, Varsity Spirit's corporate sponsors (hereinafter "Sponsors"), the hosting site, (university, hotel, convention center, high school) on whose premises the Event will occur (hereinafter the "Location"), the affiliates of Varsity Spirit, the National High School Cheerleading Championships, Inc., a not for profit corporation ("NHSCC"), U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), American Association of Cheerleading Coaches and Administrators, Inc., a not for profit corporation ("AACCA") and the respective directors, officers, representatives, members, agents and employees of the proceeding parties (hereinafter collectively "Releasees") from any and all liability whether caused by negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that Minor may incur or sustain during the Event, all activities associated with the Event and while traveling to and from the site for the Event whether or not the Event actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

**Signature of Parent or Legal Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Supervision:** A chaperone/Adult (age 21 and over) is required to attend with participants. This Chaperone will be responsible for the participants at all times. The Releasees are not responsible for participants' supervision.

**Appearance Agreement:** I understand that as participant and/ or a spectator at the Event that Minor may be included in videotapes, dvds, podcasts and videocasts or photographs taken during the Event. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to Varsity Spirit, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and / or videotape Minor and to utilize such videotapes and photographs and Minor's name, face likeness, voice and appearance as a part of the Event or in any other media now in existence or hereafter developed, in advertising and promoting the Event, in advertising and promoting similar future events or in advertising and promotions relating to Varsity Spirit, and for any other use or purpose whatsoever without reservations and limitations. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges herein granted. I waive any right to inspect or approve any materials related thereto.

**Medical Release:** I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the Event. In the event of such illness or injury, I authorize Varsity Spirit to obtain necessary medical treatment for Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Event and while traveling to and from the site for the Event whether or not the Event actually occurs.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him / her to the Event and that he / she shall consume the prescribed dosage for such medications.

Medications (if any): \_\_\_\_\_ Allergies (if any): \_\_\_\_\_

I acknowledge that the Minor suffers from the following conditions: \_\_\_\_\_

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release and Waiver Form constitutes a guarantee that the Event will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will. Minor and I understand that Sponsors may distribute samples of their products at the Event.

**Signature of Parent or Legal Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Relationship to Minor \_\_\_\_\_ Minor Birthdate \_\_\_\_\_

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

**Signature of Minor:** \_\_\_\_\_ **Date:** \_\_\_\_\_