

**2nd Annual Connecticut High School
State Dance Team Championships, March 8, 2008
Coaches/Advisors/Dancers**

Welcome to the 2nd Annual State of Connecticut High School Dance Team Championships. Thank you for registering for the event. Enclosed is all of the information you will need for the day of the event. Registration will be in the front main entrance of Branford High School, from 9am until 10am. Warm-ups will begin at 10am. Check the schedule for warm-up and performance times for your team. We will be holding warm-ups in the auxiliary gym and the student center at Branford High. You will have 4 minutes for warm-up. The competition will be held in the main gym, where you will have a chance to play your music on the DJ's equipment. Send one coach to do this for you. Remember that your routine can be no longer than 2 minutes and 30 seconds. Teams will be penalized this year for going over the time limit.

A safety judge will be utilized for penalties including safety infractions and timing infractions. We follow National High School Federation rules, which include the following: no jewelry, no bare feet or heels, no stunting or tumbling (exceptions for tumbling are forward and backward rolls and shoulder rolls). The best description of stunting is as follows: when 2 people are touching, both people must have at least one hand or foot on the ground. If two people are touching and one does not have at least one hand or foot on the ground, it is a partner stunt. And therefore, it is illegal. Other rules for our competition include, NO GLITTER on anything or anyone, no bare midriffs (when standing at attention the costume/uniform must cover the midriff –flesh covered bodyliners must be worn if there is a gap between the top and pants/skirt). Nails must be kept at a safe length.

The competition is slated to begin at approximately 11:45am with awards being presented at approximately 2:45pm. Doors will open at 11:00am for spectators. Admission price is \$8.00 for adults and \$5.00 for students and senior citizens – children under 3 are free. Only those dancers whose names appear on the registration form and 2 coaches will be allowed in with each team. Everyone else must pay at the door. A guest list will be used for your school's principal or athletic director (or their designated representative). These names must be emailed to Noreen Liberopoulos at nliberopoulos@caciac.org, by Wednesday, March 5, 2008.

Awards will be given as follows: the top 5 teams in Large Hip Hop, Small Hip Hop and Jazz will be announced with the 3rd Place team receiving a trophy and the 2nd Place and Championship teams receiving a State of Connecticut plaque as well as medals for each participant on that category's teams. In the Pom Division – the top 3 teams will be announced with the 3rd Place team receiving a trophy and the 2nd Place and Championship teams receiving the plaques as well as the medals.

A concession stand will be open and t-shirts will be available for purchase. Directions are available at www.mapquest.com. The dancers and coaches will enter through the front of the high school where they will register and then be brought into the cafeteria. All others, spectators, guests, etc., must enter through the side entrance of the high school located by the football field. **DO NOT BRING ANY VALUABLES.** We are not responsible for any lost or stolen items.

We want to take this opportunity to thank you all for choosing this CAS/CIAC State event. We promise to make it a great day for all of you.

CAS/CIAC State Dance Team Committee

Any questions – call Kathy Swillinger at 203-675-6237 or Jackie Dunn at 203-687-0106

**Branford High School
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