

Central Region

Regionals 2020 - 2021

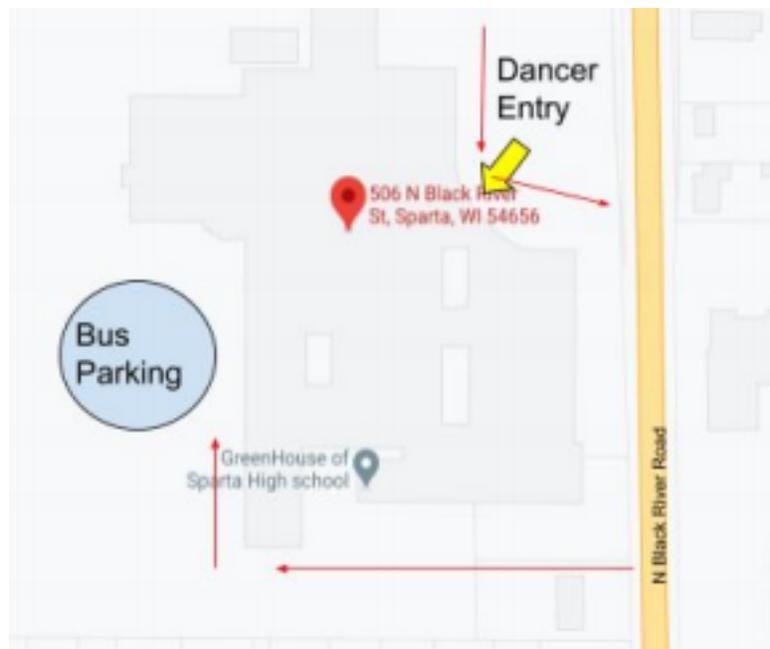
Hosted by Sparta High School

Welcome

First and foremost, we would like to welcome you to Sparta High School! We are excited to have you attend Regionals at our location this year. Our school is located at 506 N Black River St. Sparta, WI 54656.

Arrival

Each team has a set arrival and departure time. These times are set forth by WACPC. Please plan accordingly to arrive and depart as close to that time as possible. Upon arrival, busses should drop teams off in front of the school. Off of N Black river street. Please have buses park in the back of the school.



You are asked to arrive in your first costume. Upon entry into the school, you will be greeted by your team assistant and you will be asked to submit a [Covid Screener](#) for your dancers. Athletes, coaches, and team personnel will be required to have a temperature check via a contactless thermometer upon entry to the building. Any person with a temperature of over 100.3 will not be permitted into the competition. You will be assigned a personal Team Assistant. The Team

Assistant will stay with you for the duration of your time at Sparta High School. Your Team Assistant will ensure you arrive on time to each location, navigate the school as well as help to answer any questions you may have during your time with us.

Music Submissions

Music should be submitted **no later than 12:00 pm on March 17th**. Please email your music to lpfrom73@yahoo.com and submit **ONE** song per email. Please label the email subject and song with your team name-division-genre.

Ex: Sparta-D3-Pom

Covid Guidelines

- The competition will follow any and all current COVID-19 guidelines imposed by the Sparta Area School District on the day of the event
- The competition will follow all WACPC (Wisconsin Association of Cheer and Pom Coaches) Mitigation Rules for Live Dance Competitions in 2021:
 - i. [WACPC Mask / Glove Guidelines](#)
 - ii. [WACPC COVID Mitigation Strategy for Dance](#)
 - iii. [Dance Covid- FAQ](#)
 - iv. Dancers and coaches will be required to complete a [Covid Screening](#) form prior to entering the competition and submit it upon arrival at the location.

Time Blocks

Teams will be scheduled in blocks with strict adherence to entry time to the building. Block scheduling will also promote the following:

- Teams entering and exiting the building as a unit.
- Sanitation time in between teams.
- Restricting teams from co-mingling.
- Each block will follow a traditional competition schedule with a report time, in the hole/on deck (warm-up area in 2021), and performance time for each routine registered.
- At the conclusion of the performance, each team must exit the school.

Time blocks are set and split up the day into **BLOCKS** in which teams would enter/perform/exit the building. **THESE TIME BLOCKS ARE SET AND ARRANGED BY WACPC** - Sparta High School has nothing to do with changing, ordering or arranging the time blocks.

- The blocks would be laid out in the following way:
 - i. 5 minutes - Entering the Building between each team
 - ii. 15 minutes- Pictures for each performance
 - iii. 10 minutes - Getting ready for each performance
 - iv. 30 minutes - In between each performance

- v. 5 minutes - Exiting the building
 - 1. Teams must leave through the designated exit door once all dances are completed
- vi. Sanitation of each area after teams dance

Sanitation Plan

- Hand sanitizing stations will be set up throughout the school
- All areas of the competition will be sanitized/cleaned before another team enters.
 - i. Team Areas
 - ii. Restrooms
 - iii. Cafeteria
 - iv. Small Gym
 - v. Big Gym
 - vi. Auditorium
- Teams will have approximately **5 minutes** to pack up their team areas as soon as their last performance is complete and depart Sparta High School.

Masks

- Masks will be required upon entry to the building and must be worn the **entire** duration of the competition while indoors
- Anyone who is not wearing a mask or who is wearing the mask incorrectly will be asked to cover the full nose and mouth with a face covering
- Back-up disposable masks will be available if you do not have one
- Athletes or coaches refusing to wear a mask will be asked to leave the building

Hydration

- All students will be required to bring their own water bottle. Water bottles must not be shared amongst dancers
- There are various water bottle filling stations at water fountains throughout the school

Arrival To the Competition

- Teams must only arrive within their scheduled arrival time. Teams will not be permitted to enter the building until their scheduled time.
 - i. No more than one team will enter the school at any given time
 - ii. Upon arrival at Sparta, your dance team assistant will guide you to your classroom and also the various locations during the competition.
 - iii. Teams will be asked to arrive at the competition in the uniform they will be competing in first.
 - iv. Hair and makeup should be complete prior to entering the competition.

- v. Hair and makeup should not be changed between performances. vi. Hair and makeup should be chosen so that it is suitable for both divisions your team is competing in and does not need to be altered between performances.
- Athletes, coaches, and team personnel will agree to a temperature check via contactless thermometer upon entry to the building. Any person with a temperature of over 100.3 will not be permitted into the competition.
- Coaches will turn in a tracing sheet of all dancers, staff, and team personnel attending with the team on the day of the competition.
 - i. [WIAA Tracing Sheet](#)
 - ii. This Tracing Sheet **MUST** be completed **PRIOR** to the team leaving their home school.
 - iii. We ask that anyone with a fever, cough or respiratory symptoms do not attend this event.
 - iv. Failure to produce the tracing sheet when checking into the competition will result in a forfeit and the team will not be allowed into the Sparta High School to compete.

Assigned Team Assistant

- Upon arrival we will provide a helper to each team to ensure they are following all Dance Competition protocol when they are at the event.
 - i. Ensuring teams stay on time at all times they are in the building.
 - ii. Escorting teams at the scheduled time to the gym for warm up and performance.
 - iii. Ensuring bathrooms are clear of other teams when using them.
 - iv. Will be in charge of sanitation of the team area prior to the arrival of the team/following the departure of a team.

Team Private Changing Areas

- Private changing areas are assigned to only one team per area.
 - i. Hand Sanitizer will be available in each area for use throughout the competition.
 - ii. Once a team is escorted to their classroom, we ask that the dancers limit their time outside of the classroom. We encourage quick bathroom breaks.
 - iii. Masks must be worn at all times, even in your team area, and if taken off must immediately be put back on.
- We ask that you do NOT practice in the hallways to allow for proper social distancing and to limit transmission of germs.
- Teams will not be permitted into one another's private changing areas. ○ Each team should maintain an appropriate distance between other teams at all times of the competition.
- Teams will follow a one way flow when walking from their private area to the warm up gym escorted by their team assistant.

- i. Please stay single file at all times and on the right side of the hallway in the few areas that need to be multi-directional.
- o When your performance is over, please return directly to your assigned classroom or designated section of the bleachers. Your assistant will escort your team back to your designated classroom.

Areas for Performance

- o The main gym will be used for TEAM Performances ONLY.
- o The Small Gym and Cafeteria will be used for in the hole.
- o The Auditorium will be used for on deck and photos.

Departing Sparta High School

- o Each team will have approximately 5 minutes at the end of last performance and photograph to pack up their room and exit Sparta High School
- o Team Assistants will ensure that all belongings are removed and will walk each team to the back lot where buses will be parked.
- o Teams will not be allowed to stay outside of their scheduled block provided by WACPC.

Video Submissions and Scores

Please check your email from WACPC about your team Folder for your virtual submissions. All videos are due **March 12th 11:59 PM** for all virtual and in person competitors. It is recommended that in person competitors also submit a video in case of last minute team quarantine. In the folder provided to you by WACPC, you will also find your TEAM ROUTINE score sheets no later than Sunday, March 21 at 5pm. This folder and uploading of score sheets is maintained and handled by WACPC - Sparta High School is not responsible for the maintenance of this file or score sheets.

Pictures by Empire Photo

Photos have been set up by WACPC. If you are interested in ordering please come with money and order from. All photos and orders will be handled by Empire Photo and WACPC. Dancers will be allowed to remove their mask and social distance for their photo.

[Empire Welcome Letter](#)

[Empire Order Forms](#)

Watching the performance

No spectators will be allowed at Regionals this year. WACPC has contracted Ivan Barra Films to have the Video Streamed. Please check out the WACPC website and email for links and information on how to purchase viewing options for this Regional Competition Event.

Senior Spotlights

WACPC will be showcasing all of our seniors on the Regionals livestream. Each senior is allowed the 7 slides. Please have these completed slides in your TEAM FOLDER no later than March 10th at 11:59 PM and save/submit each senior separately - Sparta High School is not responsible for the slideshow or the team folder.

Regionals Apparel Orders

No on site orders will be available. All orders should be placed through the [WACPC Website](#). Regional Dance orders close on March 22nd at 12:00 pm.

Viewing Performances/Awards

There will be **NO SPECTATORS** this year for regionals. If you would like to view regionals you can buy a streaming pass. Please visit

<https://cheerpomdance.brushfire.com/wacpc-regionals>

Awards will be sent out by WACPC and will be communicated via email and the live stream.