

IDTA HEARTBEATS OCTOBER 2009

WEBSITE: The new IDTA website is up and running! Check out all of the fantastic things IDTA has to offer at www.idta.org.

COACHES FORUMS: The coaches on-line forum is now available at www.idta.org.
Reminder: At least ONE coach from EVERY team must attend an in-person meeting or complete the on-line presentation.

Spirit Rules Update

Foor/Thigh assisted forward suspended rolls are now allowed!

Update on Category Descriptions (additional statements to the current descriptions)

- Tall Flag - the emphasis of the choreography should be on the rhythm and beats of the music
- Short Flag - any style of music is permitted
- Lyrical Flag - Tall Flags must be used 75% of the length of the routine
- Color Guard - Emphasis is on the use of multiple equipment in which one of the elements must be a TALL FLAG; At least two additional pieces of equipment must be used to enhance the performance: short flags, sabers, ribbons, hoops, or blades

**Showcase of Stars 2009-2010
Sat., Nov. 7, 2009 Mattoon High School**

INTRODUCING THE MISS DRILL JUDGES!!!

Thayne Jasperson: Season 4 “So you think you dance”? Kyle Hill: Chistry, “Wicked”

ALSO ATTEND THE JAZZ WORKSHOP CLASS!!!

Taught by: Thayne Jasperson!!!

Where: Friday Night, Mattoon High School Gym

When: Warm-up 7pm, Class 7:30-9pm

Who: Any member of your pom squad can take the workshop class for \$25!!

This year, “Miss Drill, the California Experience” is designed to mock the competition that is hosted in California. Contestants can experience the following:

- 1.) Friday night workshop class hosted by Thayne Jasperson
- 2.) Saturday Morning breakfast meet-n-greet
- 3.) Interview and Routines judged by professional choreographers

- 4.) Announcement of a top 15
- 5.) A chance for the top 15 to re-compete for the title of Miss Dance Drill Team Illinois!!

Along with “Miss Drill, the California Experience”,

Other exciting events offered are:

- **Miss Dance Drill Team Illinois** (Juniors & Seniors)
- **Teen Miss Dance Drill Team Illinois** (Freshmen & Sophomores)
- **Junior Miss Dance Drill Team Illinois** (Jr. High/Middle School)
- **Solo Flag Illinois** (Any High School grade level)
- **Duets** (Any High School grade level)
- **Trios** (Any High School grade level)

Showcase of Stars is a chance for performers to show off their talents individually or as part of a duet or trio. Contestants in all categories will perform a routine 90 seconds to 2 minutes in length. However only the contestants competing for “Miss” Dance Drill Team Illinois will compete in the pageant areas of Modeling and Interview.

Registration forms will be posted on the website within the next couple of weeks, however get a jump start by emailing Lynn Gelatka and I will get them to you sooner!

Registration deadline: Friday, October 16th!!

Lynn_Marie22@hotmail.com

Join IDTA today! Membership Information

Welcome to a new and exciting IDTA season! The first order of business is to complete your team’s membership forms. All membership forms are available on our website, www.idta.org. Your membership costs are as follows: \$75.00 for a Varsity team and \$50.00 for a JV or Jr High team if membership is completed by November 30, 2009. Membership fees increase after the 30th of November. The last date to become a member of IDTA is February 15, 2010. IDTA would like to encourage you to join today!! Be ready to accept qualification at the first contest on December 6th by becoming a member today! Good Luck this season! Toni Royster: Membership Coordinator

ABC’s WIFE SWAP CASTING DRILL TEAM FAMILIES FOR PRIMETIME!

ABC’s primetime series “Wife Swap” is currently casting its fifth season and looking for unique drill team families with plenty of personality to take part in the show. If you’ve got spunky, out-

spoken kids, who are active in their school drill team, have a lot to say, and a mom/dad who coaches a drill team, and a family that's meant for TV, we want to hear from you!

Families who participate in this documentary-style program are given a unique opportunity to share their beliefs and lifestyles with another family. It is truly a once in a lifetime experience that can be life-changing for everyone. If after reading this email, you'd like to learn more, contact information appears below.

Each week on Wife Swap, the mothers from two families with different values and belief systems will exchange lives. It's an amazing family experience and opportunity to learn how others lead their lives. Half of the week, mom lives the life of the family she is staying with.

After making her observations, she introduces several "rule changes," where she implements rules and activities that are important to her family. It's a positive experience for people to not only learn but teach about other families and other ways of life.

Wife Swap airs on ABC television on Fridays at 8 pm- the family hour! If you are a two-parent family with at least one child over the age of 7 living at home, and you think your family would make terrific TV, contact us to be a part of this groundbreaking show!

To apply or get information about the show, please contact:

Amanda Gershkowitz (Casting Producer)

Phone: 646-747-7949

Email: Amanda.gershkowitz@rdfnewyork.com or wifeswap.amanda@gmail.com

SERIOUS INQUIRIES ONLY PLEASE

EXECUTIVE BOARD VOTES TO ALLOW JR. HIGH PARK DISTRICT TEAMS

At the Executive Board meeting on Sept. 20, 2009, the officers, Board of Directors and Regional Reps voted to include Jr. High Park District teams as members. This comes after requests by northern park districts whose teams feed into high school dance team programs, and whose junior high schools do not offer competitive dance teams. FYI—Jr. High-age girls may only compete on one team—either their own school or their park district team. Jr. High and High School All-Star teams will not be allowed to compete in IDTA.

The Executive Board believes that giving these participants an IDTA experience can only improve their level of performance, while also encouraging future IDTA dancers!

Rams High School Spirit Spectacular--Teams No Longer Have to Purchase Tickets!

IDTA is pleased to announce the second year of the St. Louis Rams Half Time Spectacular! Previously the information that was posted on the Rams website said that team members and coaches had to purchase a ticket--**THAT HAS BEEN CHANGED!** Team members and coaches no longer have to purchase tickets in order to participate. Visit the link: www.stlouisrams.com/Cheerleaders/highschoolspiritspectacular/ for updated information and forms.

The Spectacular takes place December 19-20. Your team has the opportunity to work with the St. Louis Rams cheerleaders and perform during half time of the game! Last year over 300 dance team members from all over Illinois and Missouri participated--don't be left out this year!

Eating Right and Staying Active...Small Changes Add Up!
From the American Cancer Society

There's no doubt about it: Eating a diet made up of mostly vegetables, fruits, and whole grains is good for your health and can help reduce cancer risk. And you can start to eat smarter and be more active at anytime—from childhood to old age. No matter when you start, you'll begin to be healthier and reduce your risk for cancer, heart disease and diabetes.

Eating right doesn't mean putting everyone on a diet—just make some small changes:

Pack lunches and plan menus around fruits, veggies and whole grains

Limit sugary, salty, and high-fat snacks

Tweak your family's favorite recipes to make them a little healthier

Eat a high-protein breakfast

Look for single-serving packages of your favorite treats

Read those food labels! Low-fat and fat-free don't always mean low-calorie. Eat at least five servings of a variety of vegetables and fruits each day. Servings can add up quickly when you consider that one serving equals cup cooked vegetables or fresh fruit, cup dried fruit, 1 cup leafy vegetables, cup 100% juice or 1 medium-sized piece of fruit.

Staying active will also help you maintain a healthy body weight. Children and adolescents should get at least 60 minutes per day and adults should get at least 45-60 minutes on five or more days of the week of moderate to vigorous physical activity. You can be active by walking briskly, swimming, gardening, doing housework and even dancing! The more you do, the better. Families can have fun by being active together.

Remember, small steps can add up to big changes!

Making Strides Against Breast Cancer is coming up in your area in October! Go to makingstridesillinois.com to sign up for the event closest to you! Remember, it's a non competitive walk to help raise money for breast cancer education, advocacy, patient services and research. If you don't want to participate as a walk, we are always looking for volunteers!

Want to know more? Visit www.cancer.org for more information on how to eat right and stay active or call 1-800-227-2345.