

February 2023

Missouri  
**DANCE**  
Team Association

# MDTA NEWS

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Nikki Boekhout

**Member at Large**

Anise Glenn

**Safety Coordinator**

Betsy Cuquet



## *Solo Competition*

**February 24, 2023**

Park Hill High School

7701 NW Barry Rd.

Kansas City MO 64153

## *Team Competition*

**February 25, 2023**

Hy-Vee Arena

1800 Genessee St.

Kansas City, MO 64102





# *President's Message*



Hello coaches! I am so excited for the 2023 Missouri State Dance Team Championships later this month. This will be our largest contest to date, and we are so happy to have everyone joining us. A special welcome to the over 10 new teams and coaches attending this year.

Just as a gentle reminder, please know we here at MDTA do everything we can to make this a great experience for you and your teams. Will everything be perfect?

Probably not, but your mindset and attitude go a long way in making this day a special one for your team. As I have said for nearly 25 years, competition is great but winning is not everything. Focus on the growth and improvement of your team and celebrate that with them. Make this state experience one they remember for their hard work, determination, and growth over the year. A trophy, no matter what place or size, is an accomplishment, and should be celebrated. As we all know, not every team will leave with a trophy, so to be angry, upset, or disappointed with one is a good reason to reevaluate what you are focusing on.

In the next few weeks, you will receive a great deal of information. We want you to feel as prepared as possible for state. If you feel we share too much or wish we would consolidate the information, I promise we do try. We spend an entire year planning and organizing, and we do our very best to prepare you as best we can. It is your responsibility to know the information and communicate it with your team, parents, and fans.

Please join me on February 13th for our MDTA Live Facebook event. I will be going over all things state related and answering questions for you to help you be more prepared. I am in no way a social media expert so if I can't see your questions, please email me at [brett.elder@modta.org](mailto:brett.elder@modta.org) afterwards and I will respond to all emails before the end of the day.

I wish you all good luck in all your competitions here or out of state.  
We look forward to seeing you in KC on the 25th !

**In dance,  
Brett**





MDTA Mondays on



*Do not  
forget*

February 13

Topic:

STATE CHAMPIONSHIP  
INFORMATION



IMPORTANT  
INFORMATION



**Coaches  
Hospitality Room  
Suite 250**

Varsity will once again be sponsoring a hospitality room for coaches the day of state.

Please be sure to visit!

Thank you Varsity!





# WHAT TO KNOW FOR

## State Championship 2023



- Spectator Fee is \$12
- HyVee Arena accepts cash or credit card
- Parking fee at HyVee Arena is \$7-card only

- Spectators enter the EAST gate
- Teams enter the NORTH gate
- Busses park on the WEST side



- Programs cost \$10



- Solo Competition begins at 4:30pm
- Nobody will be allowed in before 3:30pm.
- *Reminder safety and costuming rules apply to soloists as well as teams.*



### Team Check-In

- Only the first 10 teams performing in Session 1 will be allowed in at 7am.
- All other teams can enter at 7:15.
- Each Dancer needs to enter the team gate WITH THEIR OWN WAIVER IN THEIR HAND to be collected by staff.
- No dancer will be permitted through the team gate, or perform, without their waiver.
- Only coaches registered with MDTA will be admitted through the team gate. Registration on site is \$30
- Once entered, teams will walk downstairs and claim a space in the stands.







COACHES ARE ALLOWED TO CREATE THEIR OWN MIXES OF  
LEGALLY PURCHASED MUSIC!



## MDTA Music Policy 2023

All recordings used in dance routines at MDTA contests should comply with U.S. copyright law. Music should be legally purchased or obtained. Coaches will not have to complete or submit any form regarding their music to compete in an MDTA contest. By competing in an MDTA contest, all coaches and teams acknowledge the rules of MDTA and agree to abide by them.

Therefore, coaches can create mixes of various songs as long as they have legally purchased the music. It is the coaches responsibility to have proof of purchase, but proof of purchase will not be requested by MDTA.

**Music will be submitted ahead of time for State 2023 by February 12th**

TEAM MUSIC LINK: [\*\*MDTA State Music Upload-TEAMS ONLY\*\*](#)

Please attempt the form first.

If unable to load to the form, email music to: [\*\*shelley.mccain@lsr7.net\*\*](mailto:shelley.mccain@lsr7.net)

SOLO MUSIC is sent to:

[\*\*FRESHMAN/JUNIOR \(GRADES 9 AND 11\) UPLOAD LINK\*\*](#)

[\*\*SOPHOMORE/SENIOR \(GRADES 10 AND 12\) UPLOAD LINK\*\*](#)

If unable to load to the form, email solo music to:

[\*\*kara.mueller@gmail.com\*\*](mailto:kara.mueller@gmail.com)

- Make sure to have a labeled back-up (school name and category) CD of the music or on an ipod, iphone (phone), MP3 player, or ipad.
- The coach, manager or non performing member with knowledge of the team's music and routine MUST remain with the music technician throughout the duration of the team's performance. A music tech will be available to start the music if the team's representative is not comfortable doing so.
- If there is a pause in the music, you MUST let the music person know PRIOR to the team's performance.
- Selection of music is at the discretion of the director but MUST be appropriate for a family audience (no profane/vulgar or suggestive lyrics)



## Session 1 Divisions 1, 3 and 6

D= Dance Precision    P= Pom    M= Mix    K= Kick    H= Hip hop    PR= Prop    L= Lyrical

<u>Time</u>	<u>Division 1</u>	<u>Division 3</u>	<u>Division 6</u>
8:30 ➡	<b><i>Opening remarks</i></b>	<b><i>National Anthem</i></b>	K- Northwest
8:42	D-Barstow	M-DeSoto	K-Ozark
8:51	D-Southeast	M-Nerinx	D-Kickapoo
9:00	D-Tolton Catholic	M-North County	D-Blue Springs South
9:09	D-Cuba	M-Festus	D-Marquette
9:18	D-Bishop LeBlond	M-Pacific	D-Fort Zumwalt West
9:27	M-Schuyler	M-St. Charles	D-Liberty North
9:36	M-Pembroke Hill	P-McDonald County	D-Park Hill
9:45	M-Palmyra	P-North Point	D-Raymore Peculiar
9:54	M-St. Pius X – Festus	P-Hillsboro	D-Staley
10:03	M-St. Michael the Archangel	P-Kearney	L-Lee's Summit West
10:12	M-Dixon	P-Kirksville	L-Blue Springs
10:21	L- St. Francis Borgia	P-Smithville	L-Lee's Summit North
10:30	L- St. Pius X KC	P-St. Dominic	L-Francis Howell
10:39	L-Maryville	P-St. Joseph's Academy	L-Lee's Summit
10:48	L-Lutheran High	P-DeSoto	L-Liberty
10:57	L- Schuyler	P-Nerinx	M-Troy
11:06	K- Pembroke Hill	K-North County	M-Park Hill
11:15	P-Duchesne	K-Hillsboro	M-Rock Bridge
11:24	P-Mt. Vernon	L-Windsor	M-Northwest
11:33	P-Bishop LeBlond	L-St. Charles	M-Raymore Peculiar
11:42	P-St. Pius X - Festus	L-Smithville	M-Blue Springs South
11:51	P-Tolton Catholic	H-Lincoln College Prep	M-Lee's Summit North
12:00	P-St. Francis Borgia	H-Hannibal	H-Blue Springs
12:09	P-St. Pius X KC	H-Festus	H-Francis Howell
12:18	P-Maryville	H-McDonald County	H-Fort Zumwalt West
12:27	P-Lutheran High	H-North Point	PR-Troy
12:36	PR-Dixon	H-Pacific	P-Liberty North
12:45	PR-Iberia	H-St. Joseph's Academy	P-Lee's Summit
12:54	H-Southeast	H-Windsor	P-Staley
1:03	H- St. Michael the Archangel	D-St. Dominic	P-Rock Bridge
1:12	H-Palmyra	D-Kearney	P-Marquette
1:21	H-Duchesne	D-Hannibal	P-Liberty
1:30	H-Iberia	PR- Lincoln College Prep	P-Kickapoo
1:39	H-Cuba		P-Lee's Summit West
1:45	H-Barstow	<b><i>Missouri State Sugarbears</i></b>	P- Ozark
2:03	<b><i>Truman State</i></b>	<b><i>Awards</i></b>	



## Session 2 Divisions 2, 4 and 5

D= Dance Precision    P= Pom    M= Mix    K= Kick    H= Hip hop    PR= Prop    L= Lyrical

<u>Time</u>	<u>Division 2</u>	<u>Division 4</u>	<u>Division 5</u>
3:21 →	<b><i>Opening remarks</i></b>	<b><i>Mizzou Dance Club</i></b>	<b><i>Central Methodist</i></b>
3:30	D-Booneville	H-Platte County	M-Carthage
3:39	D-Herculaneum	H-Raytown South	M-Oak Park
3:48	D-Cameron	H-Webb City	M-Howell Central
3:57	D-St. Charles West	H-Wentzville Holt	M-Raytown
4:06	D-Ste. Genevieve	H-Parkway Central	M-Jackson
4:15	D-Owensville	H-Jefferson City	D-North Kansas City
4:24	L-Excelsior Springs	H-Winnetonka	D-Eureka
4:33	L-Ursuline	L-Capital City	D-Parkway South
4:42	L-Logan Rogersville	L-Fort Zumwalt South	D-Timberland
4:51	L-Marshall	L-Belton	D-Lafayette
5:00	L-Savannah	L-Glendale	L-Republic
5:09	M-Helias	K-Washington	L-Fort Zumwalt North
5:18	M-Park Hills Central	P-Fort Zumwalt East	L-Carthage
5:27	M-Herculaneum	P-Rockwood Summit	L-Wentzville Liberty
5:36	M-St. Charles West	P-Willard	L-Oak Park
5:45	M-Cameron	P-Parkway Central	L-Howell Central
5:54	M-Logan Rogersville	P-Platte County	H-Parkway West
6:03	P-Bayless	P-Webb City	H-Raytown
6:12	P-Notre Dame de Sion	P-Wentzville Holt	H-Truman
6:21	P-Lutheran South	P-Winnetonka	H-Parkway South
6:30	P-Ursuline	P-Fort Zumwalt South	H-William Chrisman
6:39	P-Wright City	P-Washington	H-Republic
6:48	P-Savannah	M-Farmington	P-Timberland
6:57	H-Marshall	M-Jefferson City	P-Fox
7:06	H-Monett	M-Belton	P-Wentzville Liberty
7:15	H-Ste. Genevieve	M-St. Teresa's Academy	P-Eureka
7:24	H-Excelsior Springs	M-Capital City	P-Jackson
7:33	H-Park Hills Central	M-Glendale	P-Lafayette
7:42	H-Lutheran South	PR-Raytown South	P-William Chrisman
7:51	H-Bayless	D-Willard	P-Parkway West
8:00	H-Wright City	D-Rockwood Summit	P-North Kansas City
8:09	K-Nortre Dame de Sion	D-Fort Zumwalt East	K-Fort Zumwalt North
8:18	K-Helias	D-Farmington	K-Fox
8:27		D-St. Teresa's Academy	
8:40	<b><i>Awards</i></b>		



# How Are Divisions Determined for the State Championships?

By: Karen Asbell

One year you may find yourself in one division, and the next year in a completely different one. Regardless, each year the executive board is approached with the question:

"How Are Divisions Determined for the State Championships?"

Here is MDTA's process of determining where your team competes for the state championships:

**All schools are required to send their enrollment numbers to MSHSSA in mid September.**

**Once those have been submitted MSHSSA creates the school enrollment numbers for the document. These numbers stand for the entire year EVEN if your school numbers increase or decrease.**

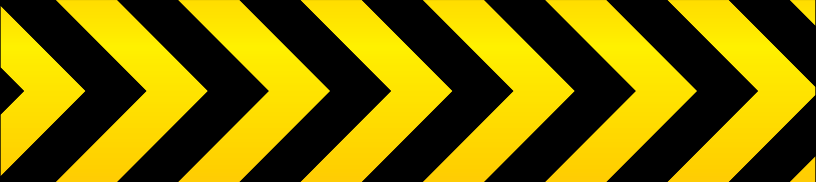
**These numbers are requested from MSHSAA dance representative, Davine Davis, to use for the state division breakdown (these are also available to all on their website [www.mshsaa.org](http://www.mshsaa.org)).**

**Once the team registration deadline has passed, schools are placed in ranking order from highest enrollment to lowest enrollment. The total number of teams that have entered are then divided into six even divisions.**

At times there may be a slight variance to those even numbers when teams drop from the state championship.

Once the team divisions have been set, MDTA does not readjust due to team drops because it will affect other variables of the competition such as session times and category divisions. MDTA understands sometimes teams "ride the bubble" which means they may switch divisions often. Ultimately, the division you are in depends on how many schools enter and the size of the schools which make up the performing body of teams.





# SAFETY C O R N E R

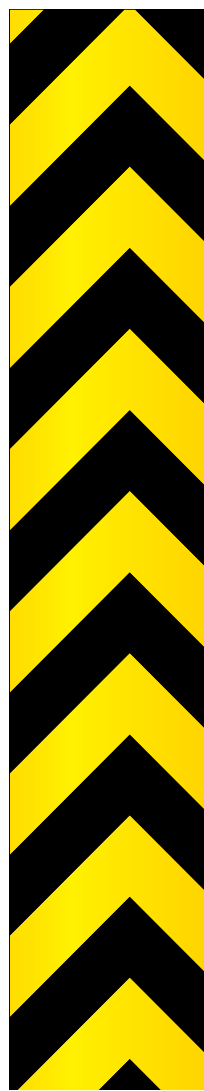
State is just around the corner, and I hope you are feeling secure about all of your tricks and moves!

We have made a few changes in how we notify coaches whether they incurred safety penalties or not. Some changes are necessary because of the set-up of the facility and some changes were made in an effort to avoid hold-ups. Also, we have tried to avoid having others, including your competitors and collateral members of your team, see what decisions have been made regarding safety.

So...coaches will enter the floor with their team and sit in the designated chairs to watch them perform. When the performance is over, do not exit with your team until you check the safety table, which will be behind you, to see what safety decisions have been made. It may take a few seconds, but a rectangular red or green paper will be placed on an easel. If you see green, you are free to leave the floor and join your team. If you see red, you should move towards the exit, but instead of joining your team, you should sit in the chairs near the trophy table. Once the safety team has completed their review, you will be notified if a penalty was given or not. If there was a penalty, an explanation will be provided to you via the liaison. At that time, you will have an opportunity to ask questions.

We sincerely hope to give very few penalties, and wish you safe dancing as well as good luck for beautiful performances!

**Betsy Cuquet**  
**MDTA Safety Coordinator**





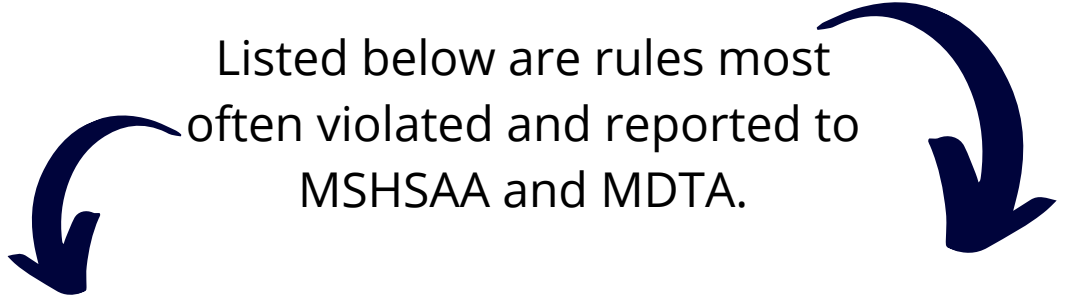


# Are You Up To Date on the Spirit Rules?

As coaches, we set rules and guidelines we expect our dancers to follow. It is our duty as a coach to lead the way and follow the rules and guidelines set forth by our state and federal associations.

[Click to view the 2022-2023 MSHSAA Spirit Manual](#)

Listed below are rules most often violated and reported to MSHSAA and MDTA.



## **Modesty Rule for Dance Costumes**

Missouri dance teams and soloists are expected to wear costumes that are appropriate for education-based activities and approved by the local school administration for **performances and competitions**. It is the school coach(es) responsibility to be knowledgeable of all NFHS and MSHSAA rules regarding dance and to convey these rules to any company or individual providing a service to the school team or soloist (i.e. choreographers, seamstress, prop designers, etc.).

- 1. When the participant is standing at attention, no part of the buttocks, breast, or midriff shall be visible**
- 2. Midriff is defined in Missouri as 3 inches above the belly button all the way around the body. Teams may have a cutout or open back costume. However, if the cut is below the natural waist line in the back the costume is illegal.**
- 3. Bare skin, nude-colored coverings or any material that gives the illusion of flesh shall not be part of the costume in the midriff area.**
- 4. Footwear must comply with NFHS Rule 4-1-5.**
- 5. Participants shall not be permitted to perform/compete in illegal attire.**

**All costuming questions should be directed to MDTA President, Brett Elder, at [brett.elder@modta.org](mailto:brett.elder@modta.org)**

## **Jewelry (Section 6, page 13)**

Jewelry, etc. shall **not** be worn during practice, games, performances or competitions.

All safety rules found in the spirit manual pertain to every practice, performance (assemblies, games, etc.), and contests, including Nationals. Failure to follow the safety rules can be reported to MSHSAA.



# Planning Your End of the Season Awards Banquet

## Advice

- **Plan and Prepare!**
- **Make Lists!**
  - **Food**-Do you want to have it catered or pot luck style? Maybe you hold your banquet at a local restaurant. Plan for the number of guests attending.
  - **Set Up**-Sound Equipment needed, number of tables/chairs, etc.
  - **Decorations**-Consider creating special centerpieces with photos the team members can keep.
  - Itinerary
  - **Awards**-Does the coach decide or the team vote?

## Special Awards

**At your banquet, consider handing out special awards to individual dancers along with participation awards and athletic letter/pins.**

**Here are a few ideas to consider:**

- Most Valuable Dancer
- Top Performer
- Most Dedicated Dancer
- Rookie Award (Most Improved)
  - Can also be called the Rising Star Award
- Miss Congeniality
  - Voted on by team
- Cheerleader Award (Most Team Spirit)
- Legs for Days Award (Best Kicks)
- Most Likely To Be a Dance Coach Award
- Lights Up the Stage Award (Best Showmanship)
  - (Best Facials, Overall Performance)
- Team Jokester Award
- Triple A-Awesome Attitude Award
- Gumby Award (Most Flexible)
- Miss/Mr. Preparation
- Miss/Mr Coachable
- Memorization Award
- Best Pirouettes, Best Leaps, etc.

**Ask your school if you can repurpose old dance trophies not on display anymore and replace the plates with your awards to give to dancers.**

## Event Ideas

- **Hold a Trivia Contest!**  
Include Questions for Parents/guests on:
  - 1.The total number of hours practiced
  - 2.The total number of routines performed.
  - 3.Number of games/events attended.
- **Give a coaches speech featuring the accomplishments of the year, as well as funny moments of the season.**
- **Present a Slideshow with Videos and photos of the season**
- **Be sure to thank anyone who helped throughout the season. Include parents, bus drivers, custodians, administration-Be sure to send them an invitation to attend your banquet!**
- **Have your senior dancers perform one final time-A good song choice is "Last Dance"**
- **Present gifts to your Seniors. Possible Gift Ideas include:**
  - Alumni Shirt
  - Framed Team Photo with notes/signatures
  - Photo Album/Memory Book
  - Personalized letters



# LET'S GET SOCIAL!



Follow us for the latest information!



**@MissouriDanceTeams**

*Coaches Only: Join our  
Missouri Dance Team Association (MDTA) Coaches  
Group and like our Facebook page!*



**@mdtamodanceteam**



**Stay Updated with  
the Band App!  
(Coaches Only!)**



MDTA State Championships

*Scan this QR code and join!*

[www.modta.org](http://www.modta.org)

## JOIN MDTA Before State!

The price is \$30

Four groups are targeted for MDTA membership. They are:

- **Individuals who are actively coaching a middle/junior high or high school dance team**
- **Individuals who are former middle/junior high or high school dance team coaches**
- **College or University dance team coaches**
- **Business owners whose company offers services associate with dance team needs. i.e. uniforms, camps, instructions, etc.**

Individual members have the following privileges:

- **Voting for MDTA offices and proposals**
- **Having their varsity team eligible to compete in the State Championship**
- **Holding office on the Board of Directors**
- **Participating in MDTA events and workshops**
- **Professional Development and networking available through the MDTA coaches group on Facebook and live seminars.**
- **Receiving updated information regarding competitions and contests through our email list.**

The membership year runs from August 1 thru July 31st.

**Applications will be available at [www.modta.org](http://www.modta.org) !**

**Please contact Nikki Boekhout for any membership questions, if you are no longer coaching, or to pass along contact info for the new coach at your school district!**

**[nikki.boekhout@modta.org](mailto:nikki.boekhout@modta.org)**