

October 2023



MDTA NEWS



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Nikki Boekhout

Safety Coordinator

Betsy Cuquet

2024 Missouri State Dance Team Championships

Solo Competition

February 23, 2024

Park Hill High School

7701 NW Barry Rd.

Kansas City MO 64153

Team Competition

February 24, 2024

Hy-Vee Arena

1800 Genessee St.

Kansas City, MO 64102

In this issue:

- 2 President's Message
- 3 State Championship Checklist
- 4 Important State Contacts
- 5 Hotel Information
- 6 How Divisions are Set
- 7 80% Rule/MDTA Monday
- 8-10 Safety Corner
- 11 State Qualification
- 12-14 Competition/Contest Updates
- 15 2024 MDTA Scoresheet
- 16 Sponsor MDTA
- 17 MDTA Membership



President's Message



Welcome all new and returning members! Thank you for allowing us to serve you and your team's needs. We are so glad you are members, we are here to assist you with your coaching needs.

The MDTA board serves voluntarily. We do our best to make your coaching experience enjoyable. We hope to provide you and your dancers with helpful tips, insights, networking opportunities, and an amazing state competition. The 2024 Missouri State Dance Team Championship registration is now open. Information can be found in the state brochure, which is on our website. I strongly encourage you to take the time to read through the information. Karen Asbell has done a wonderful job assembling the registration information as well as a thorough explanation of the state process. If you have questions, please reach out to your regional representative for assistance.

If you coach a team that does not compete, we are still here for you! We can help with all things dance team and we realize competition is not for everyone. Making your team's dance experience a positive and rewarding experience can be difficult. Please reach out to us with questions or things you'd like us to discuss!

We are excited to announce the return of our MDTA Facebook Monday series. This is where we go live via the closed coaches Facebook group and provide valuable professional development and ideas for you and your teams. Look for specific dates and topics in this newsletter.

Finally, as you guide your team through the year and especially in those challenging situations, your dancers look to you for guidance. While winning is nice, it isn't everything! Your coaching prepares teams that are gracious, hard working, dedicated and committed to each other. These relationships are far more rewarding than any trophy.

I am looking forward to seeing you all in KC in February! If you have any questions, concerns, ideas, or issues, please know I am only an email away!

**Sincerely,
Jean Woodward, Interim President**



Team Registration Process and Check List

What all do I need to do to prepare for State 2024?

Follow this checklist!!!

- **Go online at [MDTA Website](#) and complete the Team Application form**
 - A confirmation email will be sent when forms have been submitted.
 - Direct Link to form: [Team Registration 2024](#)
 - **Due date: Dec 12, 2023**
- **Complete the Academic All-State Form**
 - A confirmation email will be sent when forms have been submitted.
 - Direct Link to form: [Academic All State 2023-24](#)
 - **Due date: Dec 12, 2023**
- **Complete Liability Release and Waiver Form State 2024 for team/solo**
 - Direct link to waiver: [Liability waiver for TEAM / SOLO 2024](#)
 - (THERE ARE 2 Pages)
- **Make Hotel Reservations if needed**
- **Soloists complete solo application form.**
 - Direct link to form: [Solo Registration 2024](#)
 - **Due date: Dec 12, 2023**
- **Mail the payment (PO, check or money order or pay online)**
 - **Due Date: Dec 12, 2023**
- **Send the team photo to: melissa.albright@modta.org**
 - **Due Date: January 1, 2024**
- **Make Hotel Reservations if needed**
 - **Confirm Reservations by February 3, 2024**
- **Copy Solo and Team Waivers.**

Please have your soloist complete and return to you to keep and turn in the day of solos. Have all team members complete the team waiver and return to you to keep and submit the day of the competition when entering the arena.

- **Submit school name and logo for the HyVee Video board during performance**
 - Direct Link: [Team name and Logo](#)

All forms and money must be submitted by December 12, 2023.

Team Invoice 2024

Solo Invoice 2024

Please note all online entries are time stamped when submitted online.

NO LATE submissions will be ACCEPTED. NO EXCEPTIONS.

STATE CHAMPIONSHIP

NOTES

**Coaches,
Stay Updated with
the Band App!**



MDTA State Championships

Scan this QR code and join!



Team Music

Send To:

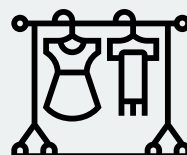
shelley.mccain@lsr7.net

Solo Music

Send To:

brittanimcclellan@yahoo.com

An email will be sent a month prior to the championship to send music. **DO NOT** send music prior to January.



Costuming Questions?

Email: Brett Elder
brett.elder@modta.org

Please include a photo to best answer your question.



Safety Questions?



Email a video clip of the move in question for safety review to:

Tiffany Aboussie
utopiacoach@yahoo.com

Please note:

Videos of an entire routine will not be reviewed.

Video clips only.

No clips will be reviewed after January 30, 2024

Only **4 clips per team** will be reviewed.



Team Photos due Jan 1st

Email: Melissa Albright
melissa.albright@modta.org

Tiff file preferred or JPEG
(high resolution-minimum 300dpi)

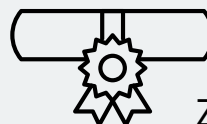
Minimum 4x6" in size

Subject Line: School Name, Team Name, MDTA
State Competition

TEAM School Logo

[Submit Here](#)

Academic All State Questions?



Email:

Zoe McCarthy
Zrm123@mac.com

State Contest Questions?

Email:

Karen Asbell
kasbell@stcharlessd.org
karenasbell@sbcglobal.net

Looking for the NEW Category/Judging Scoresheet?

Visit: www.modta.org/state-categories

Click the category of dance to view the scoring rubric and scoresheet.

Hotel Reservations for State 2024


**Special
Price**


The following hotels have blocked off rooms for participating teams the weekend of state. MDTA *highly suggests* making reservations early as group holds on rooms may be limited.

**ROOMS
AVAILABLE**

The following sponsors will provide base pricing ranging from \$123-144 plus taxes/fees per room for MDTA teams for the Missouri Dance Team Championships Friday, February 23- Sunday, February 25, 2024.

Hilton Kansas City Airport

 8801 NW 112th Street
Kansas City, MO 64153

 816-891-8900

\$124 + taxes/fees Double-double rooms.


Cancel 48 hours prior to arrival or one night room rate + taxes/fees will be charged to credit card. Breakfast buffet included-4 per room; free bus parking.


Confirm reservations by Saturday, February 3, 2024.

Group Name: Missouri Dance Team Championships

Call hotel direct or Register Online [Here](#)

Fairfield by Marriott- Kansas City Airport

 11820 NW Plaza Circle
Kansas City, MO 64153

 816-464-2424

\$123 + taxes/fees Double-double rooms.


Cancel 48 hours prior to arrival or one night room rate + taxes/fees will be charged to credit card.


Breakfast included-4 per room; free bus parking. Confirm reservations by Friday, February 2, 2024.

Group Name: Missouri Dance Team Championships

Call hotel direct or Reserve Online [Here](#)

Courtyard by Marriott- Kansas City at Briarcliff

 4000 North Mulberry Drive
Kansas City, MO 64116

 816-841-3300

\$139 + taxes/fees Cancel 48 hours prior to arrival or one night room rate + taxes/fees will be charged to credit card.


Breakfast NOT included; free bus parking.


Confirm reservations by Friday, February 2, 2024

Group Name: Missouri Dance Team Championships

Call hotel direct or Reserve Online [Here](#)

TownePlace Suites by Marriott at Briarcliff

 3950 N. Mulberry Drive
Kansas City, MO 64116

 816-587-4600

\$144 + taxes/fees Some King room with pull out sleeper or double Queen room. Cancel 48 hours prior to arrival or one night room rate + taxes/fees will be charged to credit card.

Breakfast included; free bus parking & Wi-Fi. Confirm reservations by Friday, February 2, 2024

Group Name: Missouri Dance Team Championships

Call hotel direct or Reserve Online [Here](#)

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, Toni Hill, to use for the state division breakdown (these are also available to all on their website 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.

80% Rule

Each fall schools are required to send in their rosters to MSHSAA for the members on their teams. In the past they would be separated as JV, Varsity etc. however now they are all listed together. There is no longer a separation and members can float between squads.

So how do we figure 80% when it comes to competition?

Many teams that want to carry additional non-competitive members can do so by creating a GAME DAY Squad and a COMPETITION squad. They are all still listed on the MSHSAA roster but you are able then to basically have 2 teams. MSHSAA does not police this so it is up to you and your school how you define your teams. When it comes to competition season we will need your competition squad numbers to base your 80% off of. This gives teams some flexibility, however I always say when you make cuts do not cut to the bare minimum. Let's face it, illnesses happen and so do injuries. The ONLY way you can remove a member from your total (and thus changing your 80% value) is if a member quits or is no longer on your team. If a girl quits and you have an alternate on your game day team or one that isn't performing you are always able to pull someone up. You may NOT pull someone up to add more than what you registered with. All of that is done with the add/drop form that is on our website.

MDTA MONDAYS

ON



Save the Dates:

DECEMBER 11

Safety Talk

**FEBRUARY
12TH**

Tryouts/Awards Banquet

**Facebook live events happen in the MDTA (Coaches) Group
at 8pmC**

SAFETY C

From Your Safety Coordinator, Betsy Cuquet

betsy.cuquet@modta.org

ORN E R

Hello, and happy summer!

You've probably had a few summer practices by now, but before you get too far into learning new routines and ordering new costumes and shoes for the year, I thought I'd give you some guidelines. Let me start by saying that the National Federation of State High School Associations makes rules which MSHSAA enforces. This passes down to MDTA. We are not a state sanctioned event, but we do enforce these rules for a few reasons:

- the most important being **the safety of your dancers.**
- We also enforce these rules to level the playing field.
- Another important reason is secondary to liability insurance. This insurance is necessary to prevent our not-for-profit organization from the possibility of lawsuits should a dancer get hurt during our event. Remember, we are not associated with a school, therefore we are responsible for any and all costs that may be incurred as the result of an accident or lawsuit. We would be unable to attain insurance if we did not follow the safety rules set out by the state.

LEGAL

LEGAL



Costume-

MDTA adheres to the midriff modesty rule. Midriff is defined as 3 inches above the belly button. A costume can have a cut out or opening in the back but it cannot cut below the natural waist, nor can the opening extend to the front of the body. Bare skin or nude colored coverings made to give the illusion of flesh can not be part of the costume in the midriff area. When a dancer is standing at attention, no part of the buttocks, breast or belly can show.





**Allowed Skills for 2024 State
Competition in a
Turner/Half/Bear Paw Shoe:**

- Head Spring
- Hand Spring
- Front Aerial
- Side Aerial

**Anything else still
requires a full shoe.**

Footwear- HOT topic alert!!

MSHSAA tweaked the definition of head/handsprings in 2022, making it very clear that they are considered airborne skills. Further, the long standing safety rule states that if any airborne tumbling skills are to be done beside a front or side aerial, then a full shoe is to be worn. This would mean you need a full shoe to do a head or hand spring, which we enforced at this past state event. After considering MUCH feedback in addition to our own experiences and knowledge, the Safety Team has decided to allow turner/half/bear paw shoes to be worn for hand and head springs. This means that if your team is comfortable in a ½ shoe, you no longer need to consider removing those skills, nor do you need to consider wearing a full shoe in order to keep those skills in the routine. I am aware that this goes in direct conflict with what I just stated in my intro., but the board consists of dancers and coaches, and with our experience, we firmly believe that the shoe rule goes against our judgment of what is safe. Again, the MSHSAA rule has not changed, but MDTA is choosing to disregard this portion of the rule, only made possible because we are not a state sanctioned event. With that being said, we are still going to enforce the portion of the rule that has been in place for many years, and that is that any airborne skill besides a front or side aerial (and now a head spring or hand spring) requires a full shoe.

Jewelry-Another hot topic.

MSHSAA and the National Federation of State High School Associations prohibit the wearing of earrings, rings and necklaces while performing.

MDTA enforces that rule.

Soft chokers are permitted. Other chains (hip hop) must be firmly sewn to the costume to prevent flopping.



Hairpieces-

Feathers, flowers and beads can be used to fashion hairpieces. They must be worn securely with clips and pins.

Poms-

We will continue to enforce the use of hands-free poms for any skills in which the weight is put in the hands. Hands-free poms are also needed for those acting as bases when involved in lifts.



New for 2024 State:

We have seen so many variations of hands-free poms, many of which don't actually enhance the safety of the dancer at all.

Therefore, **hands free poms made with hair ties or other variations will not be allowed.**

All hands free poms shall be made with a 1-1.5 inch wide piece of elastic that goes across the palm of the hand. No elastic is to go across the fingers. The pom is worn on the outside of the hand, not held in the palm. These can be homemade, or you can purchase the kit to make them through Varsity for less than \$10 per set.

I hope this helps you in your costuming decisions!

Enjoy the rest of the summer!
Safe dancing,
Betsy Cuquet
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](#)
[2023-2024 MSHSAA](#)
[Spirit Manual](#)



Registration is open, but how do I decide which competitions to attend?

According to Rule 7 in the MSHSAA Spirit Activities Handbook listed under **Student Eligibility Standards for Spirit Teams** in Section 3, it states:

Dance teams shall be allowed a **maximum** of **five in-state or out-of-state contests** (competitive and/or evaluative events) during the school year (from the opening day of school to the official closing day at the end of the academic year)



In order to compete in the MDTA State Championships, a dance team must compete at one sanctioned regional competition. This must be a state competition and not a state regional for a national competition.

These activities shall meet the following standards:

- a. The safety regulations contained in MSHSAA By-Law 4.5.5 or any which are more restrictive that are established by the event sponsor shall be followed.
- b. Any dance team event which involves students from more than one school sponsored by a non-school organization or a college or university or which will involve schools from other states shall have the approval of the Board of Directors. Application for approval shall be submitted no later than 30 days prior to the event. An interschool dance team event sponsored by a member school which involves only Missouri schools shall have the approval of the high school administrator.
- c. Events involving students from more than two schools approved for commercial or promotional purposes and which cause a loss of class time shall not be approved for schools outside their respective local communities.
- d. This section shall not be interpreted to prohibit a local board of education from adopting any higher standards that it considers appropriate for its school community.
- e. A student that violates any of these standards (By-Laws, etc.) shall be ineligible from participation in any interscholastic event in the specified activity for a period not to exceed 365 days. It shall further be considered a violation for member schools to participate in an interscholastic event with a member school so suspended. (By-Law 4.5.10)

Click [Here](#) to View the MSHSAA Sanctioning Process

DANCE SHOWCASE

Information

A showcase is a dance opportunity for teams to perform their routines.
No judging takes place at a showcase, and it does not count toward
your 5 maximum competitions.

Southwest Missouri Dance Team Showcase November 9, 2023 Carthage High School

Contact: Melanie Perkins
perkinsm@carthagetigers.org
Register [Here](#)



48th Annual Fox Pom Show

November 16th, 2023 at 7pm
Rickman Auditorium
on Fox High School Campus
Price: FREE
Register [HERE](#)

Ozark Dance Showcase Thursday, November 30th, 2023 Ozark High School 1350 W Bluff Drive

6pm

Contact: Shawwna Wilson
shawwnawilson@ozarktigers.org
Register [HERE](#)



URSULINE
A C A D E M Y

**Cheer & Dance
Showcase
February 11, 2024**



If you are hosting a competition or contest this year, please contact
Melissa Albright at melissa.albright@modta.org
to have it added or updated!

STATE QUALIFIER COMPETITION *Updates*

Yvonne Cole Lindbergh Invitational Saturday, December 2, 2023



Lindbergh High School

Additional Information/Questions,
email: lhsinvitational@gmail.com
Website with information found

[HERE](#)

The competitions on this page are considered regional state qualifiers for the Missouri State Championships.

They have been approved by MSHSAA and MDTA. Any team planning to compete at state needs to attend one or more of these sanctioned competitions.

Fort Zumwalt North Invitational



Saturday, January 20, 2024
Fort Zumwalt North High School

Contact: Karen Asbell @ kasbell@stcharlessd.org
Website with information found [HERE](#)

Lee's Summit North Dance Invitational



January 19-20, 2024
Lee's Summit North High School

Website with information found [HERE](#)

Contact: Shelley McCain
shelley.mccain@lsr7.net

Wentzville Holt Dance Regional



Saturday, January 6, 2024
Holt High School

Website with information found [HERE](#)

Farmington Dance Invitational



Saturday, January 13, 2024
Farmington High School
Weather Make Up Date: Saturday, Feb 3, 2024

Contact: Janna Hagerty
jhagerty@farmington.k12.mo.us
Website with information found [HERE](#)

Mehlville Invitational



Saturday, January 13, 2024
Mehlville Senior High School

Contact: Miranda Widmann
mehlvilleinvitational@gmail.com



Sugar Bears Invitational
Saturday, January 27, 2024
Missouri State University
Hammons Student Center

Register
[HERE](#)

731 E Bear Blvd
Springfield, MO

Contact: Emily Dryden
emilydryden@missouristate.edu

The Kansas City Classic



Saturday, December 9, 2023
Liberty High School

Website with information found [HERE](#)

ADDITIONAL COMPETITION Updates

The following are competition opportunities which will count towards the 5 maximum competition events allowed per MSHSAA, but these are not considered a qualifier for the Missouri State Dance Championships.



Blue Springs Regional

December 16, 2023

Hosted By:

Blue Springs High School

To Register, Contact: Mike Byliski
mbyliski@varsity.com



Dance Team Union

Kansas City Regional

Lee's Summit West

High School

Saturday, January 6, 2024

A United Team is a Strong Team! Here are some team building ideas:

- **Pre-Game Team Dinners**
- **Host a DanceGiving/Friendsgiving**
- **"Look What I Did Behind Your Back"**
 - Each athlete writes their name on the top of a piece of paper and then tapes it to her back. Every athlete has a marker. They go around and write kind and thoughtful things on the person's back. It can range from, you have nice hair, to you have made me feel accepted here, you're a good friend, you're a quick learner, etc. They walk from dancer to dancer and write on each other's back. When finished, they take them off and keep them as a nice keepsake.



One Team, One Vision, One Goal

Missouri Dance Team Championship

OFFICIAL SCORE SHEET

POM
LYRICAL
PRECISION
HIP HOP
KICK
MIX
PROP

[CLICK HERE TO VIEW THE SCORING RUBRIC](#)

	Points Possible	Actual
Choreography.....15 <ul style="list-style-type: none">• Creativity• Variety• Flow• Originality• Use of tempo and rhythm• Continuity		<input type="text"/>
Difficulty15 <ul style="list-style-type: none">• Range of skill• Pace variations• Intensity• Extensions and partnering skills• Speed and intricacy of motion• Athleticism of dancers		<input type="text"/>
Technique..... 15 <ul style="list-style-type: none">• Body awareness• Clear articulation of movement• Alignment and execution• Execution of leaps, turns, jumps• Technical placement• Strength and control		<input type="text"/>
Synchronizatn..... 15 <ul style="list-style-type: none">• Precision and timing• Synchronization and unity• Working and moving as one• Style throughout		<input type="text"/>
Execution..... 15 <ul style="list-style-type: none">• Execution of all routine elements• Control and placement of motions• Execution of technical skills• Uniformity of motions		<input type="text"/>
Staging/Spacing.....15 <ul style="list-style-type: none">• Creativity and variety of formations• Sectioned group work• Evident formations and transitions• Visual appeal• Use of performance space and spatial awareness		<input type="text"/>
Showmanship/Overall Impression..... 10 <ul style="list-style-type: none">• Confidence and Projection• Performance Impression• Connection with audience• Memorability		<input type="text"/>
Total Possible/Earned 100		<input type="text"/>
<div>Judge's Signature: _____</div>		

MDTA

is seeking sponsorships for the *2024 Missouri State Championships!*



The Missouri Dance Team Directors Association (MDTA) is an independent, not-for-profit organization of high school dance coaches in the state of Missouri. The purpose of our organization is to further the art of high school dance throughout the state of Missouri.

The major focus of the MDTA is to sponsor the annual Missouri State Dance Team Championships. This year's contest will be held on Saturday, February 24, 2024, at the HyVee Arena in Kansas City, Missouri. Our contest draws participation from over 100 teams with 5000+ spectators from across the state of Missouri. This is an excellent opportunity for businesses to promote their products and services while supporting the dancers of Missouri.

Sponsorship by Advertising in the Competition Program

\$500 Full Page (Color)

\$400 1/2 Page (Color)

\$300 Full Page (B/W)

\$250 1/2 Page (B/W)

Corporate Sponsorship

\$5000 or more Platinum Level

\$3000-\$4999 Gold Level

\$1000-\$2999 Silver Level

\$700-\$999 Bronze Level

Corporate Sponsorship Information:

Product Sponsorship: Donation of goods or services to assist with the running of the contest

Examples include:
Photographic services
Program printing

Event Sponsor: Supplying materials or goods for an aspect of the contest

Examples include:
Coaches' hospitality rooms (approximately 200 people)
Team category trophies (approximately \$3000)
Academic awards (approximately \$800)
plaques for highest team G.P.A. in each classification 1A-6A
medals for 4.0 students
certificates of recognition (approximately 200-400 students)
Medals for state champions in each size classification 1-6 (approximately \$800)

On the day of the event, the names of corporate sponsors will be prominently displayed on an electronic banner inside the competition venue. In addition, corporate sponsors will receive a complimentary ad in the competition program according to their level of sponsorship:

Platinum/Gold Level: Full Page Color

Silver Level: Half Page Color or Full Page Black and White

Bronze Level: Full Page Black and White

Corporate level sponsors will also receive recognition on the corporate sponsor page of the competition program. Silver and gold sponsors will be added to the sponsors links on the MDTA website with sponsor logo and website link (if desired). Sponsors of the academic and team awards will have their corporation's name added to the appropriate award, i.e. trophy, medal, plaque, or certificate along with that of the Missouri Dance Team Association.

For Questions or Interest in Becoming a Sponsor, please contact
MDTA Vice President, Stephanie Simon

✉ stephanie.simon@modta.org

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

JOIN MDTA by NOV 15th for \$10!

After Nov 15th, the price increases to \$20 through Dec 30

On Jan 1st, 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 !

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

WE WANT YOUR *design!*



Any MO Varsity dance team member
can enter our contest



T-Shirt Contest



Share with all your dancers

- 1-2 Color Art design Front only
- Must say Missouri Dance Team
Championship in Design
- Submit by Dec. 12, 2023
- Winner gets a free t-shirt and
recognition at awards ceremony
- Use QR code to submit design

We can't
wait to see
your design

Questions

kasbell@stcharlessd.org

