



MDTA NEWS



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Safety Coordinator

Betsy Cuquet

2023 Missouri State Dance Team Championships

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

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President's Message



Hello coaches, welcome to MDTA!

If you are a returning coach, thank you for allowing us the honor of serving you and your team's needs. If this is your first year with us, we welcome you and want you to know we are here to assist you with this journey of coaching dance teams.

We, as a board, serve voluntarily and do our best to make your journey as easy as possible.

Our board is committed to serving you, your dancers, and provide you with helpful tips, insights, networking opportunities, as well as an amazing state competition. Many states come to us and follow our competition model as well as seek out our expertise with serving coaches.

The 2023 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 presented. We attempt to provide you all information needed to register and explain the process of state. If you have questions, please reach out to your regional representative who is more than happy to assist.

If you and your team do 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 is not easy and sometimes competition is just not the road to take. Again, feel free to reach out to us with questions or things you'd like to us discuss and provide.

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, just a reminder that your dancers are looking to you for guidance and example of how adults treat and behave towards others. Remember this as you guide your team through the year and especially in those challenging situations. As I have said many times over the last 20+ years, winning is nice, but it is not everything. Logically and statistically speaking, more teams will lose on any given contest day than will win. Prepare your team to be gracious no matter the outcome. Make them proud of their hard work and dedication. Show them that commitment and team relationships are far more rewarding than a trophy.

See you in KC in February!

**In dance,
Brett**



Team Registration Process and Check List

What all do I need to do to prepare for State 2023?

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 Application 2023](#)
 - **Due date: Dec 12, 2022**
 - **Complete the Academic All-State Form**
 - A confirmation email will be sent when forms have been submitted.
 - Direct Link to form: [Academic All State Form](#)
 - **Due date: Dec 12, 2022**
 - **Complete Liability Release and Waiver Form State 2023**
 - Direct link to waiver: [LIABILITY RELEASE AND WAIVER FORM State 2023](#)
 - (THERE ARE 2 Pages)
 - **Make Hotel Reservations if needed**
 - **Soloists complete solo application form.**
 - Direct link to form: [Solo Application 2023](#)
 - **Due date: Dec 12, 2022**
 - Direct link solo waiver: [LIABILITY RELEASE AND WAIVER FORM State SOLO 2023](#)
 - (THERE ARE 2 Pages)
 - **Mail the payment (PO, check or money order or pay online)**
 - **Due Date: Dec 12, 2022**
 - **Send the team photo to: Albrightmelissa@hotmail.com**
 - **Due Date: January 1, 2023**
 - **Make Hotel Reservations if needed**
 - **Confirm Reservations by February 3, 2023**
 - **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: [School name and logo](#)

All forms and money must be submitted by December 12, 2022.

INVOICE TEAM ENTRY 2023

Solo INVOICE 2023

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:

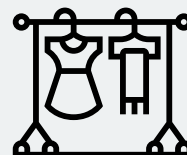
shelley.mccain@lsr7.net

Solo Music

Send To:

kara.mueller@gmail.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.



Team Photos due Jan 1st

Email: Melissa Albright

albrightmelissa@hotmail.com

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](#)



Safety Questions?

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

Tiffany Aboussie

utopiacoach@yahoo.com

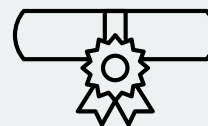
Please note:

Videos of an entire routine will not be reviewed.

Video clips only.

No clips will be reviewed after January 30, 2023

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



Academic All State Questions?

Email:

Jean Woodward

jwoodward@ursulinestl.org

State Contest Questions?

Email:

Karen Asbell

kasbell@stcharlessd.org

karenasbell@sbcglobal.net




Hotel Reservations for State 2023


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.



The following sponsors will provide base pricing ranging from \$119-139 plus taxes/fees per room for MDTA teams for the Missouri Dance Team Championships Friday, February 24- Sunday, February 26, 2023.

Hilton Kansas City Airport

 8801 NW 112th Street
Kansas City, MO 64153

 816-891-8900


\$119 + 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 Friday, February 3, 2023.

Group Name: Missouri Dance Team Championships Call hotel direct or Register 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 3, 2023

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.

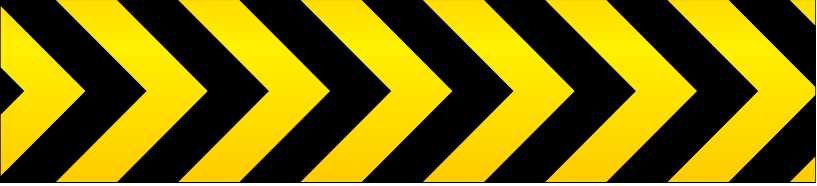
Once those have been submitted MSHSSA creates the school enrollment numbers for the document. These numbers stand for the entire year EVEN if your school numbers increase or decrease.

These numbers are requested from MSHSAA dance representative, Davine Davis, 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.



SAFETY C O R N E R



Hello! I hope this finds you and your team healthy, and your season off to a good start.

I have been hard at work assembling a safety team that can and will be knowledgeable, up to date, and experienced. During my second year as coordinator, I have focused on consistency. I want you, as coaches, to be able to attend every regional competition with the understanding that you will be getting feedback regarding safety from a judge who you will also see at state.

This means that at state, the safety team will be familiar with your routines and will better be able to deliver a fair and accurate evaluation. I also want you to know that We work closely with MSHSAA and the National Federation to ensure that we understand the rules with the intent in which they were written.

Because it is getting close to that time when videos are submitted, let me remind you of a few things:

- **Submit only the portion of the routine that contains the move in question. Do not submit a whole routine, please. If you cannot figure out how to submit a clip, please indicate at what time in the video the move is performed.**
- **Do not ask for suggestions on how to make the move legal. We feel uncomfortable choreographing for you.**
- **Your team should be the team performing the move in question. Please do not submit a move as performed by a college team, etc.**
- **Try to do a little research on your own. It is helpful to us if you submit your tape with a preface saying something like "does this move conform to the inversion rule on page 36?", or "is this move legal according to rule 5 section 3?".**
- **Submission deadline is January 31, 2023.**

Submissions go to utopiacoach@yahoo.com

I look forward to seeing you soon!

**Betsy Cuquet
MDTA Safety Coordinator**

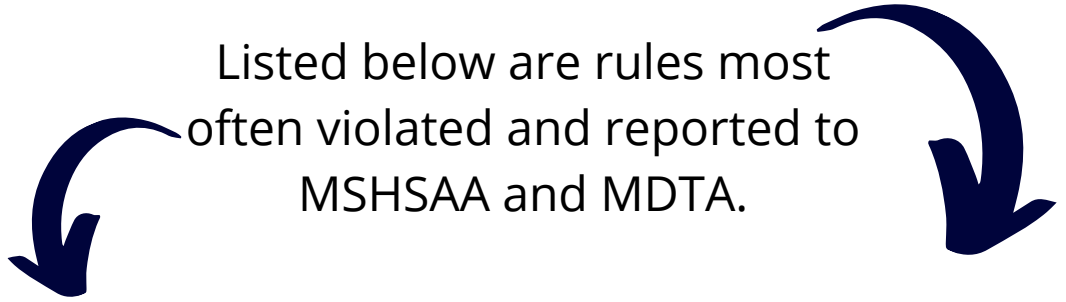


Are You Up To Date on the Spirit Rules?

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 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 (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

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.

MUSIC



POLICY

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 be required 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.

MDTA Mondays on



November 14th
Topic:
SAFETY 101



January 9
Topic:
PLANNING A SHOWCASE
AWARDS BANQUET
TRYOUT TIPS

YOU ARE
AMAZING

February 13
Topic:
STATE CHAMPIONSHIP
INFORMATION

COMPETITION Updates

Yvonne Cole Lindbergh Invitational

Saturday, December 3, 2022

Lindbergh High School

Additional Information/Questions,
email: lhsinvitational@gmail.com

Website with information found

[HERE](#)



Lee's Summit North Dance Invitational

January 20 and 21, 2023

Lee's Summit North High School



Website with information found [HERE](#)

Contact: Shelley McCain

shelley.mccain@lsr7.net

Fort Zumwalt North Invitational

Saturday, January 21, 2023

Fort Zumwalt North High School

Weather Make Up Date:
February 4, 2023

Contact: Karen Asbell @ kasbell@stcharlessd.org

Website with information found [HERE](#)



Farmington Dance Invitational

Saturday, January 14, 2023

Farmington High School

Weather Make Up Date: Saturday,
Feb 4, 2023



Contact: Janna Hagerty

jhagerty@farmington.k12.mo.us

Website with information found [HERE](#)

1st Annual Wentzville Holt Dance Regional

Saturday, January 7, 2023

Holt High School

Weather Make Up Date: January 28, 2023



The Kansas City Classic

Saturday, December 10, 2022

Liberty High School



USE WEBSITE
LINK OR SCAN
QR CODE:



Website with information found [HERE](#)

Contact: Maggie Willis: maggie.willis@lps53.org

Mehlville Invitational

Saturday, January 28, 2023

Mehlville Senior High School

Contact: Miranda Widmann

mehlvilleinvitational@gmail.com



Dance Team Union St Louis Regional

Saturday,

December 17, 2022

Holt High School





NDA
Blue Springs Regional
December 17, 2022
Blue Springs High School

Register [HERE](#)

Contact: Erin Brown
ebrown@bssd.net



Dance Team Union
Kansas City Regional

Lee's Summit West
High School

Saturday, January 7, 2023

Register [HERE](#)



Sugar Bears Invitational
Sunday, February 5, 2023
Missouri State University
Hammons Student Center
731 E Bear Blvd
Springfield, MO

Contact: Emily Dryden
emilydryden@missouristate.edu



MDTA State Dance Team Championships



Saturday, February 25, 2023

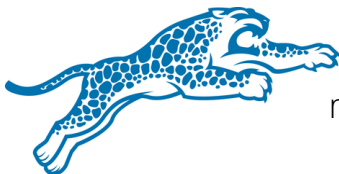
HyVee Arena
Kansas City, MO
www.modta.org

DANCE SHOWCASE

Information

Show Me State Showcase

Saturday, February 4, 2023
Blue Springs South High School



Contact: Melanie Dailey
melanie@larkspurdance.com



47th Annual Fox Pom Show

November 17th, 2022 at 7pm
Rickman Auditorium on Fox High School Campus

Price: **FREE**
Register [HERE](#)



URSULINE

A C A D E M Y

Cheer & Dance Showcase

Friday, February 3, 2023
5-9pm



Register [HERE](#)

Or
Scan to Register

Southwest Missouri Dance Team Showcase

Thursday, November 3, 2022
7pm

Carthage High School

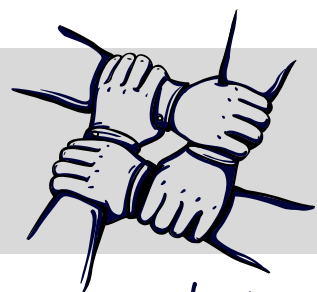
Register [HERE](#)

Deadline: October 18th

Contact: Melanie Perkins
perkinsm@carthagetigers.org



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!



One Team, One Vision, One Goal

In what ways do you boost morale and keep your team cohesive?

We started Summer and Winter Olympics. We had silly and serious fun contests, divided team in half, kept totals, and awarded individual and team medals. They loved it. Competitions included pom throws, rolling up the fastest in paper, basketball into trashcan with pom, bowling, Ala secondes, longest plank... anything you can imagine.

Dance-giving (like Thanksgiving but with the dance girls) we get dressed up and bring in dishes and have a large meal together. We also play Heads Up as a team (an app you can download on your phone)



Tiffany Caldwell
Iberia Starlets

Alyssa Bigham
Fort Zumwalt
East

Pre-Game Team Dinners

Jo Phinney
Washington High School

Brandee
Lancer Dancers

We do a scavenger hunt. The girls are paired in teams of 4 or 5 and told to wear a certain color. They get a leader with their photo and 20 min on the timer. They have to video or take a picture of each task. Tasks we use are 3 members acting as fans, 2 members doing turns in the cafeteria, group pic by youngest members locker.. We use the pictures as a slide show on our social media accounts and I give them all a prize and they love doing it every year!!

Get together to get ready before games, went to an escape room together this year, do a Secret Santa, vote on a spirit stick winner before each game
(anonymous)

Secret Santa Team Sister (Bigs/Littles) Gifts

Ashlyn Williams
Hannibal High School
PirateLine

We have two dancers who are our "team bonding chair leaders". They are required to come up with a team bonding activity at least once a month, they can either do this at practice, outside of practice or before a game. Lately, they've been doing PowerPoint nights, charcuterie nights, dinners before games, ice cream after games, and themed practices (anything but a water bottle, anything but poms, dress up as coach, etc.). This is great because they get to choose what activity they think is best for the team at that specific point of the year. And they get really into some of the activities they come up with to impress the coaches!

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 1st for \$10!

After Nov 1, 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