



### STATE CHAMPIONSHIP CHEER COMPETITION AND FACILITY INFORMATION SEPTEMBER 18, 2023

The competition is set to begin at 10 a.m. on September 23 and will be hosted at Union High School's Multipurpose Activity Center (UMAC) located at 6836 S Mingo Rd, Tulsa, OK 74133.. You'll find a map attached for the site. The warm-up will occur at the high school and a map is attached to this letter to show where to park.

The warm-up schedule is below – please be on time for your respective check-in and warm-up assignments.

Team check-in: Teams will check in at Union High School through the South Entry doors. A Union representative will be assigned to each team. The Union representative will lead your team to proper stations for stretching, tumbling, and full out. There will be 2 warm up areas: A: High School Gym B: Volleyball Facility

#### IMPORTANT INFORMATION:

1. Buses may drop off at the High School south entry. (see map)
2. The link for online tickets can be found on the homepage of OSSAA.com. A ticket is good for the day.
3. No outside food or drink is allowed inside the building.
4. Concessions will be open.
5. Fine Design will provide t-shirts and souvenirs at the event.
6. No signs, noise maker, or banners are permitted.
7. **PLEASE COME PREPARED/DRESSED TO PERFORM. DO NOT LEAVE ANYTHING OF VALUE IN ANY AREA OTHER THAN THE HOSTS DESIGNATE. WE CANNOT BE HELD RESPONSIBLE FOR LOST OR STOLEN PERSONAL PROPERTY.**
8. Participants **must** sit in the end zone area of the arena instead of the side areas. **SECTION 119, 120,121 AND 122 ARE DESIGNATED FOR PARTICIPATING SQUADS AFTER THEIR PERFORMANCE.**
9. When your squad is ready to warm-up for the competition, you will be directed to the warm-up area to prepare for the competition. The manager in the warm-up room will direct squads to the next stage of the warm-up. Please follow the schedule **EXACTLY**; timing is everything in running this competition smoothly. We appreciate your cooperation.
10. **Please bring your roster.** (roster sheet attached)
11. **PLEASE MAKE SURE YOUR TEAM IS IN THE WARM-UP AREA AND READY TO GO AT THE TIME LISTED ON THE SCHEDULE.** A time schedule is provided in this posting, please look it over and be in place to enter the warm-up area. Remember, this is an **approximate** schedule, judges may take longer than planned, or other delays may make a difference in the scheduled time.
12. A full practice mat area will be provided in the warm-up areas. There will be a tumbling strip mat available.
13. Re-Entry for spectators is not allowed.
14. Head coaches will receive three floor passes that must be worn for entrance to the competition floor. Only three coaches are allowed in the coach's box, **no additional cheerleaders** or coaches may enter the competition floor. **NO EXTRA CHEERLEADERS ARE PERMITTED ON THE FLOOR. THERE ARE NO EXCEPTIONS, IF YOU BRING EXTRA CHEERLEADERS TO THE FLOOR THE CHEERLEADERS NOT PARTICIPATING**

**AND ALL COACHES FOR THAT TEAM WILL BE REMOVED FROM THE COMPETITION FLOOR IMMEDIATELY. NO MORE THAN THREE COACHES ARE PERMITTED ON THE FLOOR, IF ADDITIONAL COACHES COME TO THE FLOOR, ALL COACHES OF THAT TEAM WILL BE REMOVED FROM THE COMPETITION FLOOR.**

15. NO photographers will be permitted on the competition floor.

**We will be running two classifications at a time. Direction of performance is below. Once your team has performed, please be seated in Sections 119, 120 121 or 122. At the end of all performances awards will be given in the stands. No teams are to be on the competition floor outside of their performance time. We will give out the Academic State Championship award prior to the champion and runner up awards in each classification.** Teams will be provided individual times in the warm-up rooms before their scheduled performance (schedule below). After your preparation is complete, you may take your team back to the warm up area to retrieve belongings, then take your place in the designated area.

**2A—EAST**

**3A—WEST**

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**SMALL CO-ED—EAST**

**CLASS 5A—WEST**

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**CLASS 4A—EAST**

**CLASS 6A—WEST**

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**LARGE CO-ED—WEST**



**STATE CHAMPIONSHIP  
ROSTER**

**SCHOOL** \_\_\_\_\_ **CLASSIFICATION** \_\_\_\_\_

**HEAD COACH** \_\_\_\_\_

**(ONLY THE 20 TEAMS MEMBERS THAT PARTICIPATED IN THE STATE  
COMPETITION SHOULD BE LISTED ON THIS SHEET)**

**TEAM MEMBERS:**

1. \_\_\_\_\_ 11. \_\_\_\_\_

2. \_\_\_\_\_ 12. \_\_\_\_\_

3. \_\_\_\_\_ 13. \_\_\_\_\_

4. \_\_\_\_\_ 14. \_\_\_\_\_

5. \_\_\_\_\_ 15. \_\_\_\_\_

6. \_\_\_\_\_ 16. \_\_\_\_\_

7. \_\_\_\_\_ 17. \_\_\_\_\_

8. \_\_\_\_\_ 18. \_\_\_\_\_

9. \_\_\_\_\_ 19. \_\_\_\_\_

10. \_\_\_\_\_ 20. \_\_\_\_\_

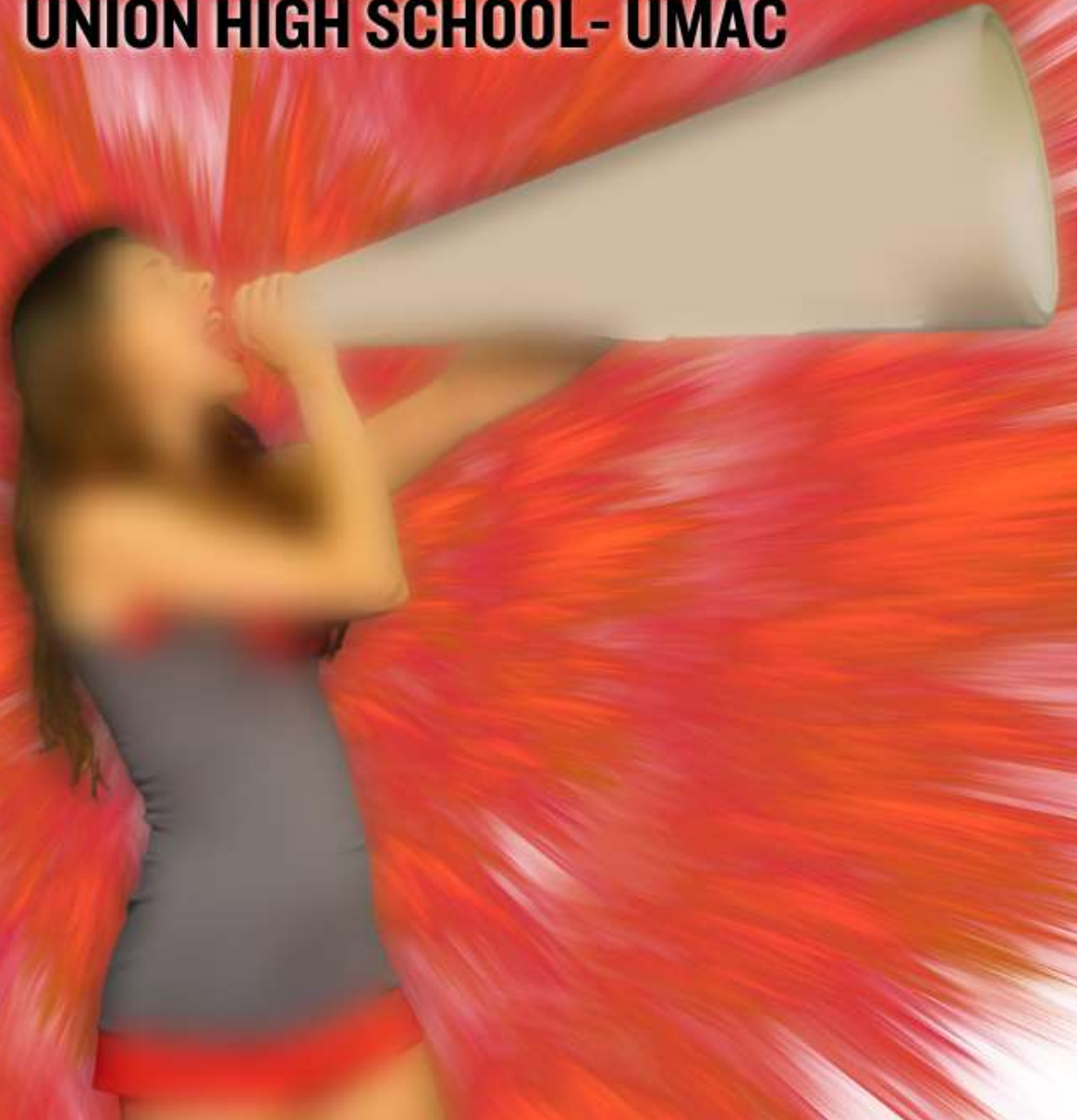
**SUPERINTENDENT** \_\_\_\_\_

**PRINCIPAL** \_\_\_\_\_

**ATHLETIC DIRECTOR** \_\_\_\_\_

# **2023 OSSAA CHEER STATE**

**SEPTEMBER 23, 2023  
UNION HIGH SCHOOL- UMAC**



# **GAME DAY VISITORS GUIDE**



# UNION ATHLETICS

25 PROGRAMS

1 TEAM

1 FAMILY

## UMAC

6836 South Mingo Road  
Tulsa, OK 74133  
918-357-7410  
www.unionps.org

## STATE CHAMPIONSHIPS

### Baseball

1979~1989~1990~2005~2006  
2010~2018

### Girls Basketball

2008

### Boys Basketball

2004~2012~2014

### Girls Cross Country

1976~1977~1978~1979  
1980~1981~2005

### Boys Cross Country

2007~2008~2010

### Football

1963~2002~2004~2005  
2008~2009~2010~2011~2016

### Girls Golf

2011~2012~2013~2014~2015

### Girls Soccer

2007~2008~2015~2016~2017

### Boys Soccer

1995~1998~2005~2007~2018

### Fast-Pitch Softball

1976~1992~1999~2011

### Slow-Pitch Softball

2010~2013

### Girls Track

2003~2005~2006~2007~2010

### Boys Track

2008~2009~2017~2023

### Boys Tennis

2005~2006~2007~2008

### Boys Wrestling

1982~2009

Dual State 2007~2012

### Girls Wrestling

2022~2023

### Cheerleading

1990~2007~2011~2013

### Highsteppers

1980 through 2008

2012~2014~2015~2016

### Pom

2002~2004~2005~2006~2007  
2008~2009~2010~2011~2012  
2018~2019

Athletic Director and Coach,

On behalf of Union Public Schools and the Athletic Department, we want to welcome you and your team to the UMAC on Saturday, September 23, 2023 for the OSSAA State Cheer Competition.

This packet contains contact information, a facility guide, map of the parking location for your team buses, and other helpful information. We hope this will assist you with your visit.

Tickets may be purchased online via a link on the homepage of OSSAA.com. Paper tickets will NOT be sold for this event. The OSSAA Playoff Pass is the only accepted pass and should be presented with a driver's license.

Please share this information with your team, parents, coaches, and fans. It is our hope to make your visit here to Union as seamless as possible.

If you have additional questions or need additional information, please do not hesitate to contact our office at 918-357-7410 or me by email at [barkley.emily@unionps.org](mailto:barkley.emily@unionps.org).

We look forward to having you as our guest.

Sincerely,

Emily Barkley  
Athletic Director  
Union Public Schools

*Emily Barkley*  
Athletic Director

*Joe Redmond*  
Associate Athletic Director

*Kirk Fridrich*  
Associate Athletic Director  
Head Football Coach

*Stephanie Blackwell*  
Athletic Coordinator



## VISITING TEAM INFORMATION Saturday, September 23, 2023

Congratulations to you and your team for qualifying for state! This is a huge accomplishment! Union High School is the site for OSSAA cheerleading state competition, and we are excited to do our part. The competition will be held at the **Union Multipurpose Activity Center (UMAC) located at 6836 S Mingo Rd, Tulsa, OK 74133**. Spectators will enter the doors at the front of the UMAC (See map on next page).

Teams will check in at Union High School through the South Entry doors. A Union representative will be assigned to each team. The Union representative will lead your team to proper stations for stretching, tumbling, and full out. There will be 1 warm up area: High School Gym

After warmups, the team's representative will walk your team to the UMAC, where the teams will get in queue for competition. Once teams have competed, they will exit the performance floor. A Union representative will direct teams to take a seat in the stands upstairs to wait for awards.

Once your team has performed, please be seated in Sections 119, 120 121 or 122. At the end of all performances, awards will be given in the stands. No teams are to be on the competition floor outside of their performance time.

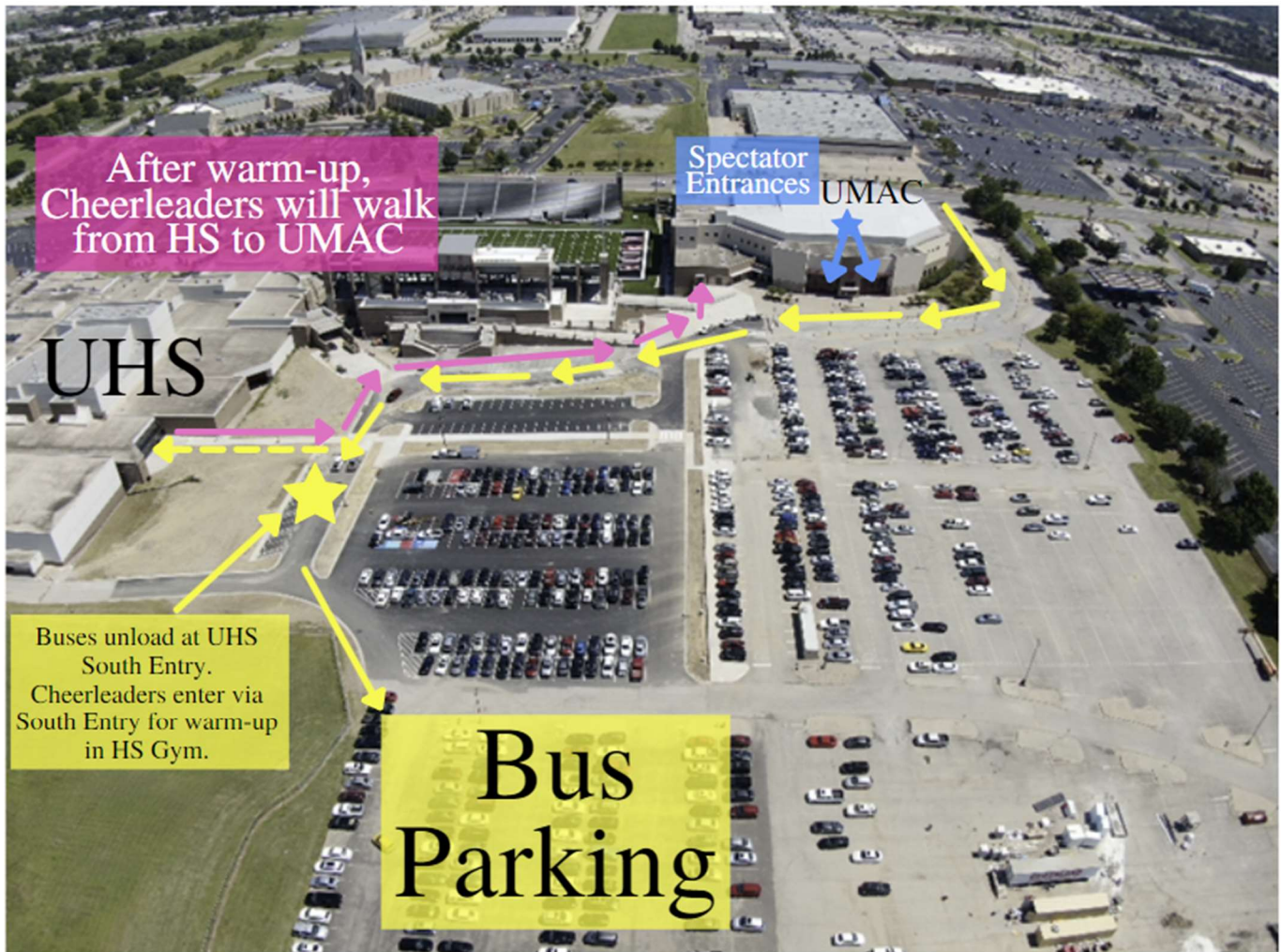


## TEAM VEHICLES

Team vehicles should enter the parking lot from Mingo Road between Sam's Club and the UMAC. Follow the curve past the UMAC and unload cheerleaders at the South Entry ramp leading to the high school. Buses should then park in the far west corner of the parking lot.

## SPECTATORS

Spectators should enter the UMAC via the doors on the WEST side of the UMAC (see blue arrows on the map below).





## UMAC- UNION MULTIPURPOSE ACTIVITY CENTER

### GENERAL INFORMATION

#### VENUE POLICIES

- No outside food or drinks.
- No RE-ENTRY for anyone (students, adults, etc.). Once you leave the arena, you will not be allowed to re-enter.
- Union Public Schools is a Tobacco Free Facility.
- No animals or pets of any kind allowed except for service animals.
- No backpacks allowed for spectators.

#### HANDICAPPED GUESTS/COMPANION SEATING

- There are designated handicapped/companion seating areas on both the east and west side of the arena.

#### CONCESSIONS / RESTROOMS

- Concessions and restrooms are available on both levels of the arena.

#### CODE OF CONDUCT

- Make sportsmanship a priority for students, parents, fans, coaches, and athletes.
- Security and Administration are available for those who cannot display good sportsmanship.

#### MEDICAL

- AED Units are in the UMAC and on floor with Union's certified athletic trainers.
- Union will have medical doctors and certified athletic trainers available for all teams.
- In the event of an emergency, call 911.





## UNION ATHLETICS CONTACT INFORMATION

**Emily Barkley**

Director of Athletics

[barkley.emily@unionps.org](mailto:barkley.emily@unionps.org)

918-357-7410

**Joe Redmond**

Associate Director of Athletics

[redmond.joe@unionps.org](mailto:redmond.joe@unionps.org)

**Kirk Fridrich**

Associate Director of Athletics

Head Football Coach

[fridrich.kirk@unionps.org](mailto:fridrich.kirk@unionps.org)

**Stephanie Blackwell**

Athletic Coordinator

[blackwell.stephnaie@unionps.org](mailto:blackwell.stephnaie@unionps.org)

## UNION SPORTS MEDICINE CONTACT INFORMATION

**Dan Newman**

Head Athletic Trainer, ATC

[newman.dan@unionps.org](mailto:newman.dan@unionps.org)

**Jacob Newby**

Assistant Athletic Trainer, ATC

[jsnewby@aook.com](mailto:jsnewby@aook.com)

**Mackenzie Harmon**

Assistant Athletic Trainer, ATC

[mgharmon@aook.com](mailto:mgharmon@aook.com)

## UNION SPIRIT TEAM CONTACT INFORMATION

**Taylor Williams**

Varsity Cheer Coach

[williams.taylor@unionps.org](mailto:williams.taylor@unionps.org)

**Brittany Friske**

Varsity Pom Coach

[friske.brittany@unionps.org](mailto:friske.brittany@unionps.org)

**Kristi Posey**

Varsity Highsteppers Coach

[posey.kristi@unionps.org](mailto:posey.kristi@unionps.org)



# UNION ATHLETICS

25 PROGRAMS  
1 TEAM  
1 FAMILY

## UNION ATHLETIC TRAINING Medical Emergency Action Plan

FACILITY: UMAC

YEAR: 2023

ADDRESS: 6836 SOUTH MINGO RD

1. First, to arrive on scene provides initial care.
2. Send for AED. **Locations:**
  - ✓ **Arena, north wall**
  - ✓ **2<sup>nd</sup> floor west wall**
  - ✓ **On floor during event with Athletic Trainer**
3. Send a coach, manager, or uninjured student-athlete to notify the athletic trainer (ATC) if not on site.
4. If the ATC cannot be located, the head coach will become the leader.

### LEADER:

- This person is in charge of the emergency and will instruct others on the emergency team accordingly.

### LEADER'S ASSISTANT:

- Will assist the leader in the primary evaluation of the injured athlete.

### PHONE CALLER (there should be designated adult to carry a phone):

- Will use the nearest phone to activate EMS
- Information to be communicated to EMS
  - The nature of injury
  - Level of consciousness
  - Age / sex of injured
- Caller will not hang up until EMS operator advises to do so.

### PERSON TO MEET EMS:

- Ambulance entrance: **Loading Dock, southeast corner of UMAC**
- Will contact necessary staff to assure full access for ambulance
- Will meet ambulance at the designated entrance and lead to injured athlete

### PERSON TO ACCOMPANY ATHLETE TO HOSPITAL:

- Will ride with the athlete in the ambulance in the event the parent / guardian cannot be contacted
- Will have athletes physical and emergency information in hand.

**It is the ATC's responsibility to inform Athletic Director of the incident.**

**It is the ATC's or head coach's responsibility to inform athlete's parent / guardian.**

**It is the ATC's responsibility to document incident and all actions taken.**

<b>Head Athletic Trainer:</b> Dan Newman	918-852-2066	<b>UMAC</b>
<b>Assistant ATC:</b> Mackenzie Harmon	918-694-8112	6836 South Mingo Road
<b>Assistant ATC:</b> Jacob Newby	918-607-1437	Tulsa, OK 74133
<b>Athletic Training Facility:</b> 918-357-7493		
<b>Athletic Department:</b> 918-357-7410	<b>EMS (Fire, Police, and Ambulance):</b> 911	



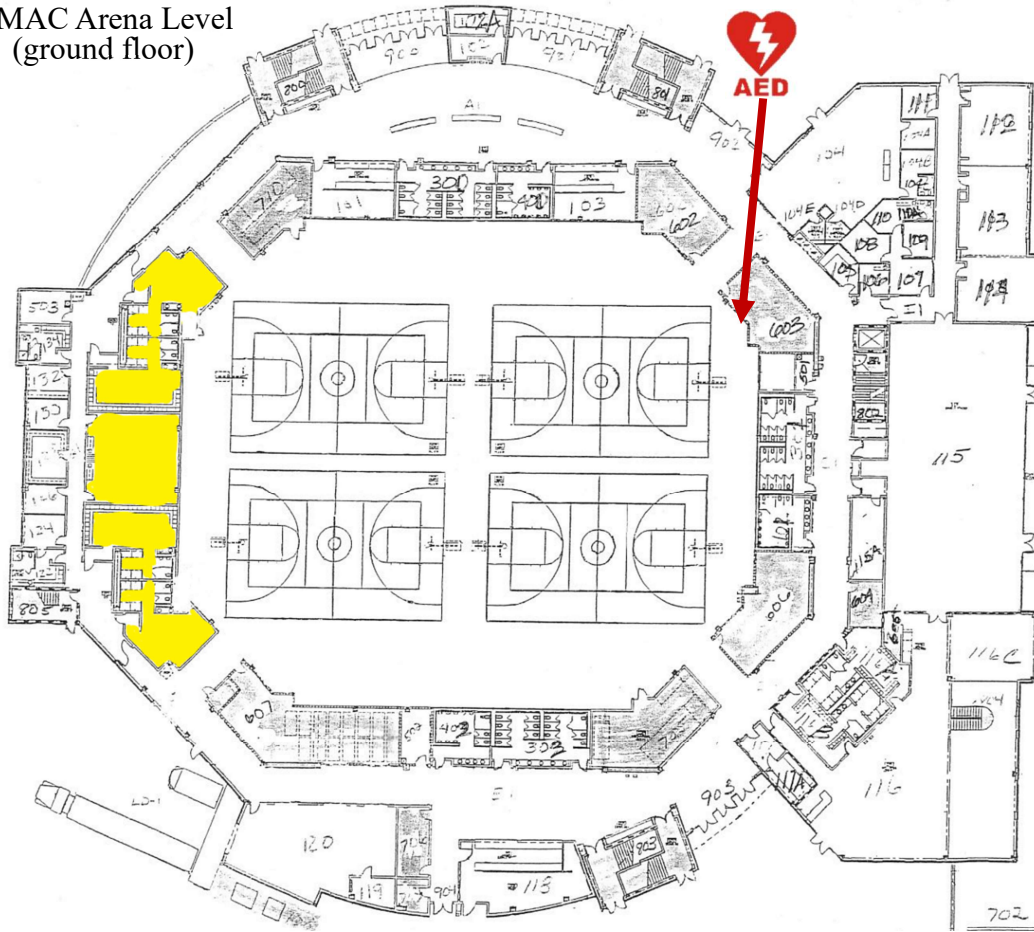
# UNION ATHLETICS

25 PROGRAMS

1 TEAM

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UMAC Arena Level  
(ground floor)



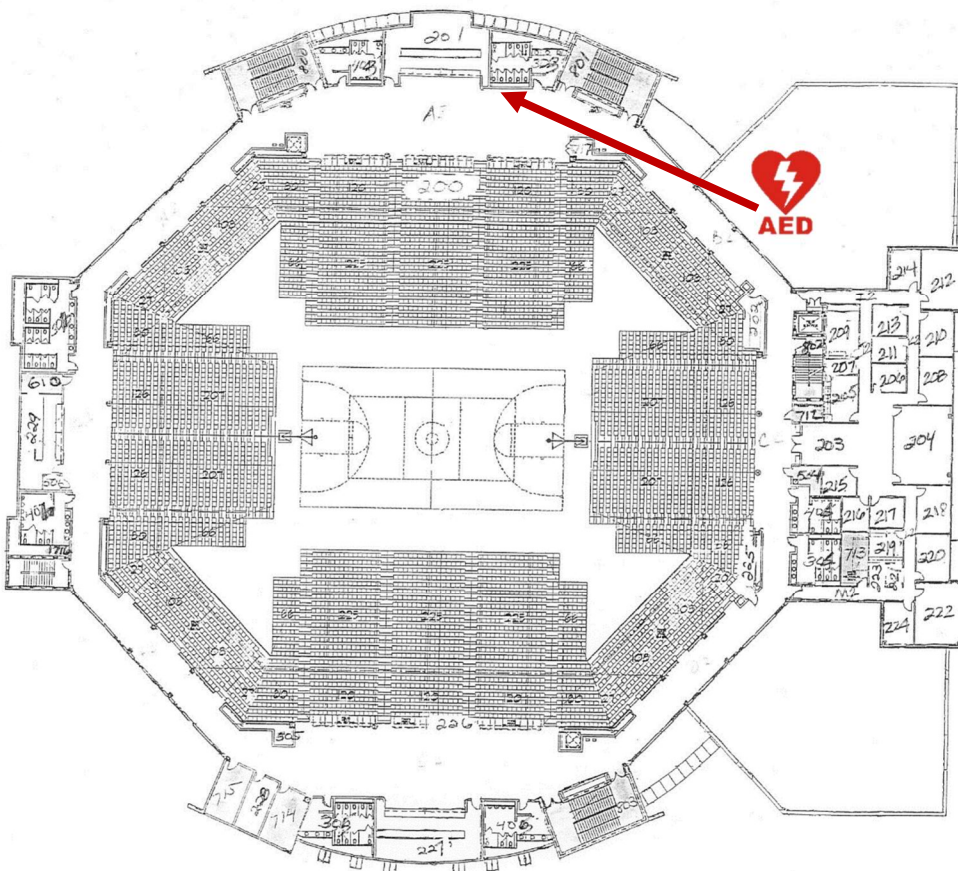
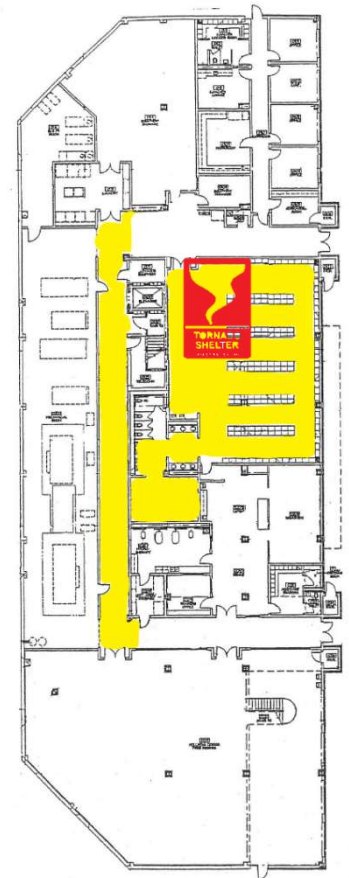
**AED Locations:**

- Arena Level-northwest wall inside arena
- Concourse Level-west wall near concession stand

Ambulance enter via loading dock, southeast corner

Tornado Shelter in highlighted areas

UMAC Field Level



**CLASS 2A**

<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm up full floor</b>	<b>Perform</b>
KETCHUM	9:00 AM	9:15 AM	9:21 AM	9:27 AM	10:00 AM
OKEMAH	9:10 AM	9:25 AM	9:31 AM	9:37 AM	10:10 AM
KEOTA	9:20 AM	9:35 AM	9:41 AM	9:47 AM	10:20 AM
CRESCENT	9:30 AM	9:45 AM	9:51 AM	9:57 AM	10:30 AM
HAWORTH	9:40 AM	9:55 AM	10:01 AM	10:07 AM	10:40 AM
WARNER	9:50 AM	10:05 AM	10:11 AM	10:17 AM	10:50 AM
CASHION	10:00 AM	10:15 AM	10:21 AM	10:27 AM	11:00 AM
POCOLA	10:10 AM	10:25 AM	10:31 AM	10:37 AM	11:10 AM

**CLASS 3A**

<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm Up</b>	<b>Perform</b>
CHRISTIAN HERITAGE	9:05 AM	9:20 AM	9:26 AM	9:32 AM	10:05 AM
HINTON	9:15 AM	9:30 AM	9:36 AM	9:42 AM	10:15 AM
EUFAULA	9:25 AM	9:40 AM	9:46 AM	9:52 AM	10:25 AM
KIEFER	9:35 AM	9:50 AM	9:56 AM	10:02 AM	10:35 AM
COMMERCE	9:45 AM	10:00 AM	10:06 AM	10:12 AM	10:45 AM
LINDSAY	9:55 AM	10:10 AM	10:16 AM	10:22 AM	10:55 AM

<b>SMALL CO-ED</b>					
<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm up full floor</b>	<b>Perform</b>
SULPHUR	11:00 AM	11:15 AM	11:21 AM	11:27 AM	12:00 PM
STIGLER	11:10 AM	11:25 AM	11:31 AM	11:37 AM	12:10 PM
HUGO	11:20 AM	11:35 AM	11:41 AM	11:47 AM	12:20 PM
BRIDGE CREEK	11:30 AM	11:45 AM	11:51 AM	11:57 AM	12:30 PM
NEWKIRK	11:40 AM	11:55 AM	12:01 PM	12:07 PM	12:40 PM
JAY	11:50 AM	12:05 PM	12:11 PM	12:17 PM	12:50 PM
SALLISAW	12:00 PM	12:15 PM	12:21 PM	12:27 PM	1:00 PM
HARRAH	12:10 PM	12:25 PM	12:31 PM	12:37 PM	1:10 PM
SPERRY	12:20 PM	12:35 PM	12:41 PM	12:47 PM	1:20 PM
PRESTON	12:30 PM	12:45 PM	12:51 PM	12:57 PM	1:30 PM
PERRY	12:40 PM	12:55 PM	1:01 PM	1:07 PM	1:40 PM
HENRYETTA	12:50 PM	1:05 PM	1:11 PM	1:17 PM	1:50 PM

<b>CLASS 5A</b>					
<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm up full floor</b>	<b>Perform</b>
COWETA	11:05 AM	11:20 AM	11:26 AM	11:32 AM	12:05 PM
GLENPOOL	11:15 AM	11:30 AM	11:36 AM	11:42 AM	12:15 PM
GROVE	11:25 AM	11:40 AM	11:46 AM	11:52 AM	12:25 PM
SOUTHMOORE	11:35 AM	11:50 AM	11:56 AM	12:02 PM	12:35 PM
HERITAGE HALL	11:45 AM	12:00 PM	12:06 PM	12:12 PM	12:45 PM
BLANCHARD	11:55 AM	12:10 PM	12:16 PM	12:22 PM	12:55 PM
TUTTLE	12:05 PM	12:20 PM	12:26 PM	12:32 PM	1:05 PM
CLAREMORE	12:15 PM	12:30 PM	12:36 PM	12:42 PM	1:15 PM
TAHLEQUAH	12:25 PM	12:40 PM	12:46 PM	12:52 PM	1:25 PM
CACHE	12:35 PM	12:50 PM	12:56 PM	1:02 PM	1:35 PM
CROSSINGS CHRISTIAN	12:45 PM	1:00 PM	1:06 PM	1:12 PM	1:45 PM
CARL ALBERT	12:55 PM	1:10 PM	1:16 PM	1:22 PM	1:55 PM
NEWCASTLE	1:05 PM	1:20 PM	1:26 PM	1:32 PM	2:05 PM

**CLASS 4A**

<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm up full floor</b>	<b>Perform</b>
COMMUNITY CHRISTIAN	2:15 PM	2:30 PM	2:36 PM	2:42 PM	3:15 PM
ADA	2:25 PM	2:40 PM	2:46 PM	2:52 PM	3:25 PM
HILLDALE	2:35 PM	2:50 PM	2:56 PM	3:02 PM	3:35 PM
PAULS VALLEY	2:45 PM	3:00 PM	3:06 PM	3:12 PM	3:45 PM
KINGFISHER	2:55 PM	3:10 PM	3:16 PM	3:22 PM	3:55 PM
PLAINVIEW	3:05 PM	3:20 PM	3:26 PM	3:32 PM	4:05 PM
PRYOR	3:15 PM	3:30 PM	3:36 PM	3:42 PM	4:15 PM
OK CHRISTIAN SCHOOL	3:25 PM	3:40 PM	3:46 PM	3:52 PM	4:25 PM
WASHINGTON	3:35 PM	3:50 PM	3:56 PM	4:02 PM	4:35 PM
BRISTOW	3:45 PM	4:00 PM	4:06 PM	4:12 PM	4:45 PM

**CLASS 6A**

<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm up full floor</b>	<b>Perform</b>
PIEDMONT	2:20 PM	2:35 PM	2:41 PM	2:47 PM	3:20 PM
BIXBY	2:30 PM	2:45 PM	2:51 PM	2:57 PM	3:30 PM
EDMOND SANTA FE	2:40 PM	2:55 PM	3:01 PM	3:07 PM	3:40 PM
EDMOND NORTH	2:50 PM	3:05 PM	3:11 PM	3:17 PM	3:50 PM
BISHOP MCGUINNESS	3:00 PM	3:15 PM	3:21 PM	3:27 PM	4:00 PM
UNION	3:10 PM	3:25 PM	3:31 PM	3:37 PM	4:10 PM
BROKEN ARROW	3:20 PM	3:35 PM	3:41 PM	3:47 PM	4:20 PM
MUSTANG	3:30 PM	3:45 PM	3:51 PM	3:57 PM	4:30 PM
JENKS	3:40 PM	3:55 PM	4:01 PM	4:07 PM	4:40 PM
MOORE	3:50 PM	4:05 PM	4:11 PM	4:17 PM	4:50 PM

**LARGE CO-ED**

<b>Squad</b>	<b>Check-in</b>	<b>Stretching</b>	<b>Tumble warm up</b>	<b>Warm up full floor</b>	<b>Perform</b>
DEER CREEK	4:45 PM	5:00 PM	5:06 PM	5:12 PM	5:45 PM
WOODWARD	4:55 PM	5:10 PM	5:16 PM	5:22 PM	5:55 PM
EDMOND MEMORIAL	5:05 PM	5:20 PM	5:26 PM	5:32 PM	6:05 PM
WESTMOORE	5:15 PM	5:30 PM	5:36 PM	5:42 PM	6:15 PM
CHOCTAW	5:25 PM	5:40 PM	5:46 PM	5:52 PM	6:25 PM
OWASSO	5:35 PM	5:50 PM	5:56 PM	6:02 PM	6:35 PM

