

# PRAGUE CHEER

open  
2020

21. - 22. 3. 2020

PRAHA | SPORTOVNÍ HALA KRÁLOVKA



## e-Bulletin #1

### Information and instruction for competitors

Dear cheerleaders, coaches and team managers,

we would like to welcome you at Prague Cheer and Dance Open 2020 (previously known as Roller Coaster Cup), which is open cheerleading competition, and will be held in competition hall Královka in Prague (Letná) for two days! Saturday March 21st 2020 will be open for Cheer Teams and Performance Doubles categories and Sunday March 22nd 2020 for Performance Teams and Small Cheer categories. Exclusively we will have an exhibition of Para Cheer project from England with great leader Rick Rodgers, on Saturday. Show Off of our Team Czech Republic will be on Sunday. Whole weekend you can enjoy also an amusement park, which is close to this event area. You are very welcome to be part of this event!

This competition is part of the **ECU European Cheer League**.

Below you can find information and instructions that will make the competition day easier.

### TOP INFO

- over 1,200 competitors from all over the Europe
- certified judges (AT, GER, GB, PL, IT, SVK, CZE, USA/CZE)
- Custom medals with special ribbon for all athletes placed on the top three places (including coach), trophy and diploma for the team
- Gift for all competitors
- Exhibition show of the Team Czech Republic (Sunday)
- The Great Exhibition of Para Cheer Project (Saturday)
- Tickets in advance at discounted prices with Ticketportal.cz
- Projections on two LED screens
- VIP coaches room and tribune
- Video replay - after your performance you can watch your routine - in shop area
- Event T-shirt PCO 2020
- Lunch Menu in the venue
- On-line stream for free
- SHOP&FUN ZONE

### DATE OF COMPETITION

Saturday March 21st 2020, start at 10:00 - Cheer Teams and Performance Doubles

Sunday March 22nd 2020, start at 10:00 – Performance Teams and Small Cheer.

For the details of the day see the competition schedule, which may change during the competition day.

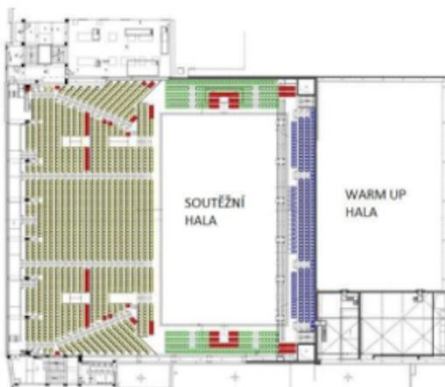
### ORGANIZER OF THE COMPETITION

Czech Cheerleading Association

[www.cach.cz](http://www.cach.cz)

## VENUE

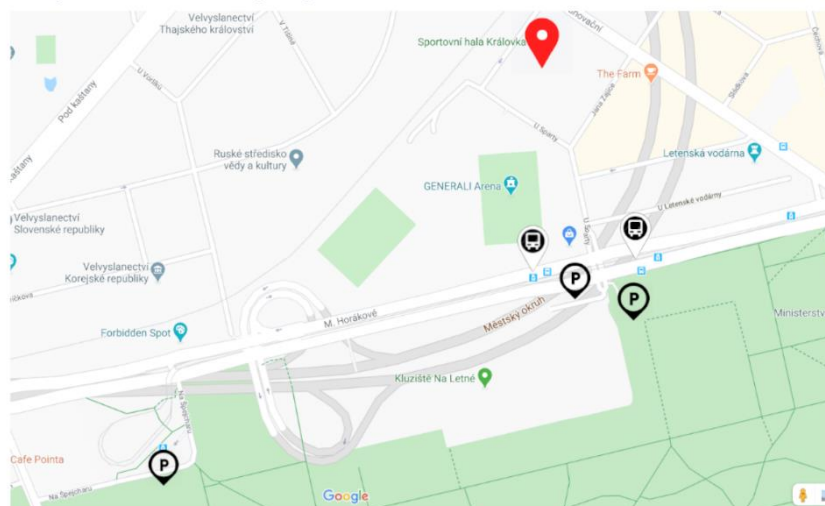
Královka Hall, Nad Královskou oborou 1080/51, Prague 7



## Transport and parking

Parking is possible on a paid parking lot on the Letenská Plain opposite of the Sparta football stadium. Price is 40, - CZK / hour for passenger cars, 700 CZK / day for buses (price list 2016). In front of the hall, it will be possible to stop only for quick unloading of things, but parking will not be possible. Please note that there is a lack of free unpaid parking places around Letná, there is a parking zone system. If you can, leave the car at home or park it at the edge of Prague.

Tram connection to public transport - tram stop Sparta.



## Tickets

Book your ticket today! [HERE!](#)

### ONE DAY:

Presale via Ticketportal.cz: 279 CZK, 80 CZK kids up to 150 cm, free entry kids up to 4 years old  
On the spot: 350 CZK, 100 CZK kids up to 150 cm, free entry kids up to 4 years old.

### TWO DAYS:

Presale via Ticketportal.cz: 399 CZK, 100 CZK kids up to 150 cm, free entry kids up to 4 years old  
On the spot: 550 CZK, 150 CZK kids up to 150 cm, free entry kids up to 4 years old.

Please note the capacity of venue is limited and better buy your tickets via presale.

## Rules

All rules are on our web:

[Competition card](#)

[Level Book and glossary](#)

[КАРТА ЧЕМПИОНАТА](#)

[Performance glossary](#)

Make sure to read them carefully.

## Links to competition on te web

[Page of competition](#)

[Facebook event](#)

**ticketportal**  
VSTUPENKY NA DOSAH

## Speaker

The main speaker will be speaker of ECU Europeans 2017: Radovan Slavík – coach of the F!ghters cheerleaders and Kristýna Minnie Oláhová



## Judges

The judges panel will be composed from certified professionals in cheer and dance. Judges will be: Claudia Polz (AUT), Curzio Bufacchi (IT), Rick Rodgers (GB), Chantal Epp (GB), Svea Kleeberg (GER), Małgorzata Wrońska (PL), Andrea Paňko (SVK), Sabrina Hadsell (USA/CZE), Petra Žáková (CZE), Simona Míková (CZE), Jana Slavíková (CZE), Barbora Schejbalová (CZE), Kristina Voráčová (CZE)

## Result announcement

Teams competing in Mini divisions will get medals right after their performance. There will be one big medal ceremony at the end of the day.

**Please don't leave before all divisions are announced.**

## Scoresheets

All scoresheets of your team will be in envelope, which you can get after the end of the medal ceremony



## Awards

The winning groups at the first three places can enjoy **CUSTOM MEDAL** for each member of the group, including one coach. In team division the first three places will get a trophy for the competition group. Diplomas will receive all competitive groups.



## ECL

The competition is included in the European cheer league 2020. More information about ECL:



# FUN&SHOP ZONE:

## Gift for all competitors!

Grape sugar for everyone, who needs to replenish the energy!

## CHEER CUP!

0.5l cup, great for cold or hot drinks and repeated use! 50 CZK/pc. Look for a ČACH kiosk

Z ČEHO SE NA SOUTĚŽI NEJLÉPE NAPÍT?  
SAMOZŘEJMĚ Z ORIGINÁLNÍHO CHEER KELÍMKU!



50 Kč



**Bows** MAKE EVERYTHING BETTER  
BELIEVE WORK **win**  
I ♥ CHEER

KEEP CALM AND **Cheer** HARD  
DO OR DO NOT **try** THERE IS NO

CHEER IS MORE THAN **Sport** IT IS MY WAY OF LIFE

CZECH REPUBLIC CHEERLEADERS

## Sparrow cheer shop

Czech Cheer shop – clothes for aerobic, dancing and cheerleaders. You can already order some clothes and pick it up at the venue

## Spirit Cheer Shop

Shop with wide assortment for cheerleaders pro cheerleaders. all accessories and giftware

## CEWE Photobooth

Get **studio photo** from this competition. You can buy two sizes of photos.

15x20 cm - 80 CZK

10x15 cm - 40 CZK



## BUTTONS

New special collection of collectible buttons (you can make your own and the special one with the logo of event) for this season and competition. Look for a ČACH kiosk for 20 CZK

## Event T-shirts

PCO T-shirt with logo of the competition with the list of participant teams on the back! The price is: 350 CZK/pc.

**THE ORDER FORM WILL BE SENT SEPARATELY.**



## ČACH CHEER SHOE SHOP

New Balance size: 4 – 10,5

Nfinity Vengeance size: 36 – 42

Nfinity Flyte size: 36 – 42

Capter size: 33 – 41

**Gifts with the pictures, photos and theme of Prague!!!**

## Slime workshop

You can make it on your own!

## Lunch menu

You can come for your ordered lunch to the fun&shop zone on the 1st floor 11:30 do 14:30.

### THE ORDER FORM WILL BE SENT SEPARATELY.

One portion: 150g / 180 CZK

Kid portion: 75g / 150 CZK

### Saturday

#### Menu 1

Chicken schnitzels with smashed potatoes and cucumber



#### Menu 2 - Vegetarian

Couscous with grilled vegetable, tomatoes and herbal yogurt



#### Menu 3 - Glutenfree

Chicken noodles with vegetables and jasmine rice



## Cross Cafe Strossmayerák

Coffee, fresh juices, smoothies or some snacks. Enjoy!

### Fast food

Find something to eat in lobby

### Sunday

#### Menu 2

Chicken with vegetables and potatoes



#### Menu 2 - Vegetarian

Indian dhal with jasmine rice



#### Menu 3 - Glutenfree

Chicken noodles with thai curry sauce and jasmine rice



**Cross & Cafe**  
original

# Instructions for coaches and athletes

## Music

All competition groups must upload at .MP3 format to the system. We also recommend having a backup medium (flash drive).

## Contacts in the day of competition

In case of any doubt during the day: **Marie Cerhova +420 721 570 875**

Registration and arrival: **Renata Stefanova +420 603 374 880**

## Registrations

Registration open at 8am and close at **3pm**.

If you will have any problem with arriving, please contact **Renata Stefanova**.

For registration we request the presence of the responsible persons listed in the competitive application form for the competition. This person is required to report any possible changes regarding competitors or potential cancellations of the performances. He/she will receive the latest schedule.

All competitors and team STAFF, who are listed on the application form will be check.

## Non-competitive entourage - team staff

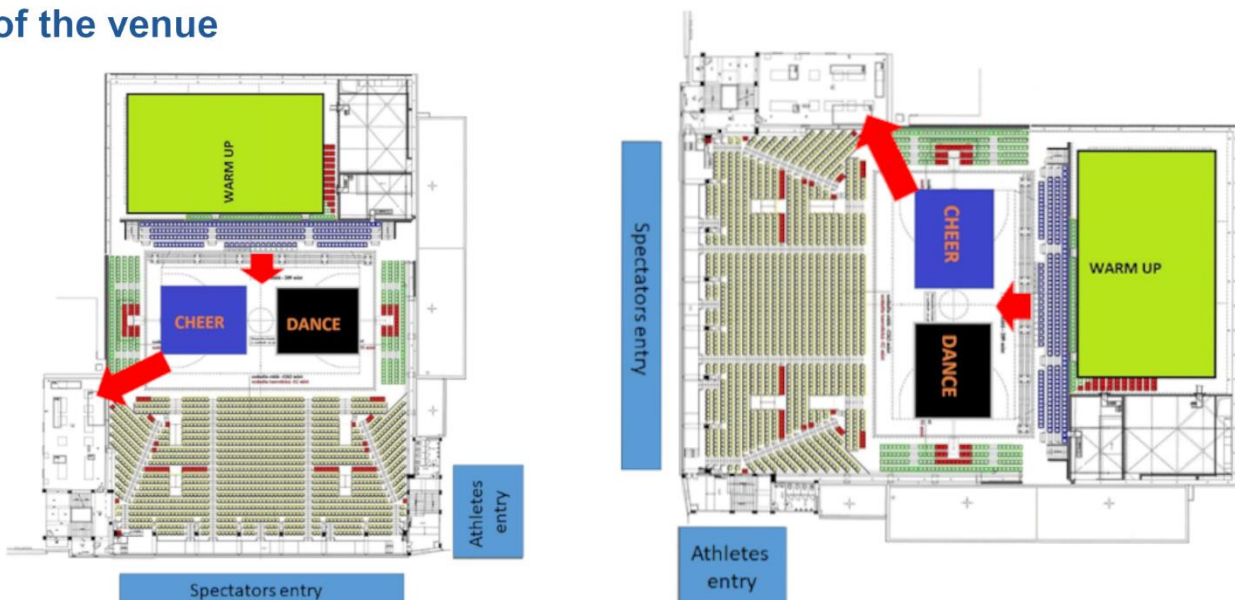
Into the backstage area can enter only competitors and their entourages (see Competition rules) with identification mark. This ID mark is the same as ticket, but it's holder doesn't have any reserved seats in audience.

Non-competing team members, parents and other viewers must purchase a ticket and can move only in designated public places (not in the backstage areas)!

## Changing rooms

Changing room are used for changing clothes and to get ready for stage. We are not responsible for personal belongings left there - **we recommend you to save the valuables at your coach or your team STAFF**.

## Map of the venue



## Warm-up area

Warm up hall is the place for you to warm up and get ready for the competition floor – for both cheer and dance. The warm-up time is scheduled 60 minutes before your competition time. Music run through is the part of the warm-up, so make sure you send your music to us. So, everything will be ready for your team!

**The warm -up will be close for the national team from after last practice, 5:55pm**

## Line to the competition floor

See the schedule – the time can change during the day. There must be 3 competitive teams in the line. Coach is responsible for the time of waiting in the line. In case you miss your time, you may not get another chance to compete.

## Identification of the competitors

Identification (ID) of individual competitors will be held right before entering the competition floor. Each person should proof the identity (except small children). Therefore we recommend the groups to be in this area and waiting line on time.

## Competition floor

Competition surface: 14 x 14 m Flexi Roll for Cheer and 14 x 14 m baletizol for Performance divisions  
Warm up: 12 x 12 m Flexi Roll for Cheer a 12 x 12 m linoleum for Performance divisions

## Place fot the coaches and team staff

Place for coaches is placed in the corner and only 2 coaches can get there. The rest of the team staff must be on the marked place on the side of the floor.

**It's forbidden to stay in front of the judges and walk around them. Breaking this rule can lead to disqualification of the group.**

## Team video

After your performance you can watch your routine – find the big TV in the first floor of the venue – in shop area.

## VIP coaches room

For the Club delegates and VIP guests there will be a special place to be!

## Antidoping

Check the actual list of the forbidden medicaments for this year 2020 - <http://www.antidoping.cz>  
If you need some therapeutics exceptional write to [cach@cach.cz](mailto:cach@cach.cz) in advance.

## General and technical guidelines

Entrance to the hall is possible only in CLEAN INDOOR SHOES. Coaches, also watch out for your shoes, heels, etc. In case of leaving the hall, it is necessary to change the shoes! Pollution of the competition floor or the interior of the hall will be solved by a fine or disqualification!

Due to the security and the sporting character of the event, there is forbidden to **SMOKE IN ALL AREAS OF THE COMPETITION HALL!** We also ask smokers to not smoke in the immediate surroundings of the hall.

Please keep your order and peace in changing rooms and other backstage areas. Use trash cans. Be mindful of other competitors, judges, and audience. We ask you to keep calm around the competition area - the coach is responsible for team discipline!

Thank you for your time!

ČACH

