Coach’s Information Sheet
FHSAA Region 4
January 24th, 2020
Coral Glades High School
2700 Sportsplex Drive
Coral Springs, Florida 33065

Directions to the school:

*If coming from Florida Turnpike:* Take Florida’s Turnpike to Sawgrass Expressway/exit 71. Head West on Sawgrass Expressway. Exit Sample Road/exit 11. First light is Sportsplex Dr. make a right. Roughly 1-mile school will be on your right. Turn right at the southernmost parking lot of the school (bus loop).

*If coming from I95 N/S:* take I-95 to Sawgrass Expressway/exit 41. Head West on Sawgrass Expressway. Exit Sample Road/exit 11. First light is Sportsplex Dr. make a right. Roughly 1-mile school will be on your right. Turn right at the southernmost parking lot of the school (bus loop).

Buses will need to drop off cheerleaders and coaches in the bus loop. **CGHS security will give further parking directions to bus drivers day of event.**

Registration: Team Check-In will be located in front of the cafeteria. After you register, if it is time, your team may move into the warm-up area (located in the cafeteria). If your team is early they may proceed to the competition gym to watch. Please have your team sit in the bleachers that have been blocked out for the cheerleaders, which is on the North side of the gym. Teams will be moving in and out of the team seating area so please do not leave duffle bags and equipment to “save” seating areas for your team for the day.

Each team will be allowed 2 coaching passes. Each team will receive wristbands for all competing members in team UNIFORM. If you have a member of your team who may not be participating for whatever reason (injury, etc.), that member MUST still be in uniform in order to gain access to the event as a member of your team. The maximum number of participants in the division your team is competing in will be the maximum number of participant wristbands your team will receive. All additional individuals will need to purchase spectator tickets. FHSAA State Series passes are the only passes accepted for this event.

* Spectator wrist bands: **Black for Session 1 and Teal for Session 2.**
  Session 1: Large Non-Tumbling, XL Tumbling, Small Co-Ed, Medium Co-Ed, Medium Non-Tumbling
  Session 2: Small All Girl, Medium All Girl, Small Non-Tumbling, XL Non-Tumbling
Only Black wrist bands will be allowed gym entry for session 1. At the conclusion of Session 1, the gym will be cleared to prepare for Session 2. Only Teal wrist bands will be allowed entry to the gym for Session 2.

*Each team will be responsible to report to the cafeteria at their assigned check in time for warm ups and Coral Glades will provide signage that will direct teams to the warm up area and have staff to assist with directions to the warm up area if needed.

*Music area will be located to the right of the judges table. Please come with music on a flash drive or CD. Please bring your speakers for team’s music during warm-ups.

*We will have trainers on staff the day of the competition, located in the gymnasium. If you would like your cheerleader to be wrapped or taped, you will **NEED TO PROVIDE YOUR OWN SUPPLIES.**
*There are fast food and other restaurants within 10 miles or less radius of the school. Please see the attached local business sheet to see a local sampling of what our town has to offer! Please handout the PARENT/SPECTATOR information sheet to your cheerleaders’ parents. This will be very informative for them.

*If you have any questions please email: Alison Madej, Head Coach Coral Glades Cheerleading: alisonmadej@gmail.com or Kim Valldeperas, Booster President: commishkim@gmail.com.
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Competition: Tickets are $10.00 per person. Children under 3 are free. Wrist bands will be issued and must be shown at the door for entry.

* Spectator wrist bands: **Black for Session 1 and Teal for Session 2.**
  
  Session 1: Large Non-Tumbling, XL Tumbling, Small Co-Ed, Medium Co-Ed, Medium Non-Tumbling  
  Session 2: Small Non-Tumbling, XL Non-Tumbling  

Only Black wrist bands will be allowed gym entry for session 1. At the conclusion of Session 1, the gym will be cleared to prepare for Session 2. Only Teal wrist bands will be allowed entry to the gym for Session 2.

Concession Stand: Our concession stand will be selling the following items:

<table>
<thead>
<tr>
<th>Food Items</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Dog</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pizza</td>
<td>$2.00</td>
</tr>
<tr>
<td>Hamburgers/Cheese Burgers</td>
<td>$4.00/$4.50</td>
</tr>
<tr>
<td>Chicken Sandwich</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chips</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pretzels</td>
<td>$3.00</td>
</tr>
<tr>
<td>Assorted Candy</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pickled Sausage/eggs</td>
<td>$1.00</td>
</tr>
<tr>
<td>Baked goods (assorted)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$2.00</td>
</tr>
<tr>
<td>Nachos w/cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Assorted Candy</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pickled Sausage/eggs</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

Drinks:

<table>
<thead>
<tr>
<th>Items</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Chocolate</td>
<td>$1.00</td>
</tr>
<tr>
<td>Coffee</td>
<td>$2.00</td>
</tr>
<tr>
<td>Soda</td>
<td>$1.00</td>
</tr>
<tr>
<td>Gatorade</td>
<td>$2.00</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
<tr>
<td>Coffee</td>
<td>$2.00</td>
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<td>Water</td>
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</tr>
</tbody>
</table>

FHSAA paraphernalia will be sold, Flowers $5.00 small bunch, $10.00 large bunch & Other cheer items

Accommodations: There are several fast food restaurants within 10 miles from our school. Please refer to the local business sheet to see what our town has to offer.

*If you have any questions please email: Alison Madej, Head Coach Coral Glades Cheerleading: alisonmadej@gmail.com or Kim Valldeperas, Booster President: commishkim@gmail.com.
Local Hotels

Courtyard by Marriott Ft. Lauderdale Coral Springs
620 N University Dr.
Coral Springs 33071

La Quinta by Wyndham Coral Springs South
3100 N. University Dr.
Coral Springs 33065

La Quinta Inn & Suites Coral Springs
3701 N. University Dr.
Coral Springs 33065

Local Restaurants:

Sicilian Oven
10140 W. Sample Road
Coral Springs 33065
954-340-3001

Wings Plus
9880 W. Sample Road
Coral Springs 33065
954-752-4460

Lefty’s Tavern & Grille
5771 Coral Ridge Drive
Coral Springs 33065
954-752-3525

Metro Diner
2864 N University Drive
Coral Springs 33065
754-229-3875

La Spada’s Original Hoagies
10178 W. Sample Road
Coral Springs 33065

Pasquales Pizza and Subs
10337 Royal Palm Blvd.
Coral Springs 33065