

August 2024

# MDTA NEWS



Join us at the Family Arena in St. Louis for the MDTA State Dance Team Championships on Saturday, February 22, 2025!

## In this issue:

- 3 President's Message
- 5 2024 State Champions
- 6-8 Survey Results/Coach Feedback
- 11 Competition/Contest Updates
- 12-14 Safety Corner
- 16 MDTA Membership

### President

Nikki Boekhout

### Vice President

Stephanie Simon

### Recording Secretary

Kara Mueller

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### State Competition Secretary

Karen Asbell

### Newsletter Secretary

Melissa Albright

### Regional Representatives

Maggie Willis-West

Brittani McClellan-East

Janna Hagerty-South

### Membership Director

Shelley McCain

### Safety Coordinator

Betsy Cuquet

# MEET THE MDTA EXECUTIVE BOARD



**Nikki Boekhout**  
President



**Stephanie Simon**  
Vice President



**Kara Mueller**  
Secretary



**Leah Fiske**  
Treasurer



**Karen Asbell**  
State Secretary



**Melissa Albright**  
Newsletter Secretary



**Maggie Willis**  
West Representative



**Brittani McClellan**  
East Representative



**Janna Hagerty**  
South Representative



**Shelley McCain**  
Membership



**Betsey Cuquet**  
Safety



**Julie Voss Catron**  
Member at Large



**Zoe McCarthy**  
Academic All State



**Brett Elder**  
Trustee



**Jean Woodward**  
Past President

Karen Bahr-Site Coordinator  
Yvonne Cole-Judge Coordinator

# President's Message

I am excited to be writing to you as the 2024-25 elected Board President of the Missouri Dance Team Association! I am thrilled to be able to represent this organization that I love so dearly and help to support you and your team in this amazing sport of dance! I have been a member of the MDTA executive board since 2017 serving as the membership chair while assisting in various roles in running the state competition and helping coordinate social media for the organization. I coached dance for 10 years at Lee's Summit High School and Platte County High school with some Varsity HS cheer coaching in MO and GA in between. Dancing has been a vital part of my life since I was 6 and I'm so proud of the reputation and quality of dance here in my home state. I'm excited to continue to grow our organization, provide more professional development and networking opportunities while giving coaches a voice in school dance activities.

I encourage all of you to join (or rejoin!) our organization as we embark on a fantastic 2024-2025 season. Some goals for the upcoming year include improving our organization's website to make it more professional, easy to navigate and the ability to make registrations seamless. We have heard there is interest in providing more PD in the form of a state conference. MDTA has held these one day conferences in the past - it was stopped due to Covid, lack of participation and funding issues but we are looking at the possibility of starting that once again and are excited about the collaboration it can bring. We will continue to host our region meetings this year and have moved them to September to allow coaches to get familiar with the new rule book. We hope you will plan to attend as these meetings are valuable going over all new safety updates and providing a space for support in your region.

We did experience a high number of penalties last year and want to remind you that there are opportunities to get support with safety issues such as attending your regional meeting, watching the Monday Facebook live in November hosted by our State safety rep and sending in videos of anything you aren't clear about. As a reminder, we are governed by MSHSAA and must follow NFHS safety protocol in order to allow our state competition to take place. We encourage coaches to speak to your AD's and state spirit advisory members with your concerns and suggestions- this is where change happens.

In June, our board gathered to review the results of the annual post 2024 state competition survey. 57 coaches completed the survey and results overall spoke to a positive experience. There is always room for improvement and the board is looking at several of the suggestions for future state events. The survey showed that top priorities for State competition is access to a practice/warm up area and location of the contest. The board will keep this mind as we plan our facilities for the upcoming school years. Please know, our decisions as a board do take into consideration your comments, but are also driven by MSHSAA and insurance requirements. As a board we strive to listen to the concerns of all our members! Please note the following changes the board approved in June:

- **Membership fee increase: The board voted to increase the price of a MDTA membership to \$20 per coach. We recognize this may be a significant cost, this will allow us to provide more PD such as a state conference, update our website, create more recognition opportunities such as community outreach awards and more. I suggest coaches ask their booster clubs or school admin to include these costs in their yearly budgets- several schools do this to give their coaches access to professional organizations.**
- **Membership registration: Membership will be done through our MDTA website, NOT google this year. Our web admin is currently setting this up and we plan to go live by September. Thank you for being patient with this process as we work to make the process more seamless. Coaches will still be able to pay by Paypal(credit) or check.**
- **Hosting a comp: Schools hosting a competition will now need to fill out a form BEFORE we will advertise on our website, through newsletters and the MDTA google groups- see below for link or on the MDTA website**
- **Use of spacing rope: Schools will be able to use a rope for marking their formations at state competition. This will not be provided for you- each school will bring their own and will need to be efficient in getting it set up due to time constraints. Extending our time reserved in the arena adds a huge cost to our budget.**
- **Half shoe requirements: Half sole shoe requirements have been updated - see page below from our safety rep**

If you have any concerns about these decisions I invite you to reach out to me, I am here as liaison between members and our board and will do my best to foster communication that supports the success of all of our dancers!

Sincerely,  
*Nikki Boekhout*



# Let's Welcome Our New Executive Board Members!



## Maggie Willis West Representative

[maggie.willis@lps53.org](mailto:maggie.willis@lps53.org)

Maggie Willis is in her twenty-fifth year of coaching the Liberty High School Sapphires and twenty-sixth year of coaching a high school dance team. She is a native of Maryville, MO, and attended Northwest Missouri State University. As a captain of the Bearcat Steppers, Willis helped her team place fourth at the NDA National Dance Competition and was named to NDA's Collegiate All-American Team. Willis worked as an NDA dance camp instructor and then went on to dance as a Kansas City Chiefs Cheerleader. She has choreographed for numerous dance teams over the years and continues to advocate for the development of high school dance teams. She is excited to accept this position with the Missouri Dance Team Association and continue to see positive growth in the dance community.



## Julie Voss Catron Member at Large

Julie Voss Catron is an At-Large member of the MDTA Executive Board. She has been involved with MDTA for more than 30 years – first, as a Missouri State Dance Team Championship team competitor for four years, and later as a routine judge for more than 25 years. She also served as a coaches' clinic panelist. Julie's passion for the importance of leadership development through dance team began when she was a member of the Lindbergh Flyerettes, and coach and choreographer of an award-winning community dance team in south St. Louis County for middle-school-aged dancers. For two summer seasons while in college, she served as a staff choreographer and instructor for ShowStoppers Camps of America, a high school dance team summer camp experience serving hundreds of teams and thousands of dancers throughout the Midwest. Julie lives in the St. Louis area and works in marketing communications and public relations.



# 2024 State Champions



Lutheran High  
Division 1



Notre Dame De Sion  
Division 2



Kearney High School  
Division 3



Glendale  
Division 4



Fort Zumwalt West  
Division 5



Liberty High School  
Division 6



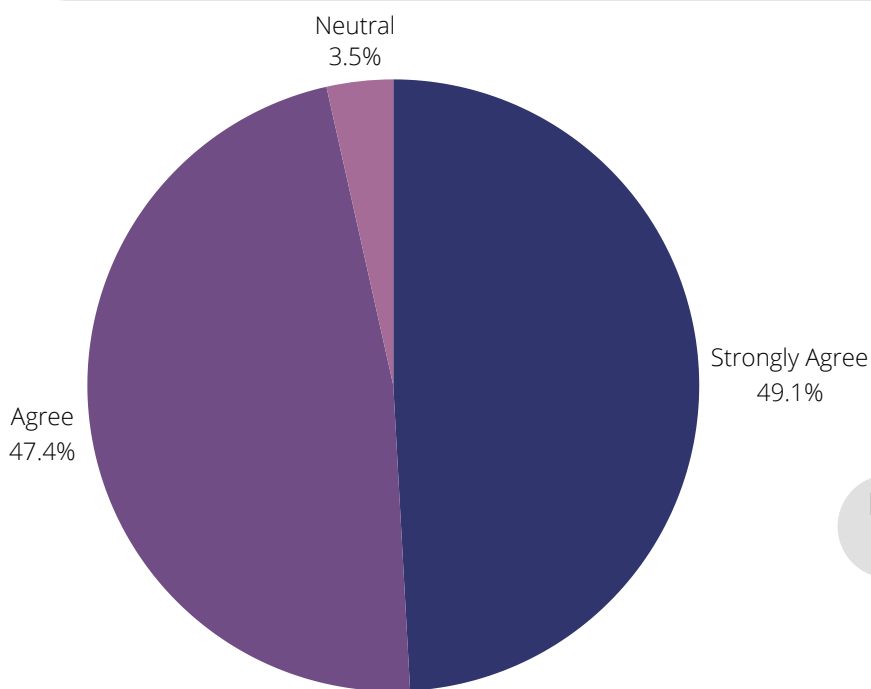
# COACH FEEDBACK



Thank you Coaches for your Feedback! Your responses are appreciated! Below are the results from the 2024 State Survey along with response from the Executive Board.

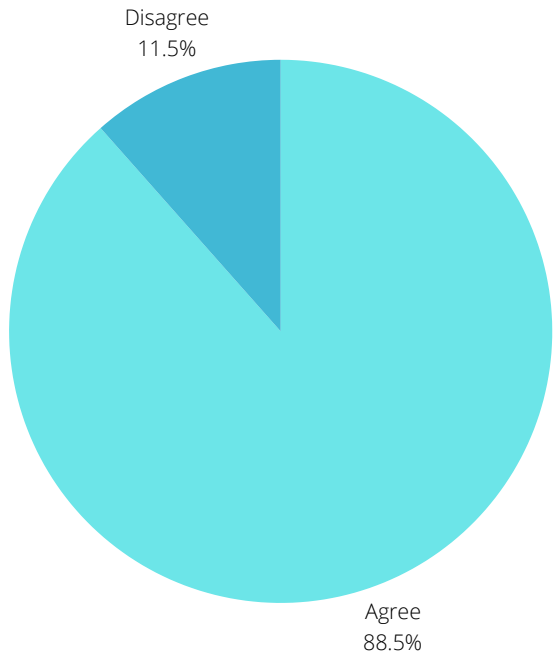
Together we will continue to make improvements for the State Dance Championships to be a smooth and enjoyable experience for everyone!

## The pre-contest information and emails were helpful in preparing me for the state contest.

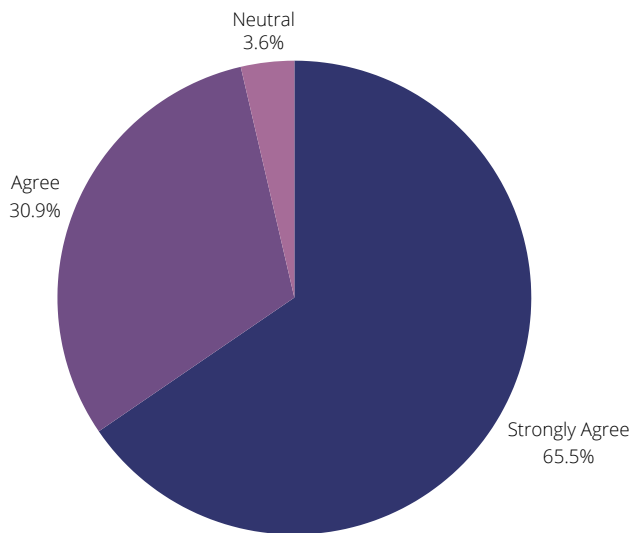


**The MODTA website will always be the main source of information in one place. Emails, social media, and newsletters with the same information will continue to be provided as a courtesy to coaches. The best way to start receiving information and emails is by registering for MODTA early! Registration opens September 1st.**

## I Had Adequate Time & Space to Warm Up

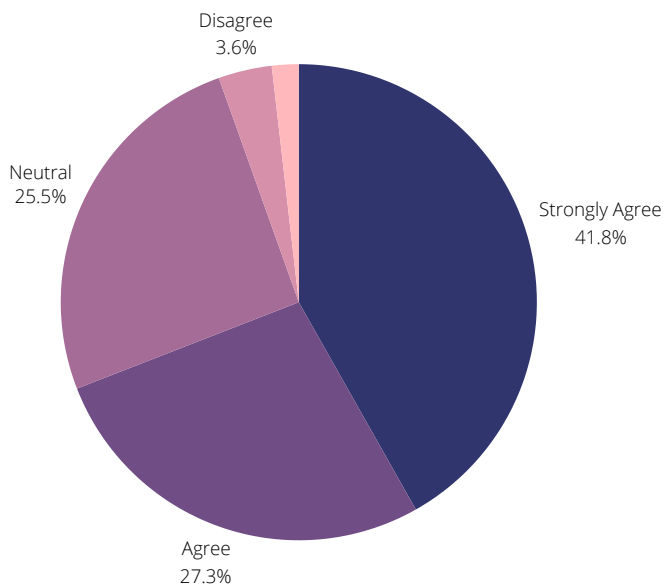


## The Team Check In Gate Went Smoothly.

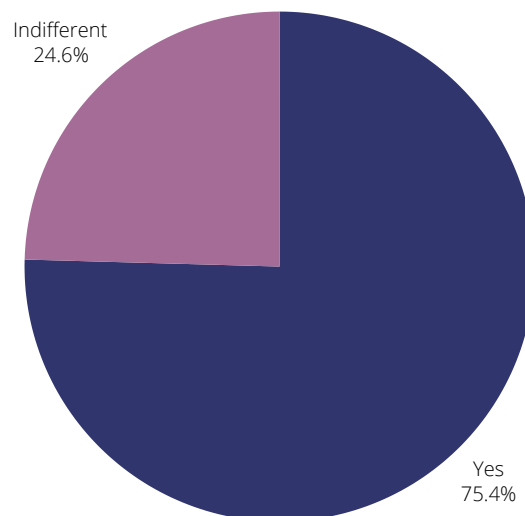


**MODTA understands the need for a safe and adequate warm up space for dancers, and continues to make every effort to provide a warm up space where teams can properly stretch and practice their routine in full.**

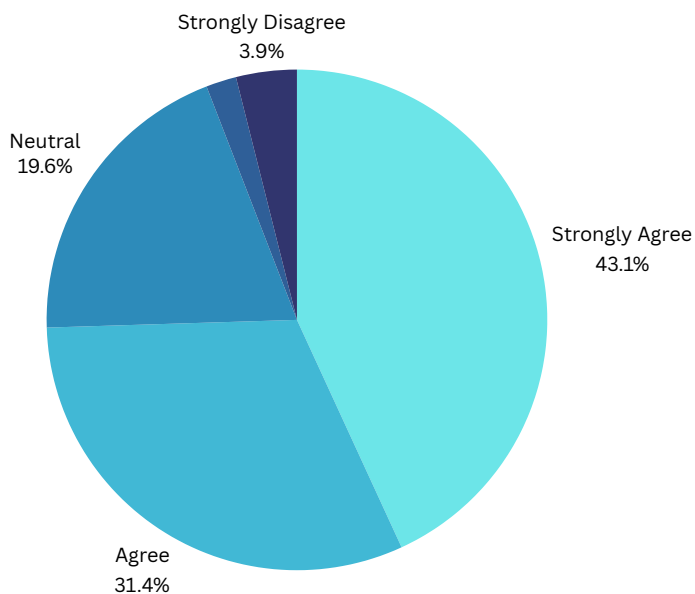
**I Liked The Way The Penalty Procedure Was Handled.**



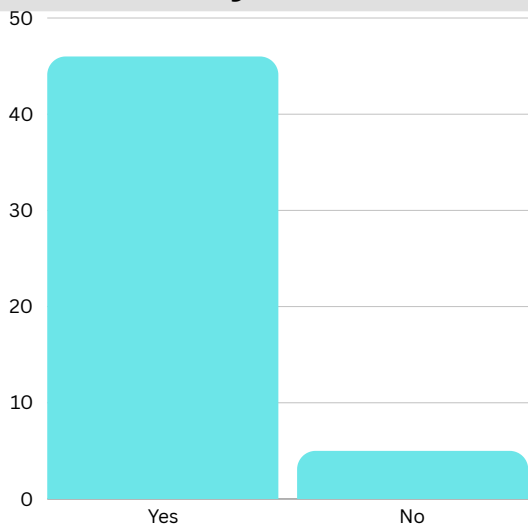
**I Liked the Safety Panel being back off the floor.**



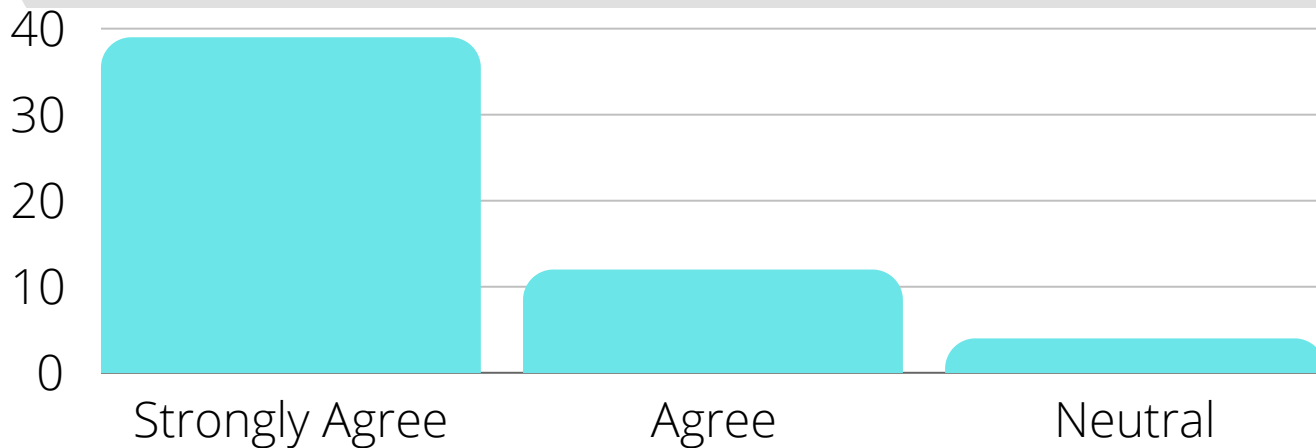
**I Liked the Performance Floor set up with 1 floor, facing 2 directions.**



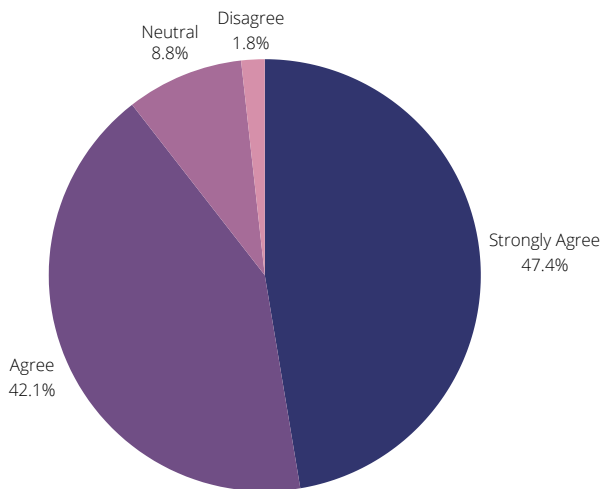
**I Liked the Judges where they were.**



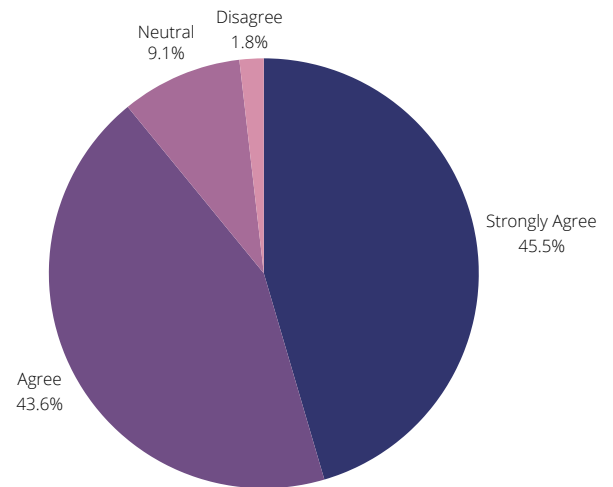
**I liked being able to sit on the floor at center court while my team was dancing.**



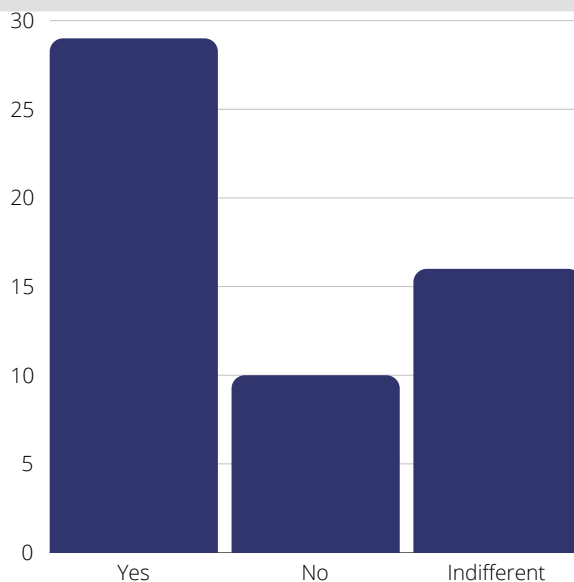
## I Liked the Flow of the Performance Schedule



## I Liked the Way the Pre-Performance Schedule was Organized.



## I Liked the Award Procedure and Pace



## Changes For State 2025:

Based off your feedback from the survey, the following changes will be made:

- **SPACING ROPES WILL BE ALLOWED!**
- Scoresheets will be sent to head coaches no later than Monday after the competition with the understanding verification of scores is not finalized and changes may occur.
- In an effort to make penalties more discreet, penalties will be noted by an asterisk or bold font.
- Team categories will be rotated for 2025 from the previous year so the same categories are not performing first.



# Missouri Dance Team Association

## Profit and Loss

June 6, 2023 - June 6, 2024

	TOTAL
Income	
40000 Income	5,478.75
40200 Contest Revenue	
40210 Ads & Sponsors	11,831.81
40220 Apparel	-84.90
40230 Gate	36,570.47
40240 Programs	3,830.00
40250 Team Entry	22,499.27
<b>Total 40200 Contest Revenue</b>	<b>74,646.65</b>
40300 Solos Revenue	20,409.99
<b>Total 40000 Income</b>	<b>100,535.39</b>
<b>Total Income</b>	<b>\$100,535.39</b>
GROSS PROFIT	<b>\$100,535.39</b>
Expenses	
50000 General Expenses	620.54
50100 Meeting Expenses	759.47
50200 Membership expenses	-1,613.25
50400 Attorney	577.90
50500 Website	1,815.00
50600 Officer & Director Insurance	2,111.00
50700 Tax Preparation Fees	605.00
50800 Donations and Flowers	79.58
Software	450.00
<b>Total 50000 General Expenses</b>	<b>5,405.24</b>
60000 Team Contest Expenses	900.00
60100 Insurance	4,150.50
60200 Contest Supplies	1,009.91
60300 Judges, Hotel, Dinner & Limo	22,028.20
60400 Trophies	12,232.89
60500 Programs	3,394.13
60700 Additional help	595.88
60700 Additional help	44.43
60800 Postage for Contest	27,259.70
61000 Rent	160.98
61100 DVDs and Flash drives	160.98
61400 Catering/EMT/Security/Parking	4,500.00
61500 Licenses/ Royalties	1,447.70
<b>Total 60000 Team Contest Expenses</b>	<b>77,724.32</b>
70000 Solo Contest Expenses	3,386.84
QuickBooks Payments Fees	131.35
<b>Total Expenses</b>	<b>\$86,647.75</b>
NET OPERATING INCOME	<b>\$13,887.64</b>
NET INCOME	<b>\$13,887.64</b>

# MDTA MONDAYS

ON



## Save the Dates:

**SEPTEMBER 9**

**Membership**

**NOVEMBER 11**

**Safety**

**JANUARY 13**

**State 2025**

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

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](http://www.modta.org)

# STATE QUALIFIER COMPETITION

# Updates

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.

## Seckman Dance Regional



**January 17-18, 2025**  
**Seckman High School**

Snow Make Up Date: January 26, 2025

Contact: Hayley Garr

[seckmanjagswag@gmail.com](mailto:seckmanjagswag@gmail.com)

Website with information found [HERE](#)

## Ursuline Academy Dance Invitational



**January 24-25, 2025**  
**Ursuline Academy**

Contact: Jenn Schaefer

[jschaefer@ursulinstl.org](mailto:jschaefer@ursulinstl.org)

## Central Dance Invitational

**Saturday, February 8, 2025**

### Parkway Central HS

Contact: Karen Asbell

[Kasbell@parkwayschools.net](mailto:Kasbell@parkwayschools.net)

Website with information found [HERE](#)



Hosting a competition, contest, or showcase? please complete the competition form found [HERE](#) and we will include it in our next newsletter and our website!

## Lee's Summit North Dance Invitational



**January 24-25, 2025**

### Lee's Summit North HS

Contact: Shelley McCain

[shelley.mccain@lsr7.net](mailto:shelley.mccain@lsr7.net)

Website with information found [HERE](#)

## Farmington Dance Invitational



**Saturday, January 11, 2025**

### Farmington High School

Snow Make Up Date: February 1, 2025

Contact: Janna Hagerty

[jhagerty@farmington.k12.mo.us](mailto:jhagerty@farmington.k12.mo.us)

Website with information found [HERE](#)

## Fort Zumwalt North Invitational

**Saturday January 11, 2025**



### Fort Zumwalt North HS

Contact: Lauren Jacobwith

[fzndanceteams@gmail.com](mailto:fzndanceteams@gmail.com)

Website with information found [HERE](#)

## The Kansas City Classic

**Saturday, December 14, 2024**

### Liberty High School



Contact: Maggie Willis

[Maggie.willis@lps53.org](mailto:Maggie.willis@lps53.org)

Website with information found [HERE](#)



# SAFETY C

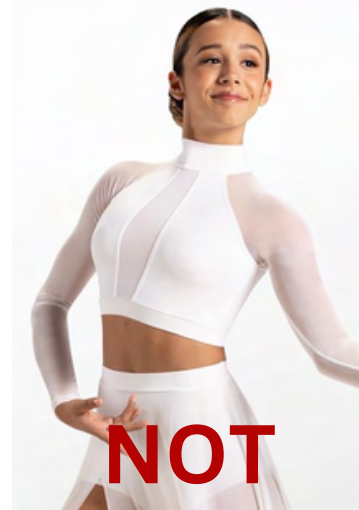
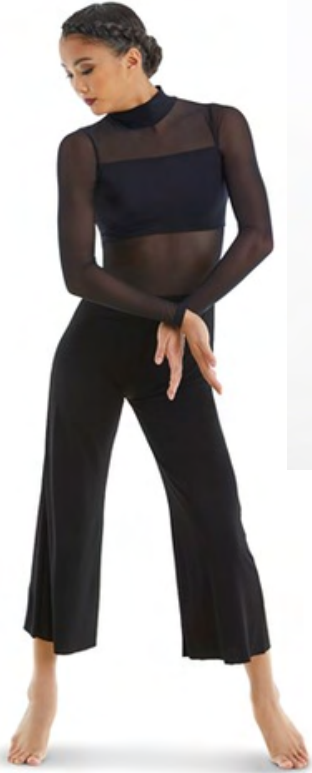
# O R N E R

From Your Safety Coordinator, Betsy Cuquet  
betsy.cuquet@modta.org

Hello!

You've probably had a few practices by now, but before you get too far into the season, I thought I'd give you some guidelines.

## LEGAL



NOT  
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.

**Need a costume clarification?**

**Email Brett Elder at [brett.elder@modta.org](mailto:brett.elder@modta.org)**

### Footwear- NEW this year!

For 2024-2025, MSHSAA has widened what is allowed in a half shoe to include four airborne tumbling skills. **These are the front aerial, the side aerial, the headspring and the kip up.** Neither a front nor a back handspring are allowed in a half shoe or turner. For those stunts, or any airborne stunt other than the 4 mentioned above, **a full shoe must be worn.** MDTA will enforce that rule at both regional and state competitions.



## Jewelry

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.



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!**

**Safe dancing,**

*Betsy Cuquet*

**Safety Coordinator**

# Are You Up To Date on the Spirit Rules?

Click to view the NFHS Spirit Rule Changes [Here](#)

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. Contact your Athletic Director to receive a copy of the NFHS Spirit Rules Handbook.



[Click to view the  
2024-2025  
MSHSAA Spirit  
Manual](#)

## **PRINCIPLES OF GOAL SETTING**

*The following is paraphrased from "See You At the Top" By Zig Ziglar. For information, write Zig Ziglar, We Believe, Inc. 12011 Coit Road, Suite 114, Dallas, TX 76251.*

### **NUMBER ONE: Goals must be big.**

In order for goals to be effective they need to be big because it takes a big goal to create the excitement necessary for accomplishment. There is really no excitement in mediocrity or just keeping up with what someone else did last year. Commit the goal you want to achieve to paper. List obstacles to your goal and formulate a plan to overcome them.

### **NUMBER TWO: Goals must be long range.**

Temporary obstacles can be needlessly frustrating if you do not have long-term goals. Without long-range goals, you are likely to be overcome by short-range goals and obstacles. Setbacks can be stepping stones, not stumbling blocks. Be absolutely convinced that you can reach your goal. Visualize yourself as already reaching your goal before the year starts.

### **NUMBER THREE: Goals must be daily.**

In order to reach your long-range goals, you must work toward your objectives daily. Daily objectives are the best indicators and the best builders of character. This is where dedication, discipline, and determination enter the picture. Be mentally prepared to discipline yourself to take the necessary steps to reach your goal.

### **NUMBER FOUR: Goals must be specific.**

Focus on one specific, detailed objective. Goals such as being a "better" person or having "more" of something are too broad. Spell out your goal in minute detail, so you will know where you are heading and exactly what you want to achieve.



# Regional MEET & GREET

September 12, 2024

6pm

Liberty High School

The View Space

200 Blue Jay Drive

Host: Maggie Willis

September 5, 2024

6pm

Fort Zumwalt West Library

1251 Turtle Creek Dr, O'Fallon, MO

Host: Brittani McClellan

This meeting will address the upcoming changes to our state championships, safety rules, and will provide a format for you to bring questions and concerns to our board.

September 16, 2024

6pm via zoom

Host: Janna Hagerty

**TEAM**  
**SPOTLIGHT!**

We want to feature our Missouri Dance Teams on our social media! Please consider completing this form to be featured on our new spotlight, #TeamTuesday





## 24-25 MDTA Membership opens September 1st!



Four groups are targeted for MDTA membership. They are:

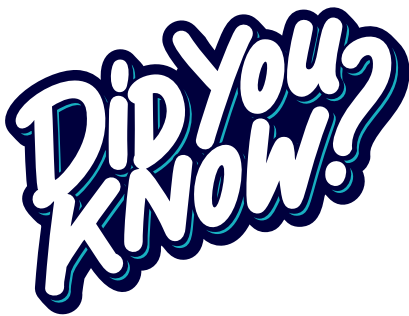
- Individuals who are actively coaching a middle/junior high or high school dance team
- Individuals who are former middle/junior high or high school dance team coaches
- College or University dance team coaches
- Business owners whose company offers services associate with dance team needs. i.e. uniforms, camps, instructions, etc.

Individual members have the following privileges:

- Voting for MDTA offices and proposals (one vote per school).
- 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, available only to coaches .
- Receiving updated information regarding competitions and contests through our email list.

The membership year runs from September 1 thru August 31st.

**Applications will be available at [www.modta.org](http://www.modta.org) !**



235 coaches joined last year representing 128 schools.

There were 55 new coaches in the 23-24 season.

The average years of service coaching dance is 6 years.

82 coaches submitted their coaching salary in 23-24. The average salary is \$4,435.

**Please contact Shelley McCain for any membership questions, if you are no longer coaching, or to pass along contact info for the new coach at your school district!**  
**[mdtamembership@gmail.com](mailto:mdtamembership@gmail.com)**