

NEWSLETTER



MINI CRUSH – FEBRUARY

News / Events from the Gym

Stunt Clinic - Friday February 17th from 6:30-8:30pm. This is open to anyone wanting to learn how to base stunts that they may not be doing at the level they are at now OR for tops who want to learn how to do higher level skills than they are currently training at. Cost is \$20.00 per athlete. It is only open to Cheerforce Athletes.

Family Day Weekend - We are still open this weekend and will be having practices on the Saturday and Sunday. The gym is closed MONDAY only.

Evaluation Sheets - All athletes will be given an evaluation sheet in the month of February. This is a kind of "progress report" that is given by coaches to each individual athlete. It will let each team member know what level they are currently working at in relation to stunting, tumbling etc. and let them know what they need to attain to move up a level. We are hoping it will help both the athlete and parent have a better understanding of where the coaches are coming from in regards to team placement in the spring.

CHCH visit - CHCH channel 11 News will be coming to the gym to film during for their morning breakfast show on February 10th. We will have more details to follow.

Camp Weselka - The dates for camp Weselka will be August 10, 11, 12th 2012. This is a weekend this year.

Nationals Hotel - If any parents are looking for a hotel for Nationals weekend in Niagara Falls they can call this number (905)354 7887. It is the Fallsview Hilton located at 6361 Fallsview Blvd. Please book by March 15th to get a good rate. Please ask for group bookings and use "cheerevo- cheerforce" for your booking.

Picture Day - Picture day will take place the end of February. We will have exact dates for each team by the end of the week.

Follow us on Twitter @CFWolfPack,
@CF_AllStars, @SamCFWP, @jesmontoya,
@Michelle_CFWP and @Wadeester24

Team News / Upcoming Events



Mini Crush welcomes a new member for Provincials, Neve. We are lucky to have her. Crush competed at JamFest in Indianapolis and had some amazing competition. They placed 9th out of 13!!! The coaches have implemented changes to the routine to clean it up and increase the skill level in order to CRUSH it at Provincials.

Athlete of the Month

LIVI!!!

Olivia is an outstanding athlete! She never fails to impress the coaches as she always gives 150% in everything she does. Whether she's tearing up the dance floor, working the tumbling section or killing her jumps and stunts, this girl is FIERCE! Her spirit and genuine love for the sport is truly inspiring. Congratulations Livi – you truly are a STAR!

Theme Day

February 23rd, 2012 – Muscle Shirt Mayhem!

Get your tickets to the "gun show". This won't be your everyday Thursday practice. Let's get **pumped** for Provincials by showing off our HUGE muscles.

2011–2012 Competitions

March 3rd–4th, 2012 – Ontario Championships, The Aud
May 11th–13th, 2012 – Nationals, Scotiabank Niagara Falls

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One FORCE, One FAMILY – GO FORCE!