

GOOFY



COACHES

FRANK VURRO

frank@cheerforceinc.com

DIANA "SOLO" SOLAKOV

solo@cheerforceinc.com

CHRIS HOLLINGSWORTH

chris@cheerforceinc.com

RYAN HEFFRON

ryan@cheerforceinc.com

2011 - 2012 Competitions

CHEER EVOLUTION FALL CLASSIC

1st PLACE

All Star Challenge QUEEN 'O NILE

2nd PLACE

CHEER EVOLUTION CHEER 4 T CURE

2nd PLACE

CHEER EVO BIG EAST BLAST

Sat. Feb 4, 2012

Kingston, ON

NCA NATIONALS

February 24-26, 2012=Dallas, Texas

IASF WORLDS

April 27-29, 2012

CHEER EVOLUTION NATIONALS

May 11-13, 2012

PARENT AND ATHLETE INFO

A word from one GG to the other GGs:

Hey GG's The countdown is on and there are 23 days till we leave for Dallas. For those of you who have been to NCA Nationals before, you know the intensity and the focus that is needed leading up to and at the competition. For those of you who will be going to Dallas for the first time, YES it's intense and YES it's intimidating but you know what? If you practice as if you're competing (which is what the coaches have been trying to do by timing us on "each mat") going into the practice gym in Dallas is going to feel a lot more natural. Everyone's going to get nerves but use them to your advantage because with nerves also comes excitement. Use it. Use the next few weeks and Big East Blast to boost your confidence. Every GG needs to remember that we work as a team, we train as a team, we compete as a team, and we end as a team. In a machine, every single part of the machine is vital for the it to perform its specific function. Think of our team as a machine. Each and every one must do their job in order for the end result to be successful. Everyone has a job to do, now do it. There's no doubt its going to be some hard, tough practices but you were put on this team because you all have the ability to push through pains, aches, and whatever else might be bugging you. Push through for your team mates. If you don't think you can do that, you better learn. And learn fast because these competitions are coming fast and there's no time to lose. Fall down 7 times, stand up 8. On this team there will be no such thing as giving up and nothing less than fierce confidence every time we all step onto a practice floor or competition floor. "Good athletes practice till they get it right, great athletes practice until they never get it wrong." Live by this for the next 4 months and we will be smooth sailing all the way till nationals. I believe in this team and know that we have not shown our full potential yet. What are we waiting for? Don't leave it till the last minute because I promise we will regret it. Time to step it up, boost your confidence and nail your stuff.

LOVE YOU ALL
BE FIERCE! Giv'er ladies!
xoxo Farrow

SPECIAL GOOD LUCK OUR GGs

TRYING OUT FOR TEAM CANADA!

Farrow, Wadey, Brit, Davison, Alandra, Mary, Brett, Becca and SButt!

GGs ATHLETE OF THE MONTH

NICOLE DAVISON

A new GG this year, Nicole more than fits in! She has become a cornerstone of confidence for everyone and she continues to work hard. Way to go Nic!

Just Amazing.

JANUARY-TASHA PEDERSON

DECEMBER-ELLY HOAR

NOVEMBER-AYNSLEY PAUL

OCTOBER-MARY THOMPSON

SEPTEMBER-SAMI PITTON

AUGUST-BRET BARBER

JULY-SARAH BUTT

GG NOTES and KEY DATES:

1. Stunt Clinic Friday February 17th. 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 then they are currently training at. Cost is \$20.00 per athlete. It is only open to Cheerforce Athletes. **2. 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. **3. 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. **4. 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. **5. Camp Weselka** - The dates for camp Weselka will be August 10,11,12th 2012. This is a weekend this year. **6. 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 "cheerforce" for your booking. **7. 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.