

# JACK SPARROW



## COACHES

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## 2011 - 2012 Competitions

November 5 - Fall Classic (1st)

Nov 11-13 - Queen of the Nile (3rd)

Dec 10 - Cheer for the Cure (2nd)

Mar 21 - 25 - Battle at the Beach

March 3 - 4 - Provincials

May - Nationals

## PARENT AND ATHLETE INFO

### UPCOMING EVENTS

**Stunt Clinic - Friday Feb 17 \$20.00**

**6:30 to 8:30**

Family Day-NO PRACTICE Sun Feb 19

UPCOMING events/ competitions:

\*Provincials - March 3rd & 4th 2012

\*Myrtle Beach - March 22nd 2012

\*Camp Weselka - August 10 11 12

**Nationals Extra Fee - \$22.60**

**PAST DUE**

**Hilton Hotel** - call 905 354 7887 for a discounted rate.

### MANDATORY ATTENDANCE -

It is very important to have full team practices. If you do not have a great excuse your role on the team will be limited each practice missed so the team does not suffer for your lack of commitment. Thank you in advance.

**TUMBLING:** It is very important that everyone look into signing up for a tumbling class after the holiday's. Register online today!

### \*Keep Pushing your skills!

\* Push past level 4 ladies and gents. Never stop at layout. Make sure you are always pushing yourselves individually. We want to make sure that every athlete is always pushing further into the sport. There are so many opportunities for all of you.

**Valuables** - Please leave all valuables at home. Please bring a bag that is able to close shut in order to keep your belongings in order and safe then place in your **TEAM BIN!**

\* **Team BIN** - you must place all belongings in your team bin prior to practice.

**Winter Boots-** Please bring two pairs of shoes and keep all wet foot wear off the blue mats.

## FEBRUARY

ATHLETE OF THE MONTH

### 'Nicole Vassos'

Nicole you are athlete of the month because of your intensity. You are so talented and work so hard to push yourself to the next level. We are so proud of what you have accomplished this year and cannot wait to see you perform with coed 4 and on our coed 5 worlds team! Keep pushing and Intensify everything you do! :)

### ATTENTION ATHLETES!

"Ahhh.....Hell NO!"

### CO-ED IS PUMPED AND READY TO GO!

CO-ED YOU ARE A BLAST! On for this month:

- \* Increase stunting difficulty DONE
- \* increase standing tumbling difficulty and numbers WORKING ON IT!
- \* perfect the flow of the routine DONE
- \* Increase the pace of the routine DONE

We need everyone on board in order to push forward. Be at practice on time ready to work.

Your attendance in January was brutal. Get to practice this month and make up for last month.

Let's get it done ladies and gents

"working together to succeed together"