

# JASMINE 4.2



## COACHES

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## 2011 - 2012 Competitions

November 5 - Fall Classic ( 1st )

Nov 11 -Queen of the Nile (1st)

Dec 10 - Cheer 4 the Cure (5th)

March 3 - 4 - Provincials

Mar 21 - 25 - Battle at the Beach

May 12 - 13 - Nationals

## PARENT AND ATHLETE INFO

### UPCOMING EVENTS

**Family Day Weekend** - Monday  
February 20th - **NO PRACTICE**  
\* *Enjoy time with your families!*

**Stunt Clinic- Friday Feb 17th \$20.00**  
6:30 to 8:30

### UPCOMING COMPETITIONS:

\* Provincials - March 3rd & 4th 2012

\* Myrtle Beach - March 22nd - 25th

**Nationals Extra Fee - \$22.60**  
PAST DUE

**Nationals 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. There are classes, privates and semi lessons available.

**\*Keep pushing your skills!**

**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.

\* **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

‘Andrea Philips’

Andrea you have worked extremely hard these past few months and have improved a great deal. Your pyramid and PS skills have increased significantly. Keep up the great work we are so proud of you and your accomplishments.

### ATTENTION ATHLETES!

**“4.2 All eyes on you”**

PRACTICES ARE MANDATORY. WE HAVE TWO IMPORTANT COMPETITIONS COMING UP AND YOUR ATTENDANCE IS BRUTAL. Be at practice or you will not be on the floor for Provincials.

### 4.2 IS READY FOR WINTER TRAINING !!!

\* Skill building and conditioning is a must. Each practice we will be conditioning to make sure routining comes a little easier for everyone. We will be pushing to make our routine more difficult each week. To be successful we MUST have full team practices. Get to practice so we can succeed together!  
“working together to succeed together”

**Mid Term Evaluations:** This month each athlete will be sent home with an evaluation form highlighting their progress and recommendations for improvement. Please make sure to ask your children for their evaluation form.