

NEWSLETTER



JUNIOR REX – JANUARY, 2012

News / Events from the Gym

NEXT COMPETITION ROCHESTER NY – Saturday March 31st – Leave Friday, and stay at the holiday inn. Return Saturday after competing, all info was emailed out.

WOLFPACK GYM INFORMATION

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.

Weather and Apparel – We ask that the girls come with outdoor shoes and change into their cheer shoes when they get to practice, so they don't wet/dirty the mats and their shoes before practice. Also WOLFPACK CLOTHING to practice.

Bring a bag for your belongings – so the girls can easily hang their things up and keep them together without getting lost, labeling goes a long way. We also ask that the girls don't bring in valuable's. – there are team bins now during practice so a bag is the easiest way to keep all of your things together.

Calendars for sale! – Check with the front desk, \$17.00

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. From 6:30-8:30 pm

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

Team News / Upcoming Events

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.

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. **\$22.60 is the additional nationals fee to compete, please bring this money in ASAP**



JUNIOR ONE

Almost having our full routine together ready for provincials the girls have amped up their routine to a much faster and more challenging level 1 routine, keep up the great work guys! Come to practice, be on time, and work hard and it will pay off!

Athlete of the Month

BRITT! --- Brittany has stepped up huge to her skills and her stunting on junior one. She has been coming to practices with a great attitude and has done a great job in her new SINGLE STUNT with Ashley. Keep up the awesome work Brit.

Theme Day

Valentines day! – Tuesday Feb 14th, Wear pink and red to practice!

2011–2012 Competitions

March 3rd–4th, 2012 - Provincials, The Aud
Scotiabank Niagara
March – Rochester NY

May 11th–13th, 2012 - Nationals,

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