

# February Newsletter

## Competition Season Heats Up

It might be winter outside, but inside UCCD the teams are working up a sweat. From February to May is when we have most of our competitions.

February begins with Big East Blast in Kingston on February 5th and 6th. On February 19th the Cougars will compete in Detroit at the LIVE competition.

On February 12th, the Jags and Panthers will host the Winterfest competition as a fundraiser for worlds.

## STAR Development

We are very fortunate to have many special guests visit our gym this season. From hip hop experts to teach dance movement to personal trainers for muscle and strength development, the STARS, and now the STARTERS, have been introduced to amazing opportunities.

Please use the following schedule for arrival and competition times for Big East Blast.

Remember that you should arrive in your track suit with your red practice shirt. Please have your hair and make completed upon arrival.

### Saturday, Feb 5

**FusePom** Arrive 11:30  
Compete 1:00pm

**Fierce Cats** Arrive 11:30  
Compete 1:12pm

**FuseJazz** Compete 1:24

### Sunday, Feb 6

**Cougars** Arrive 9:30  
Compete 11:27

**Leopards** Arrive 11:30  
Compete 1:29

**Pumas** Arrive 12:15  
Compete 2:13

**Tigers** Arrive 1:30  
Compete 3:36

**Cheetahs** Arrive 2:30  
Compete 4:25

**Panthers** Arrive 3:30  
Compete 5:31

It is important for you to stay until your awards ceremony. You are free to leave once your team has received your awards.

## SEA of RED

As you are aware, it is extremely important that our fans wear RED UCCD apparel at the competitions. It makes a huge impression on our athletes and especially our judges.

We now have **YOGA Jackets** for all sizes in the Pro Shop. Be sure to get yours today!



## Uniforms and Apparel

Everyone should by now have a uniform. But, if you are missing a piece or in need of a bow, please stop by the pro shop and get your items now.

### Jewelry at Practice

Remember that you CANNOT wear any jewelry at practice. You can wear clear plastic plugs in place of piercings.

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# FEBRUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Big East Blast— Dance teams
6 Big East Blast— cheer teams	7	8	9	10	11 Booster Fundraiser— <b>Mardi Gras</b>	12 Worlds Fundraiser Winterfest
13	14 Valentine's Day	15	16	17	18	19 Open Gym Detroit— Cougars only
20	21 GYM CLOSED- Family Day	22	23	24	25	26 Open Gym FREE Fun Night
27	28					

## Calendar Details:

Feb 5th and 6th—Cheer Evolution's BIG EAST BLAST in Kingston. All teams should report 2 hours before their competition time.

Feb 11th—Mardi Gras Pub Night. HUGE fundraiser for the travelling teams and it is A LOT OF FUN for the parents. Held at Annandale Golf Club.

Feb 12th—Winterfest competition for worlds teams

Feb 19th and 26th—Open Gym from 2-5pm.

Feb 19th—Live! Competition in Detroit for Cougars.

Feb 21st—GYM Closed for Family Day.

Feb 26th—FREE FUN NIGHT. Enjoy a FREE night of games, tumbling, dancing, pizza, and more!



## Friendly Reminders and New Policies

### It's Tax Time Once Again

As the new year begins, so ends 2010. Many of you will need tax receipts for your filings.

If you require a 2010 tax receipt, you should contact Tia at the front desk. She will be issuing these on a request basis for your convenience.

### Private Lessons - New Policy

Beginning Feb. 1st, all private lessons should be paid for before you enter the gym and you should have your hand stamped to verify this.

Also, if you book more than private lesson at a time, it should be paid for at time of booking.

### STAR/STARTERS - Sign-in Policy

In order to maintain a good coach to athlete ratio in our tumbling classes, it is important for everyone to sign in at the front desk.

So, if you plan to stay for a class after STAR, please remember to check in with the front desk.

### Want to Go To Worlds with us?

How does 4 days  
in Disney sound?

**We have booked  
10 extra seats on  
our flight for  
anyone that  
wants to join us  
as spectators.**

**If you are  
interested in  
attending, please  
see Tia or Hailey  
to reserve your  
spot. Seats are  
reserved on a  
first come first  
serve basis.**

**In order to  
reserve your  
spot, a \$150  
flight deposit is  
required.**

## UCCD Welcomes our Newest Instructor

**Adrienne LeFort** comes to us from Quebec with over 25 years of experience in cheerleading as a coach and/or athlete.

She cheered at Pierre Fondes Comprehensive HS for 3 years and then for North Shore Extreme for 8 years.

She worked for North Shore Extreme for 18 years in various roles such as technical director, coach, director of health/security, director of choreography, and developed the CIT program.

She served on the FCQ (Quebec Federation for

Cheer) as VP, Liaison for Pee Wee division, instructor for coach certification, and judged.

Currently, she is working with all our teams on Saturdays. Her vast experience with developing youth is going to be a definite PLUS for us!

## Upcoming Events

### March

- 5 and 6—Provincials in Kitchener
- 12-18—March Break
- Tumble for.....
- 26—Pittsburgh Competition

### April

- 2—Spring Classic
- 9—Great Lakes in London
- 29-30—Worlds

### May

- 1-2—Worlds
- 5—Pep Rally
- 6—Level 1 Make- Up practice
- 13-15—Nationals in Niagara Falls
- 22-26—Tryout Clinics
- 29—Banquet
- 31-June 3—Tryouts

## No Regular Classes in April or May

This year, our regular class session goes until the 1st week of April. Then, in April, we will have an entirely different class structure in place to prepare for tryouts.

This important time of the year is when most people will want to work specifically for a certain skill so that they can be placed on the level they desire. So, our focus will be geared toward specific skill training.

We will offer classes on back handsprings, or tucks, or twisting. And, we will have specific classes for jumps as well.

**THIS DOES NOT APPLY TO REGULAR TEAM PRACTICES.** Be sure to attend your regular team practices.

EMAIL: [boosterclub@ultimatecheer.ca](mailto:boosterclub@ultimatecheer.ca)

## BOOSTER NEWS

***Together,  
We Are One!!***

**All teams that travel should sell as many Mardi Gras tickets as possible to help lower your costs for traveling this year.**

The booster club is a group of supportive parents that volunteer their time to help our athletes in many ways. One important aspect of the booster club is to help fund raise. The next big fund raiser they offer is just around the corner. And, if you are 19 or older, you will really want to be part of this.

Mardi Gras Pub Night at Annandale Golf Club on February 11 from 7pm –1am. Each ticket costs \$25 per person and this includes entry fee, food, and snacks. There will be an open bar as well.

### FAQ's:

1. Part of your ticket will go into the pool.
2. Silent Auction items will add funds to the pool.
3. Raffle tickets also are added to the pool.
4. The pool is used primarily to assist all travelling teams this year.
5. Tickets are available for purchase at the front desk.



Last year, UCCD hosted the Tumble For Cancer and raised a couple thousand dollars to benefit local Cancer Charities. This year, we are hosting a similar event, but this year it is called.....

# Tumble For Karen

This is a fundraiser for one of our very own. Please stay tuned for details on this event which will take place on March 19th.