

A Note from Jerry

*I would like to say that I am so excited to be in my second year at Ultimate. Over the past year and a half, I have enjoyed watching the cheerleading industry grow in Canada. And, I am especially proud to be part of that growth.*

*UCCD is an amazing place with amazing people. Growing up in Texas, I never thought I would be an immigrant to Canada. But, I am loving it "eh!" Thanks to everyone for making these years such an incredible part of my life.*

Jerry Mauldin,  
Director

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## Lead Story Headlines



**COACH OF THE MONTH:**

**Egor Kapko**

**Egor recently received his Canadian citizenship after living here for a little more than 4 years. Before he moved from Russia he spoke NO English. Since then, he has become an A student and has hopes to become a successful financial planner.**

**Although Egor only learned to tumble 2 years ago, he is now one of the best tumblers in the gym. He is in high demand for private lessons too.**

**Egor coaches Kitties, Bobcats and Kitty Katz.**

**TEAM OF THE MONTH:**

**Kittens**

**1st Place Level 2 Mini at Big East Blast in Kingston.**

**This level 2 mini team is comprised of young athletes ages 6-8. Each athlete has worked hard to achieve their tumbling skills this year. At the beginning of the season there was only a small number of people that had back handsprings, but now most of the team is competing multiple back handsprings. We are so proud of these athletes and are so excited about the future of Ultimate.**

**Coaches:** Ashley Cameron, Andrea Teixeira, and Nicole Kraumanis

**ATHLETES OF THE MONTH:**

Kitties—Savannah Wolfe

Bobcats—Claire McGovern

Kittens—Ella Yan

Lynx—Tiffany Kazakis

Bearcats—Christina Zara

Leopards—BrookeLynn East

Tigers—Victoria Kazakis

Cheetahs—Kimanthi Davis

Panthers—Dayna Fox

Wildcats—Melissa Parry

Jags—Marcelo Barria

Stray Cats—Vic Moreira

Funky Cats—Olivia Fedak

Super Cats—Alex Piliéci

## March Break Camp

Our holiday and summer camps have been a great way for people to spend their days. We have seen many athletes improve due to our intensive training at these camps.

March break camp this year will be a three day camp. It is at the beginning of March break, allowing you time for other activities too.

Take all three days or just one day.

**March 15-17**

**9:00am—3:30pm**

**\$125 for all three days**

**\$50 for one day**



# OUR WEBSITE IS EXPANDING

## PRO SHOP

We have updated our website to include a shopping cart for all UCCD pro shop items. Instead of waiting in lines in the lobby, now you can order everything you need from the comfort of your home. The next time you are in the gym, your order will be waiting for you.

**Please note:** the Pro Shop will no longer be open at the gym. All orders should be placed online.

## ALUMNI SECTION

We are proud of all our present and former athletes, coaches, and staff. UCCD is building a list of former athletes that have moved on to college or university, a list of all former athletes, and a list of people who have earned 5 year rings. If your name should be part of this list, or if you know someone that we have missed, please email us with the information.

[info@ultimatecheer.ca](mailto:info@ultimatecheer.ca)

## MUSIC

Soon all athletes and members will be able to listen to all UCCD routines online. This is a great tool for our athletes because the better they know the music the better they will know the routine. Be sure to listen to all the cool UCCD routines on our website.



Many of the survey participants had a lot to say about our staff:

1. The staff is extremely friendly
2. The staff is knowledgeable
3. The staff is talented.

Thanks everyone!!



# WE'RE LISTENING TO YOU

We asked for your comments and suggestions in a recent online survey and the information you provided us is so helpful. Thank you so much to everyone who participated. Without your suggestions we would have a difficult time staying the best!

Here are some of your most important items and the solutions that we have implemented:

**TRAVEL**—The top item you asked for is to have more travel opportunities. So, we are going on some great trips next year.

Many of our teams will once again take amazing trips to see some of the best talent in the world.

**HEALTHY SNACKS**—Many parents are concerned that we are not offering healthy snack choices. So, we are building a snack area this summer that will have light meals and smoothies.

**ADMIN**—We understand that many customers issues understanding their account statements. Therefore, we are

investing in a state of the art admin software program that will cure many of our heartaches.

**SECURITY**—This year, we installed an alarm system. We are soon installing security cameras, and we post signs persuading members not to leave valuables in the change rooms. We want our members to trust coming to UCCD. This is a family environment where all are welcome and everyone should feel safe.

Thank you for your comments!

# RECENT COMPETITION RESULTS

At the recent Cheer Alliance competition in Kingston called Big East Blast, UCCD was very well represented by 5 of our teams. Congratulations to the following teams:

Kittens—1st Place Level 2 Mini  
 Bearcats—1st Place Level 3 Youth  
 Leopards—7th Place Level 2 Junior  
 Cheetahs—2nd Place Level 3 Senior Co-ed

Panthers—1st Place Level 5 Unlimited Coed

We would like to thank the UCCD fans that drove to the competition. It was great hearing everyone yell "UCC"!

# TRYOUTS ARE JUST AROUND THE CORNER!

Tryout packets will be available online March 1st. Be sure to read all the new information for 2010-2011. We are improving our program and providing athletes with even better chances for success.

Tryouts are June 1-3. It is important to have tumbling skills for teams this year. So, if you are not where you want to be, then maybe take some extra classes or private lessons to get more practice.

## New this season:

### Ultimate STAR Program— Select Training Athlete Roster

This program is designed for those athletes that are serious about becoming the best at the sport of competitive cheerleading. If you are hard-core and want to spend more time training your skills, then this program is just what you need.

Ultimate STARS are a group of hard working athletes that will benefit from:

- Intense Mental and Physical Training
- Access to industry professionals
- Privileged access to gym and equipment
- 1-on-1 coach feedback
- Video diaries of personal growth
- Reduced or FREE costs for some Ultimate events such as camps, PNO, and more.
- FREE unlimited classes

**Get your name on the Roster.**

### TAX RECEIPTS

*For those people that require tax receipts for 2009, please contact Lisa and we will print it for you. We will only have these until March 31.*

## THIS SUMMER AT UCCD

As the number of athletes at UCCD continues to grow, we must continue to provide the best services. We are developing plans on a continual basis to strengthen our programs.

As we prepare for the 2010-2011 season we have made a few changes that reflect research from successful programs across the globe:

When you try out for a team in June, you will actually try out for a spot in our competitive program. Your team will not be determined until later in the summer. Instead you will practice all summer with other athletes according to your tumbling skill level.

This means that if you are a level 2 athlete at tryouts, you will spend 2 months of the summer practicing

with athletes at the same level. This is to ensure that athletes progress together and coaches can really design practices accordingly.

In July, we will announce all teams and these teams will begin practicing in early August.

We hope that this alteration will make our athletes even stronger.

## UPCOMING EVENTS

**March 6-7** CA Provincial Championships  
The Aud in Kitchener, ON **All teams**

Please visit [www.cheeralliance.ca](http://www.cheeralliance.ca) for event details, directions, etc. Also, visit our website at [www.ultimatecheer.ca](http://www.ultimatecheer.ca) the week prior to the event for up to the minute information.

*Please note that Lynx, Tigers, Kitties, and Bobcats are attending this event as well.*

**March 13-19** March Break, *Please note that we will be open the last weekend of march break.*

**March 15-17** March Break Camp  
Three days of tumbling skill training. Along with some of the most fun you can have at Ultimate. Lots of games, stunts, dancing, and more.

**3 full days—\$125**

**1 full day—\$50**

**April 11** UCCD Pep Rally  
Each team will perform their routine for all parents and friends. Rec teams will perform as well. This will be a Pep Rally like you have never seen in Canada. Fun!!!!

**May 19** Awards Banquet

**May 25-27** Tryout Clinics

**June 1-3** Tryouts



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## Here are a couple of healthy snack ideas. Mmmm Good!

**Turkey and Cheese Rollup.** Take a piece of turkey and a slice of your favourite cheese and roll them together.

**Cottage Cheese and Fruit.** Try mixing fresh strawberries, peaches, or any of your favourite fruits into a half cup of low fat cottage cheese.

**Fruit Smoothie.** Mix vanilla soy milk with bananas or other fruit along with a scoop of protein powder.



## EXCITING NEWS! THE BOOSTER CLUB IS EXPANDING

The booster club is expanding to include more avenues for families and athletes to participate in.

The booster club will always be a great organization for fund raising, but we will also now include other committees for community involvement.

Some of the new committees are:

- **Pep club**—This division will allow those die hard fans of Ultimate to help bring cheer and support to the club. This division will be in charge of things such as signs, spirit at events, and overall pep support.
- **Social club**—The social division will allow those members that love to socialize an opportunity to do it in a more organized

fashion. This club will host adult night outs, family picnics, and other social functions.

- **Promotions club**—This division will allow those tech and marketing savvy people a chance to promote us locally and nationally on the internet, in local community events, in newspapers, and more.
- **Fundraising club**—The fundraising division will help streamline the best fundraising opportunities to all of the athletes and families at UCCD.

We are open to suggestions on these and other new divisions for the booster club. Please think of how you would like to be involved at UCCD.

The next Booster meeting for those that are interested in joining is going to be on

**Sunday, March 21  
at 12:00pm**

The new and improved Booster Club is looking for new officers as well. We have the following offices available:

**President, Secretary, Treasurer**

The new Boosters will also include a division for athletes. Athletes will be able to join forces with the parents to make our program even better. Check out our website for more information.