

# March Newsletter

Volume 3, Issue 3

March 2011

## Ultimate Canadian Cheer and Dance

### Provincials is here!!!

UCCD is headed into one of our biggest competitions of the year. Provincials is a large competition with more than 250 teams, and 5000 athletes. UCCD alone is taking 20 teams and 25 individual or stunt entries.

With so many athletes representing our gym, we anticipate great results. Our coaches have worked hard to develop great routines, and the athletes have strived for perfecting their skills.

This event is always great for our fans too. A **SEA OF RED** is the best way to show support.

Please wear your **RED UCCD** shirt, or sweatshirt to the competition.

While at the competition, it is always great to be part of our FAN zone for all teams. If you are in the crowd and our teams are competing, please feel free to come to the floor and show support in front of the team and the judges. It really makes a difference.

#### Reminders:

- Be at the event on time.
- Stay for awards.
- Wear your complete uniform or your complete track suit. Do not wear partial



Kitchener, ON March 4-5, 2011

### How to show your support at competitions

Our fans are amazing! Because our families and supporters are so great, our athletes feel such love at all of the competitions. Fan support is great for the teams but also makes a HUGE

impact on judges. The bigger our support structure is, the better our program seems. So, please do what you can. Here are a few things to show your support:

1. Wear Red UCCD shirts
2. Fan Claws. We have several for purchase. \$5 special price.
3. Yell and cheer for UCCD.

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#### Safety Tips from Corby:

- Stay hydrated
- Sanitize frequently
- Eat a balanced diet
- Wash hands after sneezing or coughing
- Use proper technique, especially when fatigued

# March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Provincials
<b>6</b> Provincials	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Closed
<b>13</b> Closed	<b>14</b> Closed	<b>15</b> Closed	<b>16</b> Closed	<b>17</b> Closed	<b>18</b> Closed	<b>19</b> Tumble 4 Karen
March Break Camp 9am -5pm Mon-Fri. Gym Closed at 5pm each day.						
<b>20</b> Jags Open	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Pittsburgh	<b>26</b> Pittsburgh
<b>27</b> Pittsburgh	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

## March Calendar of Events

**4 & 5**—Provincial Championships for all competitive and competitive rec teams.

**12-18**—March Break, Gym Closed at 5pm each day.

**14-18**—March Break Camp 9-5 Monday-Friday. \$225 for non-UCCD members, \$200 for UCCD members and \$100 for STARS/STARTERS.

**19**—Tumble 4 Karen. This fundraiser is going to raise money to help one of our very own parents. Karen McDonald. The event is from 2-5pm.

**20**—Workout with the Jags from 3:30-6:30. \$5 for STARS, \$10 for all other athletes. This is one of the last times this year to work with some of our gym's top athletes.

*Classes and Team practices will stop for March break on the 12th and will resume on March 19.*

**25-27**—Pittsburgh Competition for Pumas, Cheetahs, Leopards, Tigers. The teams will leave on Friday and return on Sunday.

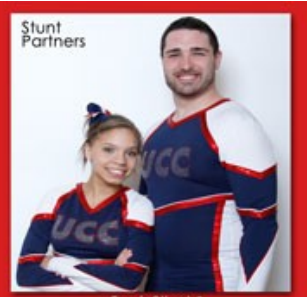




Congratulations to our UCCD  
2011 Team Canada Members



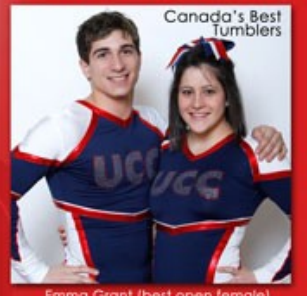
Team Canada Coaches  
Karl Pinnock &  
World Champion Coach  
Doug Martin '10



Stunt Partners  
Travis Stirrat &  
Laura-Ashley Meghie-Rodriguez



World Champions  
Spencer Bokstein '10  
Nicole Kraumanis & Emma Grant '09-'10



Canada's Best Tumblers  
Emma Grant (best open female),  
Yiorgos Kourkounakis (best overall)



Yiorgos Kourkounakis

Spencer Bokstein

Travis Stirrat

Andrew Francis

Nicole Kraumanis

Emily Bayliss

Emma Grant

Dayna Fox

Hailey Olynyk

Laura-Ashley Meghie-Rodriguez

Sydney Helgesen

UCCD is very proud to announce that 11 of our athletes made the 2011 TEAM CANADA cheer team and will represent Canada at the IASF world competition in April. They will compete with more than 30 countries for the title of World Champion.

Fortunately, TEAM CANADA has brought home the Gold in 2009 and 2010, the first two years of this competition. Please help us support the team as they go for a 3rd consecutive win this year.

A special congratulations to Doug Martin and Karl Pinnock for being named team coaches.

**COED TEAM**—Yiorgos Kourkounakis, Spencer Bokstein, Travis Stirrat, Andrew Francis, Laura-Ashley Meghie-Rodriguez, alternates—Dayna Fox and Hailey Olynyk

**ALL GIRL TEAM**—Nicole Kraumanis, Emma Grant, Emily Bayliss, Sydney Grant

Each TEAM CANADA member must raise up to \$1000 for their participation on the team. If you would like to donate money to assist their efforts, please see Tia at the front desk.

## Athletes of the Month

Munchkins—Sanaa Sullivan

Kitties—Emily Long

Kittens—Syra Jokhu

Lynx—Jessica Allen

Bobcats—Sofia Lemagueresse

Cougars—Amelia Walsh

Leopards—Enniael Stair

Tigers—Danielle Saulnier

Pumas—Jaiden Bradshaw

Cheetahs—Caitlyn Brooks

Panthers—Maya Swami

Jags—Christina Sangalli

Wildcats—Jeff Bogue

Stray Cats—Jenni Giffen

Super Cats—Caleigh  
McMurchy

Fierce Cats—Courtney Barrow

Fuze—Hailey Romain

# Congratulations!

Congratulations to all of the athletes of the month! Keep up your hard work and dedication.

## February Competition News

### Big East Blast

All of our cheer teams that attended received 2nd place. Our dance teams all received 1st place. Way to go team!

### LIVE! In Detroit

The Cougars got 2nd place and were less than .1 from 1st place.

### Competition MVPs

#### **Big East Blast**

Cougars—Ella Yan

Tigers—Jennifer  
Cuaresma

Pumas—Christina Zara

Cheetahs—Caitlyn  
Brooks

Fierce Cats—Tiana  
Brown

Fuze—Xahria Santiago

Leopards—Victoria  
Kazakis

Panthers—Michaela  
Nedrick

### **LIVE! Detroit**

Cougars—Briar Boothby

**MVP's are athletes who the coaches feel made the biggest impact for the team at a competition.**



**CHEERLEADING**  
**MARCH BREAK CAMP**

*Fun • flipping • dance • games*

**905.839.8822**

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

**9AM to 5PM**

Monday, March 14<sup>th</sup> - Friday, March 18<sup>th</sup>, 2011



# Tumble 4 Karen

March 19, 2-5pm

Ultimate is proud to announce a fundraiser for one of our parents, Karen MacDonald. She is suffering from a rare liver disease and is in need of a liver transplant. 100% of all funds raised at Tumble4Karen will be given to the family to assist them in their struggles. Information is available in the lobby. We hope that everyone can participate in the fundraiser in some way.

## Competitive Rec NEWS

We've had a great year so far and the second half is going to be even better. We have 3 more competitions to finish up the year strong: Cheer Evolution Provincials in Kitchener Saturday and Sunday March 5<sup>th</sup> & 6<sup>th</sup>, Cheer Evolution Spring Classic Saturday, April 2<sup>nd</sup> and Wonderland in May. Check out the 'music' section of our website for your routine music and practice, practice, practice at home!

### Moving from Level 1 to Level 2?

Tryouts for next seasons are late May early June. Get ready for next year by taking our Level 1 to 2 Transitioning Class on Saturdays with LA from 12:30PM to 1:25PM, Basic Tumbling classes through the week and Private Lessons to get the necessary skills to move to the next level. Level 2 tumbling, based on the USASF cheerleading guidelines, include a standing back handspring and a round off back handspring. The more back handsprings you can do the better! Tumbling is not the only thing that will be different. You can expect more practice time, more intricate stunting and jumping too! Let's get ready for next year and get flipping!

- Smurf, Competitive Recreational PC

## Booster Club News

Please email [boosterclub@ultimatecheer.ca](mailto:boosterclub@ultimatecheer.ca) for more information.

The booster club held the 1st-ever Mardi Gras event for UCCD at Annandale Country Club on February 11. Everyone wore fun masks and danced the night away.

There was a silent auction, raffles, 50/50 and more. Overall, the booster club raised several thousand dollars to assist our athletes and their families.

Thank you to all that attended and made this event a success!

Mardi  
Gras was a  
HUGE

