



Safety Award

Lindsay Munro, a member of the Pumas, made an incredible catch at practice. Her flier in a basket toss was headed directly over Lindsay's head and she reached up and pulled the flier to safety. It was one of the safest catches I have seen in a while. Nice going Lindsay! - Jerry

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October 2010 Newsletter

Volume 2, Issue 10

October 2010

Workshop for all athletes—Oct 16.

We are very excited to present some top instructors for an amazing workshop for all UCCD athletes. This workshop will include industry experts in tumbling and hip-hop.

This workshop will be like nothing you have encountered before. We will include classes for tumbling technique, twisting drills, fitness and core strength, hip hop dance, and more.

All UCCD athletes are welcome to attend. And all Ultimate STAR athletes are urged to attend.

Guest Instructors include:

Terrence Harrison—



Terrence is an amazing tumbler and dancer. He has worked on TV, Stage, Film, Videos, and is now a star for Cirque Du Soleil. He lives in Montreal and works full time for Cirque.

Cassius Creightney—



Cassius is a featured performer on the TV shows Degrassi and How to be Indie. He is a great dancer and actor.

Register now for the workshop. 9am-5pm. \$50 for non-UCCD members, \$25 UCCD members, Ultimate STARS are FREE.

Gym Improvements

The new parent viewing area is proving to be a people pleaser. It will be climate controlled with comfortable theatre-style seating, equipped with a large flat screen monitor with live video feed of

activity throughout the gym. Parents in the viewing area will be able to see the studio and jungle from the comfort of the viewing area.

We also now have an updated customer service

center that includes reception, pro shop, and meeting room.

The gym floor has been extended and the trampoline area has been completed. Please enjoy!

OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Open Gym 2-5
3 Jags Open Practice 3:30-6:30	4 Boston Pizza 5-8	5 Final Uniform Order	6	7	8 CLOSED	9 CLOSED
10 CLOSED	11 CLOSED	12 Boston Pizza 5-8	13	14	15 Ads Due	16 Workshop Wildcats Camp
17 Wildcats Camp	18	19	20	21	22	23 Open Gym 2-5
Customer appreciation week Oct 18-24						Parent Pub Night
24	25 Costume Practice	26 Costume Practice	27 Costume Practice	28 Costume Practice	29 Costume Practice	30 Open Gym 2-5 Costume Practice
31 Costume Practice						

Calendar Details

Oct 3—Open Jags Practice. Jags practices are usually closed to the public. But, once a month we open the doors to allow others to view and participate in practice. We use these days as fundraisers. Practice begins at 3:30. Participation begins at 5:00. Fee is \$5 for STARS and \$10 for non-STARS.

Boston Pizza Nights— these are FUNDRAISING events hosted by the Booster Club. We encourage everyone to eat there on these nights. Boston Pizza will give 10% of your bill to the UCCD booster club. So, eat hearty!!!

Ads Due—If you have not submitted your ads for the calendar, then you have until October 15th to get them in.

Parent PUB night—The booster club is hosting a FUN night out for the adults. This event is a FUN fundraiser that you are surely going to want to be part of!! Parents will be able to drop their kids off at the gym while they go out for a night on the town. More information coming soon. Email

boosterclub@ultimatecheer.ca

Costume Practices are a great way to celebrate the season. Wear your favourite costume to practice. Be sure that you can cheer in the costume though.

Uniforms and Apparel

All team uniforms ordered this summer should arrive in mid-late October. It is extremely important that all uniforms are picked up and paid for before our first competition on November 6.

For those that did not order uniforms, your orders should

be placed before October 5. Any orders not placed at this time will not be guaranteed a uniform. Please ensure that you order on time.

Proper Care for the Uniforms

It is important to wash the uniforms in cold water with a very mild detergent. Hang

dry. And, never use bleach. UCCD is not responsible for uniform damage. It is the responsibility of each athlete to maintain their uniform properly.

Practice gear—Be sure that you wear only the appropriate UCCD practice attire.

Customer Appreciation Week

We are so grateful for the continued support of our loyal UCCD family. This is our 4th competitive season at this address and our 8th season overall.

As we continue to grow in numbers, we are able to con-

tinue our development of facility and equipment. We are definitely the BEST place for cheerleading in all of Canada. Our gym is untouched by any other gym in the country.

We owe much of our success

to our wonderful customers. During the week of October 18-26, we would like to remind you of our gratitude. There will be FREE classes, refreshments, contests, and more. Thank you for everything.



September Athletes of the Month

Athletes of the Month are chosen by coaches and are athletes that excel in the following qualities: work ethic, teamwork, good attitude, skill progression, and safety.

Munchkins—Saana Sullivan
Kitties—Taylor Christie
Kittens—Domenica Giusti
Cougars—Briar Boothby
Lynx—Ariana Bell
Bearcats—Olivia Fedak
Bobcats—Grace Prokopetz
Leopards—Shelby Power

As athlete of the month, your name will also be posted in the lobby. Congratulations!

Pumas—Lindsay Munro
Tigers—Madison Thakore
Cheetahs—Nicole Tomasi
Panthers—Johanna “Jojo” Helgesen
Jags—Candice Cordeiro
Wildcats—Stewart Gunn
Stray Cats—Heather Scott
Super Cats—Amanda Gibson
Funky Cats—Rachel Perrin
Fierce Cats—Lily Lalonde
FUSE—Cassandra Macdonald

CITs

We would like to thank the following people for becoming a Coach In Training. Judi Martin is directing the CIT program this year and we are confident that it will be an amazing program with knowledgeable coaches.

Munchkins—Natasha Derlis

Kitties—Sydney Grant and Melissa Granato

Kittens—Jennifer Cuaresma and Shelby Power

Cougars—Adrianna Sanidas and BrookeLynn East

Lynx—Alecia Forgeard and Marissa Fattore

Bobcats—Kali Darling and Kristi Wallace

Leopards—Lindsay Munro

Bearcats—Montana Gemmell

Apprentices

Our coaching staff strives to improve their abilities and knowledge. One of the personal development outlets we now offer are apprenticeships. This allows coaches to work with teams other than their own to increase their coaching knowledge. Similar to the CIT program it is a volunteer basis. Thank you to the following coaches:

Malvina Mana—coach for Kitties and Apprentice for the Pumas

Andrea “Tex” Teixeira—Coach for the Cougars and Apprentice for the Cheetahs

Taunya “Smurf” Lucas—Coach for the Lynx and Apprentice for the Cheetahs

LA Meghie-Rodriguez—Coach for the Bobcats and Apprentice for the Bearcats

Jaki Kenthol - Apprentice for the Kitties