

## Ultimate Canadian Cheer and Dance

*presents*

# Fund Raise for Liver Disease "Tumble 4 Karen"

A fund raising event to provide assisting for our very own Karen MacDonald who is suffering from a rare liver disease and is in dire need of a liver transplant.

**Saturday, March 19**  
**2 P.M. – 5 P.M. Registration at 1pm.**

Karen is a mother of two UCCD athletes: Joshua on the SuperCats and Cassandra on the Pumas. The MacDonalds have been members of UCCD for several years and have been very active with teams, boosters, and are huge fans of our program.

Currently, Karen is in line for a liver transplant and hopes to find a match soon. Until then, she must endure medications, doctor visits, pain and discomfort. As you can imagine, your support will be very much appreciated during their time of need.

Therefore, UCCD has decided to help out. Last year, our Tumble 4 Cancer was successful and many of our members raised a lot of money that went to the Canadian Cancer Society. We anticipate the same response this year and are pleased that the funds will go directly to one of our own. In fact, we are going to have this event each year as a way of giving back to those in need.

Sponsorship and participation information is available on our website. 100% of all proceeds will go directly to the MacDonald family.

*Should you not be able to participate, you can still give back. Please feel free to raise sponsorship money, or give directly to her account.*



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# Fight Liver Disease – ‘Tumble 4 Karen’

## Event Information

<b>Date:</b>	Saturday, March 19
<b>Registration:</b>	1:00pm – 2:00pm
<b>Event Time:</b>	2:00pm – 5:00pm
<b>Sponsorship Forms Due:</b>	at registration
<b>Sponsorship Funds Due:</b>	at registration



### Event Schedule:

2:00pm - 2:15pm	Warm-up
2:15pm - 2:45pm	Technique Portion by levels
2:45pm - 3:00pm	Contest #1: Highest front/back tucks
3:00pm - 3:30pm	Tumble Track Fun
3:30pm - 3:45pm	Contest #2: Coolest Trick
3:45pm - 4:15pm	Trampoline
4:15pm - 4:30pm	Contest #3: Stick it and Do the Most
4:30pm - 4:45pm	Tumbling Drills
4:45pm - 5:00pm	Awards and Closing

### FAQ's:

1. Who can participate in this event? Anyone age 5 and older. You
2. Do I have to be a member of UCCD to participate? No. But a waiver must be on file with UCCD to participate in the tumbling portion of the event.
3. Where do I find a waiver if I am not a UCCD member? [www.ultimatecheer.ca](http://www.ultimatecheer.ca) in the forms section. It is called “ultimate waiver”
4. Do I have to know how to tumble to participate in this event? No. This event is for all ages and all skill levels.
5. Where will the money go that I raise? All funds raised will go directly to the MacDonald family.
6. How do I participate in the event? There are 2 ways to participate:
  - a. Raise funds only – simply find sponsorship funds and submit forms with funds to UCCD.
  - b. Raise funds and participate – this option allows you to be one of the participants in the fun day of tumbling on March 19.
7. Who is teaching this event? Members of UCCD staff, Team Canada, and industry experts.
8. Do I have to stay the entire time if I participate? It is highly recommended but not mandatory.
9. Am I able to raise money if I cannot be at the event? Yes. Submit your forms and funds to UCCD before March 19 if possible. All forms must be submitted no later than March 25.

