



JANUARY 2019 NEWSLETTER – ALL STAR CHEER AND DANCE

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RETURN DATES

We hope you have all had a wonderful Christmas and are ready for another exciting year with your SA family. All classes return as normal from **THURSDAY 3RD JANUARY 2019**.

COMPETITION FEES FOR LEGACY DREAM EXTREME DUE BY SATURDAY 12TH JANUARY 2019

Please see below for details of Dream Extreme crossover fees and spectator tickets

Crossover fees	£22		
Adults 1 day pass	£22 (age 12 plus)	Adults weekend pass	£35
Childs 1 day pass	£18 (age 5 – 11)	Childs weekend pass	£25
Age 4 and under	Free		
Souvenir Medal	£2.50		

Saturday 23rd March – All junior and senior cheer teams

Sunday 24th March – All dance teams, all mini and youth cheer, Prep cheer (Twinkles and Genesis)

Please send cash in a labelled envelope by **Saturday 12th January**. All crossover fees can be found on the SA website (**noted in red**).

LAST ORDERS FOR TRAINING UNIFORM AND APPAREL

We will be offering one last chance to order from our Christmas and training kit catalogue. This will be the final orders for training kit this season. All orders must be placed by **SATURDAY 26TH JANUARY** with cash in a labelled envelope (deliver to post box located at office door, see below). PLEASE NOTE, we cannot exchange or refund for any items. SA training kit **MUST** be worn for team training, see page 3 for details of *training uniform requirements*

POST BOX FOR ENVELOPES

There will be a letter box available on the office door for you to deliver your orders/forms safely. We will also provide a receipt for uniform orders which will be given to the athlete at their next lesson. Please keep this safe to help with any discrepancies with orders. Receipt for competition fees can be found on the SA website under your unique membership number.

CHEER AND DANCE EXAMS

These have been booked for **Sunday 9th June**. Further details will be available in forthcoming newsletters.

TRYOUTS 2019

Tryouts for season 13 will take place from **Tuesday 9th July to Saturday 13th July**. Please make sure you are available during this week and avoid booking holidays as this could be detrimental to your team placements.

AWARDS EVENING 2019

We are looking at arranging our awards evening for **Sunday 14th July**. Further details will be available once bookings have been confirmed.

SHOWCASE 2019

I am sure you will all agree that the Winter Showcase was a huge success. The venue, although expensive, was amazing therefore we will be booking again for December 2019. However, we have decided to cancel the summer showcase and continue only with our winter showcase, where all routines are brand new and performed in a more comfortable venue at the Telford International Centre.

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SUNDAY TRAINING TIMES – Twinkles, Snowflakes, Synergy & Extreme, please note change of training date below. Also, Team Apps have now been updated, please see notes on next page.

Sunday 10th February

Snowflakes 10.00am – 12.00pm
Twinkles 10.30 – 12.00pm
Extreme 11.45am – 1.45pm
Synergy 1.30 – 3.30pm

Sunday 24th February

Illusion 11.00am – 12.00pm
Avalanche 12.00pm – 1.00pm
Intensity 1.00pm – 2.00pm
Thunder 2.00pm – 3.00pm
Pinnacle 3.00pm – 4.00pm

Sunday 17th March

Snowflakes 10.00am – 12.00pm
Twinkles 10.30am – 12.00pm
Extreme 11.45am – 1.45pm
Synergy 1.30pm – 3.30pm

Sunday 14th April

Synergy 3.45pm – 5.45pm (new training date, previously 7th April)

Sunday 12th May

Pinnacle 12.00pm – 1.00pm
Illusion 1.00pm – 2.00pm
Snowflakes 2.00 – 4.00pm (new training date, previously 31st March)
Twinkles 2.30pm – 4.00pm (new training date, previously Saturday 7th April)

Sunday 26th May

Intensity 12.00pm – 1.00pm
Avalanche 1.00pm – 2.00pm
Thunder 2.00pm – 3.00pm
Extreme 2.45pm – 4.45pm

Sunday 2nd June

Twinkles 10.00am – 11.30am
Snowflakes 11.00am – 1.00pm
Extreme 12.45pm – 2.45pm
Synergy 2.30pm – 4.30pm

Sunday 16th June (change of training date, previously Saturday 15th June)

Synergy 12.00 – 2.00pm
Extreme 2.00 – 4.00pm

Sunday 30th June

Twinkles	10.00am – 11.30am
Snowflakes	11.00am – 1.00pm
Extreme	12.45pm – 2.45pm
Synergy	2.30pm – 4.30pm

TEAM APPS

These will be updated in the next few days with all training dates for 2019. If you have not already downloaded the team app, please download this from your app store. Search TEAM APP then search for SA Academy and request to be a member.

TRAINING UNIFORM REQUIREMENTS

Please remember that SA uniform is required at all times for team training (jazz, lyrical and cheer). Cover ups for start of training must be SA kit or plain black. You can only wear alternative suitable training kit for other lessons such as stretch & technique and gym. Hip hop teams can also wear alternative training kit for their sessions.

EXPENDITURE OF LEGACY WINNING

We have now received our £10,000 cash prize from the competition with Legacy held at the O2 arena last summer. Please see below for details of expenditure.

463.83	Balance for tumble track (mostly paid with SA fund raising)
3000.00	Supreme Travel Team
2000.00	Summit Travel Team
583.60	Heater for gym
3952.57	Balance left which will be used to purchase new training equipment

COMMITMENT TO TRAINING

We must remind all athletes and parents that any break of commitment to training, after the forms have been signed and returned, could result in losing your place on your team. Alternatively, if previous attendance and commitment has been excellent, we may require you to pay for a private lesson to catch up with any missed work. This could also apply to pre-notified absences if your athlete falls behind.

INJURY PREVENTION

Our athlete's safety is our prime concern, therefore please follow our injury prevention rules. If athletes arrive to class and tell us they can't train, we will require a letter, preferably from a physio, in order to be released from training that day. We do advise that you see a physio rather than a doctor for a more accurate report on their injury. Without this supportive letter, we will require the athlete to train.

We can recommend a good physio who has worked closely with some of our athletes and understands the nature of our sport. He can therefore provide information as to whether they can continue full training, mild training or rest. Contact details are: John O'Regan 07791 390882 or 01902 686712.

PRIVATE TUMBLE/DANCE CLASSES

Our private lessons from this season will be offered as follows:-

30 minutes working on one particular skill	£20
45 minutes for overall conditioning and technique	£25

These sessions will be offered from Monday to Friday between 4.00pm and 5.00pm. Athletes/dancers must arrive at 4pm to stretch and warm up ready for the private to start at 4.15pm. To book a session please email beckie@sadanceandcheer.co.uk for dance and lauren@sadanceandcheer.co.uk for gym. All sessions must be pre-paid and cannot be refunded or transferred if cancelled for any reason.

SA SUPREME – WORLDS TEAM

FLIGHT BALANCE DUE BY WEDNESDAY 9TH JANUARY 2019

You have all received a text with your flight balance which is due to be paid by **Wednesday 9th January**. This can be paid with cash, or bank transfer direct to the club account. Please text me for bank details if you wish to pay direct. PLEASE NOTE, this is not the prepayment account therefore please check with me regarding bank details before you make this payment.

TRAINING WITH MORTON BERGUE SUNDAY 20TH JANUARY – FEES DUE

We have secured Morton Bergue to come along and work with Supreme Lyrical and Jazz on Sunday 20th January. This camp will cost as follows:-

One team £18

Both teams £30

This will need to be paid by **Wednesday 16th January** with cash in a labelled envelope.

CHANGE OF COMPETITION

You have all now been notified that we have changed a competition date in order to help the majority of dancers who are also competing with Team England. Beckie and her team England coaches have decided to display at Circus Spectacular on Sunday 3rd March. This is the only event that all of the Team England performers can attend before ICU Worlds. As most of our Supreme members will be competing with Team England and many of them also competing hip hop and cheer on the same day, we have decided to change this event for Supreme Lyrical and Jazz who will now attend FC Adventure in Atlantis, Arena Milton Keynes on **Sunday 7th April**. All entry fees will be transferred to Adventure in Atlantis.

SPECTATOR TICKETS FOR FC ADVENTURE IN ATLANTIS

We are collecting orders for spectator tickets by **Monday 28th January**. Please send any orders with cash in a labelled envelope.

SUNDAY TRAINING

Sunday 20th January 2019 11am – 1pm (lyrical arrive 10.30am for warm up, Jazz 11.40am)
Sunday 17th February 4pm – 6pm (lyrical arrive 3.30pm for warm up, Jazz 4.40pm)
Sunday 10th March 11am – 1pm (lyrical arrive 10.30am for warm up, Jazz 11.40am)
Sunday 14th April 10am – 12pm (lyrical arrive 9.30am for warm up, Jazz 10.40am)

FUND RAISING UPDATE @ JANUARY 2019

EXPENSES STILL TO PAY

£240	Coach to Manchester
£3600 (approx)	Villa
£1600	Car Hire in US
£400 (approx)	Petrol and Parking
£1000	Worlds Floor Hire
£500 (approx)	Studio Hire in Florida
£1200	Training Kit
£5340 (approx)	Worlds commuter Passes @ \$395 = \$6715
£13880	

FUNDS RECEIVED TO DATE

£2000 FC Bid money
£7065 Funds Raised to date

FUNDS TO RAISE @ January 2019 - £4815

WORLDS PROVISIONAL ITINERARY

The full itinerary will be available over the next few months. Once we receive confirmation of training venues whilst in Florida, we can complete a full itinerary. Travel arrangements have been provided to start our Worlds Itinerary: -

FRIDAY 19 TH APRIL	Athletes leave SA Academy at 1pm (arrive by 12.45pm)
SATURDAY 20 TH APRIL	Depart Manchester airport 10.05, arrive Florida 14.05
SATURDAY 27 TH – MONDAY 29 TH	Dance Worlds Competition (competing dates tbc)
SUNDAY 5 TH MAY	Depart Orlando 18.30, Arrive 6 th May 07.35

SUMMIT TEAM - SA REIGN

REIGN TRAINING DATES FOR 2019

JANUARY	(1 ST Closed)	8 th	15 th	22 nd	29 th
FEBRUARY		5 th	12 th	19 th	26 th
	Half Term - Wednesday 20th and Thursday 21st from 2.30 – 4.30pm				
MARCH		5 th	12 th	19 th	
APRIL	2 nd	9 th	16 th		

FC ADVENTURE IN ATLANTIS SUNDAY 7TH APRIL

As notified over the Christmas holidays, Reign will compete at FC Adventure in Atlantis, Arena, Milton Keynes on **Sunday 7th April**. The entry fees for this competition (£29) and any spectator ticket orders (£20 per person) will be due by **Tuesday 29th January**. Please send these fees with cash in a labelled envelope.

FUND RAISING UPDATE @ JANUARY 2019

Each month we will keep you updated with expenses and fundraising efforts to date.

<u>EXPENSES</u>		<u>FUNDS RECEIVED TO DATE</u>	
£1000 (approx)	Music	£2000	Donation from Legacy Winnings
£1000 (approx)	Gym Hire in US	£3270	Funds raised to date
£440	Bows		
£1150 (approx)	Summit Jackets		
£5750 (approx)	Commuter passes		
£9340		£5270	

FUNDS TO RAISE @ October 2018 - £4070

SUMMIT ITINERARY

Once we receive confirmation of training venues whilst in Florida, we can complete a full itinerary. We have started to complete the itinerary with current information gathered.

SATURDAY 28th April to

WEDNESDAY 1st May	Training will be arranged between these date (TBC)
THURSDAY 2 ND MAY	Compete ESPN Wide World of Sports
FRIDAY 3 RD MAY	Finals ESPN Wide World of Sports

UPDATED COMPETITION FEES

Athletes must purchase the 3-day Commuter package at \$340 per athlete (\$100 deposit due immediately). This includes a 3-day park hopper pass to Walt Disney Worlds Resorts. The park hopper pass will be valid from 1st May to 15th May. The deposits will be paid from the funds raised to date and hopefully we can raise enough funds to pay the balance.

Spectator Tickets are available at \$335 if pre-ordered or \$350 if purchased in Orlando. This includes a 3-day park hopper pass to Walt Disney Resorts and 5 days admission to EPSN. The park hopper pass will be valid from 1st May to 15th May. If you do not wish to purchase the hopper pass, you can purchase admission on the door (last year at \$35 dollars per person per day). You can order your spectator tickets on the website, please visit vacity.com.