



MARCH 2019 NEWSLETTER – RECREATIONAL CHEER & GYM

GYM GRADING – SUNDAY 17TH MARCH

All athletes from our recreational programme can take their SA gym grading and review with us on **Sunday 17th March**. All athletes are eligible to apply for their grading and review. They will receive a review sheet at the end of their grading session, stating either a pass or skills required for a pass. Those who pass will receive a certificate and cheer bow which will be presented to them in class a few weeks later. Those who require further skills will be given 6 weeks from the date of grading to complete the required skills in order to pass this grade at no extra charge. If they don't achieve their skills during this time, they can apply for our next grading later in the year.

To apply, please send your £12 grading fee by the following dates:-

Monday athletes – Pay by **Monday 4th March** – grading times given out on Monday 11th March

Friday athletes – Pay by **Friday 8th March** – grading times given out on Friday 15th March

Saturday athletes – Pay by **Saturday 9th March** – grading times given out on Saturday 16th March

If you have already been graded by us, please note your last grading on your envelope. Please note, fees are non-refundable or transferable once paid.

PRE-COMP SQUAD OPPORTUNITY – APPLICATIONS BY 11TH MARCH

If you are not ready to join a competition squad, but would like to train with a team for show displays, this will be an ideal opportunity for you. Athletes will learn a competition style routine which will be displayed at the exam showcase on **Sunday 2nd June** alongside all the cheer exam routines. Everyone can apply for this regardless of current skills. We do recommend that you also continue with your regular recreational class (not compulsory), as the pre-comp sessions will be devoted to choreography only (i.e. minimal gym training). Training for this will take place as follows:-

Age 4 – 8 **starting Saturday 16th March** 4.30 – 5.30pm @ £18 per month

Age 9+ **starting Saturday 16th March** 5.30 – 6.30pm @ £18 per month

All applicants will be required to arrange a monthly standing order (see monthly fee above) payable from 15TH March to 15TH May. This will cover training dates as follows:-

SATURDAYS

March	16 TH	30 TH	
April	6 TH	13 TH	
May	11 TH	18 TH	25 TH
June	1 ST		

We would require you to purchase one of the new SA white T-shirts (£15) to wear at the showcase along with black shorts or leggings. You would also need a pair of white trainers for training and the showcase. After the showcase your options are:-

- Continue with your rec classes until our next Pre-comp squad starts again in September. This group will then prepare for the Winter Showcase at Telford International Centre.
- Attend tryouts in July for a Prep or AllStar competition team to start competition training in September.
- Return to rec classes only.

To apply for our Pre-comp squad, please email saacademy@hotmail.co.uk by **Monday 11th March**.

CHEER EXAM/SHOWCASE SUNDAY 2nd JUNE

All athletes are eligible to take their cheerleading exam with the IDTA on Sunday 2nd June. This will be held at Dormston Theatre on **Sunday 2nd June**. This will be an open session therefore parents and family can attend to watch their children take their exam and other showcase routines. The exam grading and pricing can now be found online to view for those who have taken exams with us previously. For those who have not taken an exam please see below for grade and pricing.

Age 4 – 8 athletes – Rosettes 1 £18

Age 9 + cheerleaders – One Dance £16

Final date for exam entries will be **Saturday 25th May**. Please place your exam fee in a labelled envelope noting on the front, athletes/dancers name (as you want this to appear on the certificate), date of birth and exam grade. Details of spectator tickets for the event will be available in the April newsletter.

GYM CAMP SUNDAY 19TH May

We have booked a guest gym coach for a gym camp on **Sunday 19th May**. This will be held with Rob Horton who is the gym director for Ascension Eagles. The camps will be offered as follows:-

Level 1 & 2 10am – 12pm

The camp will be £20 for the 2 hours which must be booked and paid by **SATURDAY 13TH APRIL**. Spaces will be limited therefore please secure your bookings early as after this date, the camp will be offered out to other athletes.

HIP HOP CAMP WEDNESDAY 29TH MAY

We have been very fortunate to book Becky and Ruby from ADA Dark Angels to host a hip hop camp on **Wednesday 29th May**. The camp will run as follows:-

Age 10 – 13 10am – 2pm £30 (including 1 hr lunch)

Age 14 + 10am – 3pm £40 (including 1 hr lunch)

This camp must be booked and paid by **SATURDAY 18TH MAY** to secure your place.

DATES FOR YOUR DIARY

FRIDAY 1ST & SATURDAY 2ND MARCH – Academy closed for competition

SUNDAY 10TH MARCH – Tryouts for Prep and All Star Teams (athletes will receive invites to attend)

SUNDAY 17TH MARCH – Gym Grading (see below)

SATURDAY 23RD MARCH – Academy closed for competition

FRIDAY 19TH APRIL – MONDAY 6TH MAY – Easter Closures (classes return **Tuesday 7th May**)

SUNDAY 2ND JUNE – Cheer and Dance Exam/Showcase (see below)

TUESDAY 9TH JULY TO SATURDAY 13TH JULY – All Star and Prep Tryouts (Cheer and Dance)

Please make sure you are available during this week and avoid booking holidays as this could be detrimental to your team placements.

SUNDAY 14TH JULY – Awards Evening at Perton Golf Club

MONDAY 22ND JULY – FRIDAY 26TH JULY – Summer Camp Week

MONDAY 19TH AUGUST TO SATURDAY 31ST AUGUST – Summer Closure dates

SUNDAY 1ST DECEMBER – Winter Showcase at Telford International Centre (see Prep-comp squad).

CONTACT DETAILS FOR ENQUIRES

Could I please request that all future enquiries of any sort are sent by email to the appropriate coach. As I get numerous texts throughout the day, unfortunately some may get missed or delayed as I have to wait to discuss with the appropriate coaches. Therefore, please avoid sending texts and send emails to:-

Dance related queries: beckie@sadanceandcheer.co.uk

Cheer/Gym related queries: lauren@sadanceandcheer.co.uk

Any other queries: sharon@sadanceandcheer.co.uk

Also, please avoid asking questions at the Academy as Sharon and other coaches are busy during opening hours and will not be available to answer questions.

PRIVATE TUMBLE CLASSES

Our tumble classes from this season will be offered as follows:-

30 minutes private working on one particular skill £20

45 minutes privates for overall conditioning and technique £25

These sessions will be offered from Monday to Friday between 4 and 5.00pm. Athletes must arrive at 4pm to stretch and warm up ready for the private to start at 4.15pm. To book a session please email saacademy@hotmail.co.uk. All sessions must be pre-paid and cannot be refunded or transferred if cancelled for any reason. **Please note**, all lessons must be pre-paid at least one week in advance or for regular bookings paid for a block of 4 weeks in advance. We cannot refund or reschedule (under any circumstance) if athletes cancel or fail to attend their booking.

FUND RAISING EVENTS

The following events are being organized to help with funds for our travel teams, Supreme and Reign.

Raffle tickets for a Worlds T-Shirt – Proceeds to Supreme

Raffle tickets are available to purchase at the academy @ £2 each or £6 per strip to win either a Dance Worlds or Cheer Worlds T-shirt. The draw will be made at a showcase on Sunday 14th April which is their final training session before Worlds.

Saturday 9th March – Proceeds donated to Supreme and Reign.

This will be the annual SA Academy quiz (and curry!) which this year will be held at the above venue AFC Wulfrunians Football Club 7pm . Each team captain from every dance and cheer team will be responsible for ensuring a team of up to 6 people attends . Obviously if you can arrange more teams that would be great. You can ask friends and family to come along as well the more the merrier.

The cost for this including food will be £7 per adult £4 per child 16 and under and under 5's are free. There will be a food alternative for the children if they're not keen on curry, or any adults! If you could send the money for this in a labelled envelope to Sharon with your team details on and also food preferences i.e. If you require a Veggie or child's option **by Monday 25th February please**.

There will be a tombola and Irish bingo in the interval to keep you entertained. If last year is anything to go by it will be a great night. Who's going to get their hands on the coveted trophy for 2019?