



NOVEMBER 2018 NEWSLETTER – ALL STAR CHEER AND DANCE

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COMPETITION FEES DUE FOR FC CIRCUS SPECTACULAR 2nd & 3rd March

We will collect crossover fees and spectator tickets for Circus Spectacular **Saturday 17th November**.

Crossover fees	£22	
Adults 1 day pass	£20 (age 12 plus)	Adults weekend pass £30
Childs 1 day pass	£10 (age 5 – 11)	Childs weekend pass £20
Age 4 and under	Free	
Souvenir Medal	£2.50	

Saturday 2nd March – All Tiny, Mini, Youth and junior cheer and dance teams

Sunday 3rd March – All Senior cheer and dance teams

Please send cash in a labelled envelope by 17th November. All crossover fees can be found on the SA website (**noted in red**).

OTHER COLLECTION DATES:-

Spectator and crossover fees for Legacy Dream Extreme due by **Saturday 12th January**

WINTER SHOWCASE RAFFLE

We will be holding a winter showcase raffle to help fund our event at Telford International Centre. Each athlete will be given 5 tickets to sell @ £1 each (8 tickets for families with more than 1 athlete). I will send a text to parents as each group are given their allocated tickets to inform you they have them in their bags (I know kids don't always tell you). These will be handed out in labelled envelopes which can be used to send back your tickets stubs and collected cash. We will need all stubs and cash returned by **Saturday 24th November**. If you can sell more than the allocated tickets, please see me to collect extra. Main prizes include; pamper day for 2, panto tickets for 2, pandora necklace, prosecco afternoon tea, Thorntons hamper plus many more prizes. The draw will take place at the showcase on Sunday 2nd December.

SHOWCASE DVD'S

I would like to remind you that photography and videoing is not allowed at the event due to child protection laws. However, we have arranged for the showcase to be recorded by Apex Visuals therefore DVD's will be available to order. These will cost £20 and must be pre-ordered by **Saturday 24th November**. Please send cash in a labelled envelope to place your order.

WINTER SHOWCASE TICKETS ON SALE

Tickets for this event are now on sale. If you cannot attend the academy to purchase your tickets at the times below, please send your order with cash in a labelled envelope and I will arrange tickets for you.

Monday to Friday Between 4.00pm and 4.30pm

Seating will be tiered at this venue therefore viewing will be excellent for all spectators.

DETAILS FOR SHOWDAY SUNDAY 2ND DECEMBER

Performers will be required at **TELFORD INTERNATIONAL CENTRE** at 12pm ready for rehearsals to start at 12.30pm. The show will start at 5pm, finishing at around 7pm. Please remember to bring along all costumes, food and refreshments for the day. A full costume list with hair and make-up will be available on the SA website in the next few weeks. Cheerleaders will wear full competition uniform and bow.

Please note, we have been informed that there is a charge of £4.50 for parking your car at the International therefore it may be worth-while organising a lift share to save on cost. This will not be applicable when dropping off your children for rehearsals as we have organised a drop off point free of charge. This will mean that you will only be allowed up to 15 mins to drop off and leave the drop off point but this should give you plenty of time to sign your child in with us.

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CHRISTMAS CATALOGUE

We have a selection of SA items to purchase for the Christmas stocking (please see Christmas catalogue). All orders for these items must be handed in by next **Saturday 3rd November** to ensure that we receive these items before we break for Christmas. Please send your order with cash in a labelled envelope and I will text parents when these items are ready to collect.

OPEN TUMBLE HALF TERM WEEK

We will be offering open tumble on Tuesday 30th October for athletes up to age 11 and Thursday 1st November for athletes age 12 plus. These sessions will run from 2pm to 4.30pm and will cost £10 payable on the door.

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.

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.

WEEKLY CONDITION & STRETCH CLASSES

There has been a lot of requests for athletes to join our flyers stretch classes which unfortunately are now full. Therefore, we will be starting weekly conditioning and stretch classes on Tuesdays, Wednesdays and Thursdays from 4pm to 5pm, starting from w/c **Tuesday 6th November**. There are 5 weeks left from the start of these classes to end of term. These 5 weeks must be pre-booked and pre-paid to secure your place. If you would like to book your place please email to check availability and I will send confirmation and request payment. Fees for the 5 weeks will be £32. All bookings must be made by **Saturday 3rd November**. If successful, this will continue in the New Year with details for bookings available in the January newsletter.

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.

SUNDAY TRAINING TIMES

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 31st March

Snowflakes 3.45pm – 5.45pm

Sunday 7th April

Twinkles 12.00pm – 1.30pm
Synergy 12.00pm – 2.00pm

Sunday 12th May

Pinnacle 12.00pm – 1.00pm
Illusion 1.00pm – 2.00pm

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 30th June

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

SA SUPREME AND REIGN FUNDRAISING

As you are all probably aware, we will be heading out to Florida to represent the Academy again in April 2019 with not one but TWO Supreme dance teams along with a Florida Travel Cheerleading team - REIGN who will be competing at The Summit! We are excited and proud to be flying the flag for SA once again and will be giving our all during training and at the competitions themselves.

Obviously, there is a cost associated with this and so we have come up with some fab fundraising ideas that we would love you to get involved with and below, you will find a calendar of our upcoming events and other stuff we have going on.

<u>Event</u>	<u>Where?</u>	<u>When?</u>
Halloween cake sale and tombola	The Academy	Saturday 27 th October
Cheshire Oaks Trip**	Leaving from the Academy carpark	Sunday 25 th November
Christmas Fayre***	ASAN The Workspace Atrium	Saturday 1 st December
Christmas scavenger hunt	anywhere you can find treasure	throughout December

** Cheshire Oaks trip – coach leaves from the academy car park at 09.30 hrs on Sunday 25th November and returns at approximately 7pm. Bucks fizz and pastries will be served on the coach and you will get free entry into our prize draw to win a £50 voucher to spend. Cost of this is just £25 with a £ deposit payable to secure your seat.

*** The Christmas fayre this year will be held on Saturday 1st December just down the road from the Academy at The Workspace, All Saints Rd, Wolverhampton WV2 1EL. We already have some stalls confirmed but if you or anyone you know would like to have a stall at the event then please speak to any Supreme/Reign Mom or Beth, who can give you more information. Stalls will be £15 in the Atrium or £10 in the hall and tables will be provided.

Supreme are raffling off a frame filled with £50 worth of National Lottery scratch cards and you can buy tickets for this from the Academy/one of the Supreme parents and/or the Supreme and Reign facebook fundraising page.

Reign are doing a sponsored 'flips to Florida' so if anyone would like to sponsor them, then please get in touch with one of the Reign athletes or parents.

Alongside these events we also have the bonus ball raffles, which have been a huge success so far. Winners have received prizes such as a £50 Excel voucher, £115 worth of training kit paid for, an SA backpack and £100 first entry comp fees paid! If you would like to join in with these then please join the Supreme and Reign Fundraising page on facebook where they are posted.

Thank you for all of your support, it means the World to us and we hope to do you all proud.

Love, Supreme and Reign. Xx

SA SUPREME – WORLDS TEAM**EXTRA TRAINING DATES**

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

FUND RAISING UPDATE @ OCTOBER 2018

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

EXPENSES

£240	Coach to Manchester
£234	Premier Inn stay over
£3600 (approx)	Villa
£1600	Car Hire in US
£400 (approx)	Petrol and Parking
£1000	US Training
£1200	Training Kit
£5950 (approx)	Worlds commuter Passes
£14224	

FUNDS RECEIVED TO DATE

£2000	FC Bid money
£3000	Donation from Legacy winnings
£240	Donation from SA Academy (rec'd from Marsdens)
£1200	Fund Raising @ October
£6440	

FUNDS TO RAISE @ October 2018 - £7784**FLIGHTS**

All Flight balances are due by **Wednesday 9th January 2019**. You should now have all received a text with your details of your final balance due.

Outbound Saturday 20th April 10.05 arrive 14.05

Depart Sunday 5th May 18.30 / Arrive 6th May 07.35

TRAVEL TO MANCHESTER

Transport has been booked for the athletes from the academy to Manchester airport which will be paid from fund raising. This will leave the academy on Friday 19th April at 1pm. As we are all returning separately, everyone will need to organise return transport from Manchester airport.

SUMMIT TEAM - SA REIGN

UK Training Dates

NOVEMBER	6 th	13 th	20 th	27 th		
DECEMBER		(2nd Showcase)		4 th		
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			

FUND RAISING UPDATE @ October 2018

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

EXPENSES

£1000 (approx)	Music
£1000 (approx)	Gym Hire in US
£440	Bows
£1150 (approx)	Summit Jackets
£5750 (approx)	Commuter passes
£9340	

FUNDS RECEIVED TO DATE

£2000	Donation from Legacy Winnings
£2000	

FUNDS TO RAISE @ October 2018 - £7340

VENUE & DATE

ESPN Wide World of Sports, Orlando, Florida.

THURSDAY 2ND MAY & FRIDAY 3RD MAY

Based on last year's Info Pack

Deposit due by January 18th / Final payment due by February 15th

Commuter package: \$299

- 3 day park hopper pass
- Registration fees
- Crossover extra \$100

Spectator Ticket: \$275 each

- Includes 3 day park hopper pass
- Tickets valid May 2-17th
- 3 Days admission to ESPN

Or just admission to ESPN

- \$35 dollars per person per day

US Training

Would need to be available for training over the weekend of Saturday 28th April - Wednesday 1st May (days and times TBC depending on Worlds). Training costs apply to hire training venue (usually \$15 dollars per athlete per hour).