



NOVEMBER 2018 NEWSLETTER – PREP TEAMS

OPEN HALF TERM WEEK

The academy will be open as normal on Thursday 1st October (half term week).

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.

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.

EXTENDING TRAINING SESSION FROM JANUARY 2019

When we return to training in January 2019, we will be extending the training time to 7pm for Genesis athletes. We feel that extra training time will be needed in the New Year in order to prepare this team for their first competition in March 2019. This will make a small change to your monthly prepayments.

Please change your standing order to £40 as from 1st January to 1st June 2019 to cover the extra training.

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 should 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

Saturdays Between 4.30 and 6.30pm

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. Genesis will wear their black SA T-shirt, black shorts and cheer trainers for the showcase. A full list with hair and make-up will be available on the SA website in the next few weeks.

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.

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 390041.

WEEKLY CONDITION, STRETCH & TUMBLE CLASSES

We will be starting weekly conditioning and tumble classes on Tuesdays, Wednesdays and Thursdays from 4pm to 5pm, starting from **Tuesday 6th November**. This will include a full half hour of stretching and conditioning followed by half hour of stations which will be set to train technique. 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**. This will continue in the New Year with details for bookings available in the January newsletter.

NEXT COLLECTION DATE FOR COMP FEES

We will be collecting spectator tickets for Circus Spectacular by **Saturday 12th January**. Further details will be available in forthcoming newsletters.

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.

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.