



This Just IN! The Latest Champion Competition News!

Wasn't Cheerfest fun? Read on to find out how we placed and what the judges had to say!

Tiny 1: 2nd place. Judges said they had great personality and were fun to watch!

Mini 1: 4th place. Judges said they had awesome jumps and need to work on timing issues. They had a few deductions for tumbling skills that landed on their knees however they did a great job at smiling throughout the whole performance.

Youth 1: 3rd place. Judges said they loved their dance and had great

flexibility. Said they need to work on jump height and pointing their toes in jumps and tumbling.

Junior 1: 2nd place. deductions from day 1 set them back but day 2 scores were incredible! Ended up only .5 behind 1st place. Judges said it was an awesome routine but the team needs to have more confidence.

Senior 1: 1st place. Judges said they had solid stunts and pyramids but need to keep energy up through the dance.

Senior 2: 3rd place. Judges said they had great height in tosses and great jumps. received major

deductions for pyramid falling apart though so we will work on that!

Senior 3: 3rd place. only .36 away from 1st! top 3 teams were incredibly close. Judges loved the jump sequence and said they were fun to watch. Said we need to work on 360's and flyers having confidence.

Senior 4.2: 1st place. Judges said this team had great smiles and energy. Also said we had lots of bent legs in tumbling and that flyers need to squeeze in their libs.

Overall awesome performances!

Upcoming Dates to Remember:

February 18-19/12 - Tacoma Competition (senior 3s only) - GYM CLOSED

February 25/12 - Picture day at the gym (more information to come)

March 3/12 - Golden Ticket Competition - GYM CLOSED

March 9-18/12 - GYM CLOSED for Spring Break

March 30, 31, April 1/12 - Sea to Sky Competition - GYM CLOSED

April 6/12 - Good Friday - GYM CLOSED

April 10/12 - Easter Monday - GYM CLOSED

April 15/12 - Ladner Competition - GYM CLOSED



Upcoming Competitions:

Golden Ticket

March 3rd, 2012 at BCIT
(Youth, Junior and Senior
teams only)

Minis and Tinys are more than welcome to come and watch this competition and help cheer on your Champions! Last year the venue was incredibly small (venue has changed this year) so we are taking the older teams to check it out to see if it's a competition we want to take all of our teams to next year.

Sea to Sky

March 31-Apr 1, 2012
Vancouver Convention Centre
(all teams)

This is a HUGE competition! Teams from the states and all over the world attend. This year even a team from England will be there! A lot of parents like to get a hotel for the Saturday night, if you are interested in staying downtown make sure you book early as hotels fill up quickly.

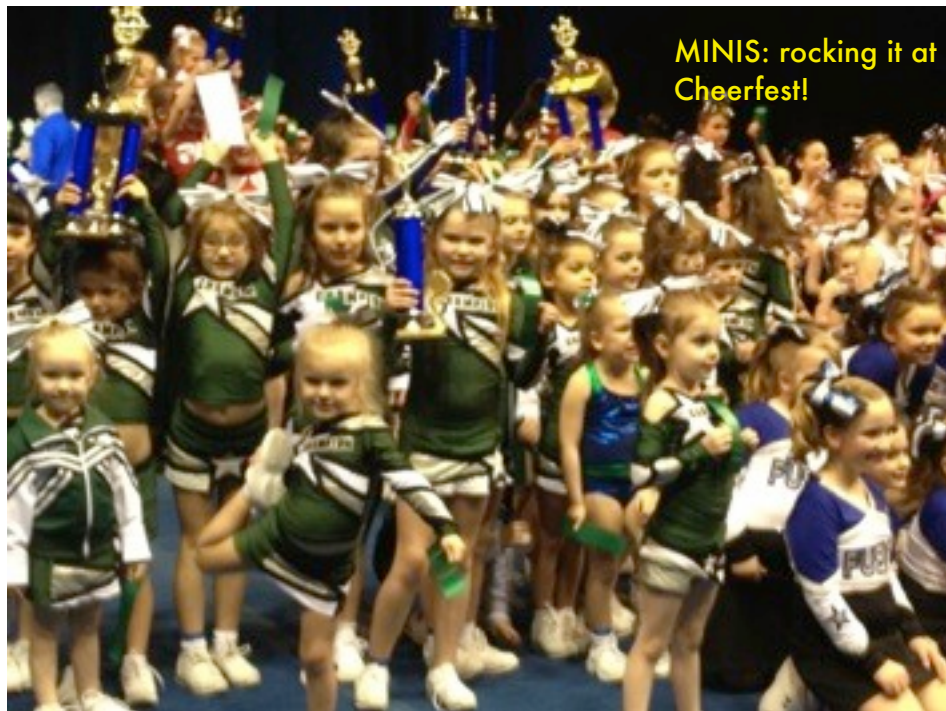
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Team Spotlight: **MINIS!**

The Mini team has come to far in such a short amount of time. The first year Champion had a mini team we only had 6 athletes, now we have 20! The girls on this team also have a great attendance record for practices and improve more and more each week. A special thanks to mini parents for all of your support!

Athlete Spotlight: **CHENOA HURST-DAND**

Chenoa is not only on 2 teams (senior 3 and 4.2) but she is one of our wonderful tumbling instructors! She has been cheering for 4 years and before she started cheerleading was a competitive gymnast. Chenoa a fabulous cheerleader and also an amazing role model. She is incredibly supportive of her team, a hard working base and always comes to practice smiling.

Way to go, Chenoa!



Making Your Team GREAT!

Have you ever wondered what sets a great team apart from all the others? What makes them so special? And more importantly, how your team can go from good to great?

Sure, the teams you may think are "the best" are dedicated and very determined, but isn't your team that way too?

So, let's look at some things that make a great team:

- Is your team willing to try new things for the overall benefit of the entire group?
- Do your team mates help each other? If you see a team member struggling with a skill will you stop to offer constructive advice and help?
- Do your teammates work on their cheerleading skills every day? Do you realize you can always improve something? And that Cheerleading is made up of a lot different aspects, i.e. voice, motions, jumps, dance, stunts and gymnastics, that all need work.

- Are you aware that behavior and attitude are a big part of being a cheerleader? Does your team work on these areas?
- Do you and your team mates make cheer a priority? Do you attend all practices and give your 100% each time?
- Have you reached the point that you know you're not just a cheerleader at practice or a competition? You're a cheerleader all the time, regardless of where you are or what you're doing.
- Can you and your team mates follow directions and take constructive criticism?

Some of the best teams have to work really hard on their skills, but collectively they have what it takes to be great. They have a cheerleading heart and attitude.

A team can only be as good as its weakest member, so it benefits everyone to raise the level of cheerleading throughout the whole team and this is what being a team player is all about.

Reminder:

Open Gym is every wednesday from 730-9pm. \$5/athlete.

Tumbling Classes:

6-11 yrs :

Saturdays from 1230-130pm

12-18yrs:

Saturdays from 130-230pm.

Drop ins are \$15 or \$45/month.

Contact Us!

Are you going to miss a practice?

Please contact Kate or Emily if you are going to miss a practice. It is very important to attend each and every practice but we understand if you are sick. Please email or text us so we can plan accordingly.



Do you have a question?

You can stop by the gym to check in and ask us or you can always email or text us. As we are very busy during practices, we suggest email or text as the quickest way to reach us!

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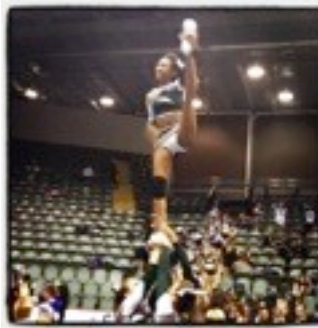
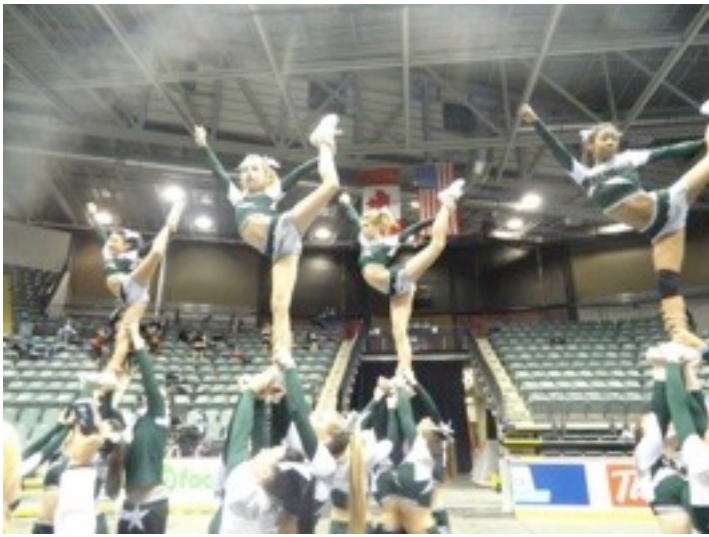
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Looking for more Cheerfest pictures? Check out the professional shots at:

www.sportsactionpics.com



Junior 1 at Cheerfest



Senior 4.2
Professionals

Champion Cheer Gear

Show your true colours and be a Champion! The following Champion Cheer Gear is available for purchase at the gym:

Black practice shorts: have a silver band around the top and say Champion Cheerleading.

Parent t-shirts: come in sizes small to extra-large. Great for showing your support at competitions!

Tips for Back Walkovers (drills you can do at home)

Many parents ask how their child can get a back walkover. Here are some drills they can do at home!

These also apply to back handsprings!

1. Stretch your bridge. In order to do a back walkover athletes must be strong enough to hold themselves up in a bridge. To help with strength athletes can practice holding a bridge and raising one leg up towards the ceiling and holding it then switching legs.
2. Stretch your shoulders. If athletes have "blocked" or inflexible shoulders then it is harder to kick over. To stretch your shoulders you can practice bridges with straight legs and feet together while pushing open your shoulders. You can also grab onto a counter or the back of a couch and drop their head down while pushing open their shoulders.

3. Stretch splits. Having the splits on both legs will help athletes kick over.
4. If strength is still an issue practice bridge pushups or handstand pushups.

Parents make sure to spot these as it can be dangerous if an athlete falls!

Who's Your Buddy?

Have you checked out The Buddy Board lately?

Each Champion athlete has been paired up with a younger/older athlete to be cheer buddies!

Buddies can leave encouraging notes or presents for each other on our Buddy Board and are encouraged to hang out at competition (if their times overlap).

If you're not sure who your buddy is you may ask Emily to see the list!

Did you Know? Some interesting Cheer Facts!

- *Cheer leading is over 100 years old. Back then when cheer leading first started all cheerleaders were men
- *Now 97% of cheerleaders are female
- *The average cheerleading squad is a total of 18 people
- *The cheer capital of the U.S. is Texas
- *Common cheer leading injuries are broken arms and busted lips
- *80% of schools in the U.S have a cheer squad

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