



# Black Team Newsletter

## January 2012

### TEAM NEWS

Getting Ready for the Following Competitions:

January 28<sup>th</sup>: U.S Qualifiers in Buffalo, NY

February 12<sup>th</sup>: Love to Cheer, Guelph

February 25<sup>th</sup>: OCF Regional's, Hershey Centre

March 31<sup>st</sup> – April 1<sup>st</sup>: The U.S Finals,  
Indianapolis (more travel information to come)



### COACHES CORNER

Welcome back, and Happy New Year! We hope you all enjoyed your holidays, and are fully prepared for a fun and successful 2012 season! We finished December trying some new skills and cleaning up the routine as a whole. In the New Year, we'll look to continue improving these skills as well as working on our general techniques; stunts, jumps and tumbling. Experimenting and practicing these skills is half the battle, but we also need to understand that this is a team, and we all depend on each other. Believing that we can perfect our routine when it comes time to compete is just as important as all the hours of practice. We have a talented group of athletes, and this year, we're confident that the team is going to work hard, and the effort will show when we rock the competition!

### Athlete of the Month

Over the month of December Shannon has pushed herself to achieve her tumbling goals. Shannon has worked hard to get her standing back handspring, and also her round off back handspring. Keep up the hard work, and remember to always believe in yourself.

### CCA UPDATES:

CCA is happy to introducing two new CIT's :

Shannon Maxwell and Carolyne Bromley

#### Upcoming Events:

Jan. 14th: Silver Night of Stars  
Feb. 3rd: Team Photo Night

Please email coaches regarding upcoming practice absences or if you have any questions:

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