



Open Team Newsletter

January 2012

TEAM NEWS

Getting ready for competitions:
Feb 17-20: Cheer Fest, Montreal
Feb 25: OCF Regionals, Hersey Centre
Apr 21-21: OCF Provincials, Hersey Centre



COACHES CORNER

The new year has started and that means we are that much closer to our next competitions. The end of December saw the team working on new skills – some with success (double basket tosses) and some ending in tears (360's). Hold your heads high – with hard work and perseverance there is nothing that we can't accomplish together! Let's start the new year off right and kick some butt during practice so we can really show everyone what we are all about!

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

Tara - ccacoachtara@gmail.com
Angela - ccacoachangela@gmail.com

Athlete of the Month

The January athlete of the month is... Daphne! Daphne is an amazing athlete who is such an asset to the team. Her tumbling is progressing, she pushes hard every week and is "fearless" when it comes to learning to fly. She's done so well and improved so much – we can't wait to see how she does the rest of the season! Keep up the good work!! 😊

CCA UPDATES:

CCA is happy to introducing two new CIT's to the CCA family:

Shannon Maxwell and
Carolyne Bromley

Upcoming Events:

Jan. 14th: Silver Night of Stars

Feb. 3rd: Team Photo Night