

MAY 2014
VOL 2 ISSUE 1



“Success is from the heart!”

Our Cheer Family is Growing!

Welcome!

Lisa Pace & Anita Hearn
Owners of Cheer Extreme-Sanford

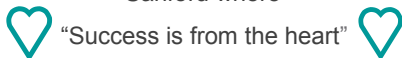
We would like to take this time to “Welcome” all of you, new and old, to Cheer Extreme-Sanford.

We are looking forward to another amazing season, hopefully filled with new friendships, new skills and memories that will last a lifetime. This season CEA-Sanford is excited to announce our very first **LEVEL 5** team! We are growing and are thrilled that you have decided to grow with us.

Please continue to support us as we adjust to the volume in the gym, and make necessary changes, so all of the kids have a successful season.

We always start our first newsletter of the season with getting to know your coaches/owners. Some of this was published in last year’s first newsletter, but we wanted all of our new families to get to know the amazing coaches that will be working with their children and we added a few new faces to our coaching staff.

So here’s to the 2014-2015 season at Cheer Extreme-Sanford where



“Success is from the heart”



Lisa and Anita met about 16 years ago, while they were both with Pop-Warner Cheerleading. After years in the Pop-Warner arena, let’s just say they got the bug for competing (even though they will tell you the “kids” got the bug.) Competition for Middle School was not an option at the time, and the kids were too old for Pop-Warner, so what was the next best thing to do...open Storm All-Star Cheerleading. Storm All-Stars opened in 2001 and in 2003 became an association. As Storm All-Stars they won numerous National Titles, they were the 2004 All-Star Program of the Year for Cheer Limited, but their **PROUDEST MOMENT** was when they won **the “Spirit of Sportsman” Award three years in a row** at the Pop Warner Nationals in Florida. This is a task that was never accomplished before and has never been again.

With that being said, they knew they were growing in numbers, and decided to solicit a coaching staff from the biggest name in All-Star Cheer...Cheer Extreme. In 2009, Lisa and Anita decided to keep the ownership of the gym, but to contract out the CEA Staff. This is when Cheer Extreme-Sanford transpired. Cheer Extreme currently has **10** locations and approximately **1200** athletes in the program.

Lisa is married to Scott, who is also a Co-Owner of Cheer Extreme-Sanford, and has one daughter, Adison. Adison is a graduate of UNC and is the cheerleading coach at Chapel Hill High School.

Anita is married to Greg, who is also a Co-Owner of Cheer Extreme-Sanford, and has two daughters, Logan and Vance. Logan and Vance are enrolled in the Cheer Extreme-Sanford program.

The passion these women have for our children is out of this world. Lisa and Anita not only know each and every kid by **FIRST** and **LAST** name, but they can tell you every single parent of these kids too. They know who is “really” hurt, who is not having a good night, who is having a rough patch at home or school, when someone is sick; however, when someone is having a good night at cheer...watch out for the **RUNNING ANITA!!!!**

Ask any kid in that gym who are the 1st people they are looking for when they come out on that mat, under all those lights, and **ALL** of them will tell you Lisa and Anita. They are the **HEART** and **SOUL** of Cheer Extreme Sanford!

Congratulations!

Cheer Extreme Sanford - VENGEANCE
THE ONE - Cheer & Dance Finals
SENIOR 3 - Division Champion - SOUTH



Follow us on: @ Cheer Extreme Sanford @ ceasanford @ CEASanford

Kevin Briggs
Gym Director/ Head Coach



Kevin started cheering at 18 years old, at J.F. Webb High School, in Oxford, NC, as a senior. Following high school, Kevin taught summer camps for Champion Cheer and Dance and choreographed dance material and cheers for Spirit Xpress. Kevin taught All American Cheer and Dance choreography for 6 years, in Hawaii, to include half time routines for the Pro Bowl and Orange Bowl in Florida. Kevin has coached at Champion Cheer Gym, Impact, and SIA. He has worked with numerous high school and college teams including NC State, Davidson College, Hawaii Pacific, and the Academy of Art in San Francisco. Kevin has coached over 20 USASF Worlds Level Teams, and has taken the mat himself on 3 CEA Worlds Teams, with the most recent being on the 2013/2014 International Open Coed Level 5 team, where they placed 7th out of about 100 teams. Kevin has been with Cheer Extreme for 6 years, and is the All-star Director/Head Coach at Cheer Extreme Sanford.

Zack Wood
Tumbling Director/ Team Coach



Zack has been in the world of cheerleading for 13 years. He started his cheer career at the age of 10 with Premier Athletics', Clayton Shockers, out of Clayton NC. Zack came to Cheer Extreme All-Stars (CEA) about 7 years ago, and has competed with Small Coed, Coed Elite, and International Open Coed (IOC). He has taken the mat at the USASF World's Competition 4 times; the most recent being with the 2011-2012 CEA IOC team out of Kernersville, NC. Zack is a full time tumbling director/ team coach at the Sanford location for CEA. In his "off time", Zack attends NC State, pursuing a degree in Business Administration with an emphasis on Entrepreneurship.

Tiffanie Woods
Part-Time Tumbling Coach



Tiffanie comes from a long and extensive cheer background. She cheered all 4-years at Western Harnett High School, and all 4 years of college at Methodist University. She was an All-Star cheer leader at Cheer Dynamics for 4 years and was named as Cheer Ltd.'s National Cheerleader of the year in 2005. From 2005-2011 Tiffanie was the head JV coach at Overhills High School in which her teams won 6 National titles and over 20 regional titles. Currently Tiffanie owns and operates her own cheer gym, All American Cheer, on Fort Bragg. She also is the Assistant Coach at Methodist University, and will be a part-time tumbling coach at Cheer Extreme Sanford. Tiffanie is married to an Army soldier, Keith, and has 3 Children; Caleb, Haydn, and Colton.

Brandon Hale
Choreographer/ Team Coach



Brandon started cheering when he entered high-school, but his cheer and dance career dates way further back than that. By the age of 12 Brandon was dancing for the Mystics Mayhem, the official dance team of the Washington Mystics, a WNBA team out of Washington D.C. When Brandon entered high school he became a part of his high school cheer team, and went on to join All-Star Legacy Cheer out of Ashburn, VA in the 11th grade. He continued All-Star Cheer with All-Star Legacy until he joined Cheer Extreme (CEA) for the 2008-2009 season. Brandon is starting his 7th season with CEA and coaches at **ALL 10** CEA locations. He is certified in all areas levels 1-5, and has coached with many local high-schools to include; Cardinal Gibbons, Ledford High School, East Forsyth, Northwest Gilford High school, just to name a few. Brandon also has been touring other countries, such as Germany and Columbia, assisting in camps, coaching, and choreography. Brandon is a Head Coach and Choreographer with Cheer Extreme, and earned his 3rd World Championship Ring in April 2013 with CEA Kernersville's Sr. Elite.

Emily Carroll
Tumbling/ Team Coach



Emily has cheered for Buckeye Cheer Elite large senior level 5 in Columbus Ohio, in addition to coaching for them. She also cheered for Slippery Rock University, competed at NCA College Nationals for 2 years. They also were named UCA nationals in 2010. She has also competed for Pittsburgh Superstars international coed in 2009 and was a Level 10 gymnast. Emily is the Varsity coach for Lee County High School and is a 4th grade teacher at Broadway Elementary School.

Adison Pace
Part-Time Summer Programs



Adison has spent the past four years cheering for the University of North Carolina. As a member of the UNC Cheerleading Squad, She has served as both a captain and as the Coordinator of Charity Events and Appearances. Adison is the cheerleading coach at Chapel Hill High School and is also a cheer camp counselor and choreographer for Spirit Xpress. Spirit Xpress is a local organization that specializes in middle and high school cheerleading summer camps. Her certifications include the American Association of Cheerleading Coaches and Administration, which aligns with the NCHSAA rules and a certified judge for the Youth Cheer and Dance Alliance.



It's My Birthday
 Madison Reyes – 5/19
 Ava Thomas – 5/23
 Rachel Bradford – 5/26
 Lindsay Cabe – 5/27

MAY 2014

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
*Reminder: Tumbling is not based on team levels but individual skill levels, (An email was sent to notify you of which tumbling class you should attend)			1	2 6:00 - 8:00: Cheer Swap
50/50 Raffle Sales Start TUMBLING: 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	6 TUMBLING: 4:00 – 5:00 – Tumble 2 TEAM PRACTICE: 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	7 TUMBLING: 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 TEAM PRACTICE: 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	8 FLIGHT CLASS: w/ Kevin & Zack 4:00 – 5:00 – \$15.00 TUMBLING: 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	9
12 TUMBLING: 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	13 TUMBLING: 4:00 – 5:00 – Tumble 2 TEAM PRACTICE: 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	14 TUMBLING: 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 TEAM PRACTICE: 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	15 FLIGHT CLASS: w/ Kevin & Zack 4:00 – 5:00 – \$15.00 TUMBLING: 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	16
19 TUMBLING: 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	20 TUMBLING: 4:00 – 5:00 – Tumble 2 TEAM PRACTICE: 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	21 TUMBLING: 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 TEAM PRACTICE: 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	22 HOLIDAY -	23
26 HOLIDAY - TUMBLING CLINIC w/ ZACK - \$45.00 10:00 – 2:00 (Bring lunch & snacks)	27 TUMBLING: 4:00 – 5:00 – Tumble 2 TEAM PRACTICE: 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	28 50/50 Raffle Drawing TUMBLING: 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 TEAM PRACTICE: 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	29 TUMBLING: 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	30

IMPORTANT DATES:

- ✘ **Coming in the next couple of weeks -**
Nfinity fitters will be at the gym to size for Nfinity shoes for those interested.
Be on the lookout for an email.
 - Pool Party -**
 - ✘ Sunday, June 8, 2014
 - ✘ 7pm-9pm @ Westlake Pool
1321 Gormly Circle
Sanford, NC 27330
All family members are invited
 - ✘ **UNIFORM Fitting -**
 - ✘ Tuesday, June 17, 2014
 - ✘ 6:00pm – 7:30pm @ CEA Sanford
- You must PAY IN CASH or MONEY ORDER**
 Betsy Smith will be at CEA Sanford during uniform fitting to sell Cheer Extreme apparel or you can visit www.cea-tees.com.

JUNE FUNDRAISERS: (information will go out in an email)
CEA YARD SALE: Saturday, June 7, 2014 @ 7:00am – 12:00pm @ Davison Steak House, HWY 1, Tramway
ZUMBA GLOW PARTY: Friday, June 13, 2014 @ 6:00pm – 8:00pm @ CEA Sanford.

2014 – 2015 Team Moms:

Courage – Paige Cabe; pcclaw@windstream.net
 919-499-8872
 Crystal Hatch; crystalnz@yahoo.com
 253-970-7624

Inspire – Tonna Brown; tonnabrown@yahoo.com
 919-478-1392

Obsession – Tiffanie Woods; blueyedgirl_12@yahoo.com
AAcheer1413@yahoo.com
 910-584-1337

Supremes – Yvonne Flaker; bookaymom@aol.com
 910-584-1238

Vengeance – Nora McDonald; nora0099@hotmail.com
 910-603-1700

Level 5 – Andrea Smith; dudemom05@gmail.com
 757-771-1137

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