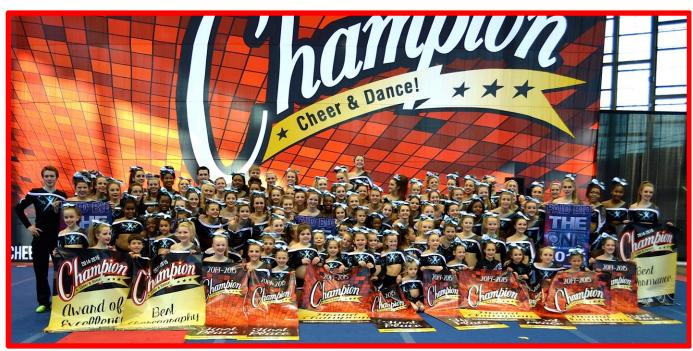
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"Success is from the heart!"

"Be yourself; everyone else is already taken."

— Oscar Wilde



## Cheer Extreme Sanford Sweeps the Competition at Champions of the East

Cheer Extreme Sanford brought home **<u>BIG</u>** wins after the Champions of the East cheer competition in Raleigh, sponsored by Champion Cheer and Dance. All SIX Cheer Extreme Sanford teams came home Champions, bringing home 15 banners and four overall Level Champions. Courage, Obsession, Supremes and Cru5h all earned PAID bids to attend The One competition. Look out Virginia Beach, Here we come!

### Specialty Awards:

Courage - Best Choreography Award . Obsession - Best Performance Award *Cru5h* – Award of Excellence.









# Eating Healthy for Athletes on the Go



As in any sport, diet and nutrition are important to Cheerleaders. A proper diet can help build strong muscles, keep your mind alert, give you energy and enhance your performance. Simply said, "Food fuels your body and mind".

Cheerleading is a high energy sport that takes fast thinking, good coordination and strong muscles. It is far better to maintain a healthy and nutritious diet, get plenty of rest, and drink lots of fluids and exercise, to keep your body in peak condition for optimal performance. You are what you eat; eat healthy and be healthy.

Follow these simple guidelines of what to eat before, during and after you perform, compete, or tryout.

### **Before:**

- Eat high carbohydrate foods like bread, pasta, whole grains, vegetables, and fruits. Carbohydrates are digested quickly and provide glucose to the muscles. Stay away from dairy products and too much protein like greasy hamburgers, pizza, ice cream, and cheese. Avoid soda pop and candy bars. They can give you a quick burst of energy, but it will drop quickly, leaving you feeling spent.
- Timing your meal from 1 to 4 hours before strenuous activity will help keep plenty of blood glucose available for your muscles.
- It is also important to drink plenty of water to keep your muscles hydrated.

### **During:**

- Drink plenty of water. Exertion and perspiration deplete your body of fluids and can lead to dehydration. It is recommended you drink at least a half of cup of water for every twenty minutes of exercise or strenuous activity.
- If your activity is hard and continuous, over 90 minutes, drink a sports beverage or a drink with sugar added.

### After:

- This is the time to eat protein to replenish what you lost during your physical activity, but don't overdo it.
- Remember protein can not only come from meats but is also present in dairy products and eggs.
- Replace carbohydrates if your activity was long and exerting.
- Replace any potassium or sodium that has been lost during competition or training by eating fruits, vegetables and salty foods.
- Continue to replace fluids.

Knowing what foods your body needs for energy will payoff in your athletic accomplishments. Eat smart and you'll perform better.

For better nutrition, Choose	Instead of		
Bagels, lower fat muffins, whole wheat toast, pancakes	Donuts, croissants, breakfast sandwiches with fatty		
	meats like bacon, bologna, or sausage		
Grilled chicken sandwiches, chicken pizza lots of	Deep-fried chicken sandwiches, multiple patty burgers		
veggies, wrap on whole grain pita or tortilla, plain	with sauce, pizza with salami, pepperoni, bacon, hot		
hamburgers	dogs		
Milk, 100% juice, plain water	Soda, energy drinks, sweetened hot and cold drinks		
	(cappuccinos, fruit punches, flavored water)		
Salad (choose light dressing), baked potato, chili, soup	French fries or onion rings		
Subs with Turkey, grilled chicken, roast beef or tuna on	Subs with fatty meats (bologna, salami, pepperoni or		
a whole wheat bun, and pile on the veggies (choose light	bacon) and high fat sauces		
dressing)			
Yogurt parfaits	Sundaes, pies, cakes or cookies		

### Congratulations, Bailey!



Bailey Hatch won 1st Place at the Highland Elementary school 4th\5th Grade Science Fair.
Way to go, Bailey!

### **Congratulations on your Engagement!**



Congratulations to Glenda McDuffie & Jerry Lassen on your recent engagement!

# SECTION AND ADMINISTRATION OF THE PROPERTY OF

### Way to go, Kaleb!

Kaleb Gilbert has been nominated to attend the National Youth Leadership Forum (NYLF): Pathways to STEM.

"Only the brightest, most highly motivated students are singled out by their teachers for nomination to NYLF..." He was selected because he demonstrates exceptional maturity, Scholastic Merit and leadership potential...This takes place this summer in Raleigh at the William Peace University in Raleigh...

### Congratulation, Rachel!



Rachel Bradford has been selected to represent North Carolina as the 2015 National American Miss Junior Pre-teen State Finalist. She will be competing in Winston-Salem in June 2015.

# Academic Achievements

Emyli Donathan – Straight A's and A-B honor roll for the semester at Western Harnett High School

Kylie Roberts – is on the Principals List for All "A's" at Benhaven Elementary School

Rachel Bradford - made the honor roll at Manchester Elementary School.

Lauryn Bowker – A/B Honor Roll at Western Harnett Middle School

Logan Hearn – Straight A's at West Lee Middle School

Vance Hearn – A/B Honor Roll at Tramway Elementary



Please email Nicole Bowker @ <u>nicole\_bowker@msn.com</u> at the end of each month with information for the newsletter. (It's hard to put together a newsletter, without news!)

Please include pictures, facebook stalking takes a lot of time!



Look at me, I got Skills!



Look at the NEW skills that were thrown in the gym this month. Way to go!

Ashlyn Morrill – R/O BHS tuck Vance

Vance Hearn – Standing Full

# Save the Date:

January 31 – February 1, 2015: American Championships, Baltimore, MD (Courage will not attend)

February 21 – 22, 2105 – All – Star Challenge, Raleigh, NC

February 27 - March 2, 2015 - UCA Dallas, Dallas TX (Obsession Only)

March 27 – 29, 2015 – American Championship, Orlando, Fl (*Courage will not attend*)

April 11-12, 2015 – "The One" Cheer and Dance Finals, Virginia Beach, VA (Courage, Obsession, Supremes & Cru5h)

April 18-19, 2015 - American Championship, Myrtle Beach, SC

# February 2015

Sunday	Monday	<b>Tuesday</b>	Wednesday	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Cheer Competition Baltimore, MD	2 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	3 <u>TEAM PRACTICE:</u> 5:00-6:45 - Inspire 7:00 - 8:45 - Supremes	4 <u>TUMBLING:</u> 4:00 – 5:00 – Conditioning <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	5 TUMBLING: 5:00 - 6:00 - Tumble 1/2 6:00 - 7:00 - Tumble 2/3 7:00 - 8:00 - Tumble 3/4 8:00 - 9:00 - Tumble 4/5	6 Open Gym 6:00- 8:00 \$10.00	7
8 <u>TUMBLING:</u> 1:00 - 2:30 - Tumble <b>3/4</b> Tumble <b>4/5</b> 2:00 - 3:30 - Tumble <b>1/2</b> 3:00 - 4:30 - Tumble <b>2/3</b>	9 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	10 <u>TEAM PRACTICE:</u> 5:00-6:45 - Inspire 7:00 - 8:45 - Supremes	11 TUMBLING: 4:00 – 5:00 – Conditioning TEAM PRACTICE: 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	12 FLIGHT CLASS: 4:00 – 5:00 \$15.00 TUMBLING: 5:00 – 6:00 – Tumble 1/2 6:00 – 7:00 – Tumble 2/3 7:00 – 8:00 – Tumble 3/4 8:00 – 9:00 – Tumble 4/5	13	14
15 <u>TUMBLING:</u> 2:00 - 3:30 - Tumble 1/2 3:00 - 4:30 - Tumble 2/3 4:00 - 5:30 - Tumble 3/4 5:00 - 6:30 - Tumble 4/5	16 <u>Tumble Camp</u> 10:00 – 2:00 \$45.00 <u>TEAM PRACTICE</u> : 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	17 TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 - 8:45 - Supremes	18 TUMBLING: 4:00 – 5:00 – Conditioning TEAM PRACTICE: 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	19 FLIGHT CLASS: 4:00 – 5:00 \$15.00 TUMBLING: 5:00 – 6:00 – Tumble 1/2 6:00 – 7:00 – Tumble 2/3 7:00 – 8:00 – Tumble 3/4 8:00 – 9:00 – Tumble 4/5	20 Open Gym 6:00- 8:00 \$10.00	Cheer Competition Raleigh, NC
Cheer Competition Raleigh, NC	23 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	24 TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 - 8:45 - Supremes	25 <u>TUMBLING:</u> 4:00 – 5:00 – Conditioning <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	26 TUMBLING: 5:00 - 6:00 - Tumble 1/2 6:00 - 7:00 - Tumble 2/3 7:00 - 8:00 - Tumble 3/4 8:00 - 9:00 - Tumble 4/5	Obsession Cheer Competition: Dallas, TX	Obsession Cheer Competition: Dallas, TX

1 Obsession <u>Cheer Competition:</u> Dallas, TX



<u>TUMBLING:</u> 1:00 – 2:30 – Tumble **1/2** Tumble **2/3** 

2:30 – 4:00 – Tumble **3/4** Tumble **4/5**  It's My Birthday

Kaleigh Flaker – 2/1 Brianna Rivera – 2/9 Macie Watson – 2/11 Tori Glockzin – 2/13 Gracie Zahn – 2/14 Kirby Forbes – 2/15 Tatum McBride – 2/16 Brandon Donathan – 2/17 Madison McBride – 2/18

Please remember to be at practice and at least 1-hour of tumbling a week.

(Practice is <u>MANDATORY</u>, unless prior approval is given)