

MARCH 2015
VOL 2 ISSUE 11



“Success is from the heart!”

**You’ve only got three choices in life:
Give up, Give in or Give it all you’ve got!**



How to Prepare for Cheerleading Tryouts



Are you wondering how to prepare for cheerleading tryouts? Cheerleading tryouts can be nerve racking at best. Being prepared for them is the key to appearing confident and showing your true spirit. Practice promotes confidence, and confidence is your best friend when you step before the judges. The best way to prepare for cheerleading tryouts is to practice all the elements that will be required at try outs.

Stay Flexible - Scorpions, liberties, toe touches and the splits are all considered moderately basic cheerleading skills. They do require a great amount of flexibility, and this flexibility is achieved by gradually stretching your muscles. Stretching and increasing flexibility is something that simply has to be done slowly over time.

Stay in Shape - Ask any cheerleader, and he or she will concur that cheerleading can be grueling. Routines are like quick sprints that last for two to three minutes. Competitions and practices require aerobic fitness and strength. If you make jogging and light weight lifting a part of your regular fitness routine, you'll be in much better shape to take on try outs.

Work on Your Jumps- The best way to improve your jumps is to practice them. If you can, set up a video camera and have a friend tape you so you can see your form and where it might be a little off. (Attending a gym or clinic can also help you make improvements in this area.)

Find Out What Is Required - Ask a current cheerleader or even ask the coach what you can do to improve your chances of making the squad. Every squad is different, and knowing what you're in for will help you hone those skills that need a little work.

Make Your Personality Shine - It's important to remember that squads are not just looking for people who have cheerleading skills. Great skills certainly help and make you stand out from the crowd, but a nasty attitude will get you cut quicker than any tumbling faux pas.

Give 100 Percent - Give 100 percent every single practice. Coaches are looking for girls that are serious about being on the squad, and giving your all can really set you apart from the rest of the girls.

Check Your Bad Attitude at the Door - One of the most important points to keep in mind when deciding how to prepare for cheerleading tryouts is to maintain a good attitude. Who wants a Debbie Downer on their squad? There is no complaining, no whining and no "I can't do this" in cheerleading.

Focus - Being focused is about showing up on time, paying attention when you're being spoken to and following directions. Coaches look for people who are focused because they feel they can take a focused squad member farther than one that is there to goof around.

Develop Good Habits Now - Being a cheerleader is being an example. It's about leadership, hard work and dedication. Skills can be taught and honed (and they should be if you're working your way to a stellar squad), but personality cannot be fixed nearly as easily. Start developing good habits now and you're sure to make any squad!



Team Placements

Tuesday, April 21, 2015

Ages 5 - 8: 5:15p - 6:00p

Ages 9-11: 6:00p - 7:00p

Ages 12 - 14: 7:00p-8:00p

Ages 15+: 8:00p - 9:00p



Zack Wood, Brandon Hales, Kevin Briggs,
Tiffanie Woods, Anita Hearn, Emily Carroll
and Lisa Pace

Contact Information:

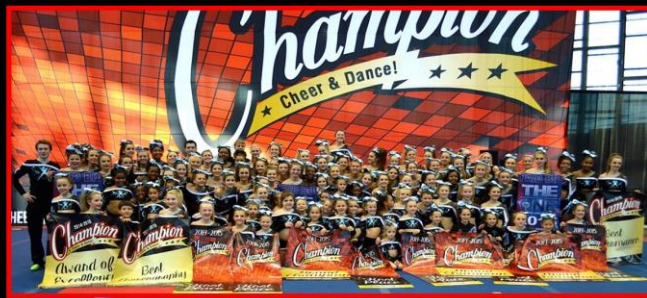
Lisa Pace

paces@windstream.net

3492 Cameron Drive

Sanford, NC 27332

To be a **CHAMPION** you should
train with **WORLDS** class staff!
Everyone makes a team!



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

Locally Owned and Operated by Lisa Pace and Anita Hearn

Do you have friends interested in Cheer
Extreme Sanford?

Bring a friend to tumbling for **FREE!**

Thursday, April 16, 2015 &
Monday April, 20, 2015.

* For the 2015-2016 season*

Only available to existing families:

Any **NEW** cheerleader you refer to Cheer Extreme
Sanford, that registers by **May 1, 2015** and complete **3**
months of training, the referring family will receive
\$130.00 credit towards their competition fee account.

We have had families pay their whole competition fees
with the Refer a Friend program.
Start Referring Now!

We will **NOT** be increasing tuition and any family that
pays the entire year tuition no later than May 1, 2015
will receive 10% discount.

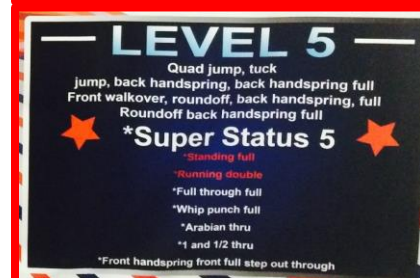
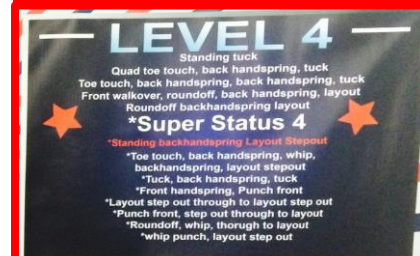
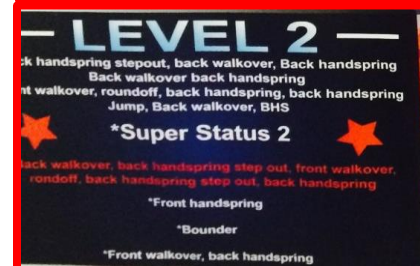
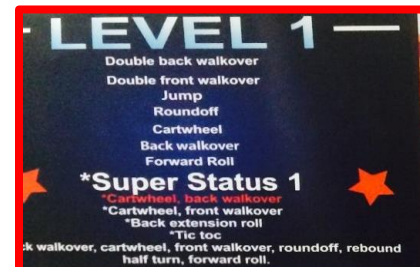
Level Tumbling Guidelines

Must display a mastery of every single skill within the
basic skill set and **MASTERY** of at least two of the super
status skills in order to be considered a level "specific"
athlete.

To be considered a super skilled athlete an athlete must
show **MASTERY** of every skill within a particular level.

Super Skills are **RED AND BOLD** are highly favored.

MASTERY – very strong through and through: with
perfect technique. (ex: a back handspring with a thrown
head, feet apart and bent knees is NOT considered as
mastered)

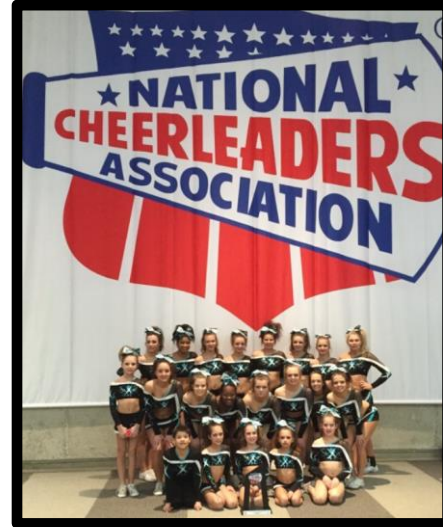


Clash of the Titans Results!



- Obsession** – Junior 4 - 2nd
- Cru5h**- Senior 5R - 2nd
- Courage** – Youth 1 - 3rd
- Supremes** – Senior 3 - 3rd
- Inspire** – Junior 3 - 4th
- Vengeance** – Senior Co-ed 4.2 - 4th

NCA Dallas – Obsession Junior 4



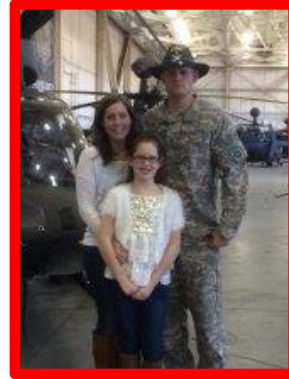
Obsession – Junior 4 Small- Division A - 6th place

Academic Achievements

Samantha Paris – A/B Honor roll for 1st & 2nd Quarter & Perfect Attendance



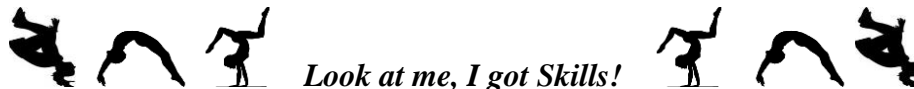
Congratulations on your Promotion!



Congratulations to Brad Greer & Family on your promotion to CW3!



Please email Nicole Bowker @ nicole_bowker@msn.com 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!

- Mackenzie Mazurowski**– Double Full
- Ta'leigha Beaver** – BHS Tuck
- Gracie Shover** – R/O BHS

Save the Date:

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

April 16, 2015 – Bring a Friend Day

April 20, 2015 – Bring a Friend Day

April 21, 2015 – Cheer Extreme Sanford - Tryouts

March 2015

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1 	2 TEAM PRACTICE: 5:00 – 6:45 – Courage	3  TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 – 8:45 – Supremes	4   TEAM PRACTICE: 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	7
8  TUMBLING: 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	9 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	10  TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 – 8:45 – Supremes	11  TEAM PRACTICE: 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	12 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 TUMBLING: 2:00 – 3:30 – Courage TEAM PRACTICE: 3:00 – 4:30 – Inspire/ Supremes 4:00 – 6:00 – Obsession/ Cru5h	16 TEAM PRACTICE: 5:00 – 6:45 – Vengeance/ Courage 7:00 – 8:45 – Obsession	17  TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 – 8:45 – Supremes	18  TEAM PRACTICE: 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	19 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 Courage, Inspire & Obsession TEAM SLEEPOVERS More information will be emailed	21  Supremes, Vengeance, & Cru5h TEAM SLEEPOVERS More information will be emailed
22  TUMBLING: 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	23 TEAM PRACTICE: 5:00 – 6:45 – Vengeance/ Courage 7:00 – 8:45 – Obsession	24  TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 – 8:45 – Supremes	25  TEAM PRACTICE: 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	27  Cheer Competition: <u>Orlando, FL</u> 	28 Cheer Competition: <u>Orlando, FL</u> 
29 Cheer Competition: <u>Orlando, FL</u> 	30  Lee County Spring Break	31 TEAM PRACTICE: 5:00-6:45 - Inspire 7:00 – 8:45 – Supremes Lee County Spring Break	1 TEAM PRACTICE: 5:00 – 6:45 – Cru5h 7:00 – 8:45 – Vengeance	2 TEAM PRACTICE: 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	 It's My Birthday  Aliyah Smith – 3/1 Ava Quartrone – 3/3 Morgan Anderson – 3/4 Kylie Roberts – 3/4 McKenna Cagle – 3/8 Brooke Callaghan – 3/10 Alexia Colin- Aguilera – 3/11 Lauren Platt – 3/18 Payton Brown – 3/21 Hannah Long – 3/22 Lauryn Bowker – 3/24 Trey Nesbit – 3/25 Kierston Maynor – 3/26 Bryonna Gray – 3/27 Isabella Cordone – 3/30	

**Please remember to be at practice and at least 1-hour of tumbling a week.
(Practice is MANDATORY, unless prior approval is given)**