

JUNE 2015  
VOL 3 ISSUE 2



“Success is from the heart!”

**A journey of a thousand miles begins with a single step –**

**Lao Tzu**

## Tumble Mental Blocks



Mat Brown has worked with countless athletes across the country and has a 95% success rate in helping athletes overcome mental blocks. He now travels the country and the world teaching athletes to have a better understanding of the technique needed to perform at their maximum potential.

Mat has many years as a trained athlete in the sport of cheerleading under his belt. He started off competing as a Jr. elite level power tumbler. He then found cheer in High School and cheered through College. Mat attended school at Hawaii Pacific and Navarro where he won two NCA collegiate titles. During college Mat found All-Star cheerleading through Cheer Athletics and cheered with them for three seasons. He competed with the Cheetahs in 2003 and 2004 and then the Jungle Kats in 2008. He also competed for Gyntyne Sherberts in 2010.

Mat has helped develop programs in both Finland and Chile and he has also done some freelance work in Mexico and Canada. Mat also served as the tumble director for Platinum Athletics in St. Louis thru January 2015. Mat is currently the owner of Mat Brown, Inc. and is focusing his time spreading his passion for tumbling to other athletes across the country and on helping other gyms improve their tumble training program.

### **Congratulations to Karla Jackson!**

She was the winner of **\$2,350.00**  
from our 50/50 Raffle Drawing

Mat will be at Cheer Extreme Sanford offering tumbling clinics:

Thursday, June 11, 2015 & Friday, June 12, 2015  
**\$20.00/day per athlete**

9:00 – 11:00: **Level 1 & 2**  
11:00 – 1:00: **Level 3 & 4**  
1:00 – 3:00: **Level 5**

He will also be offering Privates  
Friday June 12, 2015, Saturday, June 13, 2015,  
Sunday, June 14, 2015 and Monday, June 15, 2015

Rates: \$60.00 per hour for 1 athlete  
Or  
\$70.00 per athlete for 2 athletes to share the hour

All sign-up sheets are located in the office.



CEA Sanford practice wear for 2015-2016!

Priced at \$80 with reversible top!

Anita will have sizes at the gym on June 10th, with payment due by June 15th.



## *Academic Achievements*

**Isabelle Moore** – Made straight A's all year  
@ Chatham Charter School.



### **WELCOME HOME!**

Payton's dad, Col Jim Brown returned from a year deployment to Afghanistan where he served as the director of Civil Military Advisory Group. His next job will be as Chief of Staff at the JFK Special Warfare Center and School. This is great news because that means the Brown family can stay in North Carolina!



Congratulations to the following for making Southern Lee High School cheer:

#### **Varsity:**

Madison McBride – Leadership Team, McKenzie McNeill, Macie Watson, Shayla Downey, Logan Hearn & Johanna Jordan



Congratulations to the following for making Lee County High school cheer:

#### **Varsity:**

Morgan Cates & Chloe Wood

#### **JV:**

Daijah Arnold & Jewel Dunlap



Congratulations to the following for making Western Harnett High school cheer:

#### **Varsity:**

Katie Zahn – Captain, Taylor Dobeck, Kaleigh Flaker & Cole Beaver

#### **JV:**

Macey Miers, Lauryn Bowker & Jenna Mallberg



Congratulations to the following for making Overhills High School cheer:

#### **Varsity:**

Tori Glockin, Hannah Long, Erica Wates, Diamondque Lee & Cara Proctor



Congratulations to the following for making Pinecrest High School cheer:

#### **Varsity:**

Lauren Platt & Jada Harper

### **Themed Practices:**

Please try to wear the weekly theme to Team Practices.

#### **Week of:**

**June 7 – 12, 2015: Orange & White Week**

**June 14 – 19, 2015: Plaid Week**

**June 21 – 26, 2015: One Shoulder Week**

**June 28 – July 10, 2015: Shark Week**

**July 12 – 17, 2015: Razzle Dazzle Week**

**July 19 – 24, 2015: Purple Week**

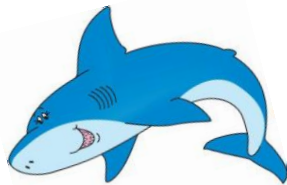
**July 26 – 31, 2015: Biker Week**

**August 2 – 7, 2015: Side Ponytail w/curls Week**

**August 9 – 14, 2015: Animal Print Week**

**August 16 – 21, 2015: Under the Sea Week**

**August 23 – 28, 2015: Bob the Builder Week**



**CEA SANFORD SUMMER CAMPS with Zack Wood**  
***OPEN TO THE PUBLIC!***

Each one week session is \$125.  
 Cash or Checks payable to Storm All Stars.

**CLASS SIZES WILL BE LIMITED**  
**DO NOT DELAY!**

**June 15-20**

\*Stunt 9:00-11:00

\*Layout/Fulls 12:00-3:00

*More camps will be available in July & August*

**\*\*PreRequisites**

**Stunt:** No requirements--work on flexibility thru stretching and strength training in addition to stunting

**BWO/BHS**--no requirements

**Tucks(Standing and Running)**--Requires Back handspring and Roundoff Back handspring (Roundoff 2 back handspring and Standing 2 Back handsprings recommended)

**Layout/Fulls**--Requires Roundoff Handspring Tuck (Standing 2 Handspring to Tuck recommended)

***Lake Norman Camps***

*Save the date for Skills Camp  
 @ Lake Norman*

**June 25 – 27, 2015: Restricted 5**

**July 23 – 25, 2015: Level 3**

**July 25 – 27, 2015: Level 4**



*Additional information will be sent out once teams have been finalized.*



Please email Nicole Bowker @ [nicole\\_bowker@msn.com](mailto:nicole_bowker@msn.com) at the end of each month with information for the newsletter.

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



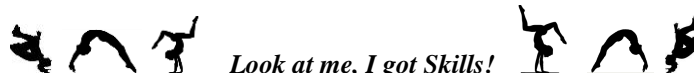
Don't Miss Our:

**Multi—Family**  
**Yard Sale**

Saturday, June 6, 2015  
**7:00a-12:00p**

Davison's Steak Parking Lot  
 1724 Westover Dr  
 Sanford, NC 27330

A little something for **EVERYONE!**



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

**Shayla Downey** – Standing 2 BHS to Tuck

**Macie Watson** – Punch front to Full

**Tristan Washam** – BWO

**Hannah McNeill** – R/O BHS Tuck

**Jakarta Johnson** – R/O BHS Tuck

**Tatum McBride** – R/O BHS Tuck

# Save the Date:

June 4, 2015: All Candy Bar Money is due

June 6, 2015: CEA Yard Sale, Davison Steak's 7:00a – 12:00p

June 6, 2015: Uniform Fitting (Cash or Money Order)




June 25 -27, 2015: Lake Norman Camp – Restricted 5

July 23-25, 2015: Lake Norman Camp – Level 3

July 25 – 27, 2015: Lake Norman Camp – Level 4

September 20, 2015: Lee Regional Fair

## June 2015

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
<p><i>Believe in Yourself.</i></p>	<p><b>1</b> <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p</p> <p>Coach Emily's Wedding Shower 6:00p – 7:30p</p>	<p><b>2</b> <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 3:</u> 7:00p – 8:45p</p>	<p><b>3</b>  <u>Team Practices</u> <u>Team 4:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p</p>	<p><b>4</b> <u>Tumbling</u> 5:00p – 6:00p: Level 1/2 6:00p -7:00p: Level 2/3 7:00p -8:00p : Level 3/4 8:00p – 9:00p: Level 4/5</p>	<p><b>5</b></p>	<p><b>6</b>  CEA YARD Sale 7:001 – 12:00p  Uniform Fitting 9:00a – 2:00p</p>	
<p><b>7</b> <u>Orange &amp; White Week</u> <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5</p>	<p><b>8</b> <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p</p>	<p><b>9</b>  <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 3:</u> 7:00p – 8:45p</p>	<p><b>10</b> <u>Team Practices</u> <u>Team 4:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p</p> <p>Candy Bar Money Due</p>	<p><b>11</b> Matt Brown Tumble Camp <u>Tumbling</u> 5:00p – 6:00p: Level 1/2 6:00p -7:00p: Level 2/3 7:00p -8:00p : Level 3/4 8:00p – 9:00p: Level 4/5</p>	<p><b>12</b> Matt Brown Tumble Camp  <u>Matt Brown Privates</u></p>	<p><b>13</b> <u>Matt Brown Privates</u></p>	
<p><b>14</b> <u>Plaid Week</u> <u>Matt Brown Privates</u> <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5</p>	<p><b>15</b> <u>Matt Brown Privates</u> <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p</p> <p><u>TUCK Camp</u> 9:00 -12:00 <u>FULL Camp</u> 1:00 -4:00</p>	<p><b>16</b> <u>Team Practices</u> <u>Team 3:</u> 5:00p – 6:45p <u>Team 3:</u> 7:00p – 8:45p</p> <p><u>TUCK Camp</u> 9:00 -12:00 <u>FULL Camp</u> 1:00 -4:00</p>	<p><b>17</b> <u>Team Practices</u> <u>Team 4:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p</p> <p><u>TUCK Camp</u> 9:00 -12:00 <u>FULL Camp</u> 1:00 -4:00</p>	<p><b>18</b> <u>Tumbling</u> 5:00p – 6:00p: Level 1/2 6:00p -7:00p: Level 2/3 7:00p -8:00p : Level 3/4 8:00p – 9:00p: Level 4/5</p> <p><u>TUCK Camp</u> 9:00 -12:00 <u>FULL Camp</u> 1:00 -4:00</p>	<p><b>19</b> <u>TUCK Camp</u> 9:00 -12:00 <u>FULL Camp</u> 1:00 -4:00</p>	<p><b>20</b></p>	
<p><b>21</b> <u>One Shoulder Week</u> <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5</p>	<p><b>22</b>  <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p</p>	<p><b>23</b> <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 3:</u> 7:00p – 8:45p</p>	<p><b>24</b>  <u>Team Practices</u> <u>Team 4:</u> 5:00 p – 6:45p</p>	<p><b>25</b> Lake Norman Camp <u>Cru5h:</u></p> <p><u>Tumbling</u> 5:00p – 6:00p: Level 1/2 6:00p -7:00p: Level 2/3 7:00p -8:00p : Level 3/4 8:00p – 9:00p: Level 4/5</p>	<p><b>26</b> Lake Norman Camp <u>Cru5h:</u></p>	<p><b>27</b> Lake Norman Camp <u>Cru5h:</u></p>	
<p><b>28</b> <u>Shark Week</u> <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5</p>	<p><b>29</b>  <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p</p>	<p><b>30</b>  <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 3:</u> 7:00p – 8:45p</p>	<p><i>The Gym will be CLOSED July 1 – 6, 2015 – Happy 4<sup>th</sup> of July!</i></p>			<p> <u>It's My Birthday</u>  Meagan Mallberg 6/3 Kelsi Roland – 6/9 Tara Mazurowski – 6/24 Taylor Dobeck - 6/29 Ryan Gonella – 6/30</p>	

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

If your child is going to miss practice, for **ANY** reason  
(ie; sick, vacation, appointments) please inform your team mom.