




January 2019

BULLETIN BOARD

Competition Season – IT IS HERE!!

Competition season has finally come around. For those that know the competitive cheer world know that this can be the highlight of the season for many! Please make sure that athletes are being safe inside AND outside of the gym.

- **Disney Spirit Week 13th-17th** - athletes and coaches are encouraged to dress up. 
- **Germ Season - SANITISE!!** This is the season where everyone seems to get sick (especially when traveling!)
- **Extra Practices! (EP)** Full Year teams have extra practices. Please check the calendar carefully. EP's depends on what the *team* needs!




TEAM Tumbling Times

Monday 7-8p (Vogue)
 Wednesday 6:30-7:30p (Glam Squad)
 Thursday 6-7p (Celebrities)
 Thursday 7-8p (Majesties)
 Thursday 8-9p (Royalty)

Open Gym

Friday 7-8p
 Sunday 2:30-3:30p



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <i>Happy New Year!</i>		1 CSE Closed	2 CSE Closed	3 CSE Closed	4 CSE Closed	5 CSE Closed
6 Posh 2-4P Exclusive 4-6P *Royalty 4-6:30P *Vogue 6-8:30P Reign 8-10p(EP)	7 *Majesties 5-7:30P Sass 5:30-7:30P Reign 8-9:30P	8 *Glam Squad 5-7:30P Celebrities 5-7P *Vogue 7-9P	9 *Majesties 5-7P *Royalty 7-9P	10 *Glam Squad 5-7P Sass 7-8P	11 Glam Squad 6-8P (EP)	12 Vogue 3-5P (EP)
Sports Bra Set			Cali Spirit Tank & Wind Shorts			
13 Posh 2-4P Exclusive 4-6P *Royalty 4-6:30P *Vogue 6-8:30P Reign 8-10p(EP)	14 *Majesties 5-7:30P Sass 5:30-7:30P Reign 8-9:30P	15 Majesties 7-8:30P (EP) *Glam Squad 5-7:30P Celebrities 5-7:30P *Vogue 7-9:30P	16 *Majesties 5-7:30P *Royalty 7-9:30P	17 *Glam Squad 5-7:30P Sass 7-8P Royalty 7:30-9P (EP)	18 All Full Year teams practice 6-8:30pm	
Disney Spirit Week!						
20 FULL YEAR COMPETITION UCA - UC Davis (Davis) Posh 2-4P Exclusive 4-6P	21 *Majesties 5-7P Sass 5:30-7P Reign 8-9:30P	22 *Glam Squad 5-7:30P Celebrities 5-7:30P *Vogue 7-9:30P	23 *Majesties 5-7:30P *Royalty 7-9:30P	24 *Glam Squad 5-7:30P Sass 7-8 Royalty 7:30-9P (EP)	25 TRAVEL DAY FULL YEAR COMPETITION ATC – Bellevue, WA (no Sass or Celebrities)	26 FULL YEAR COMPETITION ATC – Bellevue, WA (no Sass or Celebrities)
Sports Bra Set			Cali Spirit Tank & Wind Shorts			
27 FULL YEAR COMPETITION ATC – Bellevue, WA (no Sass or Celebrities) Posh 2-4P Exclusive 4-6P	28 No Practice for Majesties Sass 5:30-7P Reign 8-9:30P	29 *Glam Squad 5-7P Celebrities 5-7P *Vogue 7-9P	30 *Majesties 5-7P *Royalty 7-9P	31 *Glam Squad 5-7P Sass 7-8P		
Sports Bra Set			Cali Spirit Tank & Wind Shorts			