

Monthly Newsletter

FORMULA CHEER



November 2024



Cheer and Tumbling Monthly Newsletter

Half Season

We're thrilled to announce our Half-Season Evaluations for Mini-Junior and Senior levels!

Senior level Evaluations will be held November 17th from 6-8pm!

Mini-Junior Evaluations will be held November 19th from 7:30-8:30pm!

These Evaluations are a fantastic opportunity for athletes to join our competitive teams and showcase their skills, enthusiasm, and teamwork.

We encourage all interested athletes to come prepared and ready to shine! Make sure to arrive on time and bring a water bottle to stay hydrated.

We can't wait to see all the talent our gym has to offer!

Full Season

We are excited to announce the start of our competition season at Formula Cheer!

As we gear up for an exciting few months ahead, our athletes will have the opportunity to showcase their hard work, dedication, and team spirit at various competitions.

This is a time for growth, camaraderie, and unforgettable experiences. We encourage all athletes to bring their A-game, support each other, and embrace the thrill of competition.

Let's make this season the best one yet, filled with unforgettable performances and team achievements. Go team!

Formula Cheer

In this newsletter
you can expect:

Half Season Info

Gym Updates

Full Season
Updates

Monthly
Highlights

Gym Updates

We're thrilled to share that we have transforming our dead mat space into an expanded spring floor area to better support our athletes' tumbling needs!

This upgrade will provide more room for practice and improve the overall training environment, allowing our cheerleaders to enhance their skills with greater safety and support. With additional spring floor space, our cheer teams can maximize their potential during practices and drills with tumbling classes out of the way.

We can't wait for everyone to experience these improvements and look forward to seeing all the amazing progress in the coming months!

As the colder months approach, we want to remind all athletes and parents about the importance of keeping our cheer gym clean and welcoming for everyone.

Please make sure to remove your shoes before stepping onto the mat to help maintain a safe and hygienic environment for our athletes. Additionally, we encourage everyone to tidy up after practice by putting away personal items and ensuring the common areas stay neat.

Together, we can create a positive atmosphere that reflects our team spirit and pride. Thank you for your cooperation and support in keeping our gym a fantastic place to train!

In order to keep all our athletes safe we encourage parents and athletes to follow the dots placed on the floor to walk though the gym



Training Tips

As we prepare for competitions, remember these key training tips:

- **Stay Hydrated:** Drink plenty of water before, during, and after practice.
- **Focus on Flexibility:** Incorporate stretching into your routine to enhance your tumbling skills.
- **Practice Your Jumps:** Consistent practice makes perfect—aim for at least 10 minutes each session.

Shop with Us

Check out our new fall merchandise! From cozy sweatshirts to cheer bows, we have everything you need to support our teams this season. Stop by our gym and get some gear!

Stay Connected

Follow us on social media for daily updates, practice highlights, and cheer tips!

- Instagram: @formulacheer
- Facebook: formulacheer

Thank you for reading!