



TUMBLE & CHEER NEWS

OCT 2018

Important Dates

Oct 1 st -11 th	Rec cheer costume tryons
Oct 11 th	Pizza fundraiser orders due
Oct 11 th	Last day to enroll in any rec dance/cheer classes
Oct 13 th	Cheer teams stunt & safety clinic
Oct 18th	Fall Break No Classes
Oct 29 th	Pick up pizza orders
Oct 31st	Halloween No Classes

Please Note...

Check the website calendar for upcoming dates... class weeks, revue dates, studio dates closed for holidays
www.dancewithsynergy.com

Halloween Party

Students will have a short Halloween Party during their last class of the month Oct 24th-30th. Students are welcome to wear a costume (must still be able to tumble/cheer! NO glitter on the mats) You may bring a treat to share (optional). Must be store bought.

Tumblers- we will be doing record breakers in your class Halloween parties. Most back handsprings in a row, longest chin stand & handstand, etc. Check out the bulletin board in the main gym.

Stretch & Conditioning

To encourage strength, endurance, and flexibility, Synergy Gym will be sending out monthly stretch and conditioning goals!

We encourage all students to complete these and turn their forms into the gym office at the end of the month. See email for attached form.

Goal Getters

You all are doing great! Thanks to all those you already filled out their Sept goal getter.

~REMINDER~

NO street shoes, gum or food in the GYM. Anyone wearing shoes must bring a second pair to change into.

Tumbling Uniforms- If you missed this order, we will be having another order in February. Watch for more info.



Cheer Teams

Stunt & Safety Clinic OCT 13th @ Herriman High School.
Meet your coach 9:30am, Clinic 10am-12pm

Cheer team pictures- NOV 10th Cyclone 7am, Storm 7:45am, Hurricane 8:30am, Cloudburst 9:15am, Frenzy 10am. Location TBA

Attendance- All absences must be excused with your cheer coach and you must make up your classes missed. Our full stunt groups can not practice when any athlete is missing from their group. The success of their team depends on their attendance.

*A separate email was sent out regarding which venues our performances and competitions.

REC CHEER & Cheer teams-if you would like to order any cheer shoes, you can do so by **October 4th** in the gym office.

RECREATIONAL Cheer Classes

Cheer uniform try-ons will be Oct 1st-11th in the gym office.

Please find your child's class & name in the binder. Write down size of the top & bottoms and parent initials.

SAVE THE DATES! (performances)

Winter Revue- January 19th @ West Jordan High TBA

Spring Revue- May 18th TBA

*Reminder the second half of your cheer uniform will automatically process on Oct 15th. You should receive uniform in January. Will need your own shoes.



Pizza Fundraiser

Orders & money due October 11th.

MUST pick up orders Oct 29th 5-7pm at the studio.

This is an optional fundraiser that will go towards your child's account. The credit can be applied to tuition. You may still pick up fundraiser packets in either office.

Last day to enroll or add a rec dance/cheer class is Oct 11th! Tumble registration is still available.

***30 day notice if dropping a class. Please visit the office to fill out a drop form. Costume fees are non-refundable.**