

'Twas the night before competition, and all through the gym  
Everyone was at practice, kids flowed over the brim;  
The bags were all packed and uniforms folded just so,  
Knowing the time would come soon when we had to go;

Taking turns on the floor to do our routines,  
We cheered on each other with really loud screams;  
The coaches stood by and said, "Start again"  
Making notes for the next day with a red and blue pen.

The Minis are happy so cute in pink hearts,  
Coach Nicolette and Coach Sam were so very smart;  
They planned a routine that brings lots of joy,  
And the girls are all happy they now have a boy!

Youth team is strong and solid as can be,  
When they're on the floor, what's not to see?  
Coached to perfection by Barb and by Sam,  
They have style, they have grace, and they have glitter and glam.

Who is that new team this year at Allstar?  
J five is one that should really go far.  
Coach Nicole and Coach Trish they always agree,  
Level 4 or level 5, you'll have to wait and see.

All Girl is awesome, we love to watch their show  
They're fast and they're quick, just look at them go;  
Coach Barb is excited to put them through their routine,  
There's nothing else like it, nothing you've seen.

What can be said about that Co-Ed team?  
Amazing, fantastic, Nicole and Mike beam;  
They're hoping for Worlds to make the gym proud  
When they're on the floor, we scream extra loud.

Everyone sit down, its time for a prayer;  
We give thanks to God for all of us there;  
We hug and we bond, sisters and brothers are we,  
Friends to the end, that's what we'll be.

Thanks to the owners, the coaches and the PA  
For being here for us and showing the way;  
But most importantly all the cheerleaders we must thank  
Our parents for caring and emptying their bank!

If it weren't for them, we wouldn't be  
Living at the gym and making history;  
So we all exclaim as we drive out of sight,  
We appreciate and love our parents with all our might.

"Merry Christmas to all and to all a good night"

