

Spring Newsletter

Spring is the time of plans and projects. -Leo Tolstoy

Reach the Beach-Daytona

AC, Ariel, and Jori (right) show their excitement before awards in Daytona.

At our last allstar competition Junior 2 and Mini 1 both came in fifth against some tough competition. Mini 2 and Senior 3 both brought home first place trophies after an outstanding performance in the rain.



The BIG Show!

It's that time of year again! WE will be preparing for our annual *BIG Show!* over the next several weeks. The performance is scheduled for April 26th, 2013 at 7:00pm and will be held at the Valdosta High School Performing Arts Theater. This is such a great venue for entertainment and WE are so excited to be back there again this year!

Kelli Fields is our BIG Show coordinator and has been working very hard to make sure it is a hit. In order for everything to run smoothly, WE ask that if your child is planning to participate that they miss as few practices as possible. It will be a huge help to our staff as they start teaching choreography if everyone comes to their scheduled class times each week until the show.

This year's *BIG Show!* theme is "Around the World." Dancers will perform to different songs from around the world while cheerleaders and tumblers show off their skills to a variety of cultural songs.

Keep an eye out for more information as we get closer to the performance date.

Important Dates

- March 31** Gym CLOSED for Easter
- April 1-6** Gym OPEN during Spring Break
- April 7-14 Gym CLOSED for NCA College Nationals
- April 14 CHEERSPORT (Half-Year Competition in Jacksonville)
- April 20 The Season's Finale (Half-Year & Full-Year Competition Jacksonville)
- April 26** **The BIG Show!**
- April 27 Cheer BOOTCAMP
- May 4 Allstar Placements & Dance Tryouts
- May 6** **SUMMER SCHEDULE BEGINS**
- May 10 Allstar Banquet
- May 11 Parent's Day Out

Make sure to say 'HEY!!' to Jesse, the newest addition to the WE family. Jesse is a VSU cheerleader and has been helping with some of our allstar teams. He is now teaching rec classes and is also available for private lessons.



Save the Date: Cheer BOOTCAMP

April 27th 11am-3pm

Getting ready for tryouts or just want some extra practice? WE are hosting a Cheer BOOTCAMP on Saturday April 27th from 11 am until 3 pm for all ages. Our staff will be teaching motions, jumps, and stunts. During BOOTCAMP, cheerleaders will learn proper technique used to succeed in the cheer world.

Athletes will need to bring a packed lunch, as they will get a 30-minute lunch break during the day. WE recommend packing something light such as a sandwich and fruit with water, Gatorade, or some sort of juice.

Please call the front desk at (229) 293-9323 or email us at registration@winnersvilleelite.com to sign up. WE look forward to working with you!

SUMMER SCHEDULE

Spring classes will end on April 28th following the *BIG Show!* and students can enjoy a week off. Our summer schedule will begin on May 6th. With our new schedule you will also notice a change in class structure. WE will continue to keep you informed of this change.



Relay for Life
WE support Donnie Foster

VALDOSTA STATE UNIVERSITY IS HOSTING
ITS ANNUAL RELAY FOR LIFE EVENT ON
APRIL 19, 2013.

IN HONOR OF MR. DONNIE OR ANYONE
ELSE WHO HAS SUFFERED OR PASSED
AWAY FROM CANCER, A LUMINARY CAN BE
PURCHASED FOR \$5.

IF YOU WOULD LIKE TO HAVE YOUR LOVED
ONE'S NAME ON A LUMINARA, PLEASE FILL
OUT A FORM AND GIVE YOUR
MONEY/CHECK TO THE FRONT DESK.

WE INVITE YOU TO JOIN THE LUMINARY
SERVICE AT 9 P.M. ON APRIL 19 -
HOWEVER, IT IS NOT REQUIRED IN ORDER
TO PURCHASE A LUMINARY!



Terence Boyd
N.E.T.A Certified Personal Trainer
A.F.A.A Certified Group Fitness Instructor
American Red Cross:
First Aid/CPR/AED/
First Responder Certified

Dezmon Gray
Hargrave Military Academy Graduate
Freelance Personal Trainer
Bootcamp Specialist

Tips for Healthy Living

By: D&T Personal Training

Healthy snacks prior to competition or practice are vital to how you perform. An easy grab-n-go snack could be nuts, which are packed with natural energy. A few "good" nuts are almonds, pistachios, cashews, and walnuts. Fruits are also a great source of carbohydrates that you can have prior to exercise. Both are all natural sources of energy that your body needs. Fruits are 'nutrient' dense, meaning that they will provide your body with essential vitamins and minerals that your body will need to function properly and make it through long practices. On the other hand, chips, soda, and candy are 'energy' dense foods. These types of foods will provide your body with quick energy but they are not nutritious. Most likely, they will give you a sudden 'crash' feeling soon after consumption. Give your body what it wants and needs! You only get one so take care of it. Exercise is life.

