

UTAH XTREME CHEER

July 2010 Newsletter

July 1, 2010

UXC IS EXPANDING!

Utah Xtreme Cheer is expanding its space! In the very new future, UXC will also occupy the unit east of its current location. With our growing rec. program, we need more space in order to accommodate our all-star program better. Expanding our space will enable us to have recreational tumbling and stunting classes while all-star practices are going on. In our expanded space, we will have a small weight room, mirrors will be hung and a 9-strip non-spring cheer floor will be put down. Expect our expanded space to be open by September 1, 2010!

USASF Coaches:

UXC is proud to announce that Morgan, Kory and Brian are all level 5 credentialed coaches through the USASF (United States All Star Federation)! Utah Xtreme Cheer is one of very few gyms in Utah to have coaches credentialed through the USASF! GO UXC!

USASF Athletes:

Safety is the number one concern for Utah Xtreme Cheer! As of May 17, 2010, UXC became a member gym of the USASF. At the coach's conference in Idaho last month, we coaches learned a bunch when it comes to safety in the cheerleading world. One of the topics discussed was athletes that can become members of the USASF. For a \$25 annual membership fee, the benefits are priceless! The benefits are as follows:

1. Scholarship Opportunities
2. 1,000,000 Catastrophic insurance Policy
3. E-mail Updates with the latest news and programs
4. ID card
5. Free - All Star Cheer Magazine Subscription
6. Athlete Credentialing Program (free once a member)
7. Parent Action Committee

It is our goal to ensure the safety of all our athletes! We feel that to best facilitate this goal, all members of UXC should become members of the USASF. Within the next couple years, the USASF is going to require all athletes of member gyms to become athletes members and the soon after that, credentialed athletes. We would like to get a head start on this by highly suggesting all of our athletes become members by the end of the summer. This is not required by UXC yet, however, next year it will be required upon registration. With all the benefits to this awesome opportunity, it's hard to pass up! If this is something that interests you, please bring a separate check in the amount of \$25 to UXC no later than July 31, 2010. Also, as of last year, in order to compete at the All-Star Level, it is also required that UXC holds a copy of each athlete's birth certificate in order to verify age at a competition if it were ever asked. We realize that this is asking a lot, however, like stated above, we'd like to stay on top of what the USASF is asking.

Please note that memberships must be renewed once per year. Also, all athlete credentialing is free and lasts a lifetime as long as your athlete membership is current. Please visit www.usasf.net for more info.

www.utahxtremecheer.com



Upcoming Dates:

As you all know, the year is passing us quickly! There are a few important dates to remember between now and the end of August. Below, you will find an outline of those important dates. Please call or e-mail if you have any questions about these dates!

- Saturday, July 3rd – No Practice (4th Weekend)
- July 19th – July 30 – No Practice (2nd Summer Break)
- Saturday, July 31st – Practices Resume (all team members)
- August 2nd-7th – Practice before choreography
- August 9th-14th – Choreography (Mandatory for all athletes! Please refer to June newsletter for specific times).***
 - o Please schedule a time for choreography w/Morgan if you are doing a specialty division
- August 16th-21st – No Practice (Normal practices will resume the following week for the duration of the season)

***Choreography is mandatory! All athletes must be in attendance and on time during their scheduled days of choreography!

Payment Reminder

This is just another friendly reminder about monthly payments. Please be sure to get your payment to UXC on time (no later than the 5th of every month), as it crucial for us to get things ordered in a timely manner. Thank you!

SLCC Basketball Performance

The UXC levels 2/3 and 4/5 teams will have the great opportunity to perform at a Salt Lake Community College basketball game on January 28th, 2011! This performance will be great exposure for our program as well as an opportunity to get another performance in during the season.

This appearance will not be on any mats and obviously not on a spring floor, therefore limiting the skills that can be performed. Just before it is time to attend this performance, we will take time "watering down" the performances so that we can try and avoid any injuries.

The day that we perform will be split into two games, men's and women's. The level 2/3 team will perform at halftime at the women's game and the level 4/5 team will perform at the men's game later that day. All level 2/3 members and 4/5 members should plan on being at SLCC from about 5:30-9:00 p.m. on the 28th. As we get more information, we will pass it along to the appropriate people. We look forward to this great opportunity and hope that you all will be as well!

Scheduled Season Practices

UXC is becoming increasingly more competitive with every competition! In order to stay competitive at each event, attendance at all practices is extremely important during the season. When our normal practice schedule resumes after choreography, UXC will crack down on athlete attendance. Each athlete will be able to miss only two practices between August 23, 2010 and April 24, 2011. Contagious illnesses and important family issues do not count towards these two absences. To go along with this, all absences **must** be communicated between a parent and a UXC coach. Text messages from athletes will not count. We would love to continue our success and feel that the only way to do this is by making sure that all athletes are at every practice! Thanks and GO UXC!