



2017-18 SEASON ORIENTATION

- **Overview of Summer**
 - June: Initial Team Practices start
 - Action Spirit Camp: June 24-25th
 - Summer Break: July 1-16th
 - Week 1: Gym completely closed
 - Week 2: Gym open for classes only, no team practices
- **Gym Google Calendar**
- **GroupMe App**
- **Choreography Dates**
 - August 10-12th
 - There will be more dates added as I get them confirmed!
- **Important September Dates:**
 - Simi Valley Days Parade: Sept 16th
 - Camp Rock in Malibu (Senior Teams) Sept 23-24th
- **Holiday Closures:**
 - Memorial Day: Closed May 27-29th
 - Labor Day: Closed September 2-4th
 - Halloween: Closed October 31st
 - Thanksgiving: Closed November 22-25th. All teams will practice on either Monday or Tuesday, November 20-21st. All teams will practice Sunday, November 26th.
 - Winter Break: Closed December 23rd - January 2nd.
 - Easter: March 30th – April 1st **(WE PRACTICE DURING SPRING BREAK)**
- **Tentative Competition Options (will confirm all dates mid-summer)**
 - October 21st: Showcase dress rehearsal
 - October 22nd: CheerForce Showcase
 - *November 18th: GSSA (Irvine)
 - *December 9-10th: PACWEST (Ontario)
 - *December 16-17th: American Grand (Las Vegas)
 - January 20th: Cheer Jam Exhibition (Del Mar)
 - February 10th: World Class Championships (San Fernando Valley)
 - *February 17th: Aloha (Ontario)
 - *March 17-18th: USA Nationals (Anaheim)
 - *April 7-8th: American Showcase (Anaheim)

**denotes Summit Bid event*

- **Separate Traveling Trip Options:**

- *February 24-25th: NCA Nationals (Dallas)
- *March 10-11th: PACWEST Nationals (Portland)
- May 4-6th: The Summit (Orlando)

**denotes Summit Bid event*

- **Curriculum**

- Updated practice structure:
 - Active Warm-up
 - 20 minutes jump training with rubber bands
 - Emphasis on strength training
 - Deep stretching at end of practice
- Tumbling classes offered at 50% off retail rate for All Star Team cheerleaders
- All Access Summer Pass still available
- In Fall, will add extra practices a couple weekends a month

- **Score Sheet and Division updates**

- Varsity Score Sheet
 - Emphasis on execution, performing skills that you have high mastery in
- Age Grid
 - Youth: Ages 11 and below
 - Junior: Ages 5-14yrs
 - Senior: Ages 10-18yrs
- New Division sizes
 - 5-14 "Extra Small"
 - 5-22 "Small"
 - 23-30 "Medium"
 - 30-38 "Large" (Level 5 only)

- **Other Happenings**

- Working on setting Tumbling Camp dates with guest instructors
- Interviewing new coaches
- Current staff has new access to skill training
- Shoe and Backpack orders coming in June

- **Social Media**

- Facebook: CheerForce Simi Valley & CheerForce California
- Instagram: @cheerforcesv & @the_cheerforce_allstars
- Twitter: @cheerforcesimi & @cheerforceca