



HEAT All Stars Newsletter

January 2009

**WE HOPE YOU ALL HAD A GREAT
HOLIDAY BREAK!**

Tuition Reminder

The last tuition payments were due January 1st. Payments can be made by check or cash at the gym (or) with credit card on our website: www.heatcheer.com

JamFEST

Performance details will be posted on our website by January 13th. As soon as we get it from Jamfest, we will post it.

Meeting Room #211 is reserved for us all Friday – Sunday. This room will serve as meeting and practice space for all teams.

Practices for all teams will be held Friday evening. Practice times will be posted on website with performance times.

Rashaan is BACK!!!!

Rashaan is returning and is offering several tumbling sessions with him over the next week!

- Back Hand Spring Clinic
- Beginning Tucks
- Front/Back Tucks and Layouts
- Standing Tucks and Jump to Tucks
- Intro to Twisting
- Twisting & More
- Standing Fulls & Hand Hand Fulls (or) 2 to Fulls

Registration forms are available online and at the gym.

SIGN UP TODAY to guarantee your spot!!

Attendance Reminder

We have many important competitions coming up. Please remember that attendance will affect the team's performance at these competitions.

