



# HEAT All Stars Newsletter

July 2009

## PRACTICE APPAREL

Please follow the below schedule when wearing your practice apparel:

### SUMMER

Mon & Tue - wear red and black

Wed & Thurs - wear team colors

### FALL

Sat & Sun - wear red and black

Wed & Thurs - wear team colors

## Picnic August 1<sup>ST</sup>

Our annual picnic will be held at the Guzanick's home once again.

There is a lake and pool for swimming as well as karaoke, food, and plenty of games!

For more details see the flyer that was emailed to you or pick one up at the gym.

## CHEER PINS

The Heat Athletics Cheerpins will be arriving any day. You can pick up your pin at the gym for \$3.25.



## PARADE INFO

**Menomonee Falls Parade (July 3<sup>rd</sup>):**

**Practice:** July 3<sup>rd</sup> 1 - 2:30pm at the gym

**Line up time:** 6pm SHARP on Manhattan Dr.

Parade begins at 7pm

Everyone should wear their parade outfits!

**Lions Daze Parade (July 11<sup>th</sup>):**

**Practice:** July 11<sup>th</sup> 1 - 2pm at the gym

**Line up time:** 3pm SHARP on Main St. in Sussex

Parade begins at 4pm

Everyone should wear their parade outfits!

## FALL PRACTICE TIMES

Our Fall schedule will begin on Sunday, Aug. 23<sup>rd</sup>

**FIRESTORM:** Wed. 6-9pm / Sun. 1-4pm

**WILDFIRE:** Wed. 6-9pm / Sun. 11-2pm

**INFERNO:** Thurs. 6:45-8:45pm / Sat. 12-2:30pm

**BLAZE:** Thurs. 7-8:45pm / Sun. 4-6pm

**FLAMES:** Thurs. 6-7:15pm / Sun. 3:30-5pm

**EMBERS:** Sat. 11-12pm

**SIZZLERS:** Sat. 10-12pm

