

## AVIATOR ALLSTARS CHEERLEADING CALENDAR – JUNE 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>31</u>  <b>Gym Closed for Bank Holiday</b>	<u>1 June</u>  <b>Booster Club</b> 8pm-9pm	<u>2</u> <b>FEES DUE</b>  <b>Jamfest Tickets Orders Due</b>  Falcons & Minis 5:30-7:30pm  Spitfires 7:30-9:30pm	<u>3</u>  Jnr Tumble 5-6pm Snr Beg Tumble 6-7pm Snr Adv Tumble 7-8pm Open Gym 8-10pm  <b>Privates Available</b> 8-10pm	<u>4</u>  <b>Gym Closed for Coaches Training</b>	<u>5</u>	<u>6</u>
<u>7</u>  Falcons(juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>8</u>  <b>Privates Available</b> 7:30-9:30pm	<u>9</u>  Falcons (juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>10</u>  Jnr Tumble 5-6pm Snr Beg Tumble 6-7pm Snr Adv Tumble 7-8pm Open Gym 8-10pm  <b>Privates Available</b> 8-10pm	<u>11</u>  Flight School (3) 6-7pm  Open Gym 7-9pm	<u>12</u>	<u>13</u>
<u>14</u> <b>ICC Summer Jam Fees Due</b>  Falcons(juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>15</u>  <b>Privates Available</b> 7:30-9:30pm	<u>16</u>  Falcons (juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>17</u>  Jnr Tumble 5-6pm Snr Beg Tumble 6-7pm Snr Adv Tumble 7-8pm Open Gym 8-10pm  <b>Privates Available</b> 8-10pm	<u>18</u>  Flight School (4) 6-7pm  Open Gym 7-9pm	<u>19</u>	<u>20</u>
<u>21</u>  Falcons(juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>22</u>  <b>Privates Available</b> 7:30-9:30pm	<u>23</u>  Falcons (juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>24</u>  Jnr Tumble 5-6pm Snr Beg Tumble 6-7pm Snr Adv Tumble 7-8pm Open Gym 8-10pm  <b>Privates Available</b> 8-10pm	<u>25</u>  Flight School (5) 6-7pm	<u>26</u>	<u>27</u>
<u>28</u> Return from Germany  Falcons(juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>29</u>  <b>Privates Available</b> 7:30-9:30pm	<u>30</u>  Falcons (juniors) & Minis 5:30-7:30pm  Spitfires (seniors) 7:30-9:30pm	<u>1 July</u>  Jnr Tumble 5-6pm Snr Beg Tumble 6-7pm Snr Adv Tumble 7-8pm Open Gym 8-10pm  <b>Privates Available</b> 8-10pm	<u>2</u>  <b>Competition Extra Training</b> 5-9pm team times TBC	<u>3</u>  <b>JAMFEST</b> Liverpool	<u>4</u>  <b>Headingley Cricket Club</b> 1:30pm-6pm <b>Attendance Mandatory</b>

## **Privates**

With tryouts for the 2010-11 season approaching, 1:1 coaching sessions (privates) with one of our coaches is THE FASTEST WAY TO IMPROVE your skills. These sessions can cover tumbling and certain aspects of stunting. If you have always wanted your back hand spring, standing tuck or twist cradles etc, this is the perfect opportunity to get your skills.

Privates are available in 30 minute (£15) and 1 hour (£25) slots and recommended in courses of at least 4 sessions. This will allow you to continue to work the skills and exercises taught and enable you to progress faster. The sessions will be personalised to you, to meet your specific needs as an individual athlete. You will also be given exercises to complete out side of sessions which will further enhance and support your skills.

If you would like to book a session(s), please check the calendar for available times then contact Rachel. Sessions will be booked on receipt of full payment. No parents are allowed in the gym during these sessions.

## **Headingley Cricket Club**

We have been invited to perform at the televised Twenty20 v Warwickshire Cricket Match at Headingley Cricket Ground on Sunday 4th July 1:30pm-6pm. This will be shown on Sky Sports. We will be taking both Spitfires and Falcons with routines from Jamfest (it is the day after the competition). We will perform before the match starts, in the interval as well as being part of the Guard of Honour for the players as they run out on to the field. **If you are competing at Jamfest, this event is mandatory.** It is great publicity for the team and an excellent chance to be involved in our community.

We have been offered specially discounted tickets for our parents, family, friends and supporters of £12 on a buy one get one free basis (usually £15). Please let me know if you require tickets as I will need to send numbers in by Monday 28<sup>th</sup> June.