

Rah Elite Newsletter

SEPTEMBER, AND OCTOBER

SEASON 2023-2024 IMPORTANT INFORMATION:

- **TENTATIVE COMPETITION DATES:**
 - DECEMBER 9TH, SANDY, UTAH (ALL TEAMS)
 - JANUARY 27TH, SANDY, UTAH (ALL TEAMS)
 - FEBRUARY 24TH-25TH, LAS VEGAS, NEVADA (ALL TEAMS EXCEPT LITTLE RASCALS)
 - MARCH 3RD, FARMINGTON, UTAH (ALL TEAMS)
 - MARCH 16TH-17TH, PHOENIX, ARIZONA (ALL TEAMS EXCEPT LITTLE RASCALS)
 - APRIL 13TH-14TH, OREM, UTAH (ALL TEAMS)
 - *MAY 9TH-13TH, ORLANDO, FLORIDA (IF AWARDED A BID TO THE D2 SUMMIT, ONLY JUNIOR AND SENIOR TEAMS)
- **COMPETITIONS ARE STILL BEING DECIDED ON, THESE DATES CAN BE SUBJECT TO CHANGE.**
- **ADDITIONAL CLASSES AVAILABLE FOR OUR CHEERLEADERS:**
 - **FLYERS CLASS:** CURRENTLY OFFERED MONDAY/WEDNESDAY FROM 6-6:30. WE WILL BE WORKING ON STRENGTH AND FLEXIBILITY FOR FLYERS, ALONG WITH PROPER TECHNIQUE IN BODY POSITIONS. ALL ATHLETES ARE WELCOME, NOT JUST OUR TEAM FLYERS.
 - **TEAM TUMBLING:** CURRENTLY OFFERED MONDAY/ WEDNESDAY FROM 5:30-6:30, 7:00-8:00 OR TUESDAY/THURSDAY FROM 6:00-7:00

PLEASE MAKE SURE THAT YOU ARE CHECKING YOUR EMAIL FOR INFORMATION ABOUT THE COMPETITION SEASON. WE SHARE ALL OF OUR INFORMATION THERE.

IF YOU DO NOT RECEIVE THE EMAILS, PLEASE EMAIL
RAHELITEALLSTARS@GMAIL.COM AND ASK TO BE ADDED TO THE LIST.

FALL SCHEDULE
PRACTICES WILL
START AUGUST 21ST

SEPTEMBER IMPORTANT INFORMATION:

BIRTHDAYS:

- BELLA LINDSLEY, IVY LEAVITT, CAPRI HOOPER, BERLYN KERR, ADDISON KIMOTO, ABCIDEE ESPINOZA, LEXIE JAMES



SEPTEMBER 4TH: GYM CLOSED FOR LABOR DAY

KRISPY CREME AND SWIG FUNDRAISER:

- ORDERS ARE DUE SEPTEMBER 16TH
- INFORMATION CAN BE FOUND IN THE NEW FUNDRAISER EMAIL. IF YOU WOULD LIKE THAT EMAIL SENT TO YOU, PLEASE REACH OUT TO RAHELITEALLSTARS@GMAIL.COM FOR MORE INFORMATION

REMINDER:

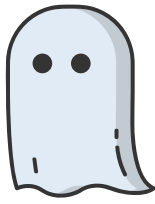
- THIS MONTH IS THE START OF US PREPARING ROUTINES FOR COMPETITION SEASON! WE ARE SO EXCITED FOR THIS SEASON, THE TEAMS ARE SO TALENTED! PLEASE REMEMBER THAT IT IS ABSOLUTELY ESSENTIAL FOR EVERYONE TO BE AT PRACTICE TO BE ABLE TO PRACTICE OUR ROUTINES. IF YOUR ATHLETE NEEDS TO MISS, PLEASE LET A COACH IN ADVANCE TO WE CAN PLAN A PRODUCTIVE PRACTICE AROUND THE PERSON BEING GONE. YOU CAN REACH OUT TO RYUN, KIYON, HAILEY, OR ASHLEE. IT IS BEST IF YOU LET THE ATHLETES MAIN COACH KNOW. THANK YOU!

September

2023

August						October						
SM	T	W	T	F	S	SM	T	W	T	F	S	S
	1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13
13	14	15	16	17	18	19	15	16	17	18	19	20
20	21	22	23	24	25	26	22	23	24	25	26	27
27	28	29	30				29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	
3	4	5	6	7	8	
		ONYX: 4-6pm TEAM TUMBLING 6-7pm	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	ONYX: 4-6pm		
10	11	12	13	14	15	
	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm TEAM TUMBLING: 5:30-6:30 FLYER CLASS: 6-6:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	ONYX: 4-6pm TEAM TUMBLING 6-7pm	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	ONYX: 4-6pm		
17	18	19	20	21	22	
	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm TEAM TUMBLING: 5:30-6:30 FLYER CLASS: 6-6:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	ONYX: 4-6pm TEAM TUMBLING 6-7pm	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	ONYX: 4-6pm		
24	25	26	27	28	29	
	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm TEAM TUMBLING: 5:30-6:30 FLYER CLASS: 6-6:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	ONYX: 4-6pm TEAM TUMBLING 6-7pm	MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm			



OCTOBER IMPORTANT INFORMATION

BIRTHDAYS:

- BEXLEY KNOWLES

STUNT CLINIC:

- OCTOBER 13TH 3:00-5:00 PM, \$50

TUMBLING CLINIC:

- OCTOBER 27TH 3:00-5:00 PM, \$50

FALL BREAK:

- GYM WILL BE CLOSED FOR FALL BREAK
- OCTOBER 19TH-22ND

FUNDRAISERS:

- WE ARE HOPING TO DO ANOTHER FUNDRAISER EITHER IN OCT/NOV, WATCH YOUR EMAIL FOR INFORMATION.

USASF REGISTRATION:

- USASF REGISTRATION NEEDS TO BE COMPLETED BY THE END OF OCTOBER.

October

2023


September							November									
S	M	T	W	T	F	S	S	M	T	W	T	F	S			
					1	2				1	2	3	4			
	3	4	5	6	7	8	9		5	6	7	8	9	10	11	1
10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	2
17	18	19	20	21	22	23	24	25	26	27	28	29	30			3
24	25	26	27	28	29	30										4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm TEAM TUMBLING: 5:30-6:30 FLYER CLASS: 6-6:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	3 ONYX: 4-6pm TEAM TUMBLING 6-7pm	4 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	5 ONYX: 4-6pm	6	7
8	9 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm TEAM TUMBLING: 5:30-6:30 FLYER CLASS: 6-6:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	10 ONYX: 4-6pm TEAM TUMBLING 6-7pm	11 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	12 ONYX: 4-6pm	13 STUNT CLINIC \$50 3:00 to 5:00 pm	14
15	16 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm TEAM TUMBLING: 5:30-6:30 FLYER CLASS: 6-6:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	17 ONYX: 4-6pm TEAM TUMBLING 6-7pm	18 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	19 Fall Break	20 Fall Break	21
22	23 Fall Break	24 ONYX: 4-6pm TEAM TUMBLING 6-7pm	25 MIDNIGHT: 4-6pm LITTLE RASCALS: 4:30-6pm FLYER CLASS: 6-6:30 TEAM TUMBLING: 6:30-7:30 ENVY: 4:45-6:45pm CRAVE-KARMA: 6:30-8:30pm	26 ONYX: 4-6pm	27 TUMBLING CLINIC \$50 3:00 to 5:00 pm	28
29	30	31	1	2	3	4
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September

2023

August						October							
SM	T	W	T	F	S	SM	T	W	T	F	S		
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				





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27	28	29	30	31	1	
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October

2023

September						November										
S	M	T	W	T	F	S	S	M	T	W	T	F	S			
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			3	4	5	6	7	8	9	5	6	7	8	9	10	11
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29	30	31	1	2	3	4
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