

Rah Elite Monthly

Allstar Cheer * Tumbling * Dance



January

2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	3 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	4 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm PICTURES	5 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm PICTURES	6 PICTURES	7
8 At this point, flights and hotels SHOULD BE BOOKED for Tacoma and Phoenix	9 Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	10 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	11 RAH REVEAL Viewmont High Athletes @5 Doors open @6	12 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	13 PICTURES	14 Competition schedule typically comes out ONE WEEK prior to the Competition
15 Check emails this week for the updated competition schedule	16 Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	17 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	18 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	19 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	20 COMPETITION UCA Mountain America Expo (SANDY)	21
22 	23 Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	24 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	25 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	26 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	27	28
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JANUARY BIRTHDAYS:

- 1/4 - Luci Z
- 1/5 - Tesley A
- 1/16 - Sophie C
- 1/29 - Louvee L
- 1/30 - JasLyn P

RAH REVEAL:

Athletes must arrive at 5:00 pm and we will start performances at 6:00 pm. Please be ON TIME.

Please plan on being on time to ALL practices.

UPCOMING EVENTS:

- 2/4-5 - Tacoma Comp
- 2/14 - Valentine's Day
- 2/20 - President's Day



January Events:

- January 1st: Happy New Year!!!
- January 4th-6th: PICTURES (Please check email for your time)
- January 11th: RAH REVEAL (Viewmont High School 5:00pm)
- January 21st: COMPETITION (UCA -Mountain America Expo Center)
- January 23rd-24th: NEON PRACTICE (Prizes for best outfits)

UCA COMPETITION

January 21st

Remember to be on time for ALL competition. When the schedule comes out, I will send out details on arrival and performance times as soon as I receive the information. A FINAL SCHEDULE will be emailed the WEDNESDAY before the competition.

PLEASE CHECK EMAILS

Competition Schedule for the year:

(Remember this can change again depending on the event producer)

- January 21: UCA (SLC, UT)
- February 4-5: All Star Challenge (Tacoma)
- March 4: PacWest (Farmington, UT)
- March 11-12: Aloha (Phoenix, AZ)
- March 24-25: American Celebration (Sandy)
- April 15-16: Jamz (Orem, UT)
- *May 5-7: D2 SUMMIT (Orlando, FL)

(*If a bid is awarded, Junior and Senior teams only)