







Rah Elite Monthly

Allstar Cheer * Tumbling * Dance

April

2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 Check emails this week for the updated competition schedule	3 <i>Spring Break</i> NO PRACTICE	4 <i>Spring Break</i> NO PRACTICE	5 <i>Spring Break</i> NO PRACTICE	6 <i>Spring Break</i> NO PRACTICE	7 <i>Spring Break</i> NO PRACTICE	8
9 Texas Roadhouse Fundraiser Due This Week	10 Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	11 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	12 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	13 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	14 OPEN GYM \$5 3-5pm	15 COMPETITION JAMZ Day 1 UCCU Center OREM
16 COMPETITION JAMZ Day 2 UCCU Center OREM	17 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	18 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	19 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	20 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	21 OPEN GYM \$5 3-5pm	22 Please come to OPEN GYM. You can work on your individual skills.
23 	24 Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	25 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	26 TRYOUTS Season 13	27 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	28 OPEN GYM \$5 3-5pm	29 
30	May 1	May 2	May 3	May 4	May 5	May 6
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 D2 SUMMIT SEND OFF		TRAVEL DAY	CRAVE & INTENSITY PRACTICE ROUND TBA	CRAVE & INTENSITY PERFORMANCE DAY 1 ONYX & FIERCE 4 PRACTICE ROUND TBA	ONYX & FIERCE 4 PERFORMANCE DAY 2 CRAVE & INTENSITY PERFORMANCE DAY 2 (Possibly)
May 7	May 8	May 9	May 10	May 11	May 12	May 13
ONYX & FIERCE 4 PERFORMANCE FINALS CRAVE & INTENSITY PERFORMANCE FINALS (Possibly)	CAN TRAVEL HOME FROM THIS DAY FORWARD		New Team COMBINED Practice	New Team COMBINED Practice	OPEN GYM \$5 3-5pm	



APRIL

BIRTHDAYS:

- 4/08 - Lola F
- 4/17 - Maddy H
- 4/27 - Charlie T
- 4/27 - Kapri A

D2 SUMMIT SEND OFF:

We had a few people leaving on TUESDAY so the SUMMIT SENDOFF is going to be on MONDAY. THIS IS MANDATORY IN ORDER TO COMPETE IN FLORIDA! It will start Sharp at 6:00pm Athletes will need to be at the gym at 4:00pm

SENDOFF VOLUNTEERS:

Please let me know if you can help with treats and refreshments and decorating the gym.

D2 SUMMIT INFO:

The Summit schedule we be out soon, please look out for an email. Note the days your team is possibly competing on the calendar.



April Events:

- April 3-7th: **SPRING BREAK (No Practice)**
- April 15th-16th: **COMPETITION (JAMZ - UCCU Center @ UVU in Orem, Utah)**
- April 26th: **SEASON 13 TRYOUTS**

FINAL Local Competition

I will be sending out a Compliance form I need everyone to fill out and submit **by next week.**

Competition Schedule for the rest of the year:

Schedules are sent out about 1 week prior
 April 15-16: Jamz (Orem, UT)
 *May 5-7: D2 SUMMIT (Orlando, FL)
 *Fierce 4, Intensity, Onyx and Crave