





Rah Elite Monthly

Allstar Cheer * Tumbling * Dance

February 2023							S	M	T	W	T	F	S	S	M	T	W	T	F	S				
							1	2	3	4	5	6	7					1	2	3	4			
							8	9	10	11	12	13	14	5	6	7	8	9	10	11				
							15	16	17	18	19	20	21	12	13	14	15	16	17	18				
							22	23	24	25	26	27	28	19	20	21	22	23	24	25				
							29	30	31					26	27	28	29	30	31					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																		
	Check emails this week for the updated competition schedule		Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	Travel Day NO OPEN GYM	COMPETITION PacWest Day 1 (Greater Tacoma Convention Center) Washington																		
5	6	7	8	9	10	11																		
COMPETITION PacWest Day 2 (Greater Tacoma Convention Center) Washington	Travel Day NO PRACTICE	Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	OPEN GYM \$5 3-5:30pm																			
12	13	14	15	16	17	18																		
Wear Valentine's Themed/colors Clothing Monday and Tuesday exchange Valentine's	Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm TEAM BONDING	 Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm TEAM BONDING	Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	OPEN GYM \$5 3-5:30pm	Please come to OPEN GYM. You can work on your individual skills.																		
19	20	21	22	23	24	25																		
	Inspiration: 4-4:45 pm Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	Blackout: 5-6:15 pm Midnight: 6-8 pm Fierce: 4:30-7 pm Reckless: 5-7:30 pm	Onyx: 4-6:30 pm Intensity: 4:30-7 pm Crave: 5-7:30 pm	OPEN GYM \$5 3-5:30pm																			
26	27	28																						
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FEBRUARY BIRTHDAYS:

- 2/2 - Elsie W
- 2/4 - Molly R
- 2/20 - Elle L
- 2/28 - Faith G

Please plan on being on time to ALL practices.

TACOMA:

Dinner is at 7 on Friday, February 3rd at Steel Creek

TEAM BONDING:

We will make Valentines bags and passing out valentines :)

UPCOMING COMPS:

- 3/4 - Farmington Comp
- 3/10 - Aloha Phoenix
- 3/24-25 - AC Sandy



February Events:

- February 3rd-6th: **COMPETITION** (Tacoma, Washington) *Dinner at 7pm —>>>
- February 10th: **OPEN GYM** (\$5)
- February 13th-14th: **VALENTINE'S TEAM BONDING** (Bring Valentine's for team)
- February 17th: **OPEN GYM** (\$5)
- February 24th: **OPEN GYM** (\$5)

PacWest COMPETITION

February 4-5th

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)