



FCA Gems

Information for All Star Prep Teams

FREE CHEER CLINIC!

Come to the gym for a free cheer clinic!! It's a great opportunity to meet the coaches!! Posted below are several different times for different age groups. You will notice that the age groups overlap, please come to whichever works best in your schedule. All participants need to sign a waiver which can be found at www.FlosGymnastics.com/fca (click on the blue bar)

Age	Sunday, 8/3	Sunday, 8/3	Tuesday, 8/5
Ages 4-5			5:00-5:45
Ages 6-8			5:45-6:45
Ages 7-11	3:30-5:00		
Ages 8-15			8:00-9:15
Ages 10-18	5:00-6:30	6:30-8:00	
Ages 10-18	8:00-9:30		
Ages 12-18	12:45-2:15	2:15-3:45	

INFORMATIONAL MEETING FOR ALL STAR PREP TEAMS

All new cheerleaders and their parents need to attend this meeting.

Monday, 8/18/14 6:00 PM

Please call the gym and let us know you will be attending the meeting.



ALL STAR PREP TEAM PLACEMENT DAY

Monday, 8/25/14 6:00 PM

All cheerleaders attend this day and will be placed on a team. If you are on vacation, please call the gym to set up a day/time to come in early for placements. Openings will be extremely limited after August 25th and will have skill requirements.

ALL STAR PREP PRACTICES

Mondays beginning September 8th (one practice per week)

Practice times will start as early as 5:00 and end as late as 9:30

ALL STAR COMPETITIONS (competition schedule is posted in packet online)

4 Local events (Pittsburgh and Indiana, PA)

1 National in Columbus, OH

TEAM PLACEMENT PACKETS AND INFO:

www.FlosGymnastics.com/fca/tryouts



Physical Address:

Flo's Gymnastics, 732 Ekastown Road, Sarver, PA 16055
(724) 353-9000