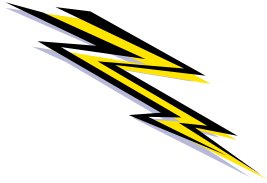
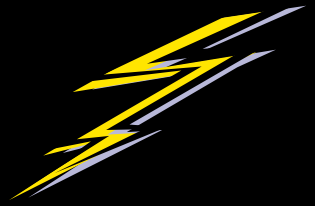


NEW

X-FORCE TEAM!

Elite Force Cheer Developmental Exhibition Team



Join the Force!

Mid-Columbia Gymnastics now offers a great cheer team that bridges the gap between recreational and competitive cheerleading!

Who? Girls & Boys ages 5 to 11 years old.

What? A team concept where emphasis is put on mastering the basics which will make the students exceptional athletes in strength, flexibility, cheer motions, jumps, tumbling, dance, stunting and endurance. Choreographed routines are taught! Team members will perform at local community events throughout the year. This program prepares students for our competitive program. It also stresses the importance of dedication, sportsmanship and character.

When? Practices are on Tuesdays and Thursdays from 4-5:30 p.m. at our cheer facility. The team trains year round.

Costs? Monthly tuition is just \$70 per month. (The gym registration fee may apply for new gym members.)

Uniform? X-Force Cheerleaders are required to purchase an affordable cheer uniform and white cheer shoes. Sweatshirts & jackets will be available to purchase for cool weather performances & to wear to school. Fundraising is available for uniform items through the MCGA Booster Club.

How I find out if my child can join? Since there are some pre-requisites for the team such as intermediate cheer skills and the ability to handle the 3 hours per week of practice, the coaching staff would need to evaluate your son or daughter.

What if my child is not ready? That is alright. We recommend the recreation classes. Students are welcome to continue in our recreation program if that is where they feel comfortable. It is important to us that each child in any of our programs is placed where he or she feels most successful and confident.

Questions? E-mail Coach Kelly at Kellnell93@hotmail.com or leave a message for her in the office at 735-3861.



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www.elite-forcecheer.org
www.mcga.org

