

# RUSH ALLSTARS

- HALF YEAR CHEERLEADING TEAM -



## PROPER EQUIPMENT

LEARN TO JUMP AND TUMBLE WITH DIFFERENT SIZE MATS



## CERTIFIED COACHES

USASF SAFETY CERTIFIED COACHES



## COMPETITIONS

COMPETE AT 2 LOCAL COMPETITIONS

## JAGS SPRING TEAM SIGN UP:

Rush Allstars half year cheerleading team will begin on January 8th from 6-7:30pm. This team is geared towards new beginners or cheerleaders looking for a less time commitment team. We will focus on building confidence, learning the fundamentals of stunting, tumbling and teamwork.

1

### TEAM PRACTICE

TUESDAY 6-7:30PM

2

### TUMBLE DAY

THURSDAY 6-7PM

3

### AGES

3-18 YEARS OLD