

CHEER FORCE ONE

November 2011

CFO Athletes, Parents, Families, & Friends,

Thank you for taking a few moments out of your day to stay updated with everything CHEER FORCE ONE! We are excited about the steps our program has made over the past year to provide the best cheerleading and tumbling training program possible! November is the month of Thanksgiving, and we want to extend a huge thanks to YOU! Because of your support and commitment to our program, we have been able to grow and continue to enhance the lives of each and every athlete we train through the industry's newest techniques as presented at regional and national conferences; better recreational and all star programs through more insight into the industry's latest trends and ideas; and an even stronger commitment to the safety, development, and recovery of EACH athlete through our partnership with Encore Rehabilitation and the Orthopedic Group. This year has been a huge step for our program and area cheerleading community. With your help, we will continue to strive for excellence and soar to new heights!

THANK YOU!

LAST MONTH'S HIGHLIGHTS



CFO'S FALL SPIRIT WEEK WAS A HIT! SO MANY GREAT PICS, SO LITTLE SPACE! Check out CFO'S Facebook for more!



TAPING CORNER

Competition season is here. Maintain a **BALANCE** between nutrition, hydration and recovery to keep up with the opponents.

Courtesy of Kelsey Moody,
Encore Rehabilitation

Last month CFO supported Breast Cancer Awareness through Pink Week!



NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Tuition Billed CF1 Air Show @ 7:00pm	2	3 Auto-pay Processed	4	5 Cheer For Hope Mobile, AL
6	7	8	9	10	11 Late Fees Billed	12 MGSE Laurel, MS
13	14	15	16	17	18	19 Good luck to our school teams competing this weekend!
CHEER FORCE ONE CANNED FOOD DRIVE ALL WEEK!						
20	21	22	23	24	25	26
Thanksgiving						
27 ALL STAR'S PRACTICE THIS DAY	28	29	30	1	2	3 Live! Biloxi, MS
4	5	6	7	8	9	10 MOB AS ONLY: Battle Under the Big Top ATL, GA

MONTHLY

On the 1st:

Monthly Tuition is billed to accounts. All Star Miscellaneous fees is billed to accounts.

On the 3rd:

All Discount Auto-Pay Member payments processed.

On the 11th:

Late Fee (\$25) billed to all non-zero accts

SPECIAL EVENTS THIS MONTH

November 5:

All Stars performing at Cheer For Hope in Mobile, AL!

November 12:

All Stars performing at Mardi Gras Spirit Events in Laurel, MS

November 22-26:

Gym Closed for Turkey Day!

November 24:

Happy Thanksgiving!

CFO FOOD DRIVE:

Cheer Force One will have drop boxes set up November 13-17 to collect canned food for area food banks! Your contribution will help provide a warm meal to someone in need. Open your heart and help CFO give back to the Gulf Coast!

For more information, please call us at 228.219.4444
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