



DCX PRESS

Routines are looking good..



Wow Girls! So far we have been making a lot of progress with your routines. It takes a lot of attention to detail to make it through a full out routine and you guys are doing great so far. Lets keep an eye on our transitions and spacing. Take some time to run through your routine in your head. Know where you go and how many counts there are in each specific part of the routine. As we get closer and closer to competition, it is important to also take the time to work on facials and expression!

When tumbling with a partner it is important to keep proper spacing! Practice tumbling with your partner to stay synchronized!

8 WEEKS
UNTIL
MOCK!!!!

IN THE MONTH OF October

Lots and lots of routines! Tumble , dance , stunting, jumps!!!! Know your teams order.

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Just a reminder:

© Did you turn in your hair and make up order?

Fun Facts

There are 206 bones in the adult human body, but 300 in children (some of the bones fuse together as a child grows).

DAYS THE GYM WILL BE CLOSED THIS YEAR (NO PRACTICE ON THESE DAYS)

- 10/30 & 10/31 (Nevada Day and Halloween)
- 11/7 (Gymnastics meet at the gym)
- 11/25 & 11/26 (Thanksgiving Break)
- 12/12 (Holiday festival at the Gym)
- 12/24; 12/25; 12/26 ; 12/31 ; 1/1 (Christmas & New Year Closings)

PLEASE TRY TO SCHEDULE ABSENCES AROUND THESE TIMES AS THERE WILL BE NO PRACTICE!

**THANK YOU ALL SO MUCH FOR YOU PARTICIPATION
IN THE CANDLELIGHTERS 5k!**

What an amazing way to go out and support a great cause and also get involved in our community! I would like to thank everyone for all of the donations and time that you put in to this event! As a team we won an award for 1st place largest team! We had so many cheerleaders, parents, siblings out there! We raised over \$4,500.00!

DCX

HAPPY BIRTHDAY!!!!

MINIS

YOUTH

JUNIORS

SENIORS

Alexis Hall 9/10

Annabella Romano 10/26

Lindsay Epstein 9/12

Kamrie Ickes 10/16

Jillian Krueger 10/14

Taylor Fireman 9/22

Taylor Reina 10/2

Kayla Parker 10/15

Mikayla Sanders 9/12

Nany Walsh 9/5

Julia Standish 10/18