



Team Members:

Here are a few reminders for what's coming up for our Spirit Spectacular Showcase. This information will also be posted on our website on the Spirit Spectacular page.

**Bows, Hair and Makeup:** We are planning to have hair bows to hand out at extra practices this weekend. Teams should plan on Straight Hair ponytails unless otherwise instructed by your coach. If bows do not arrive in time athletes should still follow the hair demo instructions for the High Ponytail. Hair and Makeup demos are posted on the Spirit Spectacular page of our website. [Click here.](#)

### **Sunday, November 12, 2023 - KC Cheer Spirit Spectacular**

- ❑ Doors open at 11:30
- ❑ Performances begin at 12:00 noon. Complete performance order can be found on the [Spirit Spectacular page](#) of our website.
- ❑ Ticket pre-sale is going on now or can be purchased for \$10 at the door. Please refer to the [Spirit Spectacular page](#) of the website for ticket sale details.
- ❑ Athletes should plan to stay to watch all teams perform. Please remember we ask that you do not post any videos of team performances to social media.
- ❑ Teams will be sharing Friendship Bracelets at the Showcase. Athletes don't forget to make yours! Many team moms have been organizing this for your teams.
- ❑ Worlds teams will have some fun Raffle Items
- ❑ New Spirit Wear will be available for sale
- ❑ Concessions will be available for purchase.

**Note from the Coaching Staff** - As we move into the competition season ALL practices should be considered MANDATORY. Any practices within 2 weeks of a competition missed for any reason other than illness (with Dr's Note), or School required/graded activity will be considered unexcused and athletes will be replaced for the upcoming event. Please keep in mind, your athlete's absence affects the entire team and probably another team as we try to find a replacement to help the team perform to the best of their ability.

The extra practice schedule for this weekend can be found on the [Homepage of our website.](#)

**November Choreography:** The week after Showcase, Monday through Thursday will include some schedule changes for several teams as we will take suggestions from judges at Showcase and implement those with choreography during this week. Please note this will be required for all teams that are scheduled! The following teams are anticipated to be scheduled for extra this week - Flawless, Fab, Fantasy, Fierce 5, Fever & Fireball

### **Choreography for November 20-22:**

Nov. 20 - Fierce Five - 4:00 - 9:30

Nov. 21 - 4:30- 7:00 - Flawless

Nov. 21 - 7-9:30 - Famous

Nov. 22 - 9:00-12:00 - Fearless

(Should Blake request more time please be flexible during these days)

### **November & December Extra Practices:**

- Practice on Sunday, Nov. 26th is MANDATORY for all teams that have normal practice on Sunday. We compete on Dec. 2nd.
  
- Extra practices for ABKC (12/16 and 12/17) will be scheduled for the weekend prior to the event for all teams. We are working around MO STATE competition for several athletes so teams affected may have a varying schedule. Dates and times will be coming soon.

**Christmas Break:** The gym will be closed Dec. 23rd - Jan. 2nd for team practices and tumbling classes. Worlds teams will practice on Dec. 27 & 28. It is vital that athletes adhere to these dates as Jamfest Super Nationals is Jan. 12-14. It will come up quick after the break.

Please become familiar with the KC Cheer website as this is where all future competition information will be posted.

Let me know if you have any questions.

**MARY LEWIS**  
GYM MANAGER, KC CHEER 