




















TKA Cheer June 2010





















Contact Information

Cheer TKA Email: tkacheer07@bellsouth.net
 Coach Jenn cell #561.662.9551
 Coach Tim cell # 561.202.4310
 Coach Christina cell # 740.207.5986
 Coach Kari cell#561.601.6137
 Coach Lucia Cell #954.328.0905

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Group 1 & 2 VAR COMP Weights 7-8am	2  Group 2 VAR COMP Weights 7-8am	3  Group I VAR COMP Weights 7-8am	4  Have you contacted Coach Christina yet?	5
6  Are you taking gym classes this summer?	7  Group 2 VAR COMP Weights 7-8am	8  Group 1 VAR COMP Weights 7-8am	9  Group 2 VAR COMP Weights 7-8am	10  Group 1 VAR COMP Weights 7-8am	11	12
13 	14  G2 Open Workout @ GLT! for all TKA cheer squads 3-5pm 	15  G1	16  G2	17  G1	18 Are you writing in your journal?	19
20	21  G2	22  G1	23  G1 & G2	24	25	26
27	28	29	30 Open Workout @ GLT! for all TKA cheer squads 3-5pm 			

TKA Cheer July 2010

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 Coach Krystal cell #561.252.8690


Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Are you working out?</i> 	2	3
4 <i>Happy 4th of July!</i> 	5 	6 	7 	8 	9 <i>Are you writing in your journal?</i>	10
11	12 	13 	14 	15 	16 <i>Are you stretching???</i> 	17
18	19  9-11:30am Monday-Friday, July 19th-23rd Varsity cheerleaders teach TKA K-5th graders at TKA Sports	20 	21 	22  <i>Open Workout @ GLT! for all TKA cheer squads 3-5pm</i> 	23 9:30-11am Camp Clothes pick up in the cheer room.	24
25	26  UCA Cheer Camp @ SRHS, 8-5pm	27  UCA Cheer Camp @ SRHS, 8-5pm	28  UCA Cheer Camp @ SRHS, 8-5pm	29 <i>Open Workout @ GLT! for all TKA cheer squads 3-5pm</i> 	30	31 <i>Are you running?</i>

Outfit #1 (O1): Black shirt, black shorts, white bow
 Outfit #2 (O2): Red Shirt, Blue shorts, red bow
 Outfit #3 (O3): Blue shirt, red shorts, blue bow
 Outfit #4 (O4): Competition outfit

August 2010

Contact Information

Cheer TKA Email: tkacheer07@bellsouth.net
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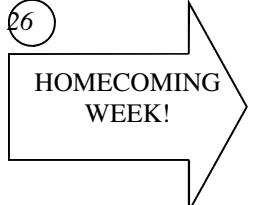
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 TPoot	7 <i>Coach Tim's Birthday</i>
8	9	10 <i>Get Acquainted Day (K4-12) TOMORROW 8/11</i>	11 EXERCISE LOGS DUE O1: <i>MS/JV/VAR FB</i> @ TKA 3-5:15pm (meet in cheer room) UNIFORM DISTRIBUTION	12  <i>TKA School Starts</i>	13	14
15	16 O3:VC@ Gulf Stream 4-6pm	17 O2: <i>MS & JV</i> @ GLT!, 4-6pm	18 <i>JH/JV/Var</i> 4pm PICS!!! (Full uniform! - Debbie Stoval is taking individual pics)	19 <i>3:30-5pm VAR FB</i> <i>makes Banners</i> <i>Elementary Parent</i> <i>Orientation Night</i>	20 O1: <i>MS/JV/VAR FB</i> @ TKA 3:45-5:30pm	21 <i>TKA Media Day /</i> <i>Meet the Coaches</i> <i>Luncheon at TKA</i> <i>(Varsity FB & COMP)</i>
22	23 O3:VC@Gulf Stream 4-6pm	24 O2: <i>MS & JV</i> @ GLT!, 4-6pm <i>VAR FB @ TKA</i> <i>3:45-5:30pm</i>	25 O1: <i>MS/JV/Var FB</i> <i>3:45-5:15pm @ TKA</i>	26 <i>Secondary Parent</i> <i>Orientation Night</i>	27 O1: <i>MS/JV@ TKA</i> <i>3:45-5:30pm</i> <i>VAR FB vs Gulliver</i> <i>Prep, 7pm</i>	28 <i>TKA Lion Run</i> <i>(VAR FB & COMP</i> <i>attendance manda-</i> <i>tory, would LOVE</i> <i>JV & MS (you reg.)</i>
29	30 O3:VC@ Gulf Stream 4-6pm	31 O2: <i>MS & JV</i> @ GLT!, 4-6pm				

- Outfit #1 (O1): Black shirt, black shorts, white bow
- Outfit #2 (O2): Red Shirt, Blue shorts, red bow
- Outfit #3 (O3): Blue shirt, red shorts, blue bow
- Outfit #4 (O4): Competition outfit

September 2010

Contact Information

Cheer TKA Email: tkacheer07@bellsouth.net
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 Coach Lucia Cell #954.328.0905
 Coach Krystal cell #561.252.8690


Sun	Mon	Tue	Wed	Thu	Fri	Sat
			① O1: MS/JV 3:45-5:15pm @ TKA	② ^{TPoot} <i>O2: VAR FB @ GLT!</i> 4-6pm JV @Archbishop Carroll HS, 3:30pm	3 <i>O3: JV @ TKA 3:45-5:30pm</i> b/c Tues game <i>VAR FB @Florida Christian, 7pm</i>	4
5	6 	⑦ <i>O2: MS @ GLT!, 4-6</i> <i>O2: VAR FB @ GLT!</i> 4-6pm JV vs Benjamin, 6pm	⑧ 3:45-4:45pm \$5 Varsity FB w/Gilbert O1: MS/JV 3:45-5:15pm @ TKA	⑨ ^{TPoot} <i>O1: VC Cheer/ Sideline Chore w/Kat</i> 3:45-6:30pm @ GLT MS vs Jup Chris., 4pm	⑩ ^{TPoot} Meet @ 5:15pm in cheer room <i>VAR FB vs Clewiston, 7pm</i>	11
12	13 ^{TPoot} <i>O3:VC@GLT! 3:45-6pm</i>	14 <i>O2: MS & JV @ GLT!, 4-6pm</i>	⑮ 3:45-4:45pm \$5 Varsity FB w/Gilbert <i>O1: MS/JV/VAR FB</i> 3:45-5:15pm @ TKA	⑯ <i>O1: VARFB Junior Chr Clinic 3:15-8pm</i> MS vs Benjamin., 4pm JV vs Glades 6pm	⑰ School dismissal @ 1:30pm <i>VAR FB @ Bishop Moore, 7:30pm</i>	⑱
19	20 <i>O3:VC@GLT! 3:45-6pm</i>	21 <i>O2: MS & JV @ GLT!, 4-6pm</i>	22 O1: MS/JV 3:45-5:15pm @ TKA	⑳ ^{TPoot} <i>O2: VAR FB @ GLT!</i> 4-6pm MS@NBrow Prep., 4pm JV @Amer. Her, 6pm	㉑ Meet @ 4:15pm in cheer room <i>VAR FB @ Ranson Everglades, 7:30pm</i>	㉒
⑳ 	27 <i>O3:VC@GLT! 3:45-6pm</i>	28 <i>O2: MS & JV @ GLT!, 4-6pm</i> <i>Powder Puff FB Game</i>	29 O1: MS/JV 3:45-5:15pm @ TKA	30 <i>O2: VAR FB @ GLT!</i> 4-6pm MS@AmHeritage., 4pm JV vs Clewiston 6pm		

Outfit #1 (O1): Black shirt, black shorts, white bow
 Outfit #2 (O2): Red Shirt, Blue shorts, red bow
 Outfit #3 (O3): Blue shirt, red shorts, blue bow
 Outfit #4 (O4): Competition outfit

October 2010

Contact Information

Cheer TKA Email: tkacheer07@bellsouth.net
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 Coach Lucia Cell #954.328.0905
 Coach Krystal cell #561.252.8690


Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Half Day Home-coming PEP RALLY VAR FB vs Calvary Christian, 7pm</i>	2
3	4 O4:VC@GLT! 4-6pm	5 O2: MS & JV & BB girls @ GLT!, 4-6pm	6 O1: MS/JV/BB girls 3:45-5:15pm @ TKA	7 O2: VAR FB @ GLT! 4-6pm MS vs Coral Springs., 4pm JV @ Card. New 5pm	8 NO SCHOOL O3: V. Comp. Choreo @ TBD-8:30-5:30pm VAR FB vs Ben, 7pm	9
10	11 NO SCHOOL O4: V. Comp. Choreo @ TBD-8:30-5:30pm	12 O2: MS & JV & BB girls @ GLT!, 4-6pm	13 O1: MS/JV/BB girls 3:45-5:15pm @ TKA	14 O2: VAR FB @ GLT! 4-6pm MS@St.Andrews., 4pm JV @ Glades 6pm	15 VAR FB @ Am. Her, 7pm	16 <i>TKA Annual Golf Tourney & Tennis Classic @Bear Lakes (eff 8/12/10)</i> 
17	18 O4:VC@GLT! 4-6pm	19 O2: MS & JV & BB girls @ GLT!, 4-6pm	20 O1: MS/JV/BB girls 3:45-5:15pm @ TKA	21 O2: VAR FB @ GLT! 4-6pm MS vs Boca., 4pm JV vs Cal. Chris 6pm	22 VAR FB @ Pope John Paul 7pm	23
24	25 O4:VC@GLT! 4-6pm JH & HS NHS Induction Ceremony	26 O2: Red/Blue BB Cheerleaders @ GLT!, 4-6pm	27 O1: MS/JV/BB girls 3:45-5:15pm @ TKA	28 O2: VAR FB @ GLT! 4-6pm O1:VC@GLT! 4-6pm	29 VAR FB vs Glades Day, 7pm (VC performs)	30
31 <i>Senior Retreat</i>						

- Outfit #1 (O1): Black shirt, black shorts, white bow
- Outfit #2 (O2): Red Shirt, Blue shorts, red bow
- Outfit #3 (O3): Blue shirt, red shorts, blue bow
- Outfit #4 (O4): Competition outfit

November 2010

Contact Information


Cheer TKA Email: tkacheer07@bellsouth.net
 Coach Jenn cell #561.662.9551
 Coach Tim cell # 561.202.4310
 Coach Christina cell # 740.207.5986
 Coach Kari cell#561.601.6137
 Coach Lucia Cell #954.328.0905
 Coach Krystal cell #561.252.8690

	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Senior Retreat</i> O4:VC@GLT! 4-6pm	2 <i>Senior Retreat</i> O2: Red/Blue BB Cheerleaders @ GLT!, 4-6pm	3	4 <i>8th gr. class trip</i> O3: Red @ TKA 3:45-5:30pm O1:VC@GLT! 4-6pm	5 <i>8th gr. class trip</i> <i>VAR BYE FB</i>	6 <i>8th gr. class trip</i>
7 <i>8th gr. class trip</i>	8 O4:VC@GLT! 4-6pm	9 O2: Red/Blue BB Cheerleaders @ GLT!, 4-6pm	10 O1: VAR FB @ TKA 3:45-5:30pm O1: Red/Blue 3:45-5:15pm @ TKA	11 O3: Red @ TKA 3:45-5:30pm O1:VC@GLT! 4-6pm	12 <i>VAR FB vs Cardinal Newman (SR Night), 7pm</i>	13
14	15 O4:VC@GLT! 4-6pm	16 O2: Red/Blue BB Cheerleaders @ GLT!, 4-6pm	17 UNIFORM TURN IN O1: ALL SQUADS BOWLING, 4-7pm (End of Football Season awards/party)	18 O3:VC@GLT! 4-6pm <i>Red BB 7PM</i>	19 <i>Red BB 7PM</i>	20
21	22 NO SCHOOL O4:Var C. @ GLT! NOON-2pm	23 NO SCHOOL O2:Var C. @ GLT! NOON-2pm	24 NO SCHOOL	25 NO SCHOOL <i>Happy Thanksgiving</i> 	26 NO SCHOOL	27
28	29 O4:VC@GLT! 4-6pm	30 O2: Red/Blue BB Cheerleaders @ GLT!, 4-6pm				

Outfit #1 (O1): Black shirt, black shorts, white bow
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 Outfit #3 (O3): Blue shirt, red shorts, blue bow
 Outfit #4 (O4): Competition outfit

December 2010

Contact Information
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 Coach Tim cell # 561.202.4310
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 Coach Lucia Cell #954.328.0905
 Coach Krystal cell #561.252.8690


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>JH & JV Holiday Party?????</i>	<i>1 Sophomore Class College Tour</i> O1: <i>Red/Blue</i> 3:45-5:15pm @ TKA	2 O3:VC@GLT! 4-6pm	3 <i>Red BB 7PM</i> <i>VC possibly perform @ game</i>	4
5	6 O4:Var C. @ GLT! 4-6:30pm	7 O2: <i>Blue@GLT!</i> , 4-6 <i>K4-6 Christmas Program</i>	8 <i>JH & JV Holiday Party</i>	9 <i>Red @ TKA 3:45-5:30pm</i> O3:VC@GLT! 4-6pm	10 <i>7-12 Christmas Program</i>	11
12	13 O4:Var C. @ GLT! 4-6:30pm <i>Red BB 7PM</i>	14 EXAMS <i>VC practice TBD</i>	15 EXAMS <i>VC practice TBD</i> O1: <i>Red/Blue</i> 3:45-5:15pm @ TKA	16 EXAMS <i>VC practice TBD</i>	17 <i>1/2 Day of School</i> <i>Varsity FB & Comp</i> <i>Holiday Party</i> <i>Red BB 7PM</i> <i>VC possibly perform</i>	18 <i>FHSAA REGIONALS</i> <i>(Location: TBD)</i>
19	20 <i>No School</i>	21 <i>No School</i>	22 <i>No School</i>	23 <i>No School</i>	24 <i>No School</i>	25 
26	27 <i>No School</i>	28 <i>No School</i>	29 <i>No School</i>	30 <i>No School</i> <i>Blue BB @ TBA</i> <i>Red BB @ TBA</i>	31 <i>No School</i> <i>Red & Blue Squad is NOT cheering</i>	

Outfit #1 (O1): Black shirt, black shorts, white bow
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January 2011

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 No School Happy New Year! 
2	3 No School	4 O2: Red BB Cheerleaders @ GLT!, 4-6pm Blue BB 7pm	5 O1: Red/Blue 3:45-5:15pm @ TKA	6 O1:VC@GLT! 4-6pm Red BB 7PM	7 Blue BB 7pm	8
9	10 O4:Var C. @ GLT! 4-6:30pm Blue BB 7pm	11 O2: Red/Blue BB Cheerleaders @ GLT!, 4-6pm	12 O1: Red/Blue 3:45-5:15pm @ TKA	13 O1:VC@GLT! 4-6pm Blue BB 7pm	14 Red BB 7PM	15
16	17 No School O4:Var C. @ GLT! 4-6:30pm	18 O2: Blue BB Cheerleaders @ GLT!, 4-6pm Red BB 7PM	19 O1: Red/Blue 3:45-5:15pm @ TKA	20 O1:VC@GLT! 4-6pm	21 Red BB 7PM	22
23	24 O4:Var C. @ GLT! 4-6:30pm	25 O2: Red BB Cheerleaders @ GLT!, 4-6pm Blue BB 7pm	26 O1: Red/Blue 3:45-5:15pm @ TKA	27 O1:VC@GLT! 4-6pm Red BB 7PM	28 Blue BB 7pm	29
30	31 O4:Var C. @ GLT! 4-6:30pm Blue BB 7pm					

- Outfit #1 (O1): Black shirt, black shorts, white bow
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- Outfit #4 (O4): Competition outfit

February 2011

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 VC @ GLT! 4-6:30pm <i>(wear whatever)</i> Red Districts TBD	2 VC @ GLT! 4-6:30pm <i>(wear whatever)</i>	3 LEAVE for FHSAA STATES Blue BB 7pm	4 No School <i>FHSAA STATE Champion- ships (Kissimmee, FL)</i>	5 <i>FHSAA STATE Champion- ships (Kissimmee, FL)</i>
6 <i>FHSAA STATE Champion- ships (Kissimmee, FL)</i>					11 <i>UCA HS Nationals (Disney Wide World of Sports Complex)</i> Blue Districts TBD	12 <i>UCA HS Nationals (Disney Wide World of Sports Complex)</i> Blue Districts TBD
13 <i>UCA HS Nationals (Disney Wide World of Sports Complex)</i>		15 Blue Districts TBD	16 <i>Directly after- school: Red & Blue Uniform Turn IN to Cheer Room (must be in zip lock w/name)</i>		18 Fusion GRANDPARENTS DAY (Half Day)	19 Fusion
	21 No School		23 SENIOR BBQ/Tea Juniors Job Shadow- ing Day			