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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
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| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| **27**  **Unified Cheer-CEA** | **28**  **Cheer-CEA** | **29** | **30**  **Gymnastics-GK**  **Females** | **31** | August 2023 |  |

**[w.elitestars.org](http://www.elitestars.org)**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | September 2023 | **C:\Users\Owner\Desktop\Where Champions Train.jpg** |  | **1** | **2**  **NO WORKOUTS** |
| **3**  **NO WORKOUTS** | **4** | **5**  **Strength-JG** | **6**  **Gymnastics-GK**  **Females** | **7** | **8** | **9**  **Parents Mtg 9a**  **Gymnastics-GK**  **Strength-GK** |
| **10**  **Unified Cheer-CEA** | **11**  **Dance-CEA**  **Cheer-CEA** | **12**  **Strength-JG** | **13**  **Gymnastics-GK**  **Females** | **14** | **15**  Mandatory Volunteer Weekend  KOC Tootsie Roll Drive  No Practices-everyone out volunteering | **16** |
| **17**  **Unified Cheer-CEA**  **KOC Tootsie Roll Drive** | **18**  **Dance-CEA**  **Cheer-CEA** | **19**  **Strength-JG** | **20**  **Gymnastics-GK**  **Females** | **21** | **22** | **23**  **Gymnastics-GK**  **Strength-GK** |
| **24**  **Unified Cheer-CEA** | **25**  **Dance-CEA**  **Cheer-CEA** | **26**  **Strength-JG** | **27**  **Gymnastics-GK**  **Females** | **28** | **29** | **30**  **Gymnastics-GK**  **Strength-GK** |
| **www.elitestars.org**  **\*Families will be required to take one 2-3-hour shift over the course of the 2/3 available days for the Knights of Columbus Tootsie Roll Drive. Families that chose to opt out of volunteering must contribute $150 to the program in exchange for their hours. They are a great contributor & we need the funds to support our programs. We will not practice this weekend so that everyone can help. Thanks** |  |  |  |  |  |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1**  **Unified Cheer-CEA**  ***Double Good Day @ Kohls Childrens Museum (2-5p)*** | **2**  **Dance-CEA**  **Cheer-CEA** | **3**  **Strength-JG** | **4**  **Gymnastics-GK**  **Females** | **5** | **6** | **7**  **Gymnastics-GK**  **Strength-GK** |
| **8**  **Unified Cheer-CEA** | **9**  ***Columbus Day***  **Dance-CEA**  **Cheer-CEA** | **10**  **Strength-JG** | **11**  **Gymnastics-GK**  **Females** | **12** | **13** | **14**  **Gymnastics-GK**  **Strength-GK** |
| **15**  **Unified Cheer-CEA** | **16**  **Dance-CEA**  **Cheer-CEA** | **17**  **Strength-JG** | **18**  **Gymnastics-GK**  **Females** | **19** | **20** | **21**  **Gymnastics-GK**  **Strength-GK**  **New Medicals Due** |
| **22**  **Unified Cheer-CEA** | **23**  **Dance-CEA**  **Cheer-CEA** | **24**  **Strength-JG** | **25**  **Gymnastics-GK**  **Females** | **26** | **27** | **28**  **Gymnastics-GK**  **Strength-GK** |
| **29**  **Unified Cheer-CEA** | **30**  **Dance-CEA**  **Cheer-CEA** | **31 No workouts** |  | October 2023 |  | **C:\Users\Owner\Desktop\Where Champions Train.jpg** |

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| November 2023 |  |  | **1**  **Gymnastics-GK**  **Females** | **2** | **3** | **4**  **Gymnastics-GK**  **Strength-GK**  **CEA Cheer Showcase (Addison, IL)** |
| **5**  *Daylight Savings Time*  **Midwest Cheer Showcase (Rosemont, IL)** | **6**  **Dance-CEA**  **Cheer-CEA** | **7**  **Strength-JG** | **8**  **Gymnastics-GK**  **Females** | **9** | **10** | **11**  **Gymnastics-GK**  **Strength-GK** |
| **12**  **Cheer**  **Nations Choice**  **(Madison, WI)** | **13**  **Dance-CEA**  **Cheer-CEA** | **14**  **Strength-JG** | **15**  **Gymnastics-GK**  **Females** | **16** | **17** | **18**  **Gymnastics-GK**  **Strength-GK** |
| **19** | **20**  **Dance-CEA**  **Cheer-CEA** | **21**  **Strength-JG** | **22**  **NO Workouts** | **23** | **24** | **25**  Thanksgiving Weekend  No workouts |
| **26** | **27**  **Dance-CEA**  **Cheer-CEA** | **28**  **Strength-JG** | **29**  **Gymnastics-GK**  **Females** | **30** |  | **C:\Users\Owner\Desktop\Where Champions Train.jpg** |

[**www.elitestars.org**](http://www.elitestars.org)

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | December 2023 |  | **C:\Users\Owner\Desktop\Where Champions Train.jpg** | **1** | **2**  **Gymnastics-GK**  **Strength-GK**  ***(Tentative)***  ***Cheer WSF***  ***(Louisville, KY)*** |
| **3**  ***(Tentative)***  ***Cheer WSF***  ***(Louisville, KY)*** | **4**  **Dance-CEA**  **Cheer-CEA** | **5**  **Strength-JG** | **6**  **Gymnastics-GK**  **Females** | **7** | **8**  **Santa’s Workshop**  **Gymnastics Meet** | **9**  **Santa’s Workshop**  **Gymnastics Meet** |
| **10**  **Santa’s Workshop** | **11**  **Dance-CEA**  **Cheer-CEA** | **12**  **Strength-JG** | **13**  **Gymnastics-GK**  **Females** | **14** | **15** | **16**  **Gymnastics-GK**  **Strength-GK** |
| **17**  **Superhero Gymnastics Meet**  **(Rockford, IL)** | **18**  **Dance-CEA**  **Cheer-CEA** | **19**  **Strength-JG** | **20**  **Gymnastics-GK**  **Females** | **21** | **22** | **23**  **Gymnastics-GK**  **Strength-GK** |
| **24**  **NO Workouts**  **Christmas Eve** | **25**  **NO Workouts** | **26**  **NO Workouts** | **27**  **NO Workouts** | **28**  **NO Workouts** | **29** | **30**  **NO workouts** |
| **31**  ***NY Eve***  ***No workout*** | **January 1** | **2** | **3** | **4** | **5** | **6**  **Holiday Party is NEXT SATURDAY, 1/13/24** |

**STARS HOLIDAY PARTY JANUARY 13TH, 2024**

**Fall 2023 Programs: Fee: Time: Location**

**Cheerleading *www.elitestars.org***

Sunday (9wks/18hrs) Female/Male Prepare Video 9:00-11:00 a.m. CEA- (Lauren/Patty & CEA Staff)

***UNIFIED/Adaptive Abilities-Invite Only***

Monday (16wks/24hrs) Female/Male $240/$195 if on gymnastics 7:00-8:30 p.m. CEA- (All Staff)

***Traditional Special Needs Cheer***

**We will be submitting videos for both Unified/Adaptive & Traditional Cheer to USA Cheer this season.**

**\*Unified/Adaptive Cheer team train August through October & Submit Video. If selected, practice will continue.**

**\*Traditional Cheer team will train end of August through April, unless the team qualifies for national and/or world events.**

**\*If one of our teams is selected, the National team will train & compete through April. We will elaborate more once we have information.**

**\*ICU 2024 World Championship is April 24-26, 2024**

**(The team that will compete in the 2024 World Championship is the team that will be selected by the coaches based on what division we are awarded, (if any) \*Team will compete in 4-6 competitions prior to Worlds in spring, approximately 1 per month.**

***If selected for the team you must commit to ALL competitions, practices & team fundraising events-this is the national team.***

**Dance**

Monday (15wks/15hrs) Female/Male $150 6:00-7:00 p.m. CEA- (Anna)

*$115 if in cheer or gymnastics*

**Gymnastics**

Saturday(13wks/19.5hrs) Female/Male Team $235 9:00-10:30 a.m. Gymkhana-GK (All Staff-Hanover Park)

Saturday Pre-Team (13wks/9.75hrs) Female/Male $130 9:45-10:30 a.m. Gymkhana-GK-(All Staff-Hanover Park)

Wednesday (16wks/32hrs) Female $400 (min 3) 7:00-9:00 p.m. Gymkhana-GK (Alyssa-Hanover Park)

**Strength Training**

Tuesday (15wks/15hrs) MAX 5 Female/Male $180 7:00-8:00 p.m. Jason’s Garage Gym-JG (Jason-Elk Grove Village)

Saturday (13wks/13hrs) Female/Male $130 10:30-11:30 a.m. GK (Mike-Hanover Park)

$115 if *on another STARS team, cheer or gymnastics gymnastics*

***Competition dates for all sports often change-so please check the web site often.***

***Checks payable to: PAT D’AVOLIO or Venmo Patricia Hermann @Patricia-hermann-0***

**Gymnastics/Cheer/Dance/Fitness: Patty Hermann: phermann@elitestars.org**

**Jacob Wade/Alyssa Konkel:** [**gymnastics@elitestars.org**](mailto:gymnastics@elitestars.org)

[**gymnastics@elitestars.org**](mailto:gymnastics@elitestars.org)[**dance@elitestars.org**](mailto:dance@elitestars.org)

[**cheer@elitestars.org**](mailto:cheer@elitestars.org)[**Skating@elitestars.org**](mailto:Skating@elitestars.org)

[**strength@elitestars.org**](mailto:strength@elitestars.org)

**Skating: Mike Jones:** [**Jonesmaj6@sbcglobal.net**](mailto:Jonesmaj6@sbcglobal.net)**,**

**Dance: Anna Maase;** [**dance@elitestars.org**](mailto:dance@elitestars.org)

**Strength & Power:** **Jason Domnanovich:** [**strength@elitestars.org**](mailto:strength@elitestars.org)

**Berry = Gymnastics**

**Red = Everyone**

**Purple = Cheer**

**Green = Skating**

**Blue = Dance**

**ELITE STARS TENTATIVE SCHEDULE OF EVENTS 2023-24 Subject to change\***

**August 2, 2023**

**2024**

Jan. 1 NY Day

Jan. 6 Workouts resume

Jan. 13 Elite STARS Holiday Party

Jan. 20 NCA Milwaukee Classic, (Milwaukee, WI)

*Feb. 3-4 CSG Championship (Schaumburg, compete both)*

Feb. 10--11 Perfect 10, Gymkhana, Bedford, IL (M/F)

Feb. 24-26 Great Western Gymnastics Meet (Schaumburg) (M/F)

Feb. Gymnastics Districts (Palatine, IL) Palatine HS

March 4-5 Viking Gymnastics(M/F) (Niles, IL)

March 9-10 Deep South Cheer Comp (Schaumburg, compete 2x)

March 10 Daylight Saving

March 17 St. Patrick’s Day

March 18-27 Trisome Games Antalya, Turkey

March 29 Good Friday

March 31 Easter

April 7 Xtreme Spirit Cheer Comp (Libertyville, IL)

April 24-26 ICU World Cheer Championships

May 12 Mother’s Day

May 27 Memorial Day

June 7-8 State Special Olympics (Bloomington, IL)

June 16 Father’s Day

June 26-30 USA Gymnastics for All (Minneapolis, MN)

July 4 Independence Day

July 10-14 STARS All Sport Camp (Hanover Park)

**2023**

Aug. 18-20 CEA Cheer Skills Clinic ***(Details coming through CEA)***

Aug. 27 Sunday Fall Unified/Adaptive Cheer begins.

Aug. 28 Monday Fall Traditional Cheer begins.

Aug. 30 Wednesday L3/4 Gymnastics begins.

Sept. 2-3 No practices Labor Day Weekend

Sept. 4 Labor Day - No practices Labor Day

Sept. 5 Tuesday Strength begins @ Jason’s.

Sept. 9 Saturday Fall Gymnastics/Saturday Strength begins.

Sept. 9 Gymnastics Parent Meeting (9a-Gymkhana)

*Warm up order/M & F uniform order*

Sept.8-10 Tootsie Roll Drive: Westmont/Willowbrook/Downers Grove

Sept. 11 Monday Dance begins.

Sept. 15-17 Tootsie Roll Drive: Palatine, Schaumburg/Hoffman Estates,

Glenview, Westmont/Willowbrook/Downers Grove, Rolling

Meadows/Arlington Hts.

NO Saturday PRACTICES Everyone out volunteering.

Oct. 1 Double Good Days, Kohls Childrens Museum (Glenview, 2-5p)

Oct. 21 Medicals due for all athletes expiring prior to January 2023

Oct. 31 No Workouts HALLOWEEN

Nov. 4 CEA Cheer Showcase (Addison, IL)

Nov. 5 Midwest Cheer Showcase (Rosemont, IL)

Nov. 12 Nations Choice Cheer Comp (Madison, WI)

Nov. 22 No Wednesday Gymnastics

Nov. 23-26 Thanksgiving Holiday Break-No Practices

Dec. 2-3 Cheer WSF (Louisville, KY) ***(TENTATIVE-looking for IL event)***

Dec. 8-10 Santa’s Workshop Gymnastics Competition -Gymkhana (F)

Dec. 17 Superheroes Gymnastics Comp (F) (Rockford, IL)

Dec. 24-25 Christmas Eve & Christmas Day

Dec. 31 NY Eve

Dec. 24-Jan. 5 Christmas & NY Break

* **Trisome T21 Games, Antalya, Turkey (3/19-26, 2024) open to individuals with Down Syndrome**

**Parents will be allowed to stay with their athlete in the village and pay the same package as them.**

******Fall 2023**

**Gymnastics Cheer**

**Dance**

**Strength & Power**

**Registration Form**

**ATHLETE INFORMATION:**

**Athlete's Name: (Last) (First) Female: Male:**

**Address: City: Zip:**

**Home Phone: ( ) Work/Cell ( ) Age: Date of Birth:**

**Special Ed Classification/Medical Diagnosis: Email:**

**Parent/Guardian Information: EMERGENCY INFORMATION:**

**Contact Person: Phone Number: Contact Person: Phone Number:**

**MEDICAL/BEHAVIOR INFORMATION:**

**Allergies: Medications: Behavior notes (if any):**

**Assistance required (please state specifics):**

**Appearance RELEASE:** *I hereby consent and agree that my child's name, face, image, and likeness, as shown in photographs, videos, and electronic media, may be taken and may be used in any form by ELITE STARS for lawful promotional and advertising purposes, free and clear of any claim on my part.*

**CONSENT & INSURANCE & WAIVER & INDEMNITY & EMERGENCY & PAYMENT**

*As Parent/Guardian of the above-identified athlete, or as the athlete myself, I hereby consent to the athlete's participation in the ELITE STARS program. I am fully aware of the risks and hazards associated with the sports chosen, including the risk that the athlete may suffer catastrophic injury, paralysis, or even death, and I voluntarily assume all such risks. I confirm that the athlete is covered by proper Health, Medical, and/or Accident insurance, which I consider adequate for both the athlete's protection and my own protection. In consideration of the athlete being allowed to participate in the ELITE STARS program(s), I, intending to be legally bound, on behalf of myself, the athlete, the athlete's other parent(s)/guardian(s), and our successors and assigns (collectively "my family"), hereby waive and release any and all right and/or claim for damages which my family may have against ELITE STARS program(s) and facilities (Gymkhana, Cheer Extreme Athletics, Jason’s Garage, Gigi’s Playhouse and additional sites as used by the program)or its officers, directors, employees, volunteers, and agents, for any and all losses, injuries, and/or damages that may be sustained and/or suffered by my family in connection with our association with the ELITE STARS program. I further agree on behalf of my family, to defend, indemnify, and hold ELITE STARS harmless from and against all claims, liabilities, costs, and expenses (including attorney's fees) for such losses, injuries, and/or damages. I hereby give my permission for Emergency Medical Treatment of the athlete by a qualified and licensed Medical Doctor if, after a reasonable effort has been made, I cannot first be contacted. I agree to comply with the ELITE STARS Payment Policy and the other policies and procedures as endorsed by the ELITE STARS. Inappropriate language, physical contact and all other inappropriate behaviors will cause removal from the program.*

*Signature: Date:*

*Parent/Guardian Name (please print):*

**Cheerleading/CEA Gymnastics/Gymkhana**

Sunday/Unified 9:00-11:00 a.m. \_\_\_\_ Saturday/TEAM$235 9:00-10:30 a.m. \_\_\_\_

*If interested, please email or call Patty***—invite only** Saturday/Pre-Team $130 9:45-10:30 a.m. \_\_\_\_

Monday/Traditional $240 7:00-8:30 p.m. \_\_\_\_ Wednesday/L3-4 Girls $400 (min 3) 7:00-9:00 p.m. \_\_\_\_

*$195 if on gymnastics*

**Dance/CEA**

**Strength Training & Power Program/Jason’s Garage Gym(JG)/GK** Monday/Modern/Hip Hop $150 6:00-7:00 p.m. \_\_\_\_

Tuesday (5 max) $1807:00-8:00 p.m. \_\_\_\_ (JG)

Saturday $130 10:30-11:30 a.m. \_\_\_\_ (GK) ***Competition dates for all sports often change-so please check the web site often.***

*$115 if on another STARS team* ***Checks payable to: PAT D’AVOLIO* or Venmo @Patricia-hermann-0**