







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		 <p><b>TRAINING FACILITIES</b></p> <p><b>Gymkhana Gymnastics &amp; Dance</b> (630) 483-0330 6622 Barrington Rd, Hanover Park, IL 60133 www.gymkhana.biz</p> <p><b>Cheer Extreme All Stars</b> (630) 543.3579 191 W. Factory Rd, Addison, IL 60101 www.cheerextreme.com</p> <p><b>Gigi's Playhouse</b> (847) 885-7529 2350 W Higgins Rd, Hoffman Estates, IL 60169 gigisplayhouse.org</p> <p><b>Jason's Garage Gym</b> (847)894-7929 912 Victoria Lane, Elk Grove Village, IL 60008</p>				
6	7				11	12
13	14				18	19
						
20	21	22	23	24	25	26
						
27 Unified Cheer-CEA	28 Cheer-CEA	29	30 Gymnastics-GK Females	31	<h1>August 2023</h1>	




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September 2023</b>					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 <b>Mandatory Volunteer Weekend</b> <b>KOC Tootsie Roll Drive</b> 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](http://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 <i>Double Good Day @ Kohls Childrens Museum (2-5p)</i>	2 Dance-CEA Cheer-CEA	3 Strength-JG	4 Gymnastics-GK Females	5	6	7 Gymnastics-GK Strength-GK	
8 Unified Cheer-CEA	9 <i>Columbus Day</i> 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 <b>New Medicals Due</b>	
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 	<h1>October 2023</h1>				

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2023</b>			1 Gymnastics-GK Females	2	3	4 Gymnastics-GK Strength-GK CEA Cheer Showcase (Addison, IL)
5 <i>Daylight Savings Time</i> 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 Thanksgiving Weekend	25 No workouts
26	27 Dance-CEA Cheer-CEA	28 Strength-JG	29 Gymnastics-GK Females	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 2023</b>					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 13<sup>TH</sup>, 2024**

Fall 2023 Programs:			Fee:	Time:	Location
<b>Cheerleading</b>					<a href="http://www.elitestars.org">www.elitestars.org</a>
Sunday	(9wks/18hrs)	Female/Male	Prepare Video	9:00-11:00 a.m.	CEA- (Lauren/Patty & CEA Staff)
<i>UNIFIED/Adaptive Abilities-Invite Only</i>					
Monday	(16wks/24hrs)	Female/Male	\$240/\$195 if on gymnastics	7:00-8:30 p.m.	CEA- (All Staff)
<i>Traditional Special Needs Cheer</i>					

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.*

<b>Dance</b>					
Monday	(15wks/15hrs)	Female/Male	\$150 \$115 if in cheer or gymnastics	6:00-7:00 p.m.	CEA- (Anna)
<b>Gymnastics</b>					
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)
<b>Strength Training</b>					
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 \$115 if on another STARS team, cheer or gymnastics gymnastics	10:30-11:30 a.m.	GK (Mike-Hanover Park)

**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](mailto:phermann@elitestars.org)

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

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

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

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

**Strength & Power:**

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

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

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

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

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

# ELITE STARS **TENTATIVE** SCHEDULE OF EVENTS 2023-24

## 2023

Aug. 18-20	CEA Cheer Skills Clinic <i>(Details coming through CEA)</i>
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) <i>Warm up order/M &amp; F uniform order</i>
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) <i>(TENTATIVE-looking for IL event)</i>
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

## Subject to change\*

August 2, 2023

Berry = Gymnastics  
Red = Everyone  
Purple = Cheer  
Green = Skating  
Blue = Dance

## 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)

- **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  
Registration Form  
ATHLETE INFORMATION:**

Gymnastics _____	Cheer _____
Dance _____	
Strength & Power _____	

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**

Sunday/Unified	9:00-11:00 a.m.	_____
<i>If interested, please email or call Patty—invite only</i>		
Monday/Traditional	\$240 7:00-8:30 p.m.	_____
	\$195 if on gymnastics	

**Strength Training & Power Program/Jason's Garage Gym(JG)/GK**

Tuesday (5 max)	\$180 7:00-8:00 p.m.	_____ (JG)
Saturday	\$130 10:30-11:30 a.m.	_____ (GK)
	\$115 if on another STARS team	

**Gymnastics/Gymkhana**

Saturday /TEAM	\$235	9:00-10:30 a.m.	_____
Saturday/Pre-Team	\$130	9:45-10:30 a.m.	_____
Wednesday/L3-4 Girls	\$400 (min 3)	7:00-9:00 p.m.	_____

**Dance/CEA**

Monday/Modern/Hip Hop	\$150	6:00-7:00 p.m.	_____
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