Practice Time!

We will be practicing at the North-side Gymnastic Academy twice a week. Saturday practices will start at noon and last until 1 p.m. Wednesday practices will start at 5:30 p.m. and last until 6:30 p.m. Our first practice is February 6th. Parents, please contact Coach Sara to set up an individual meeting prior to your first practice. At our first practice each child will be assigned a “buddy” to work with them at all practices. These buddies will help them learn new skills and help them out in whatever ways needed.

MAKING THE IMPOSSIBLE POSSIBLE

Adrenaline Explosion Cheerleading
Northside Gymnastic Academy
1317 Tom Ginnever
O’Fallon, Missouri 63366
Coach Sara: 636-443-9813
Adrenaline.coach.sara@gmail.com
Northside gym: 636-379-3599

Parents of children with special needs had heard so many “impossibles.”
“Will my child ever walk?”
“Impossible”
“Will they read?”
“Impossible”
“What about cheerleading?”
“Impossible”

NOT ANYMORE!

Adrenaline Explosion Cheerleading
Special Needs Squad
MISSION POSSIBLE.

(636) 443-9813
www.adrenalineexplosion.weebly.com
My name is Sara and I have started a competitive cheerleading squad for children with special needs in the St. Louis area.

I had been debating over that question for years. I never really knew. I had considered princess, a doctor, a mommy, and everywhere in between but didn’t find anything I really loved. Then one day I was flipping through a cheerleading magazine and saw a picture of a special needs cheerleading squad. I instantly knew what I wanted to be when I grew up. Having cheered five years, being freshman cheerleading captain and now on my school’s junior varsity team, I have always had a love for cheerleading. Growing up with a brother with autism has given me the opportunity to find my love for special needs children as well. I have found the opportunity to volunteer in numerous ways throughout the past few years working with children who have special needs. I wanted to combine my two loves and become a special needs cheerleading coach when I grow up. Then I considered an important fact, when exactly are you “grown up?” Why even wait till I grow up? I can make a difference now. Welcome to Adrenaline Cheerleading’s special needs squad where we plan to take the “im” out of “impossible” because we truly know anything is possible.

**Who Can Cheer?**

We will work with children of all disabilities in ages ranging from 5-18. Your child’s safety is our utmost concern and we will conduct an individual meeting with parents and coaches before your child begins to be sure we understand all of your child’s needs.

We have made it possible for children in wheelchairs and with walkers to cheer with us! No disability should stop a child from cheering, and we’re not going to let it!

We work with the abilities your child does have rather than focusing on the ones they lack.

**What Will It Cost Me?**

- Monthly tuition-$55
- Yearly gym fee-$35
- Uniform (includes shoes and bag)-TBD

We are looking for corporate sponsors to help offset the cost of uniforms and other misc. fees. Our goal is to keep the cost minimal for families. If you know of someone who might be interested in corporate sponsorship please have them contact Coach Sara.

**Why Should I Cheer?**

Adrenaline Cheerleading has many benefits including:

- It builds self-esteem
- It teaches teamwork
- It constantly introduces new, exciting skills
- It creates friendships and memories that last a lifetime
- It increases cognitive ability
- It increases hand-eye coordination and muscle tone
- It teaches patience and perseverance
- It’s good exercise
- It encourages challenging one’s self
- It’s so much fun!

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