

<p>With this original coupon, one per athlete. Not valid with any other offer. Expires 12-31-11.</p> <p>Evolution Training Center, LLC. 360 Milltown Road, Bridgewater, NJ 1-877-NJCheer</p> <p>Half Year Pre-Season Camp \$5 off</p>	<p>With this original coupon, one per athlete. Not valid with any other offer. Expires 12-31-11.</p> <p>Evolution Training Center, LLC. 360 Milltown Road, Bridgewater, NJ 1-877-NJCheer</p> <p>Dance outfit with paid dance team registration FREE</p>	<p>With this original coupon, one per athlete. Not valid with any other offer. Expires 12-31-11.</p> <p>Evolution Training Center, LLC. 360 Milltown Road, Bridgewater, NJ 1-877-NJCheer</p> <p>If 4 months of Tumble is paid in full \$5 off</p>	<p>With this coupon, New members only. Not valid with any other offer. Expires 12-31-11.</p> <p>Evolution Training Center, LLC. 360 Milltown Road, Bridgewater, NJ 1-877-NJCheer</p> <p>Fall Tumble Registration \$5 off</p>
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Fall Newsletter

The Evolution Training Center, LLC's Fall Newsletter is available to download online! Sign up for classes and evolve into a whole new you this year! Visit us online at: www.TheEvolutionGym.com for all things Evolution!

BE A part OF EVOLUTION!



EVOLUTION TRAINING CENTER, LLC
360 MILLTOWN ROAD
BRIDGEWATER, NJ 08807

★ See Our Ad In Clipper! ★

Evolution All Stars is open to girls and boys ages 4-18. Teams are still forming. Come check us out and see why Spirit Cheer, WSA, World Spirit Federation, Jamfest, and many more competition companies have awarded us first place!



Fall Newsletter 2011

Fall Schedule Inside

Volume 2
Issue 5

Evolution Training Center, LLC.
360 Milltown Road
Bridgewater, NJ 08807
908-450-0384
www.theevolutiongym.com



NEW Dance Competitive Team

Evolution is excited to announce a NEW dance competition team! Tryouts will be held on Wednesday, September 7 from 6 p.m.-8:30 p.m. The cost for the audition session is \$15 per athlete. Participants will be judged on dance and jump techniques and tumbling as well. Athletes that participated in the Summer Dance Camp will receive a bid to the Competition Dance Team. Teams will be formed based on age and ability, practicing two (2) days per week. Team practice begins on September 14. Practice will be held on Wednesday nights and Saturday practice 1 p.m. – 2:30 p.m. and 2:30 p.m.— 4 p.m. There is also a dance team tumble class at Noon– 1 p.m. on Saturdays. For more information or to register for tryouts, visit our website at www.theevolutiongym.com or call 908-450-0384.

Importance of Tumble Training

Serious athletes require continuous training in order to reach full potential. This includes the proper instructors, training and conditioning. Cheerleading requires the use of nearly every muscle in the body. Meaning each muscle needs to be built and developed for its specific use. Coming up with a routine is the key to sticking to a plan. Workouts on weekdays and weekends, combined with specific tumbling and stretching classes will aid in the growth of a cheerleader's skills and physical wellness. A successful workout plan can consist of attending two (2) or more tumbling classes per week, stretching daily, and a healthy balanced diet. Creating a complete workout plan and setting attainable goals will allow an athlete to be more focused during classes, and allow the athlete to complete strenuous competition routines with ease. **The fall schedule is attached and athletes can still register by calling 908-450-0384 or online at www.theevolutiongym.com.**

Half Year Spots

Half year competitive all star teams will begin pre season training starting on November 15, 17 and 22 from 6 p.m. till 8 p.m. and Saturday November 19 from 3 p.m. till 5 p.m. Evolution will be offering a pre-season camp instead of a formal tryout process. Teams are open to all boys and girls ages 18 and under. Athletes will be evaluated for team placement during the sessions. Tumbling, stunting, jumps, dance and motions, as well as age will be considered factors in team placement decisions. Candidates should dress comfortably in shorts, t-shirt, sneakers and socks. An informational Parent Meeting will take place on November 29 at 8:30 p.m. The cost for the entire pre-season training session is \$35 per athlete. All interested in half year candidates must attend 2 sessions, but may attend all sessions for the same price. Full year spots are still available for level 3-5 athletes. For more information call the Evolution Training Center at 908-450-0384 or online at www.theevolutiongym.com.

INSIDE THIS ISSUE

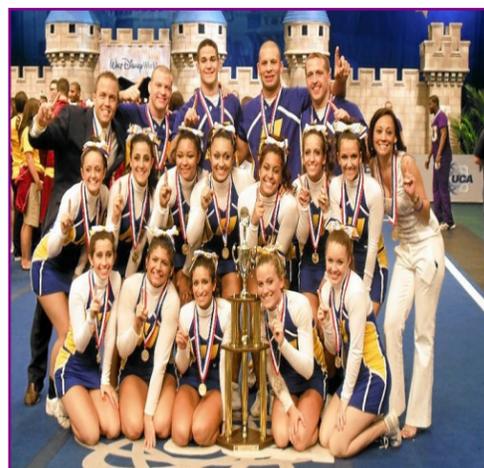
Kerri Schreiber Blo	2
Evolution in the BR Community	2
Summer Wrap-Up	2
EAS News	3
Good Luck Evo Seniors	3



Evolution to College National Champion

Kerri Schreiber is a great example of how hard work and determination can lead to an extremely successful and rewarding experience in college cheerleading. Prior to competing with the National Championship Division II, Small Co-Ed team at Hofstra University in the 2010-2011 season, Kerri tumbled and trained throughout her Bridgewater H.S. competitive years at Evolution.

She got her start in cheerleading, what preparing for tryouts and nationals was like, and some advice for future college cheerleaders: I cheered for four years and competed on Bridgewater-Raritan's Varsity Squad. It was a great learning experience for me and each year I loved it more after going to UCA summer camps and competing at UCA nationals. I figured out how much I loved to cheer and it prepared me for college cheerleading.



"Trying out for a national champion team was a little stressful at first because I knew that I was walking into a program with a lot of history and they had just won two national championships in a row. Before trying out, I had already gone to a few practices at Hofstra during my senior year of high school so I got to know the team and coaches before even committing to the school. For all high school seniors graduating and other high school cheerleaders interested in cheering at the college level my advice would be to keep working on your skills and never settle. If you are comfortable with what you have, remember that there will always be someone trying out who has more. Always set goals for yourself and don't give up! Also, if you are interested in one particular cheering program, or if you're not sure which school you want to go to, contact the coach before tryouts and ask to sit in or participate in a practice. Go to any clinic that the coach offers so that you can get to know the coach and team. Every coach has a different coaching style so you want to figure out which school meshes best with the way you learn."

Stepping it Up...and Stepping Out!

In January, Evolution began an incredible new partnership with the Bridgewater Recreation Department. Initially focused on being able to offer Bridgewater and Raritan Township residents special access to our tumbling and cheer programs as well as a place to host new Recreation programs (great success!), it turned out to be something much, much more. On February 19, Evolution launched with BR Recreation an unprecedented event titled "Club Night Evolution." Over 100 7th and 8th grade students from our B-R played Laser Tag, Human Hamster Balls, Booger Wars, a Video Van Theatre, Just Dance contest, DJ, raffles and ate hot dogs for three hours. These events have been so well received that Bridgewater Recreation added a 6th grade Graduation Celebration on June 17 and has already scheduled twelve new dates for various age groups for the 2011-2012 school year.



Summer Wrap-Up

Evolution was the place to be this summer to advance your tumbling and stunting skills! The summer kicked off with the General Skills Camp in June. Athletes will worked on jumps, tumbling, stunting, motions/dance, and arts & crafts! In July, Pat Wedge, a three-time UCA National College Partner Stunt champion conducted a three day stunt camp. The morning session was reserved for rec/pop warmer athletes and the afternoon session for the high school athletes. Pat taught fundamentals, the proper stunting technique and advanced stunting skills. Athletes perfected tumbling skills and advanced new skills at Evolution's Tumble Camp in late July. Standing, pass, and jump to tumbling skills were worked on throughout the camp. For more information on any of these camps for next summer visit our website at www.theevolutiongym.com.

Graduating HS Seniors at Evolution

The graduating class of 2011 is as unique in plans for the future as they are with how they began their days at Evolution. Each athlete describes their start with Evolution and their future plans after graduating high school. Some of the athletes are Evolution All Star team members and others are graduating from a high school tumble program, either way they are all family and all going to be missed very much. Best of luck to the class of 2011!

Katie Teeling: I started tumbling there with my sister, Liz about ten years ago. She used to take privates then we started taking classes. My mom heard about them by word of mouth. They had a good reputation. I'm going to St. Joseph's University in the fall and I'll be cheering there as well.

Luke Phillips: I started teaching gymnastics at Shields Gymnastics when I was 14 and taught there until I was 17. My parents brought up a good point that I wasn't done learning all this time I was teaching and should have been learning more. After realizing this, I really wanted to learn more. I didn't know what to do or where to go so I talked to my friend's mom, Dot Scarpa and she said I should get evaluated at Evolution. I was right away placed with higher skills but had a lot to learn and Coach Mike put me under his wing and on his team. Next year, I will be attending Hofstra University and cheering on the coed team there which I'm psyched about because they are a 6 time national winning team.

Cattyn Toth: Eight years ago, I started tumbling at motion gymnastics where Cheer Academy used to practice and I wanted to join. Cheer academy then became Evolution. Next year, I'm going to Mercer Community College (MCC) for architecture and fire science combining my love for volunteering with my major. After two years I'm going to UNC at Chapel Hill to continue in my major and hopefully cheer for the Tar Heels. While at MCC, I plan on junior coaching at Evolution and participating in tumbling classes.

Emily Sella: I started tumbling with my high school team at Evolution and I also did private lessons with Coach Joe. He invited me to join the team and I competed with them for two years. I plan on attending Monmouth University next year.

Courtney Klauber: I started tumbling when I was a freshman because my younger sister was on the gold team and it looked interesting. Then sophomore year I tried out and was on the Jr. 3 team. My plans for college are to attend Rowan University and major in public relations and I'm trying out for their cheerleading and plan to cheer for football.

Emily Zemlachenko: I started going to Evolution is 7th grade, as a couple of my friends and I made the transition from Shields All Stars to Cheer Academy All Stars. We saw a lot more progress in our tumbling at Evolution after the transition, and we continued to train there ever since. I'll be attending Rutgers University this fall, and just recently made the all-girl competition squad there. I plan to study exercise science and entrepreneurship because I'd love to follow in the footsteps of Coach Mike, and open my own cheerleading gym and training facility.

Kristina Petrino: I started tumbling at Evolution when I was little and just started cheerleading and the gym was cheer academy. I started cheering at Evolution my junior year when coach mike gave me an opportunity to try out and be on the team. I'll be going to University of Pittsburgh studying Business and I will be cheering there too.

Katie Gacos: I started tumbling when it was still Cheer Academy in 2006 to gain the necessary skills to make my high school cheerleading team. In 2009, when I FINALLY got my tuck, Coach Mike asked if I wanted to practice with the Senior 4 team which ended up with me joining the team. I cheered for Cheer Academy/ Evolution for three years and loved every second of it. I'll be attending the University of Alabama where I plan to study Exercise and Sports Science. I won't be cheering there but hopefully playing rugby.

Evolution All Stars

The Evolution All Star team evaluations were held in early May and the talent among the athletes was tremendous. EAS was able to field four full year teams! This is how the teams broke out for the 2011-2012 season:

Tigers, Sm. Youth Lv. 2: Head coached by Tiffany McIntyre and assisted by Ryann Tredeau and Vicki McKay.

Pumas, Sm. Junior Co-Ed Lv. 3: Head coached by Rita Woodring and assisted by Tiffany Pukas.

Sabers, Sm. Junior Lv. 4: Head coached by Steve Cooper and assisted by Michelle Hoff and Adriana Clayton.

Panthers, Lg. Senior Co-Ed Lv. 4: Head coached by Michael Drulis and assisted by Stephanie Londono and Joe Toth.

Please call Evolution Training Center at 908-450-0384 for more info!



Banquet Wrap-Up

Friends and families of the EAS athletes and coaches gathered together one last time for the 2010-2011 season on Saturday, April 30. The athletes were eager to show off the skills they had competed all season long as well as new skills that were being worked in practice. The banquet highlighted the outstanding work of the athletes and coaches, including graduating seniors. Awards included, Tiffany McIntyre for Head Coach of the year and Staff Choice and Stephanie Londono for Rookie Head Coach of the year.