

SYNERGY

2025-2026

Remind App will be used for Tumbling Competitions and all Cheer Teams information

Step 1: Text 81010

Step 2: in message box write the following:

*Competition tumbling @mandiste

*All Star Cheer @mandistef

*Diva Cheer @synergydiv

*Darlings Cheer @synergydar

*Mini Cheer @synergymi

NO CLASS DAY'S

FALL BREAK OCTOBER 20-22

THANKSGIVING NOVEMBER 26-28

CHRISTMAS BREAK DECEMBER 22-

JAN 5

FEB 16TH WASHINGTON

SPRING BREAK MARCH 30-APRIL 3

LAST DAY OF CLASS APRIL 30TH

CALENDAR LINK HERE

CHEER COMPETITIONS

MARCH 14th

@RICHFIELD

April 30th End recital

All Star Only Lagoon May 16th

Tuition Policy

1. Credit card will be mandatory on file
2. Auto Pay will be processed 10th of each month
3. You can pay anytime cash or check before 14th.
4. Late fee of \$5.00 will be applied after the 15th of each month.
5. One time \$25 registration fee
6. Sibling Discount is \$5.00 on each additional student after the 1st one.

Tumbling Competitions

JANUARY 24TH DELTA

FEBRUARY MESQUITE

MARCH GUNNISON

APRIL STATE SALINA

\$50 PRELIMINARY MEET

\$60 STATE

FEE'S DUE 2 WEEKS BEFORE

NEW COMPETITION LEO WITH

SHORTS \$110.00

CHALLENGE

"JUMP FOR JOY!"

THIS MONTH, WE CHALLENGE ALL OUR ATHLETES TO PERFECT THEIR TOE TOUCH!

- FILM YOURSELF AT THE START OF THE MONTH DOING YOUR BEST TOE TOUCH.
- PRACTICE AT LEAST 3 TIMES A WEEK FOCUSING ON HEIGHT, FORM, AND POINTED TOES.
- AT THE END OF THE MONTH, RECORD YOUR NEW JUMP AND SEE THE DIFFERENCE!

💡 BONUS: POST YOUR BEFORE-AND-AFTER VIDEOS ON INSTAGRAM OR FACEBOOK WITH # [YOURGYMNAME]JUMPCHALLENGE FOR A CHANCE TO WIN A FUN PRIZE!

2025 GYM UPGRADES
WE ARE SO EXCITED TO ADD A NEW
ROD FLOOR
TO OUR GYM EQUIPMENT.
GOODBYE HEAVY SKI FLOOR FROM
THE 1970'S

Leos and Cheer Uniforms

Tumbling Leo Order Form [HERE](#)

Cheer Uniform Order form [HERE](#)

Your paragraph text

Fundraisers

LITTLE CAESARS

Coach Mandi Message

We're flipping into the new season with big smiles, strong skills, and unstoppable spirit! Our athletes have been working hard on perfecting their technique, building strength, and showing incredible teamwork. Whether you're mastering your first cartwheel, nailing that back tuck, or adding a little extra sparkle to your cheer, every step is worth celebrating.

Let's keep bringing the energy, encouraging each other, and pushing for new personal bests. This year, let's jump higher, tumble cleaner, and cheer louder than ever before—because together, we make magic happen!

Tumbling Trivia:

What is the gymnastics term for a round-off directly connected into a back handspring?

- A) Whip Back
- B) Round-Off Back Handspring
- C) Arabian
- D) Kip

Blog Post

Teaching Proper Technique and Body Shaping.
August 9, 2025

Why We Compete
August 9, 2025