



WELCOME TO THE FIRE & ICE FAMILY

Fire & Ice Athletics is a proud member of USAG and Brown Girls Do Gymnastics along with these two amazing organizations we are striving for more diversity and inclusion in the sport of gymnastics at all levels. Fire & Ice Athletics acknowledges that there is a need and desire for young athletes for a place where they are able to be accepted for who they are, from their hair, their styles, and their natural bodies. Our goal is to have a place for young girls to be themselves without having to deal with the pressures of being bullied, unaccepted, and excluded. We are excited to have you as a part of our growing family and we hope you are ready for a fun time! It will be a fun ride as we "Bring the Heat and Cool down the Competition!"

APRIL BIRTHDAY'S 2023



Rylen Mayhew
LaKiyah Adams

Ariella Rowe
Ryenn Thomas

UPCOMING DATES

April 1st
All Gym Tuition Due

April 3rd
Team Practice
Welcome New Team

April 7th
Team Easter Party

April 10th - 13th
Team Parent Meeting 6pm

April 15th
Team Competition Fees Due

April 20th - 24th
No Team Practice
Regional Competition
Minnesota

April 20th
Recreational Practice Open

Important Information

Private lessons

Your gymnast has learned her routines and needs help cleaning it up to earn great scores at Regionals, and Nationals. Sign them up for a private!

Privates with Mrs. Keshia are \$50/hour for 1 gymnast and \$20/hour for each additional gymnast. Privates are the best way to clean up routines and get higher scores!

Team Parent Meeting

Fire & Ice Athletics will be having a parent meeting next week. This is mandatory as you only have to attend one of them for introduction and questions you may have as parents.

This meeting will be held in the back room Monday through Thursday at 6pm. Please do not be late as we want to make sure that all questions are addressed and answered.

~BOOK NOW~



HAPPY BIRTHDAY

No Birthday Party is a true Party unless you have it at Fire & Ice Athletics! Let us host your child's next birthday celebration! Choose from various Party Packages and Themes

Glow Party
Gymnastics Party
Nerf Party
Laser Tag
Movie Night
or rent out our party room

Contact us at 816-256-8402 to get your party scheduled

Booster Club

This year we have begun Booster Club for the team gymnasts. If you want to be apart of Booster Club, let us know.

Late Payments

Recreational and Team payments are considered late on the 5th of each month. You will be charged a late fee of \$20.

Team Competition fees are due on the 15th of each month. You will also be charged a late fee if payment is placed on the next business day of \$20.

Message from Mrs. Keshia

March was a GREAT Month!! We took 13 gymnasts to State, we will take 2 to Regionals and Nationals is in June! I am super excited to say we have DOUBLED our Competitive Team! This makes me feel amazing as a coach and business owner. As I have said before and I will say again. Fire & Ice would not exist without you all trusting me and growing with me! As Summer approaches get prepared for all the camps, activities and Parents Night Out!! It is unreal how awesome you all are! Lets keep being amazing and putting this place on the Map!!