

# ELEMENTS NEWS

THE OFFICIAL NEWSLETTER OF ELEMENTS ELITE CDT



## KETTERING U14'S STORM SURGE

A brand-new team at Elements Elite Kettering is already making an incredible start to their season. The U14 Storm Surge team, made up of 16 enthusiastic athletes, are going from strength to strength as they train together and build both skills and friendships.

Only a few months into the season, the team's bond is already shining through. Coaches have been delighted to see new friendships forming and the athletes supporting one another both on and off the mat — a true reflection of the teamwork and community spirit at Elements Elite.

Storm Surge will be competing in the Prep Level 1 division this year, showcasing the strong foundations they've been developing in stunting, tumbling, and performance. The team is currently halfway through their choreography and are eager to get back in the gym to finalise their routine.

With their determination, teamwork, and growing confidence, Storm Surge are set for an exciting season ahead — one filled with energy, progress, and plenty of cheer spirit.



## HALLOWEEN FUNDRAISER

A huge thank you to everyone who joined us at our Halloween fundraisers in both Kettering and Bedford! Your support, enthusiasm, and spooky spirit made both events a fantastic success.

Together, we raised £154 towards the purchase of new mats for our athletes — an amazing step forward in helping us create a safer and more supportive training environment for all our teams.

## COACHES CORNER

A Note from Lead Coach Kristen

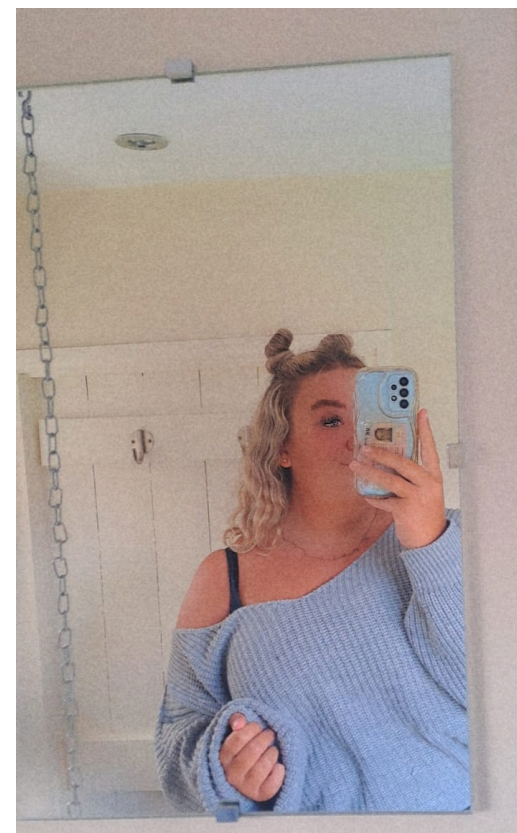
I'm incredibly impressed by all the athletes in cheerleading this month!

The dedication, energy, and teamwork on display have been truly inspiring. From perfecting challenging stunts to hitting every motion with precision and spirit, these athletes show just how much skill and discipline cheerleading takes.

Their positivity and perseverance shine through every performance, reminding everyone that cheerleading is not only about athletic ability but also about passion, trust, and unity.

I have had the pleasure with assistant coaching with 2 different teams so far. I am so impressed with how all our athletes have picked up their new choreography this year.

With the new choreography comes new challenges and all the girls have thrown all of their passion and energy into learning these new routines.



## ATHLETE OF THE MONTH - ELSIE!

Elsie has been recognised as our Athlete of the Month for October for truly demonstrating our value of Be Willing To Try. Elsie always approaches training with a positive attitude and a readiness to give everything a go — even when it's challenging. She's been working hard both in class and at home, and her bridges have improved so much this month.

Her confidence to step outside her comfort zone and keep trying has really helped her shine in her class. We're so proud of her progress and can't wait to see what she achieves next.

Please see your team coach for your prize.

# NOVEMBER FLEX CHALLENGE

READY TO TAKE YOUR FLEXIBILITY TO THE NEXT LEVEL? THIS MONTH, WE'RE FOCUSING ON ACHIEVING — OR IMPROVING — YOUR HEEL STRETCH ON BOTH LEGS!

📷 TAKE A PHOTO ON DAY 1 OF YOUR HEEL STRETCH ON EACH LEG (DON'T WORRY IF YOU CAN'T HIT FULL EXTENSION YET!)

📷 TAKE ANOTHER PHOTO AT THE END OF THE MONTH TO SEE HOW MUCH YOU'VE IMPROVED!

IN WEEK 1, WE'LL START WITH THE BASICS. TRY TO TOUCH YOUR TOES AND HOLD FOR 20 SECONDS, THEN DO A LUNGE STRETCH WITH ONE KNEE ON THE FLOOR FOR 20 SECONDS ON EACH SIDE. NEXT, HOLD YOUR FOOT BEHIND YOU IN A QUAD STRETCH FOR 20 SECONDS EACH LEG, AND FINISH WITH A STRADDLE STRETCH FOR 30 SECONDS.

DURING WEEK 2, KEEP DOING ALL OF YOUR WEEK 1 STRETCHES AND ADD SOME WALL SPLITS, HOLDING FOR ABOUT 20 SECONDS. YOU CAN ALSO START LIFTING YOUR LEG WITH A BAND OR YOUR HAND TO PRACTICE YOUR HEEL STRETCH, HOLDING FOR 10 SECONDS ON EACH LEG.

IN WEEK 3, IT'S TIME TO WORK ON BALANCE! KEEP UP YOUR STRETCHING, AND TRY HOLDING YOUR HEEL STRETCH FOR 10 SECONDS ON EACH LEG. PRACTICE BALANCING ON ONE LEG FOR 20 SECONDS TO HELP WITH CONTROL AND STABILITY.

FINALLY, IN WEEK 4, IT'S YOUR TIME TO SHINE! PRACTICE YOUR FULL STRETCH FIVE DAYS A WEEK AND FOCUS ON KEEPING YOUR LEGS STRAIGHT, TOES POINTED, AND STANDING TALL.

ALWAYS REMEMBER TO WARM UP BEFORE STRETCHING, TAKE YOUR TIME, AND NEVER BOUNCE. TRY A LITTLE BIT EVERY DAY — SMALL STEPS MAKE BIG PROGRESS! WE CAN'T WAIT TO SEE YOUR AMAZING IMPROVEMENTS, SO DON'T FORGET TO TAKE YOUR BEFORE AND AFTER PHOTOS ON BOTH LEGS!

## OCTOBER CHALLENGE WINNER



CONGRATULATIONS TO KAYLEIGH FOR HER INCREDIBLE EFFORT IN OUR OCTOBER CHALLENGE! YOU'VE WON YOURSELF A SPARKLY ELEMENTS ELITE TSHIRT!

PLEASE SEE YOUR TEAM COACH FOR YOUR PRIZE!



## DATES FOR THE DIARY



*Let's go  
Girls*



ELEMENTS ELITE PRESENTS  
*Family Fun  
Rodeo Disco!*

FRIDAY 28<sup>TH</sup> NOVEMBER  
7:00PM TILL LATE  
RUSSELL PARK CLUB,  
BEDFORD MK40 3ND



TICKETS £4 PER PERSON  
RAFFLE • DISCO • GAMES

ALL MONEY RAISED WILL GO TOWARDS OUR INTERNATIONAL TRAVEL TEAM  
ATTENDING UCA IN MARCH 2026

AVAILABLE TO PURCHASE AT [WWW.ELEMENTSELITE.CO.UK](http://WWW.ELEMENTSELITE.CO.UK)

