

Gym Tuition:	\$1,200
Competition Fees:	\$600
Uniform, Bag, Makeup, and Booster Club Fees:	\$450

Seeing the look on your daughter's face
after fulfilling a lifelong dream...
PRICELESS!



Thrilling, exciting, rewarding; these are only a few of the adjectives that best describe our family's two year experience with the Gold Medal All Stars. From the facilities at Daggett Gymnastics, to the individual preparation from coaches Amanda and Pat, it is beyond the best. If your son/daughter is looking to enroll in competitive cheerleading, GMAS (Gold Medal All Stars) is the right choice.

Our daughter, Meredith, was born to be a cheerleader. She started to cheer in a youth league for our town when she was in third grade. From day one she loved it. As she matured, her enthusiasm for the sport never diminished.

Each year in addition to regular cheer practices, Meredith would also spend individual time at Daggett Gymnastics, working to add to her tumbling repertoire. As a freshman in high school, 'Mere' made the Varsity cheer team. While she was happy to be a team member, restrictions and lack of competitions were not enough to fulfill her competitive drive. In August of 2005, and just before entering her Junior year of high school, 'Mere' was working out at Daggett's and noticed another group of girls being coached on tumbling drills. After inquiring about the group, she was asked to be part of an All Star team that was forming. Being that they trained at Daggett Gymnastics, owned by Tim Daggett (a U.S. Olympic Gold Medal champion) the team would be called the Gold Medal All Stars.

Meredith continued to cheer with her high school team, but now also trained every Wednesday and Sunday night with GMAS. On several occasions I would go to watch them practice, sometimes filming the evolving routine. I would also attend monthly booster club meetings and assisted with fundraisers. That first year, eight girls finished the initial competitive season. Although not winning any meets, the groundwork was laid for future successes. A very nice banquet was held to celebrate that first year.

As season two approached, the goal was to get bigger... and better. Tryouts were held and the team doubled in size. Talented young ladies from all over Western Mass and Connecticut came together as one cohesive group. Amanda and Pat would train, polish and perfect this group into one cohesive 'TEAM'. A busy fall competition schedule served to improve the team's skills and comfort with competing in a variety of venues. Plans were made by the coaches and Booster Club parents to finish the season in Hershey, Pennsylvania.

At winter competitions in Springfield, at Mohegan Sun Arena and Westfield State College, the team inched closer to perfection. Just before the final competition in Hershey, the team was scheduled to compete at Jamfest. This national competition was held at the nearby Mass Mutual Center in Springfield. This two day event had teams from all over the east and Nova Scotia in attendance. The

girls from GMAS were growing in confidence, and after Day 1 they were in 2nd place. They knew that they had a chance to win, but would have to have a near-perfect performance to do so. Their routine had many difficult stunts, all of which they did very well on Day 2.



As the awards for 5th, 4th, and 3rd place were called out, the GMAS girls anxiously awaited to hear their fate. When the announcer did not call their name again for 2nd place, they (and we) screamed. For the first time the Gold Medal All Stars were National Champions! All of their hard work had paid off. The team reached the 'Top of the Mountain' in just its' sophomore season. Much credit needs to be given to coaches Amanda and Pat.

One final competition, The Hershey Park Open Championship was left. Mothers' day weekend in Pennsylvania was the setting for the last time on the mat for this years' GMAS team. I thought that this was the perfect place to end the season.



After all, kids, amusement parks, shopping and competition all held in the

Chocolate Capital of the World... What could be better? Teams from all over the country including California competed for greatness. The level of competition was high, and the GMAS girls performed well. This time they would finish in a very respectable 2nd place. The many family members that had accompanied the team to Hershey were very pleased. After the competition, family time was spent at the Hershey factory, Hershey Park and shopping, making this a mini vacation.

An Awards Banquet again followed this 2nd GMAS Season. This evening of



trophies and reflection was both happy and sad. This team had finished 1st and 2nd in its' final two national competitions and accomplished much. But this would be the end for some, like our daughter Meredith, and the finality of the moment was upon all of us. Many lasting friendships were forged by

teammates and parents. I will not soon forget the effort and achievement of this team and coaches. The hard work, the many hours of practice, the injuries (especially Sarah). One team working for one common goal. Simply Outstanding!

I would highly recommend for those who are willing to make the commitment- to consider being part of the 'Gold Medal All Stars'. My experience was very positive as a parent. The coaches are both knowledgeable and talented. Amanda and Pat for a dynamic duo to produce the highest results. They are both demanding and compassionate. They will challenge your Son/Daughter to be the very best they can be. They also work very well together in assessing and building a 'TEAM'.

Finally, understand that you do not have to be a great cheerleader now, or have all of the individual skills to join. What you do need is DESIRE. You have to

really want it. Amanda and Pat will bring out the best competitive cheerleader that you can possibly be. GOOD LUCK!

Forever a Grateful GMAS Parent,
Jeff Rufo – Class of 2007