MB THOMPSON HEART & SOUL AWARD

In January 2020 we lost an important part of our team to cancer. Mary Beth Thompson put her heart & soul into CheerExpo; working at the event for 14 years and competing at the event before/during that as a member of Prince Arthur Junior High, Dartmouth High School, Extreme Athletics Rage, Dartmouth Cheer Force Heat and Extreme Athletics Devils. She also volunteered for Cheer Nova Scotia as a board member and helped at many other local events.

We are honoured to award the *MB Thompson Heart & Soul Awards* annually to commemorate her spirit and dedication to CheerExpo and east coast cheerleading as a whole.

Each PROGRAM competing at CheerExpo will select an individual that embodies the Heart & Soul of your program. Winners will be announced at CheerExpo and each recipient will receive their own full-size banner.

How you decide whom to award is up to you. It doesn't have to be the strongest/star athlete or the one on 3 teams who also coaches 3 teams (although it could be). It does not have to be an athlete at all…it could be a team Mom or an unbelievable fan who makes uniforms for the entire team, etc. Pick someone who is dedicated to the program, loves the sport and wants to help make things awesome for everyone. Again, this is per program, not per team. If you have one team competing, you will select one person. If you have 13 teams competing, you will select one person.

Our emcee will explain the MB Thompson Heart & Soul Award and then announce all programs in alphabetical order and their recipient. i.e. For Acadia University – the award goes to Suzy Tumblebutt! For Ascension Collegiate the award goes to Sarah Stuntsalot! etc. Recipients will come up to the floor when called to receive their award and remain there for a group photo once everyone receives their banner.

!!!!! IMPORTANT!!!!! We will need the name of the recipient for your program by **Wednesday March 12th**. Please email the name of your program and the name of the recipient to klemieuxd@gmail.com (same email address as the music)