

# *All Star Handbook*



**INDIVIDUAL PLACEMENTS**

**MAY 28-31, 2024**

**LEVEL WORKOUTS**

**JUNE 3-13, 2024**

*[www.EliteHeatBuffalo.com](http://www.EliteHeatBuffalo.com)*

# Team Placement 2024

## INDIVIDUAL PLACEMENTS

**MAY 28-31**

All athletes sign up for ONE time slot on ONE day\*

**8 & under**  
4:30 or 5:00pm

**9-12 years old**  
5:30, 6:00 or 6:30pm

**13 & older**  
7:00, 7:30, 8:00 or 8:30pm

*\*Tryouts will involve tumbling, jumps, dance, flexibility, and a fitness evaluation*

### To sign up for Team Placement, follow these steps:

- ✓ Go to EliteHeatBuffalo.com, click on "Sign up for Placements"
- ✓ If you are new to Elite Heat, create a Parent Portal and a Student Profile
- ✓ Select ONE 30-minute time slot on May 28-31  
\*\*Be sure to select the correct time slot for your child's age
- ✓ Complete all Placement Packet forms and bring them with you to your Placement

## LEVEL WORKOUTS

**JUNE 3-13**

Athletes will be invited to a level based on tumbling and experience level. Workouts will be an opportunity for athletes to stunt and tumble at their expected level to determine what level will be the most beneficial to the athlete and the team

## TEAM REVEAL

**JUNE 14, 2024**

All placements will be announced at our Elite Heat team reveal on June 14

- ⇒ If you cannot attend placements on the above dates, please email us at [eliteheatcheer@gmail.com](mailto:eliteheatcheer@gmail.com) to schedule a private placement.
- ⇒ All athletes will be placed on a team.

# Team Placement Process

At Elite Heat, we have a team for everyone! During Individual Team Placement, each athlete will perform jumps, stunts, a dance (that they will learn ahead of time), and tumbling. After individual placements, we will assign each athlete to a level appropriate practice session for 2 weeks. At the end of this 2-week session, we will host a team reveal on June 14. We have All Star opportunities for athletes of ALL SKILL LEVELS. Teams will be created based on the following factors:

1

## AGE GROUP

An ideal team is created of athletes at the top of the age group, so that they compete at a level playing field with other athletes of the same age. Flyers are often the exception to this rule based on the age grid rules (see below) \* Note: level 1 is level 1, Y1 is not higher than M1\*

2

## JUMPS/TUMBLING

Each level in All Star cheer requires multiple tumbling skills. We will create teams with athletes that can perform all of the skills at their level, with excellent execution. Jumps are an important part of the scoresheet and must be performed with height and technique.

3

## STUNTS/STRENGTH

When creating a team, we need to field a roster with a certain number of bases, backspots, and flyers. We will look at strength, experience, confidence, endurance, and an understanding of stunting skills.

4

## ATHLETE CONDUCT

A strong work ethic, coachability, respect, communication, and self-awareness are all important qualities that we are teaching throughout the season, and looking for in our athletes. For current Elite Heat athletes, we will take conduct in previous seasons into consideration.

# Level Appropriate Skills

Athletes should demonstrate a mastery of the skills at their level. We believe that athletes should spend a minimum of 2-3 years competing at a level before progressing to the next competitive level. There are exceptions to this, however most of the time we find that this is the most successful way to build confident athletes and competitive teams.

## LEVEL 1

### STANDING TUMBLING

- \* Forward Roll
- \* Cartwheel
- \* Front Walkover
- \* Back Walkover
- \* Switch Leg BWO
- \* Valdez
- \* Double BWO

### RUNNING TUMBLING

- \* Cartwheel Double Back Walkover
- \* Front WO Cartwheel BWO

## LEVEL 2

### STANDING TUMBLING

- \* Standing BHS
- \* BWO BHS
- \* BHS Step out BWO BHS
- \* Valdez BHS

### RUNNING TUMBLING

- \* Roundoff Double BHS
- \* FWO Roundoff BHS

## LEVEL 3

### STANDING TUMBLING

- \* Standing 3 BHS
- \* Jumpto 2 BHS
- \* BHS Step out 2 BHS

### RUNNING TUMBLING

- \* Roundoff BHS Tuck
- \* FWO Roundoff BHS Tuck
- \* Front HS Punch Front
- \* Aerial

## LEVEL 4

### STANDING TUMBLING

- \* Standing Tuck
- \* BHS Tuck
- \* HS Stepout Tuck
- \* Toe Touch HS Tuck

### RUNNING TUMBLING

- \* Roundoff BHS Layout
- \* Roundoff Whip BHS Tuck
- \* Front Through RO HS Layout
- \* Cartwheel Tuck

## LEVEL 5

### STANDING TUMBLING

- \* BHS Layout
- \* BHS Whip BHS Tuck
- \* Toe Back

### RUNNING TUMBLING

- \* Roundoff BHS Full
- \* Front Walkover RO BHS Full
- \* RO Whip HS Full

## LEVEL 6

### STANDING TUMBLING

- \* BHS Full
- \* Standing Full
- \* 2 BHS Double Full

### RUNNING TUMBLING

- \* Specialty to Full
- \* RO BHS Double Full

## AGE BRACKETS

All Star is divided into several age groups. The most competitive teams are formed by placing athletes in the most age-appropriate divisions.

Division	Eligible Birth year	Typical Ages
Tiny Novice	2017-2021	3-5 years
Tiny	2017-19	6-7 years
Mini	2015-2018	8-9 years
Youth	2012-2017	10-12 years
Junior	2009-2016	12-15 years
Senior	6/1/05-2012	14-19 years
Open	5/31/07 & before	18 & older

## WHAT TO EXPECT AT PLACEMENT

During placements athletes will be asked to showcase their tumbling, jumping, physical fitness and dance skills. Coaches will be present to explain, answer questions, and encourage. Athletes should perform skills that can safely execute, there is no pressure to do something that they are uncomfortable doing.

## HOW TEAMS ARE CREATED

Teams will be created with a consideration for age, skill level, and athlete conduct. Teams may not be created in the same way that they were in past seasons. Certain teams may need to fill spots in stunts with athletes who do not tumble at the level. In the same way, some athletes may also be placed on a team to tumble that do not yet have the stunting skills.

Every athlete is placed on the team for a reason. The staff takes in all factors when creating teams, and we ask that you trust us in this process. Our number one priority is the individual child, with a balance for the success of the team as a whole. Our desire is to give every athlete in our program a positive, enriching experience.



# All Star Programs

## RED PROGRAM

The Red Program is designed for athletes who are learning the fundamentals of competitive cheer. They will get the amazing experience of All Star, with less travel, and a major focus on developing all of the foundational skills of the sport.

## BLACK PROGRAM

The Black Program is very similar to the traditional All-Star experience that we have offered over the years at Elite Heat. These athletes will practice 2x a week June – April, compete 7-8 times locally and regionally, and will have the opportunity to earn a bid to the Youth Summit in Tampa or the Summit in Orlando, Florida.

## GOLD PROGRAM

The Gold Program is designed for athletes who want a highly competitive experience in All Star cheer. These teams will practice 2x a week Jun - Aug and 3x a week Sept – April. During the months of Jan-April – **school sports/activities may not conflict with ANY practices.** Gold Program teams will compete 7-8 times regionally, attend Cheersport Nationals in Atlanta, and will have the opportunity to earn a bid Worlds or the Summit in Orlando, Florida.

## CROSSOVERS

A crossover is an athlete that competes on 2 or more teams. During placements you will be asked if you are willing to cross to another team. If you are willing to have your child cross, they may or may not be placed on a second team. A crossover is placed where they are most needed and many times we rely on crossovers to strengthen a team's roster. Your athlete may be asked to cross to the same level as their home team or down. If an athlete chooses not to cross after getting team placement they will lose the opportunity to cross to a different team later in the season. There are additional costs associated with crossing over, including competition, choreography, and coach's fees.



# Competition Schedule

Schedule is tentative and subject to change.

Athletes must attend ALL events on the schedule. If an athlete does not attend an event, their ability to compete at our end of the season event may be affected.

## FULL YEAR COMPETITION SCHEDULE

DATE	EVENT	LOCATION	RED	BLACK	GOLD
Oct 2024	Hot Cheer	Buffalo, NY	x	x	x
Nov 16-17, 2024	All Star Challenge	Sandusky, OH		x	x
Dec 7, 2024	CCC	Erie, PA	x	x	x
Jan 18-19, 2025	Winner's Choice	Foxwoods, CT	x	x	x
Jan 25-26, 2025	CCC	Cleveland, OH	x	x	x
Feb 15-16, 2025	Cheersport	Atlanta, GA			x
Mar 1-2, 2025	Maximum	Niagara Falls, NY	x	x	x
Mar 8, 2025	Aloha*	Syracuse, NY		?	?
Mar 22-23, 2025	MCDA	Poconos, PA	x	x	x
Apr 23-25, 2025	Youth Summit**	Tampa, FL		x	x
Apr 25-28, 2025	Worlds**	Orlando, FL			x
May 1-4, 2025	Summit**	Orlando, FL		x	x

\*Teams will attend this competition if they have not yet earned a Summit bid

\*\*Teams will have the opportunity to earn bids to these events at various events throughout the season. There will be additional costs associated with these competitions.



# Competition Procedures

## TEAM AGENDA

A program schedule with report times, performance times, and awards times will be posted the week of the event. Please note that we will release information as soon as it is finalized by the competition company.

## BIDS

Event producers award bids to a variety of end-of-season events throughout the season. Elite Heat cannot accept all of these bids, as the schedule simply would not allow it. The criteria for earning a bid can change from one event to the next. Once your child's team has earned a bid, this DOES NOT guarantee their spot on the roster for the event. Athletes must continue to perform the required stunts, tumbling, and attend all mandatory practices.

## HAIR & MAKE UP

Hair should be a natural color. Required hairstyle will be posted on the Team Agenda the week of competition. Hair may vary from one team to the next and from day one to day two. Make up should be applied according to the photos posted on the Team Agenda.

## TEAM PARENTS

We will assign 2-3 team parents for each team in the gym. Our Team Parents will play a big role on competition weekend. They will check in each athlete on competition day, facilitate communication between the program, the coaches, and the families, and serve as a parent/coach liaison throughout the season. Team Parents will also be responsible for organizing team bonding activities throughout the season, and assisting new families who may have questions about the program.

## TRAVEL

Booking Travel is the responsibility of each individual family. Some competitions will require that we book hotel accommodations through the travel agency. Elite Heat will send out links to hotel blocks early in the season. While we make every effort to stick to the schedule, travel should always be booked with travel insurance/refund policy as things can change at any time.

# Practice Expectations

## ATTENDANCE POLICY

- All team practices are mandatory
- Excused absences include illness, graded school activities, and family emergencies
- Red & Black athletes are allowed 10 unexcused practice hours. Gold athletes are allowed 5 unexcused practice hours. Missing more than the allowed hours will jeopardize the athlete's spot on the roster.
- Coaches must be informed no less than 2 weeks before an unexcused absence, and a coach-approved fill in must be secured for athletes in the Black & Gold programs
- The 2 practices prior to competition are mandatory. Athletes who are not in attendance for these practices may not participate in the competition.

## APPEARANCE

Nails should be kept short. Absolutely no jewelry should be worn to the gym. Jewelry is often misplaced and unfortunately has been stolen on some instances. Please leave your valuables at home.

## PRACTICE WEAR

Athletes should arrive to practice looking athletic, hair pulled up in a high, clean pony.

- Red & Black athletes are expected to wear practice gear on Saturdays/Sundays
- Gold athletes are expected to wear practice gear on both regular practice days

## TIMELINESS

Athletes should be ready to practice ON TIME, shoes on, hair up, hoodies/sweats off at the time that practice starts.

## CELL PHONES

There should be no use of cell phones during practice. Athletes should power down their phones and leave them secured in their bag until the end of practice. Certain exceptions to this rule may be considered at the parent's request. In the case of emergency, please contact your child's coach

## **FLYER TRAINING PROGRAM**

All flyers in the Black & Gold Programs will be **required** to participate in the flyer training program. Flyers who do not meet this requirement will not be eligible for a flying opportunity on their team. Athletes in the Red Program are encouraged to participate but not required.

## **ATHLETE INJURIES**

All Star Cheerleading is very physically demanding sport. Athletes are expected to stay in good physical condition in regard to strength, stamina, and flexibility. Proper nutrition is an essential piece of keeping athletes healthy and injury free. While we take every precaution to limit injuries, they will happen throughout the season. If your athlete is injured, we expect that they continue to attend practice unless otherwise advised by a physician. Injured athletes should continue modified conditioning as allowed by a doctor.

## **VIEWING AREA**

The viewing area will be open during certain times in the season for parents to view practices. Only athletes and coaches are allowed in the gym area. Any younger children in the viewing area must be supervised at all times, and should not be in any area other than the lobby or restroom.

## **CHOREOGRAPHY**

Choreography is **MANDATORY** for all Red, Black & Gold teams. The sessions are typically 3-6 hours in length. During choreography, athletes will learn all skills, counts, and formations for the entire season. The viewing area will be closed during these sessions.

## **ENERGY/CAFFEINE DRINKS**

The consumption of caffeinated beverages has been proven to cause health issues in children under the age of 18. It can also stifle athletic performance and dehydrates the body. Absolutely no energy drinks or coffee drinks will be allowed at the gym or competition.

# Athlete Conduct

## SOCIAL MEDIA

Athletes are expected to keep posts and photos on all social media platforms free of foul language, references to drugs or alcohol, or sexually explicit content. Athletes should never post any negative comments about Elite Heat, their team mates, coaches, or family members on social media. It is also unacceptable to make any negative comments about other programs on social media.

## DRUGS & ALCOHOL

All Star Cheerleading is a very physically demanding sport. Athletes are prohibited from the use of drugs and alcohol, vaping, or any tobacco product.

## SPORTSMANSHIP

In all situations, Elite Heat athletes should treat members of other organizations with respect and kindness. We will set an example in the area of Sportsmanship and humility.

## DISCIPLINARY POLICY

In most situations, we will follow the protocol listed below to address behavioral issues. There may be certain scenarios where we will need to escalate these procedures or modify the approach.

**Step 1: Communication with Athlete/Parent:** Our first step when a problem arises will be a conversation with the athlete, and a communication to the parent about the behavior. We may discuss the best way to resolve the issue moving forward.

**Step 2: Written Warning:** If the problem persists, there will be a formal written warning sent home to the parent. There may also be a parent meeting.

**Step 3: Removal from Program:** In serious situations, where the behavior issues persist, we may need remove the athlete from the program. These decisions are rare and taken very seriously.

# Important Dates

## 2024-25 SEASON

Jun 30 - Jul 6	Vacation Week	No Practice
Jul 15 -18	Skills Camp	Mandatory for all teams
Aug 1 - 8	Choreography	1 Day for all teams
Sep 1 - 7	Back to School Break	No Practice
Sep TBD	Dance Choreography	Mandatory Black & Gold
Oct 31	Halloween	No Practice
Nov 27 - 29	Thanksgiving Break	No Practice
Dec 23 - 27	Christmas Break	No Practice
Dec 30 - Jan 2	New Year's Break	No Practice
Jan 31 - Feb 2	Boot Camp	Mandatory Black & Gold
Feb 15 - 21	Winter Break	No Practice
Mar 28 - 30	Worlds/Summit Boot Camp	Mandatory Worlds/ Summit Teams
Apr 1 - 19	Mandatory Practices (no personal travel)	Mandatory Gold
Apr 20	Easter Sunday	No Practice
Apr 21	Showcase	Mandatory Worlds/ Summit Teams
April 22 - 26	Mandatory Practices	Summit Teams (excluding Youth)

# Communication

## BAND

Once your athlete attends placement, you will receive an email with an invitation to the Program-wide BAND. The BAND app is used often to communicate important information such as competition schedules, calendars, gym closures, time changes, lesson openings, and much more. In addition, after placements are complete, each team will have its own individual team BAND that will be used to communicate important information that is pertinent to your athlete's team.

## EMAIL

The gym uses a few different emails for different purposes. Below is a general breakdown of who to email based on the communication:

[EliteHeatCheer@gmail.com](mailto:EliteHeatCheer@gmail.com) – General questions, financial questions

[EliteHeatBuffalo@gmail.com](mailto:EliteHeatBuffalo@gmail.com) – Coach Laura's direct email, for urgent or personal questions

[EliteHeatBooster@gmail.com](mailto:EliteHeatBooster@gmail.com) – Fundraising

[EliteHeatHotShop@gmail.com](mailto:EliteHeatHotShop@gmail.com) – Hot Shop/Uniform Questions

Coaches can also be emailed directly by visiting the Staff page of the website and clicking on the staff photo.

## PHONE

You can reach the gym during the week day, between the hours of 9am-3pm. Please leave us a message if we miss your call and we will get back to you within 48 hours. Coaches may distribute their phone numbers at their discretion, but can also be reached via the BAND app. Gym phone: (716) 389-0731

## 24 HOUR RULE

If you have a question or concern about a decision or situation involving your child, you must wait 24 hours before contacting the gym or the coach. Coaches are instructed not to respond before this window. The only exception to this would be if your child needs immediate help or is in danger. We have found that this is the most effective and productive way to have a beneficial conversation that will result in a positive outcome for your child.



# Uniform and Apparel

## PRACTICE WEAR

Every athlete will be required to purchase practice wear from the Pro Shop for the season. Red & Black teams will wear practice gear once a week, Gold teams will wear practice gear twice a week. Lost or damaged practice wear must be replaced at an additional cost.

## HOT SHOP

The name Elite Heat All Stars, the heart logo and the team names are property of Elite Heat All Stars. Any items that use the name, logo, or team names must go through the Hot Shop.

We will release new apparel periodically throughout the season, as well as offer some “Bring and Bling” events. If you have any suggestions or requests for the Hot Shop, please send us an



*All Star Cheerleading Costs*

## MONTHLY FEES

There are essentially two main cost categories associated with all-star cheerleading. The first cost is tuition. This covers an athlete’s time in the gym and the instruction that they are provided. The other cost, sometimes referred to as team fees, covers all other fees. This includes, uniform, practice clothes, bow, make-up, and competition fees. Each competition that we attend has a registration fee associated with it that the athlete pays to the competition vendor. We collect these “team fees” in even monthly payments to make it easier on the families. The tuition and team fees are combined into one monthly cost. These costs vary depending on the type of team each athlete is placed on (national, semi-travel or regional). Please see the pricing section of the Elite Heat website for specific team costs.



## UNIFORM

The full year uniform costs around \$700. This cost will be divided into 2 payments. Senior athletes will wear a half top while all other teams will wear a full top. We will provide fund raising opportunities to help offset the cost of the uniform as well.

## ADDITIONAL COSTS

Tiny and Half Year athletes are required to have an all white cheer shoe for competitions. Mini, Youth, Junior and Senior full year athletes are required to purchase the black uniform sneakers. There will be sneakers available at the uniform fitting. Elite Heat has its own pro shop where you can purchase sports bras, sweatpants, sweatshirts, shirts and warm-up jackets. None of these are required items. If an athlete would like to take additional tumbling, classes are offered throughout the season. Watch the parent portal for the latest class listings. Private and semi-private lessons are also available. You can book private lessons through our Parent Portal.

## FUNDRAISING

Elite Heat All Stars is one of the only programs of its kind to offer parents the ability to raise funds to cover their entire monthly costs. Each month there will be fund raising opportunities that will allow you to raise all or a portion of the costs for that month. You can also raise more than your monthly expenses and have the "left-over" carry over to the following month. These fund raisers are completely voluntary and are run by the booster club to help make all star cheerleading affordable for all. There are two mandatory fundraisers that raise money for choreography and coaches' fees. The choreography fund raiser is typically run in July for our full year program and the coaches' fees fund raiser is run in August. If you choose not to participate in these fund raisers, you can pay the "buy out" fee to cover your portion of the costs for these two items.

# Red Program

## TUITION & FEES

<b>MONTH</b>	<b>TUITION</b>	<b>TEAM FEES</b>	<b>RAFFLE</b>	<b>UNIFORM/ PRACTICE WEAR</b>
June	\$100	\$0	\$210	\$150
July	\$125	\$0		\$250
August	\$125	\$175		\$250
September	\$125	\$175		
October	\$125	\$175		
November	\$125	\$175		
December	\$125	\$175		
January	\$125	\$175		
February	\$125	\$175		
March	\$125	\$175		

# Black Program

## TUITION & FEES

MONTH	TUITION	TEAM FEES	RAFFLE	UNIFORM/ PRACTICE WEAR
June	\$100	\$0	\$210	\$150
July	\$130	\$0		\$250*
August	\$130	\$195		\$250*
September	\$130	\$195		\$250*
October	\$130	\$195		
November	\$130	\$195		
December	\$130	\$195		
January	\$130	\$195		
February	\$130	\$195		
March	\$130	\$195		

*\*Cost for new uniform. If you previously own or purchase a pre-owned uniform, this will not be applied*

# Gold Program

## TUITION & FEES

<b>MONTH</b>	<b>TUITION</b>	<b>TEAM FEES</b>	<b>RAFFLE</b>	<b>UNIFORM/ PRACTICE WEAR</b>
June	\$100	\$0	\$210	\$150
July	\$145	\$0		\$250*
August	\$145	\$215		\$250*
September	\$145	\$215		\$250*
October	\$145	\$215		
November	\$145	\$215		
December	\$145	\$215		
January	\$145	\$215		
February	\$145	\$215		
March	\$145	\$215		

*\*Cost for new uniform. If you previously own or purchase a pre-owned uniform, this will not be applied*

# Athlete Contract

*Initial each section and sign the bottom*

\_\_\_\_\_ I have read in its entirety and understand the All-Star Handbook

\_\_\_\_\_ I understand the attendance policy, and that if I miss more than 10 hours (Red & Black) or 5 hours (Gold) of unexcused practices, I will jeopardize my spot on the team. Any missed practices must be communicated directly to the coaches and a fill in approved by my coach (Black & Gold) must be secured

\_\_\_\_\_ I understand that if I am unable to perform the skills that I performed at tryouts I will jeopardize my spot on the team

\_\_\_\_\_ I will represent Elite Heat All Stars by conducting myself in a respectful manner, demonstrating sportsmanship and concern for my teammates. This includes all social media

\_\_\_\_\_ I understand that competitive cheerleading is a physically demanding activity. I will take care of my body, be mindful of choosing healthy foods, refrain from consuming energy drinks before practices and competitions, and will not participate in the use of alcohol, drugs, or vaping.

\_\_\_\_\_ I will arrive to practices on time, ready to practice (no jewelry, sweats off, shoes on, hair up) and will refrain from using my phone until practice has ended

\_\_\_\_\_ I will not get any new piercings between the months of Sept – April

\_\_\_\_\_ I will support and respect my teammates at all times, never putting down or speaking negatively about another athlete. I will support all of the teams at Elite Heat, win or lose

\_\_\_\_\_ I will respect my coaches at all times and focus on being a coachable athlete, recognizing that my coaches want to make me the best that I can be

Athlete Name \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Parent Promise

*Initial each section and sign the bottom*

\_\_\_\_\_ I have read the All-Star Packet in its entirety with my child

\_\_\_\_\_ I promise to cheer for all children, not just my own

\_\_\_\_\_ I promise to celebrate the achievements of my child without comparing them to others

\_\_\_\_\_ I will strive to avoid gossip and do my best to speak positively about all athletes

\_\_\_\_\_ I promise to do my best to remember that I am not the coach and if I have a question I will ask before I create my own perception

\_\_\_\_\_ I promise to not use social media as an outlet to vent, compare, or get advice about my child's team

\_\_\_\_\_ I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time

\_\_\_\_\_ I promise to set a good example for my athlete. I understand that my athlete's individual success is also related to the team's success

\_\_\_\_\_ I promise to teach my child by example because the success of my child's team and my child's gym matters to me!

\_\_\_\_\_ I understand that cheerleading is a team sport and my child is an essential part of a successful practice. I will not use missing practice as a consequence for my child.

\_\_\_\_\_ I have read and understand the differences between the Red, Black, and Gold Programs, and will indicate which program my child can commit to on the placement form. I understand that failure to commit to the attendance and performance guidelines for each program can result in removal from the team

Parent Name \_\_\_\_\_

Signature \_\_\_\_\_

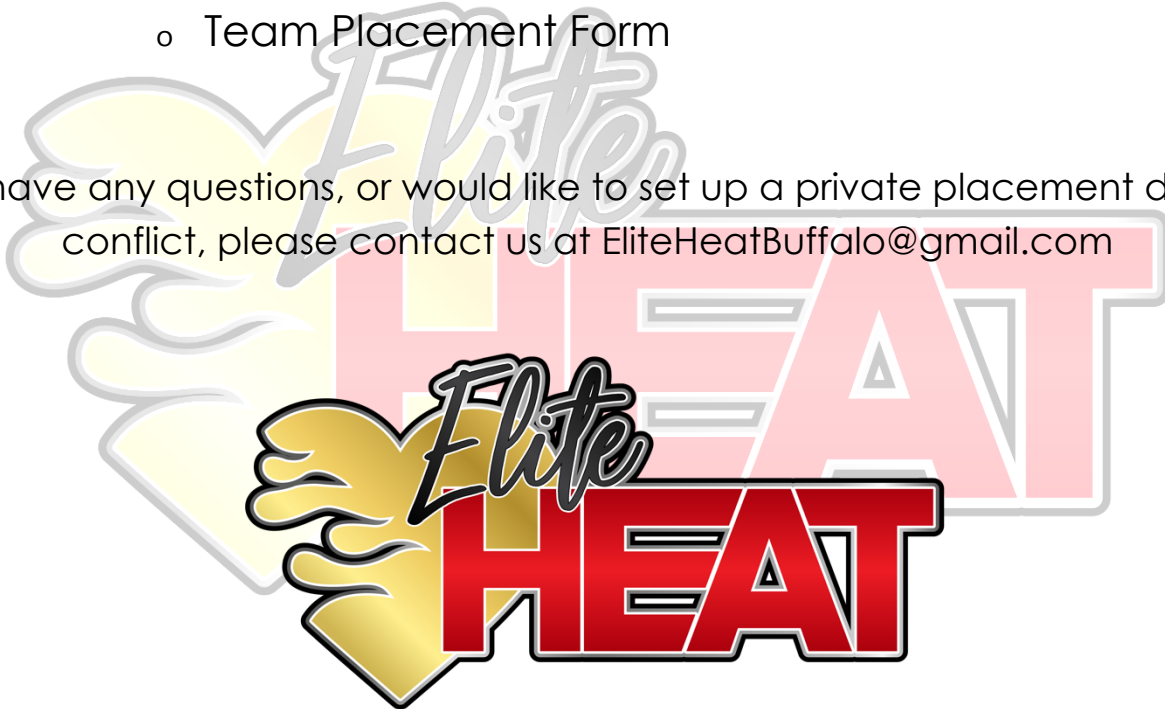
Date: \_\_\_\_\_

# Team Placement Checklist

Please be sure to bring all of the following items with you to placement:

- o Create Account in Parent Portal
- o Sign up for a Placement Appointment
- o Credit Card Authorization Form
- o Athlete & Parent Contract Signed
- o Team Placement Form

If you have any questions, or would like to set up a private placement due to a conflict, please contact us at [EliteHeatBuffalo@gmail.com](mailto:EliteHeatBuffalo@gmail.com)



**[www.EliteHeatBuffalo.com](http://www.EliteHeatBuffalo.com)**

**716.389.0731**



*Elite*  
**HEAT**