



2019 Spring Training Clinic Full Day Schedule

Spirit and Dance Programs

9:00 a.m. – 9:30 a.m.	Registration
9:30 a.m. – 9:45 a.m.	Staff Introductions
9:45 a.m. – 10:15 a.m.	All Programs – Warm-Up/Conditioning
10:15 a.m. – 10:30 a.m.	Spirit – Motions & Jump Technique and Drills Dance – Warm-Up Cont.
10:30 a.m. – 11:00 a.m.	Spirit Group A – Cheers Spirit Group B – Sideline Dance Dance – Routine
11:00 a.m. – 11:30 a.m.	Spirit Group A – Sideline Dance Spirit Group B – Cheers Dance – Routine Cont.
11:30 a.m. – 12:15 p.m.	Spirit – Game-Action Training Dance – Routine Cont.
12:15 p.m. – 12:30 p.m.	All Programs – Team Activity
12:30 p.m. – 1:00 p.m.	Lunch Break
1:00 p.m. – 3:30 p.m.	Cheer – Stunt Workshop & Safety Song & Dance – Technique & Routine Mascot – Routine Pep Flag – Technique & Routine
3:30 p.m. – 4:00 p.m.	Review & Showcase (Parents are welcome at 3:30 pm)



2019 Spring Training Clinic

Half Day Schedule

Spirit and Dance Programs

12:30 p.m. – 1:00 p.m.	Registration
1:00 p.m. – 3:30 p.m.	<u>Cheer</u> – Stunt Workshop & Safety <u>Song/Dance</u> –Stretching, Technique & Routine/Combo
3:30 p.m. – 4:00 p.m.	<u>Cheer</u> – Stunt workshop & Safety Cont. <u>Song/Dance</u> - Review & Closing (Parents welcome at 3:30 pm)