



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.	<u>All Programs</u> – Warm-Up/Conditioning
10:15 a.m. – 10:30 a.m.	<u>Spirit</u> – Motions/Jump Technique & Drills
	<u>Dance</u> – Warm-Up Cont.
10:30 a.m. – 10:45 a.m.	<u>Spirit</u> – Sideline Cheers
	<u>Dance</u> – Routine
10:45 a.m. – 11:30 a.m.	<u>Spirit</u> – Band Chant
	<u>Dance</u> – Routine Cont.
11:30 a.m. – 12:15 p.m.	<u>Spirit</u> – Game Day Training
	<u>Dance</u> – Routine Cont.
12:15 p.m. – 12:30 p.m.	<u>All Programs</u> – Team Activity
12:30 p.m. – 1:00 p.m.	Lunch Break
1:00 p.m. – 3:30 p.m.	<u>Cheer</u> – Stunt Workshop & Safety
	<u>Song & Dance</u> – Technique & Routine
	<u>Mascot</u> – Routine
	<u>Pep Flag</u> – Technique & Routine
3:30 p.m. – 4:00 p.m.	Review & Showcase
	(Parents are welcome at 3:30 pm)