

DAY 1

12:00 pm	Meet Your Staff TeamMate! & Warm-ups
12:15 pm	Sideline Cheers
1:00 pm	Stunt Introduction & Stunt Class
2:15 pm	Unity Routine
3:00 pm	BREAK
3:30 pm	Jump Class & Jump Off
4:00 pm	Pyramid Class
5:15 pm	Unity Games
5:45 pm	Material Review
6:30 pm	Spirit Awards & Dismiss

DAY 2

9:00 am	Warm-ups & Material Review
9:30 am	Crowd Leading Cheer
10:15 am	Stunt Class
11:15 am	Stunt Show N' Tell
11:30 am	USA Routine
12:00 pm	LUNCH
1:00 pm	Spirit Session w/ Staff TeamMate: USA Routine Coaching
2:30 pm	All-American Tryouts
3:00 pm	Final Review
3:30 pm	Friends & Family Showcase
4:00 pm	Spirit Awards & Dismiss

Choose Your Challenge Options:

- Timeout Dance
- Hip Hop Dance
- Basket Toss Class
- Single Base Stunt Class
- Spirit Raising Props