

CHEERLEADING SCHEDULE / TUESDAY, JULY 29, 2003

- 3:30 – 3:45 Coaches meeting. All music must be turned in by 4:00 to the music table. **NO EXCEPTIONS.** If the music is not turned in by the designated time, your team will take a 2 point deduction from the total team score.
- 3:45 – 4:00 General Stretch. **NO TUMBLING OR STUNTS ALLOWED!!**
- 4:00 - 4:30 **GRAND MARCH**
- 4:30 - 5:00 Team Warm-up begins—rotation 1 is the Tumblestrip, rotation 2 is the warm-up floor, rotation 3 is the competition floor. Team 1 will have six minutes on the tumblestrip and then will have one minute to move to Mat 2 (warm-up mat). They will then have 6 minutes on Mat 2 then a break before beginning competition at 5:00 PM. Team 2 will start warm-ups as soon as Team 1 moves to Mat 2 (warm-up mat), Team 3 will start warm-ups as soon as Team 2 moves to Mat 2 and so on until all teams have competed. Competition will be ongoing on Mat 1 during the warm-ups on Mat 2, therefore, absolutely **NO MUSIC** will be allowed—counting only.
- 5:00-6:30 Team Competition – Mat 1; athletes will warm-up and compete in order as per attached list.
- 6:30 – 6:45 Music for Cheer Solo must be turned in to the music table. Again, **no exceptions** and the same penalty will apply for any late music.
- 6:45 – 7:15 Team Awards
- 7:15 - 7:25 **ALL** Cheer Solo athletes are to report to tumbling strip for a 10 minute warm-up
- 7:15 – 7:30 Crowd Leader warm up as follows: Two minutes per athlete, **NO MUSIC ALLOWED**
Group 1 9 to 11 yrs warm-up Mat 1
Group 2 12 & up warm-up Mat 2
Athletes will warm-up and compete in order per attached sheet.
- 7:35 – 8:05 Crowd Leader competition- on Mat 1. There will be two panels of judges—Group 2 will start the competition and then we will rotate back and forth between the two groups until completed.
- 7:35 - 8:10 Cheer Solo Group 1 (8 & under and 12-13) will begin warm up routines on Mat 2. **NO MUSIC ALLOWED.** Two minutes per athlete.
- 8:15 – 8:50 Cheer Solo Group 2 (9-11 and 14 & up) will begin warm up routines on Mat 2. **NO MUSIC ALLOWED** as Group 1 will be competing on Mat 1. Two minutes per athlete.
- 8:15 – 8:50 Group 1 (8 & under and 12-13) Cheer Solo competition begins
- 8:50 – 9:35 Group 2 (9-11 and 14 & up) Cheer Solo competition begins
- 9:50 Awards