



COLLEGE

3 DAY

HI:

Contact:

Schedule Subject to Change

DAY 1		DAY 2		DAY 3		ALL AMERICAN CRITERIA	
9AM - 12PM REGISTRATION		BREAKFAST		BREAKFAST			
1:00	Opening Session	9:00	Warm-up/Primetime Sign-up	8:30	Coaches' Meeting	<p>3. All-American Tryouts: Team members may try out for All-American if they can perform the following requirements:</p> <ul style="list-style-type: none"> • Standing toe touch to back tuck (Males & Females) • Running round off back-handspring to layout full twist. (Males & Females) • All Girl Stunt – 4 participants maximum – Must perform the following stunt sequence: Full-up to awesome/target, drop toss to opposite liberty, tic-toc to stretch, double down • Co-ed Stunt – Must perform the following continuous stunt sequence: Toss awesome, pump-and-go to 1-arm liberty, pump-and-go to liberty heel stretch, double twisting dismount. • All participants must be from the same team and perform all skills with the same person(s); stunt partners or groups must be from the same team, not just the same program 	
1:30	Game Day Cheers and Chants GDIT Session Coaches' Meeting	9:15	Partner Stunt Class	9:00	Warm Up & Practice Time Spirit Star Finals		
2:30	Rally Routine Choreography	10:30	NCA Primetime & All-American Sign-up	9:30	Rally Routine Evaluation		
3:00	Partner Stunt Class	11:30	A- Custom Coaching B – Lunch – Practice (30 Min)	10:00	Game Day Final Evaluation		
DINNER		12:00	A – Lunch – Practice (30 Min)	10:30	Evaluation Ribbons / Practice		
4:30	A – Dinner B – Practice (30 Min)	LUNCH		10:45	Rally Routine Competition		
5:00	B – Dinner	1:00	Coaches' Session - Camp Assessment	11:00	Game Day Run Off		
6:00	Coaches' Session - College Nationals	1:30	B- Custom Coaching	11:15	Mascots		
6:45	A – Practice (30 Min)	2:00	Basket Toss Class / Girl's Dance	11:30	Game Day Implementation Demo		
7:15	Pyramid Class	2:45	Pyramid Class Top Gun Sign Ups	11:45	Final Awards		
8:15	Custom Coaching	4:00	All-American Tryouts				
8:45	Mascots / Awards	DINNER					
		4:30	B – Dinner A – Practice				
		5:00	A – Dinner				
		6:00	B – Practice				
		6:30	A & B - Evaluation Prep				
		7:00	Game Day Evaluation				
		7:30	Top Gun Stunts				
		8:00	Awards				



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