

APR



REMINDERS:

Please refer to cheer energy app and group chats for the most up-to-date practice times

All athletes must sign up for tumbling prior to attending the class

■ TUMBLING

■ PRACTICES/COMPETITIONS

■ STRETCH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

29

Blackout (5:00-7:00)

30

Tiny Tumble (5:15-6:00)
Ignite (5:30-7:00)
Bomb Squad (5:45-7:00)
Level 3+ (6:00-7:00)
Stretch (6:30-7:00)
Level 2 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-9:00)
Level 1-2 (8:00-9:00)

31

Level 1 (5:00-6:00)
Solar (5:30-6:15)
Static (5:30-6:30)
Stretch (6:00-6:30)
Level 1 (6:00-7:00)
G-Force (6:30-8:00)
Shock (7:00-8:30)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)

1

Level 1 (5:00-6:00)
Sizzle (5:30-6:45)
Electric (5:30-7:30)
Level 2 (6:00-7:00)
Bomb Squad (6:45-8:30)
Level 2-3 (7:00-8:00)
Ignite (7:00-9:00)

2

Level 1 (5:00-6:00)
Nitro (5:30-7:30)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Stretch (7:00-7:30)
Flyer Flex (7:30-8:00)
Level 2-3+ (8:00-9:00)

3

G-Force (5:30-7:00)

4

5



6

Tiny Tumble (5:15-6:00)
Ignite (5:30-7:00)
Bomb Squad (5:45-7:00)
Level 3+ (6:00-7:00)
Stretch (6:30-7:00)
Level 2 (7:00-8:00)
Blackout (7:00-9:00)
Shock (7:00-9:00)
Level 1-2 (8:00-9:00)

7

Level 1 (5:00-6:00)
Solar (5:30-6:15)
Static (5:30-6:30)
Stretch (6:00-6:30)
Level 1 (6:00-7:00)
Nitro (6:15-8:00)
G-Force (6:30-8:00)
Shock (7:00-8:30)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)

8

Level 1 (5:00-6:00)
Sizzle (5:30-6:45)
Electric (5:30-7:30)
Level 2 (6:00-7:00)
Bomb Squad (6:45-8:30)
Level 2-3 (7:00-8:00)
Ignite (7:00-9:00)

9

Shock (3:00-5:00)
Level 1 (5:00-6:00)
Nitro (5:30-7:30)
G-Force (5:30-7:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Ignite (7:00-9:00)
Stretch (7:00-7:30)
Flyer Flex (7:30-8:00)
Level 2-3+ (8:00-9:00)

10

11

MAXIMUM
CHEER AND DANCE
MOUNTAIN NATIONALS
CHEROKEE, NC
(Solar, Static, Sizzle, Nitro)

12

MAXIMUM
CHEER AND DANCE
MOUNTAIN NATIONALS
CHEROKEE, NC
(Nitro)
Electric (2:00-4:00)

13

Ignite (5:30-7:00)
G-Force (5:30-7:00)
Bomb Squad (5:45-7:00)
Electric (5:45-7:00)
Blackout (7:00-9:00)
Shock (7:00-9:00)

14

Bring A Friend-
Solar (5:30-6:15)

15

Bring A Friend-
Sizzle (5:30-6:30)

16



BID ROUND
ALL-STAR WORLDS
ORLANDO, FL
(G-Force, Ignite, Blackout)

17



FINALS
ALL-STAR WORLDS
ORLANDO, FL
(G-Force, Ignite, Blackout)

18



BID ROUND
ALL-STAR WORLDS
ORLANDO, FL
(Electric, Bomb Squad, Shock)

19



FINALS
ALL-STAR WORLDS
ORLANDO, FL
(Electric, Bomb Squad, Shock)

20

Tiny Tumble (5:15-6:00)
Level 3+ (6:00-7:00)
Level 2 (7:00-8:00)
Level 1-2 (8:00-9:00)

21

Level 1 (5:00-6:00)
Level 1 (6:00-7:00)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)

22

Level 1 (5:00-6:00)
Level 2 (6:00-7:00)
Level 2-3 (7:00-8:00)

23

Level 1 (5:00-6:00)
Bring A Friend-
Nitro (5:30-6:30)
G-Force (5:30-6:30)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Level 2-3+ (8:00-9:00)

24

25

26



Awards Day
2:00
(All Teams)

27

Tiny Tumble (5:15-6:00)
Level 3+ (6:00-7:00)
Level 2 (7:00-8:00)
Level 1-2 (8:00-9:00)

28

Level 1 (5:00-6:00)
Level 1 (6:00-7:00)
Level 2-3 (7:00-8:00)
Level 2-3+ (8:00-9:00)

29

Level 1 (5:00-6:00)
Level 2 (6:00-7:00)
Level 2-3 (7:00-8:00)

30

Level 1 (5:00-6:00)
Level 3+ (6:00-7:00)
Level 1-2 (7:00-8:00)
Level 2-3+ (8:00-9:00)

1

2