

FEB



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
1 Electric (1:00-3:00) Shock (2:00-4:00) Bomb Squad (3:00-5:00) Ignite (4:00-6:00) Blackout (5:00-7:00)	2 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)	3 Level 1 (5:00-6:00) Solar (5:30-6:15) Stretch (5:30-6:00) Flyer Flex (6:00-6:30) Level 1 (6:00-7:00) Explosion (6:15-7:00) Sizzle (6:15-7:30) G-Force (6:30-8:00) Level 2-3 (7:00-8:00) Level 2-3+ (8:00-9:00)	4 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 (7:30-9:00)	5 Level 1 (5:00-6:00) Nitro (5:30-7:30) Static (5:30-6:30) Level 3+ (6:00-7:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Shock (7:00-9:00) Level 2-3+ (8:00-9:00)	6	7 MAXIMUM CHEER AND DANCE MAXIMUM WILMINGTON, NC (ALL TEAMS)
8 MAXIMUM CHEER AND DANCE MAXIMUM WILMINGTON, NC (Electric, G-Force, Bomb Squad, Shock, Ignite, Blackout)	9 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)	10 Level 1 (5:00-6:00) Solar (5:30-6:15) Stretch (5:30-6:00) Flyer Flex (6:00-6:30) Level 1 (6:00-7:00) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 2-3 (7:00-8:00) Level 2-3+ (8:00-9:00)	11 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 (7:30-9:00)	12 Level 1 (5:00-6:00) Nitro (5:30-7:30) Static (5:30-6:30) Level 3+ (6:00-7:00) G-Force (6:30-8:00) Level 1-2 (7:00-8:00) Level 2-3+ (8:00-9:00)	13	14
15 Bomb Squad (3:00-5:00) Blackout (5:00-7:00) Staff Meeting 2:00-3:00	16 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)	17 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) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 2-3 (7:00-8:00) Level 2-3+ (8:00-9:00)	18 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 (7:30-9:00)	19 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)	20 Solar (5:30-6:30) Sizzle (6:30-8:00)	21 G-Force (10:00-12:00)
22 Electric (2:00-4:00) Shock (2:00-4:00) Nitro (4:00-6:00) Ignite (4:00-6:00)	23 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)	24 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) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 2-3 (7:00-8:00) Level 2-3+ (8:00-9:00)	25 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 (7:30-9:00)	26 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) Intro to Cheer (7:00-8:15) Stretch (7:00-7:30) Intro to Cheer (7:30-8:45) Flyer Flex (7:30-8:00) Level 2-3+ (8:00-9:00)	27	28 ROYAL NATIONALS SEVIERVILLE, TN (Solar, Static, Sizzle, Electric, Nitro, G-Force, Bomb Squad, Shock, Ignite, Blackout)
1 ROYAL NATIONALS SEVIERVILLE, TN (Electric, G-Force, Bomb Squad, Shock, Ignite, Blackout)	2 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)	3 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) Explosion (6:15-7:00) G-Force (6:30-8:00) Level 2-3 (7:00-8:00) Level 2-3+ (8:00-9:00)	4 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 (7:30-9:00)	5 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) Intro to Cheer (7:00-8:15) Stretch (7:00-7:30) Intro to Cheer (7:30-8:45) Flyer Flex (7:30-8:00) Level 2-3+ (8:00-9:00)	6	7