

# SEPT



## 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/JUMP

| SUNDAY                                                          | MONDAY                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                             | FRIDAY                          | SATURDAY                        |
|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------|
| <b>30</b><br>Blackout (10:00-1:00)<br>Surge (4:00-6:00)         | <b>31</b><br>Level 2-3 (5:00-6:00)<br>Bomb Squad (5:45-7:15)<br>G-Force (5:30-7:00)<br>Level 3+ (6:00-7:00)<br>Jump Cond (6:30-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Surge (7:00-9:00)<br>Stretch (8:00-8:30) | <b>1</b><br>Level 1 (5:00-6:00)<br>Nitro (5:45-7:00)<br>Explosion (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>Static (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Electric (7:00-8:30)<br>Jump Cond (7:30-8:00)<br>Level 3+ (8:00-9:00)<br>Level 1-2 (8:00-9:00)  | <b>2</b><br>Tiny Tumble (5:00-5:45)<br>Solar (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>G-Force (7:00-8:30)<br>Level 1-2 (7:00-8:00)<br>Jump Cond (8:00-8:30)  | <b>3</b><br>Level 1-2 (5:00-6:00)<br>Atomic (5:30-7:30)<br>Nitro (5:45-7:00)<br>Level 2-3+ (6:00-7:00)<br>Electric (6:30-8:00)<br>Level 1 (7:00-8:00)<br>Stretch (7:00-7:30)<br>Jump Cond (7:30-8:00)<br>Bomb Squad (7:15-8:45)<br>Level 1-2 (8:00-9:00)                             | <b>4</b>                        | <b>5</b>                        |
| <b>6</b>                                                        | <b>7</b><br>★ <b>LABOR DAY</b> ★<br>★★★ DAY ★★★<br>Bomb Squad (5:45-7:15)<br>Blackout (7:00-9:00)<br>Surge (7:00-9:00)                                                                                                            | <b>8</b><br>Level 1 (5:00-6:00)<br>Nitro (5:45-7:00)<br>Explosion (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>Static (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Electric (7:00-8:30)<br>Jump Cond (7:30-8:00)<br>Level 3+ (8:00-9:00)<br>Level 1-2 (8:00-9:00)  | <b>9</b><br>Tiny Tumble (5:00-5:45)<br>Solar (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>G-Force (7:00-8:30)<br>Level 1-2 (7:00-8:00)<br>Jump Cond (8:00-8:30)  | <b>10</b><br>Tiny Tumble (4:45-5:30)<br>Level 1-2 (5:00-6:00)<br>Atomic (5:30-7:30)<br>Nitro (5:45-7:00)<br>Level 2-3+ (6:00-7:00)<br>Electric (6:30-8:00)<br>Level 1 (7:00-8:00)<br>Stretch (7:00-7:30)<br>Jump Cond (7:30-8:00)<br>Bomb Squad (7:15-8:45)<br>Level 1-2 (8:00-9:00) | <b>11</b>                       | <b>12</b>                       |
| <b>13</b><br>Surge (4:00-6:00)<br><br>Staff Meeting (3:00-4:00) | <b>14</b><br>Level 2-3 (5:00-6:00)<br>Bomb Squad (5:45-7:15)<br>G-Force (5:30-7:00)<br>Level 3+ (6:00-7:00)<br>Jump Cond (6:30-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Surge (7:00-9:00)<br>Stretch (8:00-8:30) | <b>15</b><br>Level 1 (5:00-6:00)<br>Nitro (5:45-7:00)<br>Explosion (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>Static (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Electric (7:00-8:30)<br>Jump Cond (7:30-8:00)<br>Level 3+ (8:00-9:00)<br>Level 1-2 (8:00-9:00) | <b>16</b><br>Tiny Tumble (5:00-5:45)<br>Solar (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>G-Force (7:00-8:30)<br>Level 1-2 (7:00-8:00)<br>Jump Cond (8:00-8:30) | <b>17</b><br>Tiny Tumble (4:45-5:30)<br>Level 1-2 (5:00-6:00)<br>Atomic (5:30-7:30)<br>Nitro (5:45-7:00)<br>Level 2-3+ (6:00-7:00)<br>Electric (6:30-8:00)<br>Level 1 (7:00-8:00)<br>Stretch (7:00-7:30)<br>Jump Cond (7:30-8:00)<br>Bomb Squad (7:15-8:45)<br>Level 1-2 (8:00-9:00) | <b>18</b><br>Atomic (4:30-9:00) | <b>19</b><br>Atomic (8:30-3:00) |
| <b>20</b><br>Blackout (4:00-6:00)                               | <b>21</b><br>Level 2-3 (5:00-6:00)<br>Bomb Squad (5:45-7:15)<br>G-Force (5:30-7:00)<br>Level 3+ (6:00-7:00)<br>Jump Cond (6:30-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Surge (7:00-9:00)<br>Stretch (8:00-8:30) | <b>22</b><br>Level 1 (5:00-6:00)<br>Nitro (5:45-7:00)<br>Explosion (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>Static (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Electric (7:00-8:30)<br>Jump Cond (7:30-8:00)<br>Level 3+ (8:00-9:00)<br>Level 1-2 (8:00-9:00) | <b>23</b><br>Tiny Tumble (5:00-5:45)<br>Solar (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>G-Force (7:00-8:30)<br>Level 1-2 (7:00-8:00)<br>Jump Cond (8:00-8:30) | <b>24</b><br>Tiny Tumble (4:45-5:30)<br>Level 1-2 (5:00-6:00)<br>Atomic (5:30-7:30)<br>Nitro (5:45-7:00)<br>Level 2-3+ (6:00-7:00)<br>Electric (6:30-8:00)<br>Level 1 (7:00-8:00)<br>Stretch (7:00-7:30)<br>Jump Cond (7:30-8:00)<br>Bomb Squad (7:15-8:45)<br>Level 1-2 (8:00-9:00) | <b>25</b>                       | <b>26</b>                       |
| <b>27</b><br>Blackout (4:00-6:00)<br>Surge (4:00-6:00)          | <b>28</b><br>Level 2-3 (5:00-6:00)<br>Bomb Squad (5:45-7:15)<br>G-Force (5:30-7:00)<br>Level 3+ (6:00-7:00)<br>Jump Cond (6:30-7:00)<br>Level 1-2 (7:00-8:00)<br>Blackout (7:00-9:00)<br>Surge (7:00-9:00)<br>Stretch (8:00-8:30) | <b>29</b><br>Level 1 (5:00-6:00)<br>Nitro (5:45-7:00)<br>Explosion (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>Static (6:30-7:30)<br>Level 1-2 (7:00-8:00)<br>Electric (7:00-8:30)<br>Jump Cond (7:30-8:00)<br>Level 3+ (8:00-9:00)<br>Level 1-2 (8:00-9:00) | <b>30</b><br>Tiny Tumble (5:00-5:45)<br>Solar (5:45-6:30)<br>Level 2-3 (6:00-7:00)<br>G-Force (7:00-8:30)<br>Level 1-2 (7:00-8:00)<br>Jump Cond (8:00-8:30) | <b>1</b><br>Tiny Tumble (4:45-5:30)<br>Level 1-2 (5:00-6:00)<br>Atomic (5:30-7:30)<br>Nitro (5:45-7:00)<br>Level 2-3+ (6:00-7:00)<br>Electric (6:30-8:00)<br>Level 1 (7:00-8:00)<br>Stretch (7:00-7:30)<br>Jump Cond (7:30-8:00)<br>Bomb Squad (7:15-8:45)<br>Level 1-2 (8:00-9:00)  | <b>2</b>                        | <b>3</b>                        |