DAY 1

10:30am Check-in
12:45pm Warm-up/Safety Talk
1:00pm Rotation #1
1:35pm Rotation #2
2:10pm Break
2:20pm Rotation #3
2:55pm Rotation #4
3:30pm Pyramids
4:30pm DINNER
6:00pm Rotation #5
6:35pm Rotation #6
7:05pm Break
7:15pm Baskets
8:00pm Q & A

ROTATIONS Both Days

<table>
<thead>
<tr>
<th>Coed Stunting #1</th>
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<tbody>
<tr>
<td>All-Girl Stunting</td>
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<tr>
<td>Tumbling</td>
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<tr>
<td>Cheers and Band chants</td>
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<tr>
<td>Conditioning/Flexibility Training</td>
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<tr>
<td>Coed Stunting #2</td>
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</tbody>
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DAY 2

8:45am  Warm-up/Safety Talk
9:00am  Baskets
9:35am  Rotation #1
10:10am Break
10:20am Rotation #2
10:55am Rotation #3
11:30pm LUNCH
1:00pm  Rotation #4
1:35pm  Rotation #5
2:40pm  Break
2:50pm  Rotation #6
3:25pm  Pyramids
4:00pm  Q&A