

MICHIGAN STATE[®]

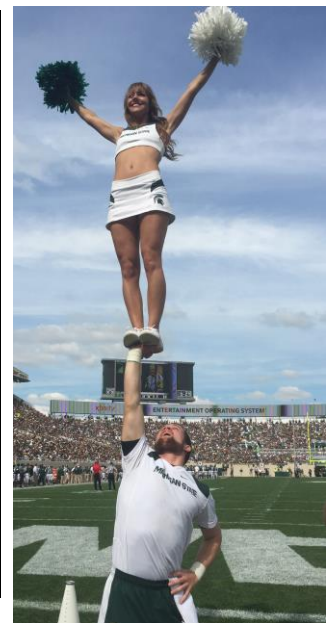
CHEERLEADING

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
Coed Stunting #1
All-Girl Stunting
Tumbling
Cheers and Band chants
Conditioning/Flexibility Training
Coed Stunting #2



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

