DAY 1

12:00pm  Check-in/LUNCH ON OWN
1:25pm  Warm-up/Safety Talk
1:35pm  Rotation #1
2:10pm  Rotation #2
2:45pm  BREAK
2:55pm  Rotation #3
3:30pm  Pyramids
4:30pm  DINNER
6:00pm  Rotation #4
6:35pm  Rotation #5
7:05pm  Break
7:15pm  Rotation #6
7:50pm  Baskets
8:30pm  Q & A

ROTATIONS Both Days

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am</td>
<td>Coed Stunting #1</td>
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<tr>
<td>9:30am</td>
<td>All-Girl Stunting</td>
</tr>
<tr>
<td>10:00am</td>
<td>Tumbling</td>
</tr>
<tr>
<td>11:00am</td>
<td>Cheers and Band chants</td>
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<tr>
<td>12:00pm</td>
<td>Conditioning/Flexibility Training</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Coed Stunting #2</td>
</tr>
</tbody>
</table>
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   CHECK OUT