

MICHIGAN STATE[®]

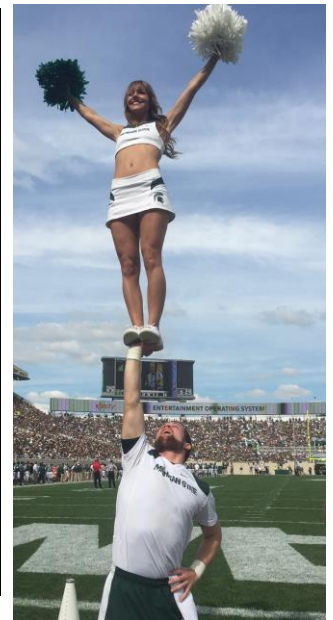
CHEERLEADING

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
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	CHECK OUT

