



Sample

Schedule

- 8:30am Registration
- 9:00am Warm Up, Across the Floors
- 9:45am Session 1 Choose One
- 1) Leaps-various
 - 2) Turns, axels
 - 3) Pre Drill/JV Basics
- 10:30am Snack Break, Shop in Spirit Shop
- 10:45am Session 2 Choose One
- 1) Fouettes, axels
 - 2) Russians, switches
 - 3) Pre Drill/JV Routine Part 1
- 11:30pm Lunch (45 minutes)
- 12:00pm Kick Academy Auditions in Gym
- 12:15pm Session 3 All Together
- 1) Hip Hop Routine
 - 2) Individual Critiques on skills or contest routines; bring own jambox and music
- 1:15pm Session 4 Choose One
- 1) Stylized Jazz Routine
 - 2) Combos, more skill work, across the floors, Solo/Contest Critiques
 - 3) Non Traditional Tricks
 - 4) Pre Drill/JV Routine Part 2
- 2:15pm Snack Break
- 2:30pm Session 5 Choose One
- 1) Pom Routine
 - 2) Individual Critiques on skills or contest routines; bring own jambox & music
 - 3) Pre Drill/JV Kick Technique/Review Routine
- 3:30pm Show off routines!
- 4:00pm Farewell