Combine Schedule

12:15 – 1:00 pm	Registration
1:00 – 1:30 pm	USA Cheer Overview & Welcome College Program Introductions
1:30 – 1:50 pm	Warm-Up/Motion Workshop
1:50 – 2:30 pm	Skill Demonstration – Jumps (2) and Standing Tumbling & Game Day Skills (Band Chant)
2:30 – 2:45 pm	Break (Warm-Up Running Tumbling)
2:45 – 3:15 pm	Skill Demonstration – Running Tumbling
3:15 – 4:00 pm	Partner Stunts (All Girl & Coed – must bring your own group & everyone must be signed up for the clinic)
4:00 – 4:15 pm	College Coaches Panel – Q & A
4:15 – 4:30 pm	Open Information Session (One-on-one time with college coaches to learn more about their programs)

Times are approximate and will vary based on the number of attendees.

*In addition, USA Weightlifting will assess overall skills for future weight lifting opportunities.

What to Wear: Hair pulled back in a ponytail, athletic shorts, tank top or t-shirt and cheer shoes.