

GAME PLAN

Time	Floor Cheer	Stunt	Formation
Starting 5		<ol style="list-style-type: none"> 1. 4 Extensions 2. Totem Pole 3. Splits 4. Extended Libs 	<ol style="list-style-type: none"> 1. Windows 2. Line 3. "V" 4. Wall
1 st Quarter	Who Rocks the House	Pendulum	"V"
Half Time	Red & Black Attack	Baskets/ 2 Extensions	Pyramid
3 rd Quarter	K-Hi Power	360s and Tic Pyramid	3 Lines - windows

Full Time Outs

With Pep Band	Without Pep Band	Stunts	Tumbling
<ol style="list-style-type: none"> 1. Let's Go Blue 2. Temperature 3. School Song 	<ol style="list-style-type: none"> 1. Shake it 2. Snaps 3. Circle 	<ol style="list-style-type: none"> 1. Chairs 2. Braced Flips 3. Moon Walk 	<ol style="list-style-type: none"> 1. Standing Tucks 2. Series BHS 3. RO Tucks

30 Second Time Outs

With Pep Band	Without Pep Band	Cheers	Other
<ol style="list-style-type: none"> 1. Big Red Dance 2. Twister 3. Sorry 	<ol style="list-style-type: none"> 1. Pump-it 2. Tryout 3. Slaps 	<ol style="list-style-type: none"> 1. We're Marching 2. ROWDIE 3. Really Want to Win 	<ol style="list-style-type: none"> 1. Jump Sequence 2. Mascot 3. Kick Ripple 4. Signs

Practice Schedule Example

2 Hour Breakdown	Monday	Wednesday	Friday
10 min	Warm-up	Warm-up	Warm-up
15 min	Sideline Cheers w/ Jumps	Floor Cheers w/ Jumps	Review/ Game prep
5 min	Water	Water	Water
40 min	Starting 5 Stunts	Time-out Stunts	Review/ Game prep
5 min	Water	Water	Water
25 min	Dances	Jump Technique	Review/ Game prep
5 min	Water	Water	Water
15 min	Conditioning	Conditioning	Conditioning

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