

Revised Cheerleading Schedule for AAU Junior Olympic Games -7-28-12

- 8:30 am** Gym opens for stretching of athletes in Session One
- 8:45 am** Coaches meeting for all Mini, Youth, Junior Teams and individuals Only
- 9:00-10:00 am** SESSION ONE, Warm ups for All Mini, Youth, Junior Teams and Junior Stunt Only

Studio 50, Small Mini
 Ultimate Spirit Electra, Small Mini
 Studio 50, Small Youth
 Ultimate Spirit Isis, Small Junior
 Wulin Dynasty-Rubies, Medium Junior
 Studio 50, Medium Juniors
 Gotta Flip, Medium Juniors

Coaches should keep a copy of the below schedule for warm-ups. For the safety and success of our event we have changed the structure of the times for the day to eliminate the long wait time prior to competition. This schedule will alleviate athletes having to be at the event the entire day. Thank you for your cooperation and understanding.

Please notify all athletes to their new times.

We will have one competition mat and each team will get 8 minutes on the competition mat and 8 minutes on the practice (Non-Spring Mat). After all of the 7 above teams warm up we will compete all teams.

SESSION ONE WARMUP-All Mini, Youth, Junior and Junior Stunt Teams

Warm-up Time	Non Spring Mat	Warm-Up Time	Spring Floor Mat
9:00 am	Studio 50, Small Mini	9:00 am	Ultimate Spirit Electra, Small Mini
9:08 am	Studio 50, Small Youth	9:08 am	Ultimate Spirit Isis, Small Junior
9:16 am	Ultimate Spirit Electra, Small Mini	9:16 am	Studio 50, Small Mini
9:24 am	Ultimate Spirit Isis, Small Junior	9:24 am	Studio 50, Small Youth
9:32 am	Wulin Dynasty-Rubies, Medium Junior	9:32 am	Studio 50, Medium Juniors
9:40 am	Gotta Flip, Medium Juniors	9:40 am	Wulin Dynasty-Rubies, Medium Junior
9:48 am	Studio 50, Medium, Juniors	9:48 am	Gotta Flip, Medium Juniors
9:56 am			All Junior Stunt Teams

Following the warm ups for session one we will begin competition. There will be no further warm-ups on the mats after the timed warm-ups are over for Session One athletes. All athletes are encourage to show support for the teams competing and sit in the chairs or bleacher area specified for athletes. However the Wulin Junior Stunt Team will be allowed 8 minutes on non spring floor to warm up.

Competition Order-Session One 10:00 am-10:30 am

1. Studio 50 Juniors
2. Ultimate Spirit Electra Mini
3. Wulin Dynasty Rubies Juniors
4. Studio 50 Mini
5. Gotta Flip Juniors
6. Studio 50 Youth
7. Ultimate Juniors
8. Wulin Dynasty-Rubies, Junior Stunt Team, Level 3
9. Cheer Station- Junior Stunt Team, Level 4

10:30-11:05 am

Non Spring Floor will be open for all solo warm ups

Solo Warm-up Time(Mini, Youth, Jr)	Spring Floor	Non Spring Floor
10:30-10:45 am	<i>Cross tumbling Only-all</i>	<i>open</i>
10:45-10:55 am	<i>Open for all Mini athletes</i>	<i>open</i>
10:55-11:05 am	<i>Open for all Youth athletes</i>	<i>open</i>
11:05-11:15 am	<i>Open for all Junior athletes</i>	<i>open</i>

11:15 am-12:15 pm

Competition for all Mini, Youth, Junior Solos, Tumble, Crowd Leader & Jumps

12:15-12:30 pm

Awards for all Mini, Youth and Junior athletes in Session One, following solo competition

12:30-1:00 pm

Lunch Break

1:00-1:15 pm

Coaches meeting for all Senior Teams and individuals

SESSION TWO WARMUP-All Senior Cheer Teams & Senior Stunt Teams

Warm-up Time	Non Spring Mat	Warm-Up Time	Spring Floor Mat
1:15 pm	Wulin Panthers Senior	1:15 pm	Wulin Dynasty-Onyx Senior
1:23 pm	Renegades Senior	1:23 pm	Ultimate Spirit Storm Senior
1:31 pm	Studio 50 Open	1:31 pm	Wulin Panthers Senior
1:39 pm	Wulin Tigers Senior	1:39 pm	Renegades Senior
1:47 pm	Studio 50 Seniors	1:47 pm	Studio 50 Open
1:55 pm	Wulin Dynasty Senior Stunt	1:55 pm	Wulin Tigers Senior
2:03 pm	Cheer Station Senior Stunt	2:03 pm	Studio 50 Seniors
2:11 pm	Wulin Dynasty-Onyx Senior	2:11 pm	Wulin Dynasty Senior Stunt
2:19 pm	Ultimate Spirit Storm Senior	2:19 pm	Cheer Station Senior Stunt

Following the warm-ups for session two we will begin competition. There will be no further warm ups on the mats after the timed warm-ups are over for Session Two athletes.

Solo Warm-up time (Seniors)	Spring Floor	Non Spring Floor
2:30-2:40 pm	<i>Cross tumbling Only-all</i>	<i>Open-any solo, jumps, tumbler</i>

2:40-3:10 pm

Competition for all Senior Solos, Tumble, Crowd Leader and Jumps

3:10-3:30 pm

Awards for all Senior Athletes in Session Two, following solo competition