



Combine Schedule

12:15 – 12:45 pm	Registration
1:00 – 1:20 pm	USA Cheer Overview & Welcome College Program Introductions
1:20 – 1:30 pm	Warm-Up
1:30 – 2:30 pm	Skill Demonstration – Jumps (2) and Standing Tumbling
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)
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.