

# may 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Cheer: End of Season Party	3	4	5	6 Cheer Showcase! 3:30pm at App State's Varsity Gym
7 Cheer: Bring a Friend to Practice 3:30-5 <b>AGES 6-9</b>	8	9	10	11 Cheer: Bring a Friend to Practice 5:30-7 <b>AGES 10-15</b>	12	13
14	15	16	17	18 Cheer: Bring a Friend to Practice 5:30-7 <b>AGES 10-15</b>	19	20 Cheer: Tryouts & Team Evaluations <b>AGES 5-8</b> 9-10:15 <b>AGES 9-15</b> 10:30-12
21	22	23	24	25	26	27
28	29	30	31	<b>No experience necessary, but registration is required!</b> <b>Visit <a href="http://mountainelitecheer.com">mountainelitecheer.com</a> for details and to sign up</b>		

# June 2023



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	5	6 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	7	8	9	10
11 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	12	13 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	14	15	16	17 Tiny Tumblers 9-9:45
18 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	19	20 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	21	<p><b>Beginner, intermediate and advanced classes with more of a variety of skills will return in the fall!</b></p> <p><b>Please see full details on the cheer and tumbling pages for descriptions, requirements, and registration links</b></p>		24
25 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	26	27 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	28			

# july 2023



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 NO CLASSES	3	4 NO CLASSES	5	6	7	8
9 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	10	11 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	12	13	14	15 Tiny Tumblers 9-9:45
16 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	17	18 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	19	20	21	22
23 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	24	25 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	26	27	28	29
30 Walkovers 4:30-5:15 Handsprings 5:30-6:15 BHS Series & Tucks 6:30-7:15	31	31 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	<b>See full details on our website for descriptions, requirements and registration links!</b>			

# august

Mountain Elite 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Cheer Technique 5:30-6:15 Flexibility 6:30-7 Strength 7-7:30	2	3	4	5
6 CHEER TEAM PRACTICES BEGIN!	7	8 PRACTICE TEAM/TIME TBA	9 PRACTICE TEAM/TIME TBA	10 PRACTICE TEAM/TIME TBA	11	12
13 PRACTICE TEAM/TIME TBA	14	15 PRACTICE TEAM/TIME TBA	16 PRACTICE TEAM/TIME TBA	17 PRACTICE TEAM/TIME TBA	18	19 Tiny Tumblers 9-9:45
20 PRACTICE TEAM/TIME TBA	21	22 PRACTICE TEAM/TIME TBA	23 PRACTICE TEAM/TIME TBA	24 PRACTICE TEAM/TIME TBA	25	26 <b>MANDATORY TEAM CHOREOGRAPHY</b>
27 <b>MANDATORY TEAM CHOREOGRAPHY</b>	28	29 PRACTICE TEAM/TIME TBA	30 PRACTICE TEAM/TIME TBA	31 PRACTICE TEAM/TIME TBA		