

Travel Dates

2022•2023

January 7th - 8th

Spirit Cheer Super Nationals
Atlantic City, NJ

Travel to NJ - Friday, January 6th
There will be practices Thursday night

Return from NJ - Monday, January 9th
There will be Monday practices

February 4th - 5th

Spirit Sports Grand Nationals
Palm Springs, CA

Travel to Palm Springs - Thursday, February 2nd
Must arrive by 6pm PST

Practice in Palm Springs on Friday, February 3rd

Return on Monday, February 6th
Practices will take place Monday & Tuesday

February 17th - 20th

Jamz Nationals
Las Vegas, NV

Travel to Las Vegas - Thursday, February 16th
Must arrive in Las Vegas by 6pm PST

Practice in Las Vegas on Friday, February 17th

**Tentative schedule has Xclusive competing Sunday & Monday

Return from Las Vegas - Tuesday, February 21st