



Season 18

Extended Red Zone Practices

The expectation is that athletes attend all scheduled practices. For information regarding the attendance policy please refer to the Parent Guidebook. The EXCEPTION to regularly scheduled practices will be Red Zone, Extended Red Zone, Black Out Weeks & Super Weeks. During these practice attendance is MANDATORY with NO EXCEPTIONS. Not attending these practices will result in being removed from the team roster for that week's competition.

Red Zone – The week leading up to ALL scheduled competitions, this will be all practices from Saturday-Friday prior to competition weekend.

Extended Red Zone – The 2 weeks (or designated dates) leading up to a scheduled competition, this will be all practices from Saturday – Friday prior to competition weekend.

Black Out Weeks – All gyms will prioritize All Star practices after 5pm all week. There will be no All Star tumbling during these weeks. All teams have the potential of added practices during this week. You will be notified of added practices no later than 2 weeks prior to Black Out Week.

Super Weeks – All gyms will prioritize All Star practices all week. There will be no All Star tumbling during these weeks. All teams have the potential of added practices at any time during this week including the potential of multiple practices per day. You will be notified of added practices no later than 4 weeks prior to Super Week.

JamFest Super Nationals – Indianapolis

Extended Red Zone – January 2nd – January 12th
Black out & Super Week – January 6th – January 12th

NCA – Dallas

Extended Red Zone – February 19th – 28th
Super Week – February 17th – 25th

Winners Choice – Connecticut

Extended Red Zone – March 2nd – March 8th
Black Out Week – March 5th – 8th

Worlds & Summit – Florida

Extended Red Zone - April 13th – Competition
Super Week – April 13th – 24th