



Extended Red Zone

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. 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.

Americas Best (12/7)
Sunday, November 30th - December 7th
Extended Red Zone & Black Out Week

Spirit Cheer (1/11-1/12)
January 2nd - January 11th
Extended Red Zone

NCA (2/28-3/2)
February 17th - 26th
Super week

Worlds, Youth Summit and Summit
Super Week - March 24th - April 24th