



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 practices. 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. Missing a Red Zone practice resulting in missing a competition will also result in a missed competition fee. Additional practices may be added during Red Zone & Extended Red Zone weeks.

Red Zone

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

Extended Red Zone

The 2 weeks (or designated dates) leading up to a scheduled competition. Extended red zone dates are extended beyond the traditional red zone time period.

Extended Red Zone

Americas Best (December 6th)
Monday, November 17th - Friday, December 5th
***potential added practice on Saturday, November 29th*

Spirit Cheer (January 10th – 11th)
Friday, January 2nd – Friday, January 9th

CheerSport (February 13th – 15th)
Sunday, February 1st – Thursday, February 12th

NCA (February 28th – March 1st)
Tuesday, February 17th – Thursday, February 26th

Worlds, Youth Summit and Summit
Monday, April 6th – Wednesday, April 22nd
**there will be daytime practices during April vacation*