

# WELCOME TO TRYOUTS 2017!

<b><u>Day 1: Monday, March 6 (5:00pm-7:00pm)</u></b>		<b><u>Day 2: Tuesday, March 7 (5:00pm-7:00pm)</u></b>	
5:00-5:10	Stretch	5:00-5:10	Stretch
5:10-5:20	Senior Showcase Material	5:10-5:15	Review Material Whole Group
5:20-5:40	Jumps (lines)	5:15-5:35	Jumps (lines)
5:40-6:00	Begin Stations	5:35-5:55	Begins Stations
6:00-6:20	Rotate	5:55-6:15	Rotate
6:20-6:40	Rotate (draw numbers)	6:15-6:35	Rotate
6:40-7:00	Material Review	6:35-7:00	try-out process in separate gyms
<b><u>Day 3: Thursday, March 9 (5:00pm-6:00pm)</u></b>		<b><u>Day 4: Friday, March 10 TRY OUTS</u></b>	
5:00-5:10	Stretch	12:30 – 12:45	Stretch
5:10-5:50	Independent Practice	12:45-1:00	Rehearse/practice
5:50-6:00	Questions/Answers	1:05 – 5:00	Tryouts