



## PENN STATE COED & ALL-GIRL SKILLS CLINIC TENTATIVE SCHEDULE

### **Equipment:**

- Cheerleading appropriate shoes
- Appropriate Workout Clothing
  - T-shirts, Gym style shorts and/or spandex should be appropriate length
- Personal water bottle
- *Leave rings, jewelry, and valuables at home*

### **Sunday, September 14, 2025**

11:30 p.m. – 12:00 p.m.	Check-In, <b>Multi-Sport Facility</b>
12:00 p.m. – 12:15 p.m.	Introduction / Warm-up / Safety Talk
12:30 p.m. – 1:15 p.m.	Stunt Group A / Fight Song Group B
1:15 p.m. – 2:00 p.m.	Stunt Group B / Fight Song Group A
2:00 p.m. – 2:15 p.m.	Break
2:15 p.m. – 2:45 p.m.	Tumbling Showcase
2:45 p.m. – 3:30 p.m.	Stunt Group A / Cheer Group B
3:30 p.m. – 4:15 p.m.	Stunt Group B / Cheer Group A
4:15 p.m. – 4:30 p.m.	Showcase / Q &A
4:30 p.m.	Clinic ends, Depart <b>Multi-Sport Facility</b>

**Note:** Bring snack(s) to energize yourself and a water bottle to refill during the clinic. Water will be provided.

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