



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, October 19, 2025

11:30 p.m. – 12:00 p.m.	Check-In, Multi-Sport Facility
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 Multi-Sport Facility

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