



HERITAGE CHEERLEADING

Spring & Summer Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 2010				1 Weight Room 9am—11am	2 Weight Room 9am—11am	3
				← 4th of July - Fire Works Stand →		
4 4th of July (No Tumbling)	5 4th of July Clean Up	6 C-Team /Jv Practice 9am—12am	7 Weight Room 9am—11am C-Team /Jv Practice 9am—12am	8 C-Team /Jv Practice 9am—12am	9 Weight Room 9am—11am C-Team /Jv Practice 9am—12am	10
11 Tumbling Workout Vega North <i>(\$15 Due)</i> 3:30-6:30	12 Varsity Practice 9am—12am	13 Varsity Practice 9am—12am	14 Varsity Practice 9am—12am	15 Varsity Practice 9am—12am	16 Varsity Practice 9am—12am	17
				← C-Team / JV Camp @ Central Washington University →		
18 Tumbling Workout Vega North 3:30-6:30	19 Varsity Practice 9am—12am	20 Varsity Practice 9am—12am	21 Varsity Practice 9am—12am	22	23	24
				← Varsity Camp @ University of Oregon →		
25 Varsity Camp @ University of Oregon Return Home (No Tumbling)	26 Weight Room 9am—11am	27	28 Weight Room 9am—11am	29	30 Weight Room 9am—11am	31



HERITAGE CHEERLEADING

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tumbling Workout Vega North <i>(\$15 Due)</i> 3:30-6:30	2 Weight Room 9am—11am	3	4 Weight Room 9am—11am	5	6 Weight Room 9am—11am	7
← Middle School Camp Staff Beach Retreat →						
8 Tumbling Workout Vega North 3:30-6:30	9 Weight Room 9am—11am	10	11 Weight Room 9am—11am	12	13 Weight Room 9am—11am	14
← Middle School Camp →						
15 Tumbling Workout Vega North 3:30-6:30	16 Clear for Fall Activities office Opens	17	18	19	20 No Practice	21
← Hell Week Two-A-Days (Morn. 9am—12pm / After noon 3pm - 6pm) →						
22 Tumbling Workout Vega North 3:30-6:30	23	24	25	26	27 No Practice	28
← 3:00pm - 6:00pm →						
29 Tumbling Workout Vega North <i>(\$15 Due)</i> 3:30-6:30	30 Choreography 3:00pm - 9:00pm	31 Practice TBA	Spring & Summer Schedule			



HERITAGE CHEERLEADING

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 First Day of School Practice 3:00—5:30pm	2	3	4
5 Labor Day (No Tumbling)	6 Labor Day (Possible Choreography)	7	8	9	10	11 Choreography 9:00am-1:00pm
12 Tumbling Workout Vega North 3:30-6:30	13	14	15	16	17	18
19 Tumbling Workout Vega North 3:30-6:30	20	21	22	23	24	25 Homecoming Dance 8pm—11pm
26 Tumbling Workout Vega North 3:30-6:30	27	28	29	30		