

ACE OF HATTIESBURG 2021-2022 TEAM PRACTICES AND ALL-STAR TUMBLING DECLARATION

Practice Schedule	CHEER ABILITY	NOVICE	PREP	ELITE	CHIEFS
Weekly Practice Hours	1+ Hours	1+ Hours	4+ Hours	4+ Hours	4+ Hours
Weekly Team Commitment	1 Day: 1 Hour	2 Days: 1 Hour	2 Days: 2 Hours (Days/Times TBD)	2 Days: 2 Hours (Days/Times TBD)	2 Days: 2+ Hours (Days/Times TBD)
Weekly All-Star Tumbling Commitment	Not Included	1 Hour on Assigned day/time	1 Hour During Week (M-Th)	1 Hour During Week (M-Th)	1 Hour During Week (M-Th)
Summer Team Practice June - July	Not Included	Once During Week (M-Th)	Twice During Week (M-Th)	Twice During Week (M-Th)	Twice During Week (M-Th)
Summer All-Star Tumbling June - July	Not Included	1 Hour on Assigned day/time	1 Hour During Week (M-Th)	1 Hour During Week (M-Th)	1 Hour During Week (M-Th)
Fall Team Practice August - December	Once During Week (M-Th)	Once During Week (M-Th)	Twice During Week (Sun-Th)	Twice During Week (Sun-Th)	Twice During Week (Wed & Sun)
Fall All-Star Tumbling August - December	Not Included	1 Hour on Assigned day/time	1 Hour During Week (Sun-Th)	1 Hour During Week (Sun-Th)	1 Hour During Week (Sun-Th)
Spring Team Practice January - April	Once During Week (M-Th)	Once During Week (M-Th)	Twice During Week (M-Th)	Twice During Week M-Th	Twice During Week (Wed & Sun)
Spring All-Star Tumbling January - April	Not Included	1 Hour on Assigned day/time	1 Hour During Week (Sun-Th)	1 Hour During Week (Sun-Th)	1 Hour During Week (Sun-Th)