

Elite Heat All Stars

April 16 - May 18

No practice April 29 - May 5

COST: \$85 per athlete

\$45 for Summit and Worlds Athletes

**Must sign up for Flight School SEPERATELY. Spots are limited.*

Athletes must attend properly leveled sessions.

	Monday	Tuesday	Wednesday	Thursday
5:30-7:30	Level 1	Level 2	Level 1 and Flight School	Level 2
7:45-8:45		Flyer Training/Flexibility		Strength Conditioning
7:30-9:30	Level 3-5		Level 3-5	

Flyer Training/Flexibility: A class designed for all level athletes interested in the position of flyer in the 2018-19 season. Athletes will work flexibility, strength, body positions, timing, switching and twisting drills.

Flight School: An opportunity for flyers with previous level 2 or higher flying experience to perfect and progress stunts working with experienced bases. Flight school is \$30/session and must be purchased separately.

