

Cheer Warm-Up Schedule

Cheer Teams:

Stretch: 6 min. Tumble Track: 6 min. Mat Area: 6 min.



Warm-Up Time times and schedules must be followed so we can stay on time.

Teams will receive penalties for unsportsmanlike conduct by coaches, fans, or team members to the warm-up staff.

Only Coaches and teams are allowed in the warm-up gym at their designated time. Teams must leave the warm-up area when their practice time is up.

Cheer Panel 1

Tiny Level 1

8:30 California Surf All Stars - 6
California Bombshellz - 5

Youth Level 2

8:51 Victory Cheer Company - 20
California Cheer Gym - 11

9:12 West Coast All Stars - 18
California Surf All Stars - 19

Youth Level 3

9:33 Elite - 17

Junior Level 3

Action All Stars - 15

9:54 Gravity -

California Quakes - 20

10:15 Elite - 24

CV All Stars - 20

10:36 California Surf All Stars - 18

West Coast All Stars - 20

10:57 HSC Warriors - 20

DVAS Mavericks - 17

Varsity Inter.

11:18 Silverado - 14

Fountain Valley - 17

11:39 Northwood - 15

El Toro - 15

12:00 San Clemente - 16

La Serna - 16

Sr. Level 3

12:21 Pace All Stars - 26

Rockstar Athletics - 36

12:42 California Cheer Gym - 14

Fierce All Stars - 20

Sr. CoEd Level 4

1:03 Platinum - 30

Pride - 24

1:24 Stealth - 31

West Coast Rush - 25

Senior Level 5

1:45 California Flyers - 20

Fierce All Stars - 20

2:06 DVAS Mavericks - 26

Cheer Panel 2

Mini Level 1

Stealth - 17

8:44 Pride - 8

Stage One - 14

9:05 Victory Cheer Company - 18

Action All Stars - 10

9:26 West Coast All Stars - 18

Fierce All Stars - 14

9:47 California Surf All Stars - 12

South Bay All Stars - 10

Jr. CoEd Level 3

Pride - 21

Gravity - 9

Jr. Level 4

10:29 Victory Cheer Company - 20

Elementary

St. Barbara - 16

Jr. High Adv.

10:50 St. Barbara - 16

Freshman Novice

Schurr - 9

J.V. Inter.

11:11 San Clemente - 31

Orange Lutheran - 12

11:32 Aliso Niguel - 27

La Serna - 13

11:53 Northwood - 31

Sr. Open Level 2

California Flyers - 26

12:14 DVAS Mavericks - 17

West Coast Rush - 17

Co Ed Varsity Inter.

12:35 Banning - 20

Woodrow Wilson - 21

Senior Level 4

12:56 Pace All Stars - 18

RC Club Cheer - 20

1:17 CV All Stars - 20

West Coast All Stars - 20

1:38 Fierce All Stars - 20

California Surf All Stars - 18

Co Ed Varsity Advanced

1:59 Aliso Niguel - 21

College All Girl

Azusa Pacific University - 19

Cheer Panel 3

Youth Level 1

8:37 Victory Cheer Company - 26
Rockstar Athletics - 9

8:58 California Flyers - 16

Action All Stars - 11

9:19 DVAS Mavericks - 18

CAT Academy "Brats" - 11

9:40 Stealth - 17

Jr. Level 1

Pacific All Stars - 15

Junior Level 2

10:01 Stealth - 33

Fierce All Stars - 20

10:22 HSC Warriors - 20

Action All Stars - 20

10:43 California Surf All Stars - 20

J.V. Novice

Schurr - 21

11:04 La Quinta - 12

Jr. Varsity Advanced

Esperanza - 12

11:25 Los Alamitos - 32

Varsity Novice

Fountain Valley - 8

11:46 Schurr - 6

Sr. CoEd Level 3

Pride - 26

Sr. Open Level 3

12:07 California Flyers - 20

Action All Stars - 26

12:28 West Coast All Stars - 21

Senior Level 2

Victory Cheer Company - 34

12:49 CV All Stars - 19

West Coast All Stars - 14

1:10 Fierce All Stars - 20

California Bombshellz - 14

Varsity Advanced

1:31 Orange Lutheran - 12

Esperanza - 11

1:52 Los Alamitos - 12

Open All Girl

West Coast All Stars - 27