

B	I	N	G	O
Give one correction to a teammate	10 Jumps with stick landing	3 1/4 Turn Dismounts	Attempt one new skill on Medium alone	4 Cartwheel Sticks
2 Press Walks without stopping	Give coach a hug high-five or fist bump	5 Roundoffs on tape	10 Leaps with stick landing	Arabesque Hold (30 sec.)
Get a spot on one skill	Give two compliments to two different teammates	FREE	15 HDSTD conditioning against wall	3 Side HDST (3 sec.)
3 rolls each (forward & backward)	Combination Jump Sequence (3 jumps)	30 sec. Releve hold	3 Handstand Dismounts (Regular)	5 HDSTD step-throughs
3 Forward HDSTD (3 sec.)	2 Bridge holds (10 sec.)	5x Mount of your choice	Walkover (front or back) on tape or Roadie	20 calf raises (all three directions)

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Give two compliments to two different teammates	10 Leaps with stick landing	Attempt one new skill on Medium alone	2 Press Walks without stopping	5 Roundoffs on tape
3 1/4 Turn Dismounts	Walkover (front or back) on tape or Roadie	4 Cartwheel Sticks	2 Bridge holds (10 sec.)	Arabesque Hold (30 sec.)
3 rolls each (forward & backward)	15 HDSTD conditioning against wall	FREE	3 Side HDST (3 sec.)	10 Jumps with stick landing
3 Handstand Dismounts (Regular)	5x Mount of your choice	Give one correction to a teammate	20 calf raises (all three directions)	Combination Jump Sequence (3 jumps)
30 sec. Releve hold	5 HDSTD step-throughs	Get a spot on one skill	Give coach a hug high-five or fist bump	3 Forward HDSTD (3 sec.)

B	I	N	G	O
2 Bridge holds (10 sec.)	5x Mount of your choice	10 Leaps with stick landing	5 HDSTD step-throughs	15 HDSTD conditioning against wall
Give one correction to a teammate	3 rolls each (forward & backward)	30 sec. Releve hold	Give coach a hug high-five or fist bump	4 Cartwheel Sticks
Get a spot on one skill	20 calf raises (all three directions)	FREE	Combination Jump Sequence (3 jumps)	3 Handstand Dismounts (Regular)
Give two compliments to two different teammates	Arabesque Hold (30 sec.)	Attempt one new skill on Medium alone	Walkover (front or back) on tape or Roadie	3 1/4 Turn Dismounts
3 Side HDST (3 sec.)	10 Jumps with stick landing	5 Roundoffs on tape	2 Press Walks without stopping	3 Forward HDSTD (3 sec.)