

B	I	N	G	O
Give one correction to a teammate	10 Jumps with stick landing	3 ACRO	Attempt one new skill on Medium alone	4 FRONT HANDSPRING DISMOUNT/ FRONT TUCK DISMOUNT
2 MOUNTS OF YOUR CHOICE	Give coach a high-five or fist bump	5 SWITCH LEAPS	10 Leaps with stick landing	Arabesque Hold (30 sec.)
Get a spot on one skill	Give two compliments to two different teammates	FREE	15 DISMOUNTS	3 HANDSTANDS
3 rolls each (forward & backward)	Combination Jump Sequence (3 jumps)	30 sec. Releve hold	3 CARTWHEEL	5 Roundoffs on tape
3 BRIDGE KICKOVER/ BACKWALKOVER	2 MAKE FULL TURNS	5x WOLF JUMP	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 MOUNTS OF YOUR CHOICE	5 SWITCH LEAPS
3 ACRO	Walkover (front or back) on tape or Roadie	4 FRONT HANDSPRING DISMOUNT/ FRONT TUCK DISMOUNT	2 MAKE FULL TURNS	Arabesque Hold (30 sec.)
3 rolls each (forward & backward)	15 DISMOUNTS	FREE	3 HANDSTANDS	10 Jumps with stick landing
3 CARTWHEEL	5x WOLF JUMP	Give one correction to a teammate	20 calf raises (all three directions)	Combination Jump Sequence (3 jumps)
30 sec. Releve hold	5 Roundoffs on tape	Get a spot on one skill	Give coach a high-five or fist bump	3 BRIDGE KICKOVER/ BACKWALKOVER

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2 MAKE FULL TURNS	5x WOLF JUMP	10 Leaps with stick landing	5 Roundoffs on tape	15 DISMOUNTS
Give one correction to a teammate	3 rolls each (forward & backward)	30 sec. Releve hold	Give coach a high-five or fist bump	4 FRONT HANDSPRING DISMOUNT/ FRONT TUCK DISMOUNT
Get a spot on one skill	20 calf raises (all three directions)	FREE	Combination Jump Sequence (3 jumps)	3 CARTWHEEL
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 ACRO
3 HANDSTANDS	10 Jumps with stick landing	5 SWITCH LEAPS	2 MOUNTS OF YOUR CHOICE	3 BRIDGE KICKOVER/ BACKWALKOVER