

Important Summer Dates and Practices

May 15th - Lift Training begins for Varsity
Details TBD

May 17th - Uniform Fitting/Mandatory Parent Meeting 6pm in D7

Will begin at 2:45. Wear spanx and a sports bra. Highly recommended that a parent of new to the program be available. All custom items are final sale and cannot be returned.

June 1st - Conditioning begins.
4 days a week using Volt Training App.

June 12-14 Teams days
Planning and team bonding
10am - 2pm. Bring your lunch
Varsity - Monday
JV - Tuesday
Freshman - Wednesday

June 19-20 Stunt Progressions Camp (Mandatory)
All teams
10 am -12 pm
1pm - 3 pm

Jun 23-24 Lock In and Team Bonding
6pm - 10 am

June 24-July 9 - Dead Weeks

July 10- 13 "Hell Week"
All teams 9am - 1pm
Varsity Returns 2pm-4pm

July 14th TeamBonding day
TBD

July 17-20 Freshman/ JV Material week
Times TBD

July 21-24 US Leadership Camp at Cal Lu
TDB

July 25 - July 27 Material Review and Halftimes
All 10am-12pm
Varsity returns 1-3pm

Aug 1 - Aug 3 UCA Home Camp with ACHS
1 day at Cam 1 day at MHS
2 days to be determined
All teams 8 am -5 pm

Aug 7-10 and 14-17 Game Day Practice
4-6pm

Aug 18th Home game
Varsity 7pm
Fres.JV TBA