



# **ARIZONA HEAT ELITE**

**Competitive Practice Schedule**

## **2008-2009 SEASON**

### **Senior Team**

**Super Hot**

**Monday & Wednesday 5:15-7:15PM**

\*Additional Tumbling Required each week if they do not have standing backhandspring and running backhandspring

### **Senior Team**

**Hottness**

**Monday & Wednesday 7:15-9:15PM**

\*Additional Tumbling Class required each week

### **Senior Open**

**Intensity**

**Tuesday & Thursday 7:15-9:15PM**

**\*July only – Aug. will be 6:15-8:15**

\*Additional Tumbling required if team member does not have a standing tuck and an advanced pass to a layout (i.e. front tuck step out into)

### **International**

**Blaze**

**Monday & Wednesday 9:15-10:30PM**

\*Practices will not begin until August – Required tumbling class

### **Tiny Team**

**Hot Tamales**

**Tuesday & Thursday 5:15-6PM**

### **Mini Team**

**Sparklers**

**Tuesday & Thursday 5:15-6PM**

**\*Fall Practice will be from 6-7PM**

\*Tumbling Class included – please sign up for additional class

### **Youth Team**

**Blazin' Hotties**

**Tuesday & Thursday 5:15-7:15PM**

\*Additional Tumbling Class required each week if team member does not have a standing backhandspring

### **Junior Team**

**Explosion**

**Tuesday & Thursday 5:15-7:15PM**

\*Additional Tumbling Class required each week if team member does not have their round off backhandspring tuck

**\*Training Athletes\*Building Character\*Investing in Lives\***