

CLHS Practice Plan 2018-2019

Warm Up	3-3:30p
Conditioning	3:30-4:00p
Event 1	4:00-4:25p
Event 2	4:30-4:55p
Event 3	5:00-5:25p

Monday, Wednesday, Friday

SKILLS

Do what you HAVE, then what you WANT

Bars:	5 of each
Low Bar	
High Bar	
Beam:	Stick 5 or do 7
Acro Series	
Flight Skill	
1/1 Turn	
Dance Series	
Jumps/Leaps	
Dismount	
Floor:	5 of each
Tumbling Passes--you HAVE	
Dance Series	
Tumbling Passes--you WANT	

Tuesday, Thursday

ROUTINES

Bars	5 Full
Beam	Stick 3, Do 5
Floor	1 Full