

Allstar Evaluations - Phased Approach

Monday In Gym	Tuesday In Gym	Wednesday In Gym	Thursday In Gym	ZOOM	
Platinum 4:00 to 5:00	Jumps 4:00 to 5:00	Gold 4:00 to 5:00	Fundamental 4:00 to 5:00	Kickovers Tuesday 4:15 pm	Flyer Flexibility Friday 5:00pm
Group A Training 5:20 to 7:00 Beginners Welcome	Silver 5:20 to 6:20	Bronze 5:20 to 6:20	Masters 5:20 to 6:20		Conditioning for Tumbling Sunday 4:00pm
	Group B Training 6:40 to 8:20 Standing Back Handspring	Group D Training 6:40 to 8:20 Standing 2 BHS to Tuck	Group C Training 6:40 to 8:20 Standing 3 Back Handsprings	Jumps Thursday 4:15 pm	Flyer Flexibility Sunday 5:00pm

Register for
CGA Allstar Team Evaluations at
www.CGAcheer.com

Contact Us at CGAinc@hotmail.com or
912 230 9130 if you have any questions

**Phase 1 Reopening
Starts May 11th!**

We're So Excited to Welcome YOU to our 13th Season at CGA!

Our evaluation process will be a little bit different this season
Come to the Training Group with the skill that you can consistently
perform successfully with excellent technique.

Our Phase 1 Training Groups will focus on individual skills until we
are able to move into Phase 2 and start to create our Allstar Teams.

Returners: If you're unsure of which session to attend, just
send us a text or email and we'll help you decide

New Athletes: You'll be able to schedule a Zoom Session with us to
help you get started in the right Team Session.