2025 USA Spirit Nationals -- Practice Schedule for Friday Hall D -- West Stage (Blue Backdrop)

Saturday, February 15th (Rev. 2/14/25) -- Cheer/Mascot Finals Practice Area in Hall C (West Side Behind Stage Area) -- Convention Center

Practice time is scheduled according to your performance time. Approximately 30-40 minutes prior to performing, each team will have $\underline{8}$ minutes on the practice floor. USA staff will monitor the practice area to ensure that the schedule is being followed.

Note that the check-in location for all teams for practice time is to the right of the stage in Hall C.

Only participants and coaches with a designated wristband/credential are permitted in the practice area. There is no practicing permitted in the any lobby area. Stunting/tumbling on non-matted surfaces is not permitted. Give yourself ample time to arrive at the appropriate practice location.

Keep all personal belongings with you and/or monitored at all times.

The times below are subject to change.

Check-In	Practice Time	Performance Time	Crowdleader Teams Medium (16-19)	<u>Check-In</u>	Practice Time	Performance Time Time 23) Crowdleader Teams Large (20-	<u>Check-In</u>	Practice Time	Performance Time Cheer Novice
7:20 AM	7:35 AM	8:00 AM	Hall C 9:50 AM Mission Oak High School	7:20 AM	7:35 AM	(Awards Hall C 9:15 AM Saguaro High School	7:20 AM	7:35 AM	(Awards Hall C 9:15 AM Summit High School
7:30	7:45	8:10	Edison High School	7:30	7:45	8:13 Xavier College Prep High School	7:30	7:45	8:17 Chandler High School
7:40	7:55	8:20	Crowdleader Teams Medium (16-19) Cont. Notre Dame Preparatory High				7:40	7:55	Freshman Show Cheer Novice (Awards Hall C 9:30 AM Santa Margarita 8:27 Catholic High
		8:30	School Maria Carrillo						School School 8:37 Downey High
7:50	8:05	8:30	High School				7:50	8:05	School
			Crowdleader Teams Medium (16-19) Cont.			Mascot (Awards Hall C 9:40 AM			Junior Varsity Show Cheer Advanced Non- Tumbling (Awards Hall C 9:50 AM
8:00 AM	8:15 AM	8:40	Cactus Shadows High School	8:00 AM	8:15 AM	8:43 Redlands High School	8:00 AM	8:15 AM	8:47 Warren High School
8:10	8:25	8:50	Saint Jospeh High School	8:10	8:25	8:53 Redlands East Valley High School	8:10	8:25	8:57 Central East High School
			Crowdleader Teams Medium (16-19) Cont. Clovis West High			JV Crowdleader Teams (Awards Hall C 10:00 AM			Junior Varsity Show Cheer Intermediate Non- Tumbling (Awards - Hall C - 10:00 AM
8:20	8:35	9:00 AM	School	8:20	8:35	9:03 High School	8:20	8:35	9:07 AM School
		(Awards	Large Co-Ed Crowdleader Teams (4+ Males)			JV Crowdleader Teams Cont.			Junior Varsity Show Cheer Intermediate Non- Tumbling Cont.
8:30	8:45	9:10	Oakmont High School	8:30	8:45	9:13 Redondo Union High School	8:30	8:45	9:17 Tehachapi High School
			Large Co-Ed Crowdleader Teams (4+ Males) Cont.						Co-Ed Junior Varsity Show Cheer Intermediate Non- Tumbling (Awards Hall C 10:15 AM
8:40	8:55	9:20	Organ Mountain High School				8:40	8:55	9:23 Garden Grove High School
							8:50	9:05	9:28 Crescenta Valley High School

Check-In	Practice Time	Performance Time	Co-Ed Junior Varsity Novice Show Cheer Non- Tumbling
		(Awards	Hall C 10:30 AM
8:50	9:05	9:32	Mayfair High School
8:50 AM	9:05 AM	9:37 AM	Fountain Valley High School

JUDGE BREAK

							JUDGE BREAK				
<u>Check-In</u>	Practice Time	Performance Time	Co-Ed Junior Varsity Show Cheer Intermediate	<u>Check-In</u>	Practice Time	Performance C	arsity Show heer Intermediate Medium (16-19)	<u>Check-In</u>	Practice Time	Performance Time	Small Co-Ed Crowdleader Teams Small (1-4 Males/5-19 Total on Team)
		(Awards	Hall C 10:45 AM			(Awards	Hall C 11:50 AM			(Awards	Hall C 10:50 AM
9:10 AM	9:25 AM	9:50 AM	Willow Canyon High School	9:10 AM	9:25 AM		liso Niguel High chool	9:10 AM	9:25 AM	9:57 AM	Newport High School
9:20	9:35	10:00	Downey High	9:20	9:35	10:03 C	entennial High chool	9:20	9:35	10:07	Bothell High School
		(Awards	Junior Varsity Show Cheer Intermediate Hall C 11:50 AM			<u>C</u>	arsity Show heer Intermediate Medium (16-19) ont.				Small Co-Ed Crowdleader Teams Large (1-4 Males/20+ Total on Team) Hall C 11:40 AM
9:30	9:45	10:10	High School	9:30	9:45	10.13 S	ueen Creek High chool	9:30	9:45	10:17	Skyridge High School
9:40	9:55	10:20	Sandra Day O'Connor High School	9:40	9:55	10:23 S	antiago High chool	9:40	9:55	10:27	Horizon High School
9:50	10:05	10:30	Syracuse High	9:50	10:05	10:33 Li	berty High School	9:50	10:05	10:37	Claremont High School
10:00 AM	10:15 AM	10:40	Clovis East High School	10:00 AM	10:15 AM		panish Fork High chool	10:00 AM	10:15 AM	10:47	Shadow Ridge High School
10:10	10:25	10:50	Skyridge High	10:10	10:25	10.52 C	lovis West High chool	10:10	10:25	10:57	Downey High School
		(Awards	Co-Ed Varsity Show Cheer Intermediate Small (5-19 Total Team Members) Hall C 12:45 PM			<u>c</u>	arsity Show heer Intermediate Medium (16-19) ont.			(Awards	Co-Ed Varsity Show Cheer Advanced Non- Tumbling Hall C 12:30 PM
10:20	10:35	11:00 AM	Hillcrest High School Co-Ed Varsity Show Cheer Intermediate Small (5-19 Total Team Members) Cont.	10:20	10:35	11:03 AW S	arsity Show heer Intermediate Small (5-15)	10:20	10:35	11:07 AM	Central Union High School Co-Ed Varsity Show Cheer Advanced Non- Tumbling Cont.
10:30	10:45	11:10	Verrado High School	10:30	10:45		reen Valley High chool	10:30	10:45	11:17	San Rafael High School
10:40	10:55	11:20	Chandler High	10:40	10:55	11:23 S	hadow Ridge High chool	10:40	10:55	11:27	Crescenta Valley High School
10:50	11:05	11:30	Formington High	10:50	11:05	11:33 B	ear River High chool				r light contool
			Co-Ed Varsity Show Cheer Intermediate Small (5-19 Total Team Members) Cont.			<u>c</u> ==	arsity Show heer Intermediate Small (5-15) ont.			(Awards	Co-Ed Varsity Show Cheer Advanced Small (1-4 Males) - Hall C 1:00 PM
11:00 AM	11:15 AM	11:40	Skyridge High School	11:00 AM	11:15 AM	11:43 C	lovis East High chool	11:00 AM	11:15 AM	11:47	Bothell High School

<u>Check-In</u>	Practice Time	Performance Time	Co-Ed Varsity Show Cheer Intermediate Large (20-36 Total Team Members) Hall C 1:00 PM	<u>Check-In</u>	Practice Time	Performance Time	Varsity Show Cheer Intermediate Small (5-15) Cont.	<u>Check-In</u>	Practice Time	Performance Time	Co-Ed Varsity Show Cheer Advanced Small (1-4 Males) Cont.
11:10	11:25	•	Centennial High	11:10	11:25	11:53	Sunrise Mountain	11:10	11:25	11:57	Downey High
11:20	11:35	12:00 PM	School Shadow Ridge	11:20	11:35	12:03 PM	High School Brighton High	11:20	11:35	12:07 PM	School Clovis North High
11:30	11:45	12:10	High School Summit High	11:30	11:45	12:13	School Chino Hills High	11:30	11:45	12:17	School Central East High
11:40	11:55		School Skyline High	11:40	11:55	12:23	School Campo Verde High				School
			School	11:50	12:05	12:28	School Pinnacle High				
					12:05 PM	12:32	School Bishop Amat High				
					12:05 PM	12:37	School Valencia High				
				11.50	12.03 FW	12.57	School LUNCH BREAK				
<u>Check-In</u>	Practice Time	Performance Time	Varsity Show Cheer Advanced Non-Tumbling Medium (16-19) - Hall C 2:00 PM	<u>Check-In</u>	Practice Time	Performance Time	Varsity Show Cheer Advanced Non-Tumbling Large/Super (20- 36) s Hall C 2:00 PM	<u>Check-In</u>	Practice Time	Performance Time	Crowdleader Teams Small (5- 15) - Hall C 2:50 PM
12:20 PM	12:35 PM	`	Orland High	12:20 PM	12:35 PM	,	Palos Verdes Peninsula High	12:20 PM	12:35 PM	,	Villa Park High
			School Saugus High				School Santa Fe High				School ALA Gilbert North
12:30	12:45	1:10	School	12:30	12:45	1:13	School	12:30	12:45	1:17	High School
			Varsity Show Cheer Advanced Large/Super (20-36) - Hall C 2:30 PM			(Award	Varsity Show Cheer Intermediate Large/Super (20- 36) s Hall C 2:40 PM				Crowdleader Teams Small (5- 15) Cont.
12:40	12:55	`	Lone Peak High	12:40	12:55	1:23	Beaumont High School	12:40	12:55	1:27	San Tan Foothills High School
12:50	1:05	1:30	Olympus High School	12:50	1:05	1:33	Springville High	12:50	1:05	1:37	Gila Ridge High School
1:00 PM	1:15 PM	1:40	Santa Margarita Catholic High	1:00 PM	1:15 PM	1:43	Alta High School	1:00 PM	1:15 PM	1:47	Chandler High
1:10	1:25	1:50	School Liberty High	1:10	1:25	1:53	Temescal Canyon	1:10	1:25	1:57	School Central East High
			School Varsity Show Cheer Advanced Large/Super (20-36) Cont.			(Award:	Varsity Show Cheer Advanced Small (5-15) s Hall C 3:15 PM				Crowdleader Teams Small (5- 15) Cont.
1:20	1:35	2:00 PM	Ridgeline High School	1:20	1:35	2:03 PM	Spring Valley High School	1:20	1:35	2:07 PM	Ballard High School
			Varsity Show Cheer Advanced Medium (16- 19) - Hall C 3:30 PM				Varsity Show Cheer Advanced Small (5-15) Cont.			(Awards -	Crowdleader Teams Super (24+) - Hall C 3:30 PM
1:30	1:45	2:10	Timpanogos High School	1:30	1:45	2:13	La Serna High School	1:30	1:45	2:17	Sandra Day O'Connor High
1:40	1:55	2:20	Woods Cross High School	1:40	1:55	2:23	Canyon High School	1:40	1:55	2:27	School Clovis East High School
			Varsity Show Cheer Advanced Medium (16- 19) Cont.				Group Stunt Intermediate Champion Exhibition				Crowdleader Teams Super (24+) Cont.
1:50	2:05	2:30	Pleasant Grove High School	1:50	2:05	2:33	Pinnacle High School	1:50	2:05	2:37	Morgan High School
			Varsity Show Cheer Advanced Medium (16- 19) Cont.				Group Stunt Advanced Champion Exhibition				Crowdleader Teams Super (24+) Cont.
2:00 PM	2:15 PM	2:40	Edison High School	2:00 PM	2:15 PM	2:43	Sunrise Mountain High School	2:00 PM	2:15 PM	2.40	Beckman High School
								2:00 PM	2:15 PM	2:49	Pinnacle High School

JUDGE BREAK

<u>Check-In</u>	Practice Time	Performance Time	Varsity Show Cheer Novice Non-Tumbling Small (5-15)	<u>Check-In</u>	Practice Time	Performance Time	JV Show Cheer Novice Non- Tumbling Medium (16-19)	<u>Check-In</u>	Practice Time	Performance Time	JV Show Cheer Novice Small (5- 15)
2:10 PM	2:25 PM	(Awards - 2:50	- Hall C 4:30 PM Sanger High	2:10 PM	2:25 PM	2·53	Charter Oak High	2:10 PM	2·25 PM	,	- Hall C 4:15 PM Alta High School
			School Rancho Cotate				Verrado High				•
2:20	2:35	3:00 PM	High School	2:20	2:35	3:03 PM	School	2:20	2:35	3:07 PM	Yorba Linda High School
			Varsity Show Cheer Novice Non-Tumbling Small (5-15) Cont. St. Paul High			,	JV Show Cheer Novice Non- Tumbling Large (20-36) s Hall C 4:15 PM Citrus Valley High				JV Show Cheer. Novice Small (5- 15) Cont. Timpview High
2:30	2:45	3:10	School	2:30	2:45	3:13	School	2:30	2:45	3:17	School
2:40	2:55	3:20	Redlands High School	2:40	2:55	3:23	Brea Olinda High School	2:40	2:55	3:27	Temescal Canyon High School
Check-In	Practice Time	Perf. Time	Varsity Show Cheer Novice Non-Tumbling Small (5-15) Cont.	<u>Check-In</u>	Practice Time	Perf. Time	JV Show Cheer Novice Large (16- 36)	<u>Check-In</u>	Practice Time	Perf. Time	JV Show Cheer Novice Medium (16-19)
2:50	3:05	3:30	Fowler High	2.50	2.05	•	s Hall C 4:30 PM	2:50	3:05		Hall C 4:30 PM Aliso Niguel High
2:50			School	2:50	3:05		Edison High School Santiago High	2:50		3.31	School Beckman High
3:00	3:15	3:40	School	3:00 PM	3:15	3:43	School	3:00 PM	3:15	3:47	School
		(Awards -	Varsity Show Cheer Novice Non-Tumbling Large (20-23) - Hall C 4:45 PM			(Award:	Varsity Show Cheer Novice Small (5-15) s Hall C 5:40 PM			(Awards -	JV Show Cheer Novice Non- Tumbling Small (5-15) - Hall C 5:40 PM
3:10	3:25	3:50	Troy High School	3:10	3:25	3:53	Faith Lutheran High School	3:10	3:25	3:57	Shadow Ridge High School
3:20	3:35	4:00 PM	Channel Islands High School	3:20	3:35	4:03 PM	Trabuco Hills High School	3:20	3:35	4:07 PM	Damonte Ranch High School
3:30	3:45	(Awards 4:10	Varsity Show Cheer Novice Non-Tumbling Medium (16-19) - Hall C 5:20 PM West Ranch High School Varsity Show	3:30	3:45	4:13	Varsity Show Cheer Novice Small (5-15) Cont. Charter Oak High School	3:30	3:45	4:17	JV Show Cheer Novice Non- Tumbling Small (5-15) Cont. Maria Carrillo High School JV Show Cheer
			Cheer Novice Non-Tumbling Medium (16-19) Cont.				Varsity Show Cheer Novice Small (5-15) Cont.				Novice Non- Tumbling Small (5-15) Cont.
3:40	3:55	4:20	Paloma Valley High School	3:40	3:55	4:23	Ballard High School	3:40	3:55		Sanger High School
3:50	4:05	4:30	Sanger West High School	3:50	4:05	4:33	Oaks Christian School	3:50	4:05		Pinnacle High School
4:00 PM	4:15	4:40	Cajon High School	4:00 PM	4:15	4:43	Villa Park High School	4:00 PM	4:15	4:47	El Modena High School
4:10	4:25	(Awards 4:50	Varsity Show Cheer Novice Non-Tumbling Super (24-36) - Hall C 5:40 PM Grand Terrace	4:10	4:25	4:53	Varsity Show Cheer Novice Small (5-15) Cont.	4:10	4:25	4:57	JV Show Cheer Novice Non- Tumbling Small (5-15) Cont. Reno High School
			Varsity Show Cheer Novice Non-Tumbling Super (24-36) Cont.				Varsity Show Cheer Novice Small (5-15) Cont.			(Awards	Varsity Show Cheer Intermediate Non- Tumbling - Hall C 6:40 PM La Mirada High
4:20	4:35	5:00 PM	Pioneer High School	4:20	4:35	5:03 PM	El Rancho High School OVER	4:20	4:35	5:07 PM	La Mirada High School

<u>Check-In</u>	Practice Time	Performance Time	Co-Ed Varsity Show Cheer Novice Non- Tumbling Small (5-19)	<u>Check-In</u>	Practice Time	Performance Time	Varsity Show Cheer Novice Medium (16-19)	<u>Check-In</u>	Practice Time	Performance Time	Varsity Show Cheer Intermediate Non- Tumbling Cont.
4:30	4:45	(Awards 5:10	- Hall C 6:30 PM La Habra High School	4:30	4:45	· ·	Mesa High School	4:30	4:45	5:17	Mission Oak High School
4:40	4:55	5:20	Colton High	4:40	4:55	5:23	Mater Dei Catholic High School	4:40	4:55	5:27	Amplus Academy
4:50	5:05	5:30	Pacifica High	4:50	5:05	5:33	Redlands East Valley High School	4:50	5:05	5:37	Foothill High School
			Co-Ed Varsity Show Cheer Novice Non- Tumbling Small (5-19) Cont.				Varsity Show Cheer Novice Medium (16-19) Cont.				Varsity Show Cheer Intermediate Non- Tumbling Cont.
5:00 PM	5:15	5:40	Bolsa Grande High School	5:00 PM	5:15	5:43	Cypress High School	5:00 PM	5:15	5:47	Windsor High School
			Co-Ed Varsity Show Cheer Novice Non- Tumbling Small (5-19) Cont.				Varsity Show Cheer Novice Large/Super (16- 23) S Hall C 6:40 PM				Varsity Show Cheer Intermediate Non- Tumbling Cont.
5:10	5:25	5:50	Hoover High School	5:10	5:25	5:53	Western Christian High School	5:10	5:25	5:57	Bullard High School
5:20	5:35	(Awards 6:00 PM	Co-Ed Varsity Show Cheer Novice Non- Tumbling Large (20-36) - Hall C 7:10 PM	5:20	5:35	6:03 PM	Varsity Show Cheer Novice Large/Super (16- 23) Cont. Citrus Valley High School	5:20	5:35	(Awards - 6:07 PM	JV Show Cheer Advanced - Hall C 7:00 PM Santa Margarita High School
			Co-Ed Varsity Show Cheer Novice Non- Tumbling Large (20-36) Cont.			(Awards	Co-Ed Varsity Show Cheer Novice				JV Show Cheer Advanced Cont.
5:30	5:45	6:10	Sierra Vista High School	5:30	5:45	6:13	Mayfair High School	5:30	5:45	6:17	Saint Joseph High School
5:40	5:55	(Awards 6:20	Co-Ed Varsity Show Cheer Intermediate Non-Tumbling - Hall C 7:30 PM Arleta High School	5:40	5:55	6:23	Co-Ed Varsity Show Cheer Novice Cont. ALA West Foothills	5:40	5:55	(Awards -	Varsity Show Cheer Advanced Non-Tumbling Small (5-15) Hall C 7:20 PM Woodbridge High School
			Co-Ed Varsity Show Cheer Intermediate Non-Tumbling Cont.				Co-Ed Varsity Show Cheer Novice Cont.				Varsity Show Cheer Advanced Non-Tumbling Small (5-15) Cont.
5:50	6:05	6:30	Oakmont High School	5:50	6:05	6:33	Reno High School	5:50	6:05	6:37	Maria Carrillo High School
			Co-Ed Varsity Show Cheer Intermediate Non-Tumbling Cont.				Co-Ed Varsity Show Cheer Novice Cont.				Large Co-Ed Varsity Show Cheer Advanced (5+ Males) - Hall C 7:30 PM
6:00 PM	6:15	6:40	Leigh High School	6:00 PM	6:15	6:43	Branham High School	6:00 PM	6:15		Organ Mountain High School
								6:10 PM	6:25 PM	6:52 PM	Riverton High School