

Allstar Training Schedule

Date	Week Number	Training Type	Program	BLACKOUT	Note
May 16–26	PreSeason	May Camps			
May 20–22	PreSeason	Training With The Pros			
May 28	PreSeason	Tryout Evaluations			
May 29	PreSeason	Online Team Reveal			
May 30	PreSeason	In-Person Team Gatherings			
June 1	PreSeason	Mandatory Parent Meeting			
June 6–12	Week 0	Choreography Week : Session 1	Elite Only	X	Regular practice for Prep & Novice
June 13–19	Summer	Summer Training			
June 20–26	Summer	Summer Training			
June 27–July 10	Break	End Of Season 12 Break			
July 11–17	Week 1	Summer Training		X	
July 18–24	Week 2	Choreography Week : Session 2	Elite Only	X	Regular practice for Prep & Novice
July 25–Aug 7	Break	Summer Break			
Aug 8–14	Week 3	Prep & Routine Building		X	
Aug 15–21	Week 4	Prep & Routine Building		X	
Aug 22–28	Week 5	Pyramid Week		X	
Aug 29–Sept 4	Week 6	Dance Week		X	
Sept 5–11	Week 7	Routine Clean-Ups		X	
Sept 12–18	Week 8	Routine Clean-Ups		X	
Sept 19–25	Week 9	Routine Clean-Ups		X	
Sept 26–Oct 2	Week 10	Routine Clean-Ups		X	
Oct 3–9	Week 11	Routine Clean-Ups		X	
Oct 10–16	Week 12	Choreography Week : Session 3	Elite Only	X	Regular practice for Prep & Novice
Oct 17–23	Week 13	Hit Zero! Week		X	
Oct 24–30	Week 14	Routine Perfection		X	
Nov 1–6	COMP WEEK	St. Louis, MO	Elite & Prep	X	No practice for Novice
Nov 7–13	Week 15	Recap & Review		X	
Nov 14–20	SHOWCASE WEEK	Rock Island, IL	All	X	
Nov 21–25	Break	Thanksgiving Break			
Nov 26–28	Week 16	Choreography Week : Session 4	Elite Only	X	Regular practice for Prep & Novice