



Limelight Allstars

Competitive and Prep Team Schedules - September 13, 2021 - April 24, 2022

This is subject to change at any time due to Covid restrictions. Athletes may practice via Zoom in some cases and practices may be shorter time periods.

	Saturday		Sunday		Monday		Tuesday		Wednesday		Thursday	
9:00 AM	Mighty Minis 9:00-10:30	Bravery 9:00-11:00										
9:30 AM												
10:00 AM												
10:30 AM												
11:00 AM	Valor 11:00-12L30	Fearless 11:00-1:00										
11:30 AM												
12:00 PM				REC 12:00-1:00								
12:30 PM												
1:00 PM	REC 1:00-2:00		Power 12:30-2:30									
1:30 PM					Force 1:00-3:00							
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM			Strength 2:30-4:30									
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM									REC 5:30-6:30	Fierce 5:30-7:00		Valor 5:30-7:00
6:00 PM	Power 6:00-9:00	Intensity 5:30-7:00		Courage 5:30-7:30								
6:30 PM												
7:00 PM		Velocity 7:00-9:00										
7:30 PM			Strength 6:00-9:00									
8:00 PM									Fury 6:30-9:30		Force 6:00-9:00	Velocity 7:00-9:00
8:30 PM												

	Team Name	Age as of Dec 31, 2022
Competitive	Power	10-17
	Strength	10-17
	Force	10-17
	Fury	14 and older
	Velocity	14 and older
Prep	Mighty Minis	5-8
	Courage	8-12
	Bravery	8-12
	Fearless	12-17
	Valor	10-17
Pom	Intensity	5-8
	Fierce	8-12

9:00 PM



U17 Level 1 - Summit
U17 Level 2 - Summit
U17 Level 3 - Summit
Open Level 5 - Worlds
Open 3.0

U8 Level 1
U12 Level 1
U12 Level 1
U17 Level 1
U17 Level 1 - Advanced

U8
U12