



BENTLEY UNIVERSITY CHEERLEADING

FALL 2020 PLAN

ONCE A WEEK IN PERSON PRACTICE - SUNDAYS 10AM-12PM

ALTERNATING BETWEEN PRACTICE STYLE A & B

- PRACTICE A - GROUP PRACTICE
- PRACTICE B - ONE ON ONE TRAINING (30 MIN SLOTS)

ONCE A WEEK VIRTUAL PRACTICE - TUESDAY OR THURSDAY

- VIRTUAL TEAM WORKOUTS
- VIRTUAL PLANNING FOR RECRUITMENT/FUNDRAISING/SPRING SEMESTER

ONCE A MONTH TEAM BONDING

- RUN BY CAPTAIN/EBOARD
- CAN BE IN PERSON OR VIRTUAL, BUT WILL INCLUDE ALL TEAM MEMBERS

OUR GOAL FOR THE SEMESTER IS TO GROW AS INDIVIDUAL ATHLETES, TO BOND AS A TEAM, AND GET READY FOR SPRING 2021!