



# Intensity, Flash, Xplosion

The following schedule is tentative & subject to change.

| Competition                             | Date                    | Location                           |
|---|-------------------------|------------------------------------|
| Festival of Bands                       | Saturday, October 6     | Sioux Falls Main Street            |
| Dakota Spirit Showdown                  | Sunday, November 4      | O Gorman HS                        |
| Champion Crown Cup                      | Saturday, November 17   | Harrisburg HS                      |
| Holidazzle                              | Saturday, December 1    | Brandon HS                         |
| CSC Twin Cities Challenge               | Saturday, January 19    | Minneapolis Convention Center      |
| DS Valentine's Classic<br>*cheer on Sun | January 26-27           | Pentagon                           |
| CSG Border Battle                       | Sunday, February 24     | Council Bluffs                     |
| American Heartland                      | Saturday, March 16      | Council Bluffs Mid American Center |
| Rumble in the Jungle                    | Sunday, March 31        | Brookings Swifell Center           |
| DS Spiritfest                           | TBD - 1st week of April | Sanford Pentagon                   |

## Team Practice Schedule

| Monday | Tuesday<br>Starts Aug 7            | Wednesday<br>Starts Sept 19           | Thursday<br>Starts Aug 9           | Friday<br>Starts Aug 10        |
|--------|------------------------------------|---------------------------------------|------------------------------------|--------------------------------|
|        | 5:30 - 6:45 pm<br><b>Sparks</b>    | 4:30 - 5:30 pm<br><b>Embers</b>       | 4:30 - 5:15 pm<br><b>Sparklers</b> | 5:00 - 7:00 pm<br><b>Flash</b> |
|        | 6:15 - 7:45 pm<br><b>Intensity</b> | 6:30 - 7:45 pm<br><b>Firecrackers</b> | 5:00 - 6:30 pm<br><b>Fusion</b>    |                                |
|        |                                    |                                       | 5:00 - 6:30 pm<br><b>Heat</b>      |                                |
|        |                                    |                                       | 5:30 - 7:30 pm<br><b>Xplosion</b>  |                                |

## -Important Team Dates-

August 6 -10: First week of Prep & AS Prep Team Practices  
 August 25: Required Choreography Camp: Intensity 9:30 -12 Noon; Flash 1 - 4pm  
 September 15: Xplosion Choreography Camp (Required) 10 am - 4 pm

## -No Practice on These Dates-

August 31: No Flash practice  
 November 22-23: Thanksgiving Break  
 December 22 - Jan 1: Christmas Break (Tumbling clinic December 27-28)  
 February 12 -17: President's Break