

Dance Warm-Up Schedule

Cheer Teams:

Stretch: 6 min. Tumble Track: 6 min. Mat Area: 6 min.



Warm-Up Time times and schedules must be followed so we can stay on time.

Teams will receive penalties for unsportsmanlike conduct by coaches, fans, or team members to the warm-up staff.

Only Coaches and teams are allowed in the warm-up gym at their designated time. Teams must leave the warm-up area when their practice time is up.

Dance Panel 1

- 3:00 Mini Pom/Song Int.
OC All Stars - 5
Sr. Prep Pom/Song Int.
OC All Stars - 10
- 3:21 South Coast Freestyle - 13
Varsity Lyrical
Rosary - 16
- 3:42 Northwood - 9
J.V. Pom/Song Inter.
Schurr - 5
- 4:03 San Marcos - 7
Sr. Pom/Dance Adv.
Pace - 12
- 4:24 South Coast Freestyle - 13
Sm./Med. Var.Pom/Dance Adv.
Fountain Valley - 7
- 4:45 Foothill - 9

La Serna - 9
- 5:06 Diamond Bar - 5
Northwood - 8
- 5:27 El Toro - 10

Los Alamitos - 10
Mini Hip Hop
- 5:48 South Bay All Stars - 6
Sr. Hip Hop
Pace All Stars - 9
- 6:09 Xtreme All Stars Dance - 7

DVAS Mavericks - 10
- 6:30 RC Hip Hop - 15
West Coast Rush - 8
- 6:51 California Cheer Gym - 8
Int'l Open Hip Hop
Pace All Stars - 13
Jr. Jazz Dance
- 7:12 Pace All Stars - 10
- OC All Stars - 10
- 7:33 South Coast Freestyle - 14

Dance Panel 2

- Tiny Pom/Song Inter.
South Coast Freestyle - 5
- 3:14 OC All Stars - 7
Jr. Pom/Song Nov
South Coast Freestyle - 20
- 3:35 OC All Stars - 11
Jr. Pom/Dance Adv.
Pace All Stars - 10
- 3:56 OC All Stars - 10
South Coast Freestyle - 14
Varsity Pom/Song Inter.
- 4:17 Fountain Valley - 7
Schurr - 8
- 4:38 Elsinore - 8
El Toro - 10
Youth Hip Hop
- 4:59 DVAS Mavericks - 9

South Coast Freestyle - 10
- 5:20 RC Hip Hop - 10
California Cheer Gym - 6
- 5:41 California Bombshellz - 7
J.V. Jazz Dance
Aliso Niguel - 12
Varsity Jazz Dance
- 6:02 Esperanza - 16

Foothill - 9
- 6:23 Aliso Niguel - 12

Rosary - 16
- 6:44 Diamond Bar - 5

Northwood - 9
- 7:05 El Toro - 10

Los Alamitos - 10
Sr.Jazz Dance
- 7:26 Pace All Stars - 9

Dance Panel 3

- Youth Pom/Song Inter.
Pace All Stars - 6
- OC All Stars - 11
- 3:28 South Coast Freestyle - 13
Youth Pom/Dance Adv.
OC All Stars - 9
- 3:49 South Coast Freestyle - 9
J.V.Pom Dance Adv.
Mater Dei - 11
- 4:10 Esperanza - 10

Aliso Niguel - 12
- 4:31 Rosary - 9

La Serna - 8
- 4:52 Northwood - 11

Los Alamitos High -17
Large Var. Pom/Dance Adv.
- 5:13 Esperanza - 15
Aliso Niguel - 12
- 5:34 Rosary - 16
Jr. Hip Hop
South Coast Freestyle - 17
- 5:55 RC Hip Hop - 13

South Bay All Stars - 6
Sr. Prep Hip Hop
California Cheer Gym - 8
Jr. High Hip Hop
El Roble - 15
Varsity Hip Hop
- 6:37 San Marcos - 14
El Toro - 20
Youth Jazz Dance
- 6:58 OC All Stars - 9

South Coast Freestyle - 9
International OpenJazz Dance
- 7:19 Pace All Stars - 18

Storm Dance - 8

Dance Order of Performance

Welcome to the 1st Annual Best of the West Competition...a free entry fee for participants event. We would like to thank all of the coaches, teams, and participants who attended the qualifying events sponsored by Cheer Pros, Spirit Club International and U.S. Spiritleaders.....

No Video Taping Allowed



All Participants must have Best of the West Medical Release Forms. Please check the warm-up schedule for practice times. Teams will receive penalties for unsportsmanlike conduct by coaches, fans, or team members. All Participants will receive Medals. Winning Teams will receive a Championship Pennant. Trophies will be awarded for 1st, 2nd, and 3rd Placings. There are no saving of seats.

Dance Panel 1

- 3:30 **Mini Pom/Song Int.**
OC All Stars - 5
Sr. Prep Pom/Song Int.
OC All Stars - 10
- South Coast Freestyle - 13
Varsity Lyrical
Rosary - 16
- 4:12 Northwood - 9
J.V. Pom/Song Inter.
Schurr - 5
San Marcos - 7
Sr. Pom/Dance Adv.
Pace - 12
- 4:54 South Coast Freestyle - 13
Sm./Med. Var.Pom/Dance Adv.
Fountain Valley - 7
Foothill - 9
- La Serna - 9
- 5:36 Diamond Bar - 5
Northwood - 8
El Toro - 10
- Los Alamitos - 10
Mini Hip Hop
South Bay All Stars - 6
Sr. Hip Hop
Pace All Stars - 9
- Xtreme All Stars Dance - 7
- DVAS Mavericks - 10
- 7:00 RC Hip Hop - 15
West Coast Rush - 8
- California Cheer Gym - 8
Int'l Open Hip Hop
Pace All Stars - 13
Jr. Jazz Dance
Pace All Stars - 10
- 7:42 OC All Stars - 10
South Coast Freestyle - 14

Dance Panel 2

- Tiny Pom/Song Inter.**
South Coast Freestyle - 5
- 3:44 OC All Stars - 7
Jr. Pom/Song Nov
South Coast Freestyle - 20
- OC All Stars - 11
Jr. Pom/Dance Adv.
Pace All Stars - 10
- 4:26 OC All Stars - 10
South Coast Freestyle - 14
Varsity Pom/Song Inter.
Fountain Valley - 7
Schurr - 8
- 5:08 Elsinore - 8
El Toro - 10
Youth Hip Hop
DVAS Mavericks - 9
- South Coast Freestyle - 10
- 5:50 RC Hip Hop - 10
California Cheer Gym - 6
- California Bombshellz - 7
J.V. Jazz Dance
Aliso Niguel - 12
Varsity Jazz Dance
Esperanza - 16
- 6:32 Foothill - 9
- Aliso Niguel - 12
- Rosary - 16
- 7:14 Diamond Bar - 5
- Northwood - 9
- El Toro - 10
- Los Alamitos - 10
Sr.Jazz Dance
Pace All Stars - 9
- 7:56

Awards: 8:30pm

Dance Panel 3

- Youth Pom/Song Inter.**
Pace All Stars - 6
- 3:37 OC All Stars - 11
- South Coast Freestyle - 13
Youth Pom/Dance Adv.
OC All Stars - 9
- 4:19 South Coast Freestyle - 9
J.V.Pom Dance Adv.
Mater Dei - 11
Esperanza - 10
- Aliso Niguel - 12
Rosary - 9
- 5:01 La Serna - 8
Northwood - 11
- Los Alamitos High - 17
Large Var. Pom/Dance Adv.
Esperanza - 15
Aliso Niguel - 12
Rosary - 16
Jr. Hip Hop
South Coast Freestyle - 17
- 6:25 RC Hip Hop - 13
- South Bay All Stars - 6
Sr. Prep Hip Hop
California Cheer Gym - 8
Jr. High Hip Hop
El Roble - 15
Varsity Hip Hop
San Marcos - 14
El Toro - 20
Youth Jazz Dance
OC All Stars - 9
- South Coast Freestyle - 9
International OpenJazz Dance
Pace All Stars - 18
- 7:07
- 7:49 Storm Dance - 8