

<b>PHASE</b>	<b>TIME</b>	<b>ACTIVITY NAME</b>	<b>EMPHASIS</b>
<b>PRE-MEETING</b>	5 mins		
<b>WARM-UP/ AGILITY</b>	10 min		
<b>BREAK</b>	2 mins		
<b>ACTIVITY</b>	10 mins		
<b>BREAK</b>	2 mins		
<b>ACTIVITY</b>	10 mins		
<b>BREAK</b>	3 mins		
<b>GAME</b>	25 mins		
<b>END</b>	5 mins	<b>Team Cheer Discussion</b>	