

DAY Camp - 2 DAY

2018 CAMP SCHEDULE
(no tumbling)

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Length	End	Time	Class	Notes	
0:15	9:15 AM	9:00 AM	Staff Intros/Roles of A Cheerleader	Introduce instructors / reiterate our responsibilities as cheerleaders	S
0:30	9:45 AM	9:15 AM	STUNT S.A.F.E./Team Evaluations	Philosophy for safety of teams while stunting / Evaluate current level teams for stunt c	A
1:15	11:00 AM	9:45 AM	Stunt Class 1		A
1:00	12:00 PM	11:00 AM	Baskets		A
1:00	1:00 PM	12:00 PM	Lunch		C
0:30	1:30 PM	1:00 PM	Camp Cheer	Coaches Skill Drills Used for All-American Tryouts	A
1:30	3:00 PM	1:30 PM	Pyramids (All American Tryout Demo)		L
1:00	4:00 PM	3:00 PM	Stunt Class 2		A
1:00	5:00 PM	4:00 PM	Custom Coaching		S
0:15	5:15 PM	5:00 PM	Closing		L

DAY 1

Length	End	Time	Class	Notes	
0:30	9:30 AM	9:00 AM	Dynamic Warm up / Coaches Skill Drills	Fun Sport Specific warm up to get the body ready to go	L
1:30	11:00 AM	9:30 AM	Pyramids		A
1:00	12:00 PM	11:00 AM	Stunt Class 3		A
1:00	1:00 PM	12:00 PM	LUNCH		
1:00	2:00 PM	1:00 PM	Stunt Class 4		A
0:30	2:30 PM	2:00 PM	All American Tryouts	Optional All-American Team Tryout	C
1:00	3:30 PM	2:30 PM	Custom Coaching		A
0:45	4:15 PM	3:30 PM	Performance Warm Ups		E
0:45	5:00 PM	4:15 PM	Performances		E
0:10	5:10 PM	5:00 PM	Closing		A

DAY 2

ALL-AMERICAN NOMINEE

ALL-AMERICAN TRYOUT CRITERIA

Selected by Staff, in one of the following areas: jumps, tumbling, stunting.

1. COMBO TRACK: Athletes must successfully complete a round off back handspring backtuck minimum. They must also successfully complete a transitional stunt entrance taught at camp, into an extended stunt (it CAN sponge prior to extending if needed), with a full twist cradle dismount.
2. TUMBLE TRACK- If they choose the tumbling option, they must successfully complete a round off back handspring layout minimum. They must also perform a standing back tuck.
3. STUNT TRACK- If they choose the stunting option, they must successfully complete a full up (360) entrance to the top and full down from a liberty variation OR they can perform a release to an extended stunt with a full twist cradle
4. TOP ALL AMERICAN- If an athlete wants to be considered for our Top All American award, they must successfully complete the TUMBLE TRACK AND STUNT TRACK requirements in their tryout. They must also substitute a Back tuck in the Camp cheer in place of the jump. Difficulty and quality of execution will be taken into consideration in determining the Top All American at each camp.