



HOME Camp - 2 DAY

Leadership 2018 SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
11:30 AM	Staff Meets with Coach		
12:00 PM	Introductions/Camp Starts	Team Activity	A
12:30 PM	Fun Jam	Spirit routine, part of the Rally Routine	E
1:00 PM	Squad Tradition	Team bonding / Leadership	A
1:15 PM	Camp Cheer	Used for All-American tryouts	C
1:30 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
1:45 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
2:00 PM	Core Stunts	These stunts make up the foundation of all stunting	A
2:15 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
2:30 PM	Chants (3)	Sidelines	C
2:45 PM	Leadership	Introduction of camp theme & goals	L
SNACK BREAK			
3:30 PM	Material Review		
3:45 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class	C
4:15 PM	Stunts / Safety Awareness		A
4:45 PM	Rally Routine	1st practice on customizing a pep rally routine	S
5:00 PM	Dance		E
5:30 PM	Leadership		L
6:00 PM	Dismiss	Announcements	

Have a great night!

DAY 1



Time	Class	Notes	
9:00 AM	Leadership		L
9:30 AM	Cheerobics / Fun Jam Review	Warm up & stretch for the day	
9:45 AM	Jumps	Proper technique and strength builders	A
10:15 AM	Rally Routine	2nd practice customizing pep rally routine	S
10:45 AM	Game Day Class (signs/poms)	Learn how to use your signs/poms. Bring yours	C
11:00 AM	Chants (3)	Sidelines	A
11:15 AM	Stunts / Safety Awareness		A
LUNCH			
1:00 PM	Leadership		L
1:30 PM	Rally Routine	3rd practice customizing pep rally routine	S
2:00 PM	Dance		E
2:30 PM	Pyramids	Work on static & transitional structures	A
3:00 PM	Workshop & Evaluation		C
3:15 PM	All-American (where applicable) or stunt practice		E
3:30 PM	Prepare for Showoff		
3:45 PM	Show Off for parents		A
4:00 PM	Final Leadership		L
4:30 PM	Dismiss		

Great Job!!!

FUN DAY 2