



DAY Camp - 3 DAY

Leadership 2018 SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
9:00 AM	Opening Rally / Camp Overview		
9:15 AM	Cheerobics	Warm up & stretch for the day	
9:30 AM	Fun Jam	Spirit routine, part of the Rally Routine	E
10:00 AM	Squad Tradition	Team bonding / Leadership	A
10:15 AM	Camp Cheer	Used for All-American tryouts	C
10:30 AM	Stunt S.A.F.E.	Philosophy to ensure the safety of all teams while stunting	A
10:45 AM	Skill Drills	Skills necessary to keep your team safe while stunting	A
11:00 AM	Core Stunts	These stunts make up the foundation of all stunting	A
11:15 AM	Skill Check	Evaluate the current level of the team for stunt classes	A
11:30 AM	Chants (3)	Sidelines	C
11:45 AM	Leadership	Introduction of camp theme & goals	L
LUNCH			
1:00 PM	Material Review	Fun Jam, camp cheer, sideline chants	
1:15 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class	C
1:30 PM	Stunts / Safety Awareness	Learn stunts at your level. Review safety rules	A
2:15 PM	Rally Routine	1st practice on customized pep rally routine	S
2:45 PM	Dance		E
3:15 PM	1 on 1 Coaching		C
3:45 PM	Star Jumper / Tumbler (where applicable)		A
4:00 PM	Spirit Sticks	Daily Awards & Announcements	
	Leadership		L
5:00 PM	Dismiss		

DAY 1

Have a great night! Tomorrow is FUN DAY!

Time	Class	Notes	
9:00 AM	Leadership		L
9:30 AM	Cheerobics	Warm up & stretch for the day	
9:45 AM	Fun Jam Review		E
10:00 AM	Jumps	Proper technique and strength builders	A
10:30 AM	Rally Routine	2nd practice on customized pep rally routine	S
11:00 AM	Game Day Class (signs/poms)	Learn how to utilize signs & poms. Bring yours.	C
11:15 AM	Chants (3)	Sidelines	C
11:30 AM	Stunts / Safety Awareness	Learn stunts at your level. Review safety rules.	A
	<i>Dance party!</i>		
LUNCH			
1:00 PM	Leadership		L
1:30 PM	Dance Class (hip hop / band chant)		E
2:00 PM	All American (if applicable) or stunt practice		
2:30 PM	1 on 1 Coaching		
3:15 PM	Evaluation - Cheer		C
3:30 PM	Rally Routine	3rd practice on customized pep rally routine	S
4:00 PM	Material Review		
4:15 PM	Spirit Sticks		
3:30 PM	Leadership		L
4:00 PM	Dismiss		

FUN DAY 2



DAY Camp - 3 DAY

Leadership 2018 CAMP SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
9:00 AM	Leadership		L
9:30 AM	Cheerobics	Warm up and stretch for the day	
9:45 AM	Dance Review		E
10:00 AM	Rally Routine	3rd practice on customized pep rally routine	S
10:30 AM	Pyramids	Work on static & transitional structures	A
11:00 AM	Material Review		
11:15 AM	Pep Rally	Fun pep rally! Take notes.	S
LUNCH			
1:00 PM	Leadership		L
1:30 PM	1 on 1 Coaching		C
2:00 PM	Evaluation	Finalize customized routine.	
2:30 PM	Practice time with coach		
3:00 PM	Camp Champion Runoff		
3:15 PM	Show off for parents		E
3:30 PM	AWARDS		
3:45 PM	Leadership		L
4:00 PM	Dismiss		
Great Job!!!			

DAY 3



NOTES: