



HOME Camp- 4 DAY

Leadership 2018 CAMP 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 to 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	Fun Jam, camp cheer, sideline chants	
3:45 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class	C
4:15 PM	Stunts/Safety Awareness	Stunts at your level. Review safety rules.	A
4:45 PM	Rally Routine	1st practice on customized pep rally routine	S
5:00 PM	Dance		E
5:30 PM	Leadership	Team Activity	L
6:00 PM	Dismiss	Announcements	

DAY 1

Time	Class	Notes	
9:00 AM	Leadership		L
9:30 AM	Cheerobics / Coach Meeting (1 hr)	Warm up & stretch for the day	
9:45 AM	Fun Jam Review		E
10:00 AM	Jumps	Proper technique & 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	Stunts at your level. Review safety rules	A
12:00 PM	LUNCH		
1:00 PM	Leadership	Team Activity	C
1:30 PM	Dance Class		E
2:00 PM	Stunt practice	Review stunts learned so far.	A
2:30 PM	Workshop & Evaluation	Evaluation on a cheer learned at camp.	S
3:00 PM	Material Review	Review all material learned so far.	
3:30 PM	Leadership	Team Activity	L
4:00 PM	Dismiss		
<i>Tomorrow is FUN DAY!</i>			

DAY 2



HOME Camp - 4 DAY *Leadership* 2018 CAMP SCHEDULE

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CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
9:00 AM	Leadership	Team Activity	L
9:30 AM	Cheerobics	Warm up and stretch for the day	
9:45 AM	Rally Routine	3rd practice on customized pep rally routine	S
10:15 AM	Cheer		C
10:45 AM	Chants (3)	Sidelines	C
11:00 AM	Pyramids	Work on static & transitional structures	A
11:30 AM	Material Review		
11:45 AM	<i>Dance Party!</i>		E
LUNCH			
1:00 PM	Leadership	Team Activity	L
1:30 PM	Pep Rally	Take home a new pep rally ideas!	S
2:00 PM	Dance		E
2:30 PM	All-American (where applicable) or stunt practice		E
3:00 PM	Workshop & Evaluation	Evaluation on a chant learned at camp.	
3:30 PM	Material Review		
3:45 PM	Leadership		L
4:15 PM	Dismiss		
6:30 PM	<i>Great Job today!</i>		

FUN DAY 3

Time	Class	Notes	
9:00 AM	Cheerobics	Warm up & stretch for the day	
9:15 AM	Cheer & Chant Review		C
9:45 AM	Rally Routine	Finalize customized routine	
10:15 AM	Stunts or Pyramids		C
10:45 AM	Dance Review		E
11:15 AM	Extra Practice Time		
11:45 AM	LUNCH		
1:00 PM	Workshop with Staff		
1:30 PM	Final Evaluation		
1:45 PM	Rally Routine		S
2:15 PM	Prepare for Showoff		
2:45 PM	Showoff for Parents		A
3:15 PM	Final Leadership		L
3:45 PM	Dismiss		
Great Job!			

DAY 4



NOTES: