



DAY Camp - 2 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		
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 ensure the safety of all teams while stunting	A
10:45 AM	Skill Drills	Skills necessary to keep your team safe while stunting	A
11:00AM	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, Chants	
1:15 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class	C
1:30 PM	Stunts / Safety Awareness	Learn at your level. Core+/Novice/Intermediate/Advanced	A
2:15 PM	Rally Routine	1st practice on customizing a 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)		E
4:00 PM	Spirit Sticks	Announcements	L
4:15 PM	Leadership		

DAY 1

Have a great night! Tomorrow is FUN Day!

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	All American Tryouts (where applicable)		
2:15 PM	1 on 1 Coaching		
2:45 PM	Evaluation		C
3:00 PM	Pep Rally		C
3:00 PM	Practice Time with Coach		
3:15 PM	Camp Champion Runoff		
3:30 PM	Show Off for parents	BIG material review / performance for parents	E
3:45 PM	AWARDS		
4:00 PM	Final Leadership		L
4:30 PM	Dismiss		



FUN DAY 2

Great Job!!!