

CHEER 4 DAY

PERFORMANCE CAMP

DAY 1		DAY 2		FUN DAY		DAY 4	
9:00-12:00 - REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
9:00	Registration Breakfast/lunch on your own	8:15	Captains' Class	8:15	Captains' Class	8:30	Practice Time with Coach
		8:30	Team Time Cheerobics/Coaches' Meeting	8:30	Team Time Cheerobics/Coaches' Meeting		No Cheerobics today!
		8:45	Jump Class	8:45	Jump Class		
12:00	Registration ends	9:30	Stunt Class	9:15	Stunt Class	9:00	Final Evaluation Top Team Routine Optional Chant
12:40	Teams may enter the gym	10:30	Choreography with Buddy	10:30	Pyramids		
1:00	Opening Rally	11:20	Announcements	11:15	All American Demo		
1:30	The Jam Coaches' Meeting	11:30	Custom Coaching	11:30	Custom Coaching	9:45	Optional Competitions
2:00	Camp Cheer Chant #1	12:00	Custom Coaching	12:00	Custom Coaching		*Champion Chant 3-3-3 method
2:45	Buddy Time	12:30	Custom Coaching	12:30	Custom Coaching		
3:00	Coaches meet with Buddy	1:00	Custom Coaching	1:00	Custom Coaching		
	Team Time	11:30 - LUNCH		11:30 - LUNCH			
3:15	Stunt S.A.F.E. Skill Drills	1:30	Custom Coaching	1:30	Custom Coaching		*Performance Top Team Top Team Routine Entrance is not scored
3:30	Core Stunts	2:05	Pyramids	2:05	Specialty Classes		
4:30	Announcements	3:00	Basket Builders Stunts for JR High teams	3:15	Announcements		
		3:45	Top Gun Jumps & Tumbling	4:15	Choreography with Buddy In-Law	11:30	Awards & Closing Time of closing varies depending on camp size
4:30 - DINNER		4:30 - DINNER		4:30 - DINNER			
6:00	Optional practice time	6:00	Optional practice time	6:30	All-American Tryouts		
6:20	Captains' meet with Buddy	6:30	Evaluation First half of Routine Optional Chant	7:15	Top Gun - Dance & Stunts		
6:30	Pyramids			7:45	Spirit Sticks Announcements Team Time Shower of Praise		
7:30	Choreography with Buddy	7:00	Choreography with Buddy				
8:25	Team Time	8:00	Review Camp Cheer				
8:30	Spirit Sticks Announcements Coaches meet with Buddy	8:15	Team Time				
		8:30	Spirit Sticks				
REMINDER		REMINDER		2015			
Don't be shy! Communicate your team's needs to your buddy!		Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.					

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