

OVERNIGHT - 3 DAY

2018 CAMP SCHEDULE
(with tumbling)

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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S
A
C
L
A
E

Length	End	Time	Class	Notes	
0:15	1:15 PM	1:00 PM	Staff Intros	Introduce instructors	
			Roles of A Cheerleader	Reiterate our responsibilities as cheerleaders	S
0:30	1:45 PM	1:15 PM	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	A
			Team Evaluations	Progression warm up for stunt classes	
1:15	3:00 PM	1:45 PM	Stunt Class 1		A
1:15	4:15 PM	3:00 PM	Pyramids (All American Tryout Demo)		A
0:15	4:30 PM	4:15 PM	Camp Cheer	Used for All-American Tryouts	C
1:30	6:00 PM	4:30 PM	DINNER		
1:00	7:00 PM	6:00 PM	Baskets and Tumbling Rotation 1		A
1:00	8:00 PM	7:00 PM	Baskets and Tumbling Rotation 2		A
1:00	9:00 PM	8:00 PM	Custom Coaching	Utilizing Skills in a gameday environment	C
			Skill Implementation Session		
0:15	9:15 PM	9:00 PM	Team Time	Team unity development exercise	L
0:10	9:25 PM	9:15 PM	Pin It Forward/Closing		A

DAY 1

Length	End	Time	Class	Notes	
0:30	9:30 AM	9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready	
			Coaches Skill Drills		
1:00	10:30 AM	9:30 AM	Stunt Class 2		A
1:00	11:30 AM	10:30 AM	Baskets and Tumbling Rotation 1		A
1:45	1:15 PM	11:30 AM	LUNCH		
0:15	1:30 PM	1:15 PM	Team Time		L
1:00	2:30 PM	1:30 PM	Baskets and Tumbling Rotation 2		A
1:15	3:45 PM	2:30 PM	Pyramids		A
0:45	4:30 PM	3:45 PM	Stunt Class 3		A
2:00	6:30 PM	4:30 PM	DINNER		
1:00	7:30 PM	6:30 PM	Custom Coaching		E
0:30	8:00 PM	7:30 PM	All American Tryouts	Optional All-American Team Tryout	C
0:30	8:30 PM	8:00 PM	Top Gun Jumps and Tumbling		E
0:30	9:00 PM	8:30 PM	Announcements		

DAY 2

Length	End	Time	Class	Notes	
0:30	9:30 AM	9:00 AM	Dynamic Warm up		
			Coaches Meeting		
0:30	10:00 AM	9:30	Top Gun Stunts		A
1:00	11:00 AM	10:00	Custom Coaching		E
1:00	12:00 PM	11:00	Performances		E
0:30	12:30 PM	12:00	Closing		
			Pin It Forward		A
			Awards		

DAY 3

ALL-AMERICAN NOMINEE

Selected by Staff, in one of the following areas: jumps, tumbling, stunting.

ALL-AMERICAN TRYOUT CRITERIA

1. COMBO TRACK: Athletes must successfully complete a round off back handspring backtuck minimum. They must also successfully complete a transitional stunt entrance taught at camp, into an extended stunt (it CAN sponge prior to extending if needed), with a full twist cradle dismount.
2. TUMBLE TRACK- If they choose the tumbling option, they must successfully complete a round off back handspring layout minimum. They must also perform a standing back tuck.
3. STUNT TRACK- If they choose the stunting option, they must successfully complete a full up (360) entrance to the top and full down from a liberty variation OR they can perform a release to an extended stunt with a full twist cradle dismount from a liberty variation.
4. TOP ALL AMERICAN- If an athlete wants to be considered for our Top All American award, they must successfully complete the TUMBLE TRACK AND STUNT TRACK requirements in their tryout. They must also substitute a Back tuck in the Camp cheer in place of the jump. Difficulty and quality of execution will be taken into consideration in determining the Top All American at each camp.