CHEER 4 Day Camp

*Subject to Change

Day 1

REGISTRATION

2:00	Opening Rally
	Camp Rules
2:30	Spirit Dance
	Coaches' Meeting
3:00	Camp Cheer
	Chant Class
4:15	Buddy Time
	Safety Awareness Test
4:45	Coaches' Meeting
	with Buddy
	Team ESTEEM
	Camp Details
	Announcements

DINNER

7:00	Safety First/S.P.O.T.
7:15	Core Stunts
	Skill Check
8:00	Jump Technique Class
8:30	Game Day Entrance
	Explanation & Demo
8:35	Spirit Sticks
8:45	Team ESTEEM

REMINDER!

Practice material for tomorrow's evaluation. Don't forget that tomorrow is **GAME DAY**, show your school spirit!

Day 2

BREAKFAST

8:15	Captains' Class
8:30	Team ESTEEM
	Cheerobics/BleacherMania
	Coaches' Meeting
8:50	Jump Class
9:30	Cheer Class & Review
	*Game Day Focus
10:20	Stunt Class
11:30	Dance Showcase
	NCA PRIMETIME Sign-up

LUNCH

1:30	Practice Time with Coach
2:00	NCA PRIMETIME
	*Informal Evaluation on Cheer &
	Chant with Crowd Involvement
4:00	Specialty Classes
	*Dances/Open Stunts/Perf. Cheers

DINNER

7:00	Evaluations
	*NCA Cheer & Chant w/Crowd Invol.
7:30	Basket Builders
8:20	Chant Class
8:35	Spirit Sticks
8:45	Team ESTEEM

REMINDER!

Tomorrow is **FUN DAY**! Dress in your craziest clothes through dinner.
GET SOME REST!

Fun Day

BREAKFAST

8:15	Captains' Class
8:30	Team ESTEEM
	Cheerobics/BleacherMania
	Coaches' Meeting
8:50	Cheer & Chant Class
9:50	Stunt Class
10:50	Pyramid Workshop
11:30	Dance Showcase
	NCA PRIMETIME Sign-up

LUNCH

1:30	Practice Time with Coach
2:00	NCA PRIMETIME
	*Informal Evaluation
4:00	Specialty Classes
	*Dances or Open Stunts
	Special Event Meeting

DINNER

6:45	Stretch & Warm-up
7:00	All-American Tryouts
7:30	Practice Time with Buddy
8:10	Material Review
	*Cheers, Chants & Dances
8:25	Spirit Sticks
8:35	Team ESTEEM

REMINDER!

Say goodbye to your buddy…. tomorrow is the last day of camp!

Day 4

BREAKFAST

9:00	Final Evaluation
	*Repeat NCA Cheer & Chant
	*Champion Chant &
	Top Team sign up
9:45	*Champion Chant
	(No Entrance, 3-3-3)
	*Game Day Top Team
	(Game Day Entrance, Crowd Response Cheer, Limited Skills)
	*Performance Top Team
	(Entrance, Any Cheer, Showcase Team Skills)
10:45	Cheer and Chant Review
	Dance Showcase
	BleacherMania 2008
11:15	Awards
11:45	Closing

2008

Building Teams…One Day at a Time!