

DAY Camp - 2 DAY

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes		DAY 1
9:00 AM	Staff Intros	Introduce instructors		
	Roles of A Cheerleader	Reiterate our responsibilities as cheerleaders	S	
9:15 AM	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	A	
	Team Evaluations	Progression warm up for stunt classes	A	
9:45 AM	Stunt Class 1		A	
11:00 AM	Baskets		A	
12:00 PM	Lunch			
1:00 PM	Camp Cheer	Used for All-American Tryouts	C	
	Coaches Skill Drills			
1:30 PM	Jumps			
1:30 PM	Pyramids (All American Tryout Demo)		A	
3:00 PM	Tumbling		A	
4:00 PM	Custom Coaching		C	
5:00 PM	Pin It Forward/Closing		A	

Time	Class	Notes		DAY 2
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready to go		
	Coaches Skill Drills			
9:30 AM	Pyramids		A	
11:00 AM	Stunt Class 2		A	
12:00 PM	LUNCH			
1:00 PM	Tumbling		A	
2:00 PM	All American Tryouts	Optional All-American Team Tryout	A	
2:30 PM	Team Time		C	
3:00 PM	Custom Coaching		E	
4:00 PM	Performances		E	
5:00 PM	Closing			

NOTES:

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
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
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.