Home Camp - 3 DAY

2020 CAMP SCHEDULE (with tumbling)

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP

DAY 1

Time	Class	Notes	
12:00 PM	Staff Intros/Roles of A Cheerleader	Introduce instructors / reiterate our responsibilites as cheerleaders	A
12:15 PM	STUNT S.A.F.E./Team Evaluations	Philosophy for safety of teams while stunting / Evaluate current level teams for stunt classes	A
12:30 PM	Stunt Class 1		A
1:30 PM	Baskets		A
2:15 PM	Tumbling		C
3:15 PM	Afternoon Break		L
3:45 PM	Camp Cheer	Used for All-American Tryouts	S
4:00 PM	Pyramids		A
5:00 PM	Stunt Session 2		A
6:00 PM	Custom Coaching		E
6:30 PM	Closing		L

DAY 2

Time	Class	Notes	
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready to go	A
9:30 AM	Pyramids		A
11:00 AM	Tumbling		
12:00 PM	Afternoon Break		
1:00 PM	Baskets		A
1:45 PM	Stunt Session 3		C
3:00 PM	Custom Coaching		E
4:00 PM	Closing		L

DAY 3

Time	Class	Notes	
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready to go	L
9:30 AM	All American Tryouts	Optional All-American Team Tryout	C
10:00 AM	Tumbling		A
11:00 AM	Baskets		A
11:45 AM	Afternoon Break		A
12:45 PM	Pyramids		A
1:45 PM	Skill Implementation Session		C
2:45 PM	Custom Coaching		E
3:30 PM	**Performances**		E
4:00 PM	Closing		

ALL-AMERICAN NOMINEE
ALL-AMERICAN TRYOUT CRITERIA

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

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

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

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