

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
1:00 PM	Staff Intros	Introduce instructors	
	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	S
	Team Evaluations	Progression warm up for stunt classes	A
2:00 PM	Basic Loads and Dismounts		
2:30 PM	Stunt Class 1		A
3:50 PM	Baskets		A
4:30 PM	DINNER		C
5:45 PM	Camp Cheer	Used for All-American Tryouts	A
	Coaches Skill Drills		L
6:15 PM	Pyramids (All American Tryout Demo)		A
7:15 PM	Stunt Class 2		C
8:15 PM	Skill Implementation Session	Utilizing Skills in a gameday environment	
8:30 PM	Custom Coaching		
9:00 PM	Team Time	Team unity development exercise	L
9:15 PM	Pin It Forward/Closing		A

DAY 1

Time	Class	Notes	
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready	
	Coaches Skill Drills		
9:30 AM	Stunt Class 3		A
10:45 AM	Baskets		A
11:30 AM	LUNCH		A
12:45 PM	Coaches Skill Drills		
1:00 PM	All American Review		
1:15 PM	Team Time		L
1:30 PM	Stunt Class 4		A
3:00 PM	Pyramids		A
4:00 PM	Jumps		
4:30 PM	DINNER		
6:00 PM	Coaches Skill Drills		
6:30 PM	Custom Coaching		E
7:30 PM	All American Tryouts	Optional All-American Team Tryout	C
8:00 PM	Top Gun Jumps & Tumbling		A
8:30 PM	Announcements		

DAY 2

Time	Class	Notes	
9:00 AM	Dynamic Warm up		
	Coaches Meeting		
9:30 AM	Custom Coaching		E
10:30 AM	Floor Rotations		A
11:00 AM	Top All American		E
	Top Gun Stunts		E
	Performances		A
12:00 PM	Pin It Forward		
	Awards		
	Closing		

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.