OVERNIGHT - 3 DAY

2020 CAMP SCHEDULE (with tumbling)

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP

DAY 1

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

DAY 2

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 2		A
10:30 AM	Baskets and Tumbling Rotation 1		A
11:30 AM	LUNCH		
1:15 PM	Team Time		L
1:30 PM	Baskets and Tumbling Rotation 2		A
2:30 PM	Pyramids		A
3:45 PM	Stunt Class 3		A
4:30 PM	**DINNER**		
6:30 PM	Custom Coaching		E
7:30 PM	All American Tryouts	Optional All-American Team Tryout	C
8:00 PM	Top Gun Jumps and Tumbling		E
8:30 PM	Announcements		

DAY 3

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

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.