

# GAMEDAY SPEED - 3 DAY

2020 CAMP  
SCHEDULE  
(with tumbling)

NFHS KEY:

|              |            |               |         |             |            |
|--------------|------------|---------------|---------|-------------|------------|
| CROWD LEADER | AMBASSADOR | SPIRIT RAISER | ATHLETE | ENTERTAINER | LEADERSHIP |
|--------------|------------|---------------|---------|-------------|------------|

|   |
|---|
| S |
| A |
| C |
| L |
| A |
| E |

| Length | End     | Time    | Class                               | Notes  |   | DAY 1 |
|--------|---------|---------|-------------------------------------|--|---|-------|
| 0:15   | 1:15 PM | 1:00 PM | Staff Intros                        | Introduce instructors                          | S |       |
|        |         |         | Roles of A Cheerleader              | Reiterate our responsibilities as cheerleaders | A |       |
| 0:30   | 1:45 PM | 1:15 PM | STUNT S.A.F.E.                      | Philosophy for safety of teams while stunting  | C |       |
|        |         |         | Team Evaluations                    | Progression warm up for stunt classes          | A |       |
| 1:00   | 2:45 PM | 1:45 PM | Stunt Class 1                       |  | A |       |
| 0:30   | 3:15 PM | 2:45 PM | <b>JUMPS</b>                        |  | A |       |
| 0:45   | 4:00 PM | 3:15 PM | Cheers and Chants                   | All American cheer, offense, defense, general  | C |       |
| 0:30   | 4:30 PM | 4:00 PM | Band Chant                          |  | C |       |
| 1:30   | 6:00 PM | 4:30 PM | <b>DINNER</b>                       |  |   |       |
| 1:00   | 7:00 PM | 6:00 PM | Tumbling                            |  | A |       |
| 1:00   | 8:00 PM | 7:00 PM | Pyramids (All American Tryout Demo) |  | A |       |
| 1:00   | 9:00 PM | 8:00 PM | Skill Implementation Session        | Utilizing Skills in a gameday environment      | C |       |
|        |         |         | Custom Coaching                     |  | E |       |
| 0:15   | 9:15 PM | 9:00 PM | Team Time                           | Team unity development exercise                | L |       |
| 0:10   | 9:25 PM | 9:15 PM | <b>Pin It Forward/Closing</b>       |  | A |       |

| Length | End      | Time     | Class                         | Notes  |   |
|--------|----------|----------|-------------------------------|--|---|
| 0:30   | 9:30 AM  | 9:00 AM  | Dynamic Warm up               | Fun Sport Specific warm up to get the body ready |   |
|        |          |          | Coaches Skill Drills          |  |   |
| 1:00   | 10:30 AM | 9:30 AM  | Props 101                     |  | C |
| 1:00   | 11:30 AM | 10:30 AM | Stunt Class 2 Game Day Stunts |  | A |
| 1:45   | 1:15 PM  | 11:30 AM | LUNCH                         |  |   |
| 0:15   | 1:30 PM  | 1:15 PM  | Team Time                     |  | L |
| 0:45   | 2:15 PM  | 1:30 PM  | Band Chant                    |  | C |
| 1:00   | 3:15 PM  | 2:15 PM  | Stunt Class 3                 |  | A |
| 1:15   | 4:30 PM  | 3:15 PM  | Pyramids                      |  | A |
| 2:00   | 6:30 PM  | 4:30 PM  | DINNER                        |  |   |
| 1:00   | 7:30 PM  | 6:30 PM  | Custom Coaching               |  | E |
| 0:30   | 8:00 PM  | 7:30 PM  | All American Tryouts          | Optional All-American Team Tryout                | C |
| 0:30   | 8:30 PM  | 8:00 PM  | Top Gun Jumps and Tumbling    |  | E |
| 0:30   | 9:00 PM  | 8:30 PM  | Announcements                 |  |   |

DAY 2

| Length | End      | Time    | Class           | Notes |   |
|--------|----------|---------|-----------------|-------|---|
| 0:30   | 9:30 AM  | 9:00 AM | Dynamic Warm up |       |   |
|        |          |         | Coaches Meeting |       |   |
| 0:30   | 10:00 AM | 9:30    | Top Gun Stunts  |       | A |
| 1:00   | 11:00 AM | 10:00   | Custom Coaching |       | E |
| 1:00   | 12:00 PM | 11:00   | Performances    |       | E |
| 0:30   | 12:30 PM | 12:00   | Closing         |       |   |
|        |          |         | Pin It Forward  |       | A |
|        |          |         | Awards          |       |   |

## ALL-AMERICAN NOMINEES

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.