

## NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

## DAY 1

Time	Class	Notes	NFH	S
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	<b>DINNER</b>		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	<b>Pin It Forward/Closing</b>		A	

## DAY 2

Time	Class	Notes	NFH	S
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	<b>LUNCH</b>		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	<b>Jumps</b>			
4:30 PM	<b>DINNER</b>			
6:00 PM	Coaches Skill Drills			
6:30 PM	<b>Custom Coaching</b>		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 3

Time	Class	Notes	NFH	S
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	<b>Pin It Forward</b>			
	Awards			
	Closing			

## 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.