



HOME CAMP

3 DAY CAMP SCHEDULE (with tumbling)

2024

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFH	S
12:00 PM	Staff Intros/Roles of A Cheerleader	Introduce instructors / reiterate our responsibilities as cheerleaders		
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			

DAY 1

Time	Class	Notes	NFH	S
9:00 AM	Dynamic Warm up / Coaches Skill Drills	Fun Sport Specific warm up to get the body ready to go		
9:30 AM	Pyramids		A	
11:00 AM	Tumbling		A	
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 2

Time	Class	Notes	NFH	S
9:00 AM	Dynamic Warm up / Coaches Skill Drills	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			

DAY 3



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