



VIRTUAL HOME CAMP - 2 DAY

2020 CAMP SCHEDULE

Instructor:

Cell #:

***Build your own Schedule!**

Time	Class	Notes	DAY 1
8:30 AM	Meet with Coach	Review classes & curriculum to be taught	
9:00 AM	Staff Welcome & Introductions	Rely on buddy instructor with any questions	
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
9:30 AM	Specialty Technique	Class focusing on technical elements chosen by coach	
10:15 AM	BREAK		
10:20 AM	Style Routine Review - Class 1	Review/clean style routine learned prior to camp	
11:20 AM	Game Day Implementation	Learn the in's and out's of the Game Day experience!	
11:45 AM	Team Time	Finish the day with team building	
12:00 PM	Closing	See you tomorrow!	

Time	Class	Notes	DAY 2
8:45 AM	Log on - Good morning!		
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
9:15 AM	Specialty Technique	Class focusing on technical elements chosen by coach	
10:00 AM	Style Routine Review - Class 2	Review/clean style routine learned prior to camp	
11:00 AM	BREAK		
11:05 AM	Custom Coaching - Class 1	Clean style routine from yesterday	
11:40 AM	Team Time	Finish the day with team building	
12:00 PM	Closing	GOOD LUCK THIS SEASON!	