



BY VARSITY SPIRIT

# 2026 1-Day Basketball Focused Home Camp

CAMP LOCATION & CAMP DATES

## Day 1

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	C	Motion & Spirit Prop Workshop / Game Day Class: <i>Basketball Sidelines</i>
12:45p	S	Safety Awareness/Spotting Seminar & NFHS Basketball Rules
1:00p	A	Stunt & Troubleshooting Class
2:15p	R	FNL Frenzy - <i>on your own court!</i>
3:00p		<i>Break</i>
3:15p	A	Stretching, Flexibility & Jump Class
3:30p	E	Basketball Sideline Dances
4:00p	A	Pyramid Class
4:45p	E	Timeout Practice (60 seconds) <i>*Done to the music of your choice!</i>
5:30p		Material Review
5:45p	E	Camp Showcase
6:00p		Awards & Break

