

# COLLEGE

## SPIRIT CAMPS

### Three Day Home Camp Sample Schedule

*\*Schedule below is a sample of class offerings. All College Spirit Camps are customized to your team's needs.*

#### Day 1

12:00 Warm Up/Stretch  
 12:30 Technique Class  
 1:30 Learn Routine #1  
 3:00 Break  
 3:30 Learn Routine #2  
 5:00 Review Routine #1  
 5:30 Review Routine #2  
 6:00 Cool Down/Teambuilding  
 6:30 Dismissal

#### Day 2

9:00 Warm Up/Stretch  
 9:30 Gameday Class:  
 Timeout/Performance Routine  
 10:30 Review Routine #1  
 11:00 Review Routine #2  
 11:30 Lunch Break  
 12:30 Learn Routine #3  
 2:00 Technique Class  
 3:00 Break  
 3:15 Review Timeout/PR  
 3:45 Review Routine #3  
 4:15 Cool Down/ Teambuilding  
 4:45 Dismissal

#### Day 3

9:00 Warm Up/Stretch  
 9:30 Review Routine #3  
 10:00 Learn Routine #4  
 11:30 Final Gameday Review  
 11:45 Lunch Break  
 12:45 Technique Class  
 1:45 Team Building  
 2:15 Break  
 2:30 Final Review- Routine #1  
 2:45 Final Review- Routine #2  
 3:00 Final Review- Routine #3  
 3:30 Final Review- Routine #4  
 4:00 Cool Down  
 4:15 Dismissal

