



2023 Stunt Intensive Home Camp Schedule

NFHS KEY: C-Crowd Leader B-Ambassador R- Spirit Raiser S-Safety A-Athlete E-Entertainer L-Leadership

DAY 1

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| 9:00 am | Camp registration begins |
| | LUNCH IS NOT PROVIDED |
| 12:00 pm | Camp registration ends |
| 12:30 pm | Arrive to main meeting area |
| 1:00 pm | Opening Rally & Warm-ups |
| 1:30 pm | Coaches Welcome & Goal Setting NFHS Credentialing Intro & All-American Cheer (C) |
| 2:00 pm | Stunt Introduction (S) & Stunt Class |
| 3:30 pm | Choose Your Challenge |
| 4:30 pm | DINNER |
| 6:30 pm | Coaches Camp Assessment Stunt Off (Round 1) |
| 6:45 pm | Staff TeamMate Time: Meet your Staff TeamMate & Pyramid Class |
| 8:00 pm | Team Up for St. Jude (B) & Pin It Forward (R) |
| 8:30 pm | Unity Games & Spirit Awards |
| 9:00 pm | All Camp Meeting |

DAY 2

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| 7:00 am | *BREAKFAST |
| 8:30 am | Coaches Check-in or USA Legacy Speaker Warm-ups & Review |
| 9:00 am | Jump Class & Captain's Corner (L) |
| 9:30 am | Stunt Class (A) |
| 10:30 am | Stunt Off (Round 2) |
| 10:45 am | Staff TeamMate Time: Stunt Routine Coaching |
| 11:30 am | LUNCH |
| 1:00 pm | Coaches Wrap-up Staff TeamMate Time: Stunt Routine Coaching (E) |
| 1:45 pm | Stunt Routine Evaluation |
| 2:30 pm | All-American Tryouts |
| 3:15 pm | Stunt Off (Finals) |
| 3:30 pm | TeamMaker, Senior Spotlight & Pin It Forward |
| 4:00 pm | Closing Rally & Final Awards |

Friends and family are invited to camp on Day 2 beginning at 1:30 pm

Day 2 will end at approximately 4:30 pm depending on the camp size

Class times and offerings may vary by camp location

***BREAKFAST is not included at certain Resort/Hotel camp locations. Refer to the camp information on the MyVarsity portal or contact your State Director to inquire about a specific location.**