



# Customize Camp Choices

**Instructions:** Place your organization name along with the team in which the schedule is for (ie. Varsity, Junior Varsity, Junior High, Level 3 All Star, etc.) on the top line. Next, place the time your camp begins under time and allow 15 minutes for warm up each day. (Warm up is necessary and cannot be omitted for safety reasons) On the first day, allow an additional 10 minutes for introductions. From there, you can choose from any of our sessions listed below. The time allotment is found next to each session so that you can block the correct time for each session. Choose as many sessions as you would like but please remember, lunch is one consecutive hour.

### Helpful Hints:

- Schedule an instructional session before a material session. (ie. Technique session before learning cheers. Stunting session before learning a cheer with a stunt.)
- Schedule a dance session before a break or at the end of the day. Dancing can be exhausting.
- Do not overload your schedule with too many cheers, chants and dances. The participants will not be able to retain a lot of material.
- You can adjust the time in order to fill gaps but, please do not shorten material sessions.
- Do not schedule to learn a one minute dance consecutively. If they learn it over a couple of days it will be easier to remember.
- If you choose team building, schedule the session on the first day, early in the day.

### Sample Form:

Time	Day One
8:00 - 8:15	Warm up
8:00 - 8:15	Introductions
8:25 - 9:00	Team Building
9:00 - 9:30	Jump Session
9:30 - 10:00	Cheer with a Jump
10:00 - 10:45	Intermediate Stunts
10:45 - 11:15	Cheer with a Stunt
11:15 - 12:00	One Minute Dance (begin)
12: 00 - 1:00	Lunch Break
1:00 - 1:30	3 General Chants
1:30 - 2:00	Cheer with a Combination
2:00 - 2:45	Intermediate Pyramids
2:45 - 3:00	Review and Video

**Curriculum Choices:****Cheers: 30 minute time allotment**

- Cheer with a Jump/Gymnastics or Both
- Cheer with a Partner Stunt
- Cheer with a Pyramid
- Cheer with a Combination of Jumps, Stunts, Gymnastics and Pyramids.

**Chants: 30 minute time allotment**

- 3 Chants

**Dance Routines:**

- 1 Minute Dance - 3 hours
- 30 Second Dance - 1 1/2 hours

We only have 3—1 minute dances and 3—30 Second Dances. Please do not schedule MORE than that number of dances for your camp. Thank you!

**Instructional Sessions:****30 minute time allotments**

- Jump Session
- Technique Session
- Team Building - Your instructor talks with your team about the importance of TEAMWORK. Together, they establish goals for the camp and for the year. Great for new teams.
- Review - Material learned that day will be reviewed to keep it fresh.

**45 minute time allotments**

- Plyometrics - Conditioning to improve jump height.
- Basic Partner Stunts
- Intermediate Partner Stunts
- Advanced Partner Stunts
- Basic Pyramids
- Intermediate Pyramids
- Advanced Pyramids
- Stretch Session - Stretching with concentration on each muscle group. Great for second or third day when muscles are sore and tired.
- Video Taping - This is time set aside in order to get the material you would like on video. Great for post camp practices. Helps with formations and stunting. Can be done at the end of each day.