

CHEERZ CHEERLEADING ACADEMY

Summer Camp Daily Schedule

Day 1		Day 2		Day 3	
9:00-9:10	Aerobics & Staff Introduction	9:00-9:05	Aerobics	8:00-9:45	Squad Pictures & Practice
9:10-9:40	Cheer & Chant Class w/ Motion Tech.	9:05-9:15	Quick Review of Day 1	9:45-10:10	Cheer & Chant Class
9:10-9:40	Sponsor Class (party room)	9:15-9:40	Cheer & Chant Class	10:10-10:20	Cheer & Chant Review
9:40-10:00	Private Coaching	9:40-10:00	Private Coaching	10:20-10:45	Private Coaching
10:00-10:50	Stunt Class	10:00-10:50	Stunt Class	10:45-11:20	Stunt Class
10:50-10:55	Water Break	10:50-11:00	PMA Talk	11:20-11:50	Dance & Band Beats Review
10:55-11:40	Main Dance Class	11:00-11:45	Main Dance Class	11:50-12:50	Lunch & Practice
11:40-11:50	Squad Unity Activity	11:45-11:50	Squad Unity Activity	12:50-1:40	Private Coaching
11:50-12:50	Lunch & Squad Practice	11:50-12:50	Lunch & Squad Practice	1:40-1:50	Smoothie King break (\$4.00)
12:50-1:00	Ribbon & Evaluation Card Review	12:50-1:30	Private Coaching	1:50-2:10	Squad Practice
1:00-1:40	Private Coaching	1:30-1:45	Plyometrics	2:10-2:30	Jump Off
1:40-1:55	Band Beat Class	1:45-1:55	Jumps Review	2:30-2:55	Allstar Competition (Optional)
1:55-2:15	Jump Class	1:55-2:15	Band Beat Class	2:55-3:15	Best Cheer & Chant Comp.
2:15-2:40	Quick Review of Day 1 Material	2:15-2:25	Smoothie King break (\$4.00)	3:15-3:25	Evaluation (Parents Welcome)
2:40-2:50	Popsicle Break	2:25-2:50	Squad Practice	3:25-3:40	Review all camp material
2:50-3:15	Squad Practice	2:50-3:15	Line Dance Class	3:40-3:55	Final Awards
3:15-3:25	Evaluation (Parents Welcome)	3:15-3:30	Evaluation (Parents Welcome)	3:55-4:00	Buddy Talk
3:25-3:40	Daily Review	3:30-3:50	Review		
3:40-3:55	Awards	3:50-3:55	Awards		
3:55-4:00	Buddy Talk	3:55-4:00	Buddy Talk/Goal Setting		