

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	Main Dance Class	10:00-10:50	Main Dance Class	10:45-11:15	Jump Off
10:50-10:55	Water Break	10:50-11:00	PMA Talk	11:15-11:35	Allstar Competition (Optional)
10:55-11:15	Jumps	11:00-11:15	Plyometrics & jump review	11:35-12:30	Lunch & Practice
11:15-11:30	Squad Unity Activity	11:15-11:30	Squad Unity Activity	12:30-12:45	Dance and Band Beat review
11:30-12:30	Lunch & Squad Practice	11:30-12:30	Lunch & Squad Practice	12:45-1:25	Stunt class
12:30-12:40	Ribbon & Evaluation Card Review	12:30-12:50	Band Beats	1:25-1:35	Smoothie King Beak(\$4.00)
12:40-1:30	Stunts	12:50-1:35	Stunts	1:35-2:10	Private Coaching
1:30-1:45	Band Beat Class	1:35-2:15	Private Coaching	2:10-2:55	Squad Practice
1:45-2:15	Private Coaching	2:15-2:25	Smoothie King break (\$4.00)	2:55-3:15	Best Cheer & Chant Comp.
2:15-2:40	Quick Review of Day 1 Material	2:25-2:50	Squad Practice	3:15-3:25	Evaluation (Parents Welcome)
2:40-2:50	Popsicle Break/Smoothie King (\$4.00)	2:50-3:15	Line Dance Class	3:25-3:40	Review all camp material
2:50-3:15	Squad Practice	3:15-3:30	Evaluation (Parents Welcome)	3:40-4:00	Final Awards
3:15-3:25	Evaluation (Parents Welcome)	3:30-3:50	Review		
3:25-3:40	Daily Review	3:50-3:55	Awards		
3:40-3:55	Awards	3:55-4:00	Buddy Talk/Goal Setting		
3:55-4:00	Buddy Talk				