


# 3 Day

# Overnight Camp

\*Subject to Change

Day 1	Fun Day	Day 3	Notes
<b>REGISTRATION</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	
2:00 Opening Rally Camp Rules	8:15 Captains' Class 8:30 Team ESTEEM Cheerobics Coaches' Meeting	9:00 Final Evaluation *Repeat NCA Cheer & Chant *Champion Chant & Top Team sign up	
2:30 Spirit Dance Coaches' Meeting	8:50 Jump Class	9:45 Optional Competitions *Champion Chant <i>(No Entrance, 3-3-3)</i> *Game Day Top Team <i>(Game Day Entrance, Crowd Response Cheer, Limited Skills)</i>	
3:15 Camp Cheer Chant Class	9:30 Cheer & Chant Class *Game Day Focus		
4:00 Buddy Time Individual help with material	10:20 Stunt Class		
4:45 Coaches' Meeting with Buddy Team ESTEEM Camp Details	11:30 Dance Showcase NCA PRIMETIME Sign-up		
<b>DINNER</b>	<b>LUNCH</b>		
7:00 Safety First/S.P.O.T.	1:30 Practice Time with Coach		
7:15 Core Stunts Skill Check	2:00 NCA PRIMETIME *Informal Evaluation		
8:00 Jump Technique Class	4:00 Specialty Classes *Dances/Stunts/Radical Response	10:45 Cheer and Chant Review Dance Showcase BleacherMania 2009	
8:30 Game Day Entrance Explanation & Demo	<b>DINNER</b>	11:15 Awards 11:45 Closing	
8:35 Spirit Sticks	7:00 Evaluations *NCA Cheer & Chant w/Crowd Invol.		
8:45 Team ESTEEM Safety Awareness Test	7:20 All-American Tryouts 7:50 Basket Builders 8:35 Spirit Sticks 8:45 Team ESTEEM		
<b>REMINDER!</b>	<b>REMINDER!</b>		
Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through dinner. <b>GET SOME REST!</b>	Say goodbye to your buddy.... tomorrow is the last day of camp!	<b>2009</b>	

## This year...your chance...STEP UP!