# CHEER Christian Camp

*Subject to Change

## Day 1

**REGISTRATION**

2:00 Opening Rally
Camp Rules
2:30 Christian Spirit Dance
Coaches' Meeting
3:15 Camp Cheer
Chant Class
4:00 Buddy Time
Individual help with material
4:45 Coaches' Meeting
with Buddy
Team ESTEEM
Camp Details

**DINNER**

7:00 Safety First/S.P.O.T.
7:15 Core Stunts
Skill Check
8:00 Jump Technique Class
8:30 Game Day Entrance
Explanation & Demo
8:35 Spirit Sticks
8:45 Team ESTEEM
Safety Awareness Test
Sharing Time/Devotional

**REMINDER!**

Practice material for tomorrow's evaluation. Don't forget that tomorrow is **GAME DAY**, show your school spirit!

## Day 2

**BREAKFAST**

8:15 Captains' Class
8:30 Team Esteem/Opening Scripture
Cheerobics
Coaches' Meeting
8:50 Jump Class
9:30 Cheer & Chant Class
*Game Day Focus
10:20 Stunt Class
11:30 Dance Showcase
NCA PRIMETIME Sign-up

**LUNCH**

1:30 Practice Time with Coach
2:00 NCA PRIMETIME
*Informal Evaluation on Cheer & Chant with Crowd Involvement
4:00 Basket Builders

**DINNER**

7:00 Evaluations
*NCA Cheer & Chant w/Crowd Invol.
7:30 Specialty Classes
*Dances/Stunts/Radical Response
8:35 Spirit Sticks
8:45 Team Esteem/Closing Scripture
Sharing Time/Devotional

**REMINDER!**

Tomorrow is **FUN DAY**! Dress in your craziest clothes through dinner.
**GET SOME REST!**

## Fun Day

**BREAKFAST**

8:15 Captains' Class
8:30 Team Esteem/Opening Scripture
Cheerobics
Coaches' Meeting
8:50 Cheer & Chant Class
9:50 Stunt Class
10:50 Pyramid Workshop
11:30 Dance Showcase
NCA PRIMETIME Sign-up

**LUNCH**

1:30 Practice Time with Coach
2:00 NCA PRIMETIME
*Informal Evaluation
4:00 Specialty Classes
*Dances/Stunts/Radical Response

**DINNER**

6:45 Stretch & Warm-up
7:00 All-American Tryouts
7:30 Practice Time with Buddy
8:10 Material Review
*Cheers, Chants & Dances
8:25 Spirit Sticks
8:35 Team ESTEEM/Open Mic

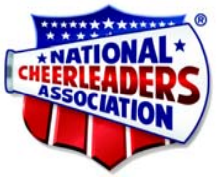
**REMINDER!**

Say goodbye to your buddy…. tomorrow is the last day of camp!

## Day 4

**BREAKFAST**

9:00 Final Evaluation
*Repeat NCA Cheer & Chant
*Champion Chant &
Top Team sign up
9:45 Optional Competitions
*Champion Chant
*(No Entrance, 3-3-3)*
*Game Day Top Team
*(Game Day Entrance, Crowd Response Cheer, Limited Skills)*
*Performance Top Team
*(Entrance, Any Cheer, Showcase Team Skills)*
10:45 Cheer and Chant Review
Dance Showcase
BleacherMania 2009
11:15 Awards
11:45 Closing




**2009**

# This year…your chance…STEP UP!