


CHEER

Day Camp

*Subject to Change

Day 1		Day 2		Day 3		Notes
REGISTRATION		BREAKFAST		BREAKFAST		
9:00	Opening Rally Camp Rules	8:45	Captains' Class	8:45	Captains' Class	
9:30	Spirit Dance Coaches' Meeting	9:00	Team ESTEEM Cheerobics	9:00	Team ESTEEM Cheerobics	
10:00	Camp Cheer & Chant Class		Coaches' Meeting		Coaches' Meeting	
11:15	Buddy Time Individual help with material	9:20	Jump Class	9:20	Cheer & Chant Class *Performance Focus	
11:45	Coaches' Meeting with Buddy Team ESTEEM Camp Details	10:00	Cheer & Chant Class *Game Day Focus	10:00	Stunt Class	
		10:40	Stunt Class	10:50	Pyramid Workshop	
		11:45	Dance Showcase NCA PRIMETIME Sign-up	11:15	All-American Tryouts	
				11:45	NCA PRIMETIME Sign-up	
LUNCH		LUNCH		LUNCH		
1:00	Safety First/S.P.O.T.	1:30	NCA PRIMETIME	1:30	NCA PRIMETIME	
1:15	Core Stunts Skill Check		*Informal Evaluation on Cheer & Chant with Crowd Involvement		*Informal Evaluation on NCA Cheer & Chant	
2:15	Jump Technique Class	2:30	Specialty Classes	2:30	Final Evaluation	
3:00	Specialty Classes *Dances/Stunts/Radical Response		*Dances/Stunts/Radical Response		*Repeat NCA Cheer & Chant	
4:00	Material Review	3:30	Evaluations	3:00	Optional Competitions	
4:15	Game Day Entrance Explanation & Demo		*NCA Cheer & Chant w/Crowd Invol.		*Champion Chant, Game Day & Performance Top Team	
4:20	Spirit Sticks	3:50	Basket Builders	4:15	Material Review	
4:35	Team ESTEEM Safety Awareness Test	4:20	Spirit Sticks		*Cheers, Chants & Dances	
		4:35	Team ESTEEM	4:30	Awards & Closing	
REMINDER!		REMINDER!				
Tomorrow is FUN DAY! Dress in your craziest clothes through lunch.		Say goodbye to your buddy.... tomorrow is the last day of camp!		<h1>2009</h1>		

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