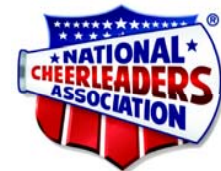


CHEER

Luxury Camp

*Subject to Change

Day 1		Day 2		Fun Day		Day 4	
REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
2:00	Opening Rally Camp Rules	8:15	Captains' Class	8:15	Captains' Class	9:00	Final Evaluation
2:30	Spirit Dance Coaches' Meeting	8:30	Team ESTEEM Cheerobics Coaches' Meeting	8:30	Team ESTEEM Cheerobics Coaches' Meeting		*Repeat NCA Cheer & Chant *Champion Chant & Top Team sign up
3:15	Camp Cheer Chant Class	8:50	Jump Class	8:50	Cheer & Chant Class	9:45	Optional Competitions *Champion Chant (No Entrance, 3-3-3)
4:00	Buddy Time Individual help with material	9:20	Cheer & Chant Class *Game Day Focus	9:50	Stunt Class		*Game Day Top Team (Game Day Entrance, Crowd Response Cheer, Limited Skills)
4:45	Coaches' Meeting with Buddy Team ESTEEM Camp Details	10:00	Stunt Class	10:50	Specialty Classes *Dances/Stunts/Radical Response		*Performance Top Team (Entrance, Any Cheer, Showcase Team Skills)
		10:50	Specialty Classes *Dances/Stunts/Radical Response	11:50	NCA PRIMETIME Sign-up		
		11:50	NCA PRIMETIME Sign-up			10:45	Cheer and Chant Review Dance Showcase BleacherMania 2009
			LUNCH Practice time with coach/ Free time				
			DINNER			11:15	Awards
7:00	Safety First/S.P.O.T.	5:30	NCA PRIMETIME	5:30	NCA PRIMETIME	11:45	Closing
7:15	Core Stunts Skill Check		*Informal Evaluation on Cheer & Chant with Crowd Invol.		*Informal Evaluation on Cheer & Chant		
8:00	Jump Technique Class	6:30	Evaluations	6:30	Evaluations		
8:30	Game Day Entrance Explanation & Demo		*NCA Cheer & Chant w/Crowd Invol.	7:00	Stretch & Warm-up		
8:35	Spirit Sticks	7:00	Basket Builders	7:10	All-American Tryouts		
8:45	Team ESTEEM Safety Awareness Test	8:00	Material Review	7:55	Material Review *Cheers, Chants & Dances		
		8:35	Spirit Sticks	8:25	Spirit Sticks		
		8:45	Team ESTEEM	8:35	Team ESTEEM		
			REMINDER!				
			REMINDER!				
			REMINDER!				
	Practice material for tomorrow's evaluation. Don't forget that tomorrow is GAME DAY , show your school spirit!		Tomorrow is FUN DAY! Dress in your craziest clothes through dinner. GET SOME REST!		Say goodbye to your buddy.... tomorrow is the last day of camp!		



2009

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