


CHEER

QUEST CAMP

*Subject to Change

Day 1	Day 2	Fun Day	Notes
REGISTRATION	BREAKFAST	BREAKFAST	
12:30 Staff Intros/Camp Overview Coaches Meeting	8:15 Captains' Class 8:30 Team ESTEEM Cheerobics Coaches' Meeting	8:15 Captains' Class 8:30 Team ESTEEM/Cheerobics Coaches' Meeting	Spirit Routine *Learned by entire camp *Great for short performances *Perfect for time-outs
12:45 Spirit Routine Choreography Coaches' Meeting	9:00 Stunt Class *Entire Camp	9:00 Optional Material/ Choreography Rotation *1 Hour Rotation - 5th Section	Stunt Basics/Skill Check *Quick review of technique *Allows staff to recognize teams stunting ability
1:30 Buddy Time *Choreography Workshop	10:00 Baskets/Choreography Rotation *1 Hour Rotation - 3rd Section	10:00 Second Rotation 11:00 NCA Primetime *30 minutes per buddy	Camp Cheer *Learn by everyone and used for All-American tryout.
2:00 Safety First/S.P.O.T.	LUNCH - Noon	LUNCH - Noon	Rotations *Choreography created specifically for your team or time to work on certain skills
2:15 Stunt Basics/Skill Check *Prep, Ext, Lib, Full Downs	2:30 Stunt/Pyramid/Choreography Rotation - 4th Section	2:30 All-American Tryouts 3:00 Top Gun Finals	Optional Material *Choose the material that suits your team
3:00 Stunt Class *Entire Camp	3:15 Second Rotation 4:00 NCA Primetime/Practice Time *30 minutes per buddy *Informal Eval - Spirit Routine	3:15 NCA Primetime/Practice Time *Informal Evaluation 4:15 Team ESTEEM Announcements/Practice Time	
4:00 Jump Technique Class/Opening *30 minute rotation	DINNER - 5:00	DINNER - 4:30	
4:30 Team ESTEEM Announcements	7:00 Evaluations *Spirit Routine	7:00 Stretch & Warm-up 7:15 Top Team Competitions *Individual Routine	
DINNER - 4:45	7:00 Jump Technique Class/Opening *30 minute rotation	7:45 Awards Spirit Sticks Closing	
7:00 Jump Technique Class/Opening *30 minute rotation	7:20 Spirit Routine Competition 7:45 Top Gun Pre-lims/Practice Time *Jumps & Tumbling *Stunts & Dance		
7:30 Camp Cheer/Jump Choreography *30 minute rotation	8:15 Team ESTEEM Spirit Sticks		
8:00 Second Rotation			
8:30 Team ESTEEM Spirit Sticks			
REMINDER!	REMINDER!	Travel Safe...see you next year!	
Review the Spirit Routine material for tomorrow's evaluation.	Say goodbye to your buddy.... tomorrow is the last day of camp!	2009	

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