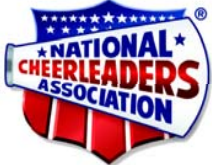


CHEER

Performance 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 *Entire Mini Routine
2:30	The Jam Coaches' Meeting	8:30	Team ESTEEM Cheerobics Coaches' Meeting	8:30	Team ESTEEM Cheerobics Coaches' Meeting	9:45	Optional Competitions *Performance Top Team <i>(Entrance, Mini Routine, Showcase Team Skills)</i>
3:15	Camp Cheer Chant Class	8:50	Jump Class	9:00	Practice Time *Finalize Entire Mini Routine	10:45	Material Review The Jam Dance Showcase BleacherMania 2009
4:00	Buddy Time Individual help with material	9:40	Design Time *Dance, Jumps & Cheer	9:45	Stunt Class	11:15	Awards
4:45	Coaches' Meeting with Buddy Team ESTEEM Camp Details	10:20	Stunt Class	10:45	Pyramid Workshop	11:45	Closing
DINNER		11:30	Dance Showcase NCA PRIMETIME Sign-up	11:30	Dance Showcase NCA PRIMETIME Sign-up		
		LUNCH		LUNCH			
7:00	Safety First/S.P.O.T.	1:30	Practice Time with Coach	1:30	Practice Time with Coach		
7:15	Core Stunts Skill Check	2:00	NCA PRIMETIME *Informal Evaluation on 1st 1/2 of the Mini Routine	2:00	NCA PRIMETIME *Informal Evaluation on entire Mini Routine		
8:00	Jump Technique Class	4:00	Basket Builders	4:00	Specialty Classes *Dances/Stunts/Radical Response		
8:30	Game Day Entrance Explanation & Demo	4:45	Top Gun - Jumps & Tumbling	DINNER			
8:35	Spirit Sticks	DINNER		6:45	Stretch & Warm-up		
8:45	Team ESTEEM Safety Awareness Test	7:00	Evaluations *First 1/2 of the Mini Routine	7:00	All-American Tryouts		
		7:30	Specialty Classes *Dances/Stunts/The Jam	7:30	Practice Time		
		8:35	Spirit Sticks	7:50	Top Gun - Dance & Stunts		
		8:45	Team ESTEEM	8:25	Spirit Sticks		
				8:35	Team ESTEEM		
REMINDER!		REMINDER!		REMINDER!			
Organize all material for tomorrow's evaluation!		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!