



1 DAY TEAM CAMP BASIC SCHEDULE

**(Specific classes & times may change.
This schedule is a “basic” idea of what a 1 Day Camp will offer)**

DAY ONE:

9:00 AM	Check in @ Host High School
9:30-10:15 AM	Welcome all cheerleaders & coaches, Staff demo routines, Work out & Warm Up
10:15-3:00 PM	Jumps Technique, 2 Routines, Team Unity & Catered Lunch (all of these will be done on a rotation)
3:00-4:30 PM	Sideline Routines & Routine Review
4:30-5:00 PM	Routine Showcase, Awards & Excusal