



## One Day Youth LSCA Camp

### Sample Schedule

9:00	Introductions/Warm-Up
9:15	Motion Workshop
9:30	Teach the Cheer and Spiriting
10:00	Game
10:15	Teach Star Routine
11:00	Stunt Safety
11:10	Stunt Class
<b>12:00</b>	<b>Lunch Break</b>
12:30	Warm-Up
12:40	Review Cheer
1:00	Learn Sidelines and Chants
1:30	Game
1:45	Review Dance
2:15	Jump Class
2:30	Game
2:45	Final Review
3:00	PEP RALLY

