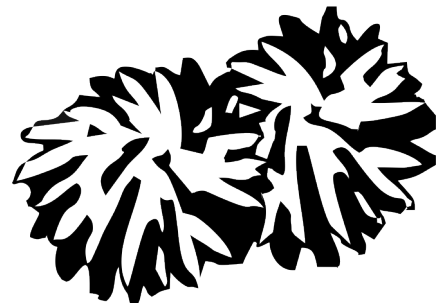




One Day LSCA Camp

Sample Schedule

9:00	Introductions/Warm-Up
9:15	Motion Workshop
9:30	Teach Cheer
10:00	Teach Star Routine
11:00	Stunt Safety
11:10	Stunt Class
12:00	Lunch Break
1:00	Warm-Up
1:05	Cheer Custom Incorp
1:45	Sideline Class
2:15	Star Routine Custom Incorp
3:00	Jump Class
3:30	Camp Store Fashion Show
3:45	Review
4:00	Dismiss





Two Day LSCA Camp

Sample Schedule

Day 1:

9:00	Intros/Warm-Up
9:15	Motion Workshop
9:30	Cheer Class
10:15	Stunt Safety
10:30	Stunt Class
11:30	Flexibility & Jump Class
12:00	Lunch Break
1:00	Dance Class: Fusion
2:00	Fusion End Custom Incorp
3:00	Dance Class (Hip Hop or Pom)
3:30	Camp Store Fashion Show
3:45	Review
4:00	Dismissal

Day 2:

9:00	Warm Up
9:15	Stunt Class
10:15	Fusion Dance Review
10:45	Fusion Beginning Custom Incorp
11:45	Run Full Fusion Routine
12:00	Lunch Break
1:00	Sideline Class
2:00	Sideline Evals (with announcer cues)
2:30	Break
2:45	Game/Team Bonding
3:00	Final Review
3:30	Final Showoffs
4:00	Dismissal





Three Day LSCA Camp

Sample Schedule

Day 1:

9:00	Intros/Warm-Up
9:15	Motion Workshop
9:25	Cheer Class
10:00	Stunt Safety
10:15	Stunt Class
11:15	Cheer Custom Incorp
12:00	Lunch Break
1:00	Dance Class: Fusion
2:00	Fusion End Custom Incorp
3:00	Dance Class (Hip Hop or Pom)
3:30	Camp Store Fashion Show
3:45	Review
4:00	Dismissal

Day 2:

9:00	Warm Up
9:15	Stunt Class
10:15	Fusion Dance Review
10:45	Fusion Beginning Custom Incorp
11:45	Run Full Fusion Routine
12:00	Lunch Break
1:00	Dance Class: Star
2:00	Star Custom Incorp
3:00	Sideline Class
3:45	Review
4:00	Dismissal

Day 3:

9:00	Warm Up
9:15	Review Cheers & Sidelines
9:30	Sideline Evaluation (with announcer cues)
9:45	Dance Review (Fusion, Star, HH/Pom)
10:15	Flexibility & Jump Class
11:00	Stunt Class
12:00	Lunch Break
1:00	Review Custom Cheer
1:15	Review Star Routine
1:30	Review Fusion Routine
1:45	Break
2:00	Optional Class (Fight Song/Open Stunt/Pyramids)
2:30	Games/Team Bonding
3:00	Final Showoffs
4:00	Awards/Dismissal





Four Day LSCA Camp

Sample Schedule

Day 1:

9:00	Intros/Warm-Up
9:15	Motion Workshop
9:25	Cheer Class
10:00	Stunt Safety
10:15	Stunt Class
11:15	Cheer Custom Incorp
12:00	Lunch Break
1:00	Dance Class: Fusion
2:00	Flexibility & Jump Class
3:00	Dance Class: Pom 1
3:30	Camp Store Fashion Show
3:45	Review
4:00	Dismissal

Day 2:

9:00	Warm Up
9:15	Stunt Class
10:15	Fusion Ending Incorp
11:15	Dance Class: Star
12:00	Lunch Break
1:00	Fusion Review
1:15	Fusion Beginning Incorp
2:15	Run Fusion Routine
2:30	Sideline Class
3:00	Dance Class: Hip Hop
3:45	Review
4:00	Dismissal

Day 3:

9:00	Warm Up
9:15	Stunt Class
10:15	Star Review
10:30	Star Custom Incorp
11:30	Game Day Class
12:00	Lunch Break
1:00	Dance Class: Pom 2
2:00	Jump Class
2:30	Optional Class (Fight Song/Open Stunt/Pyramids)
3:30	Review
4:00	Dismissal

Day 4:

9:00	Warm Up
9:15	Review Cheers & Sidelines
9:45	Sideline Evaluation (with announcer cues)
10:00	Dance Review
10:45	Stunt Class
12:00	Lunch Break
1:00	Review Custom Cheer
1:15	Review Star Routine
1:30	Review Fusion Routine
2:00	Break
2:15	Games/Team Bonding
3:00	Final Material Review
3:30	Final Showoffs
4:00	Dismissal