



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

