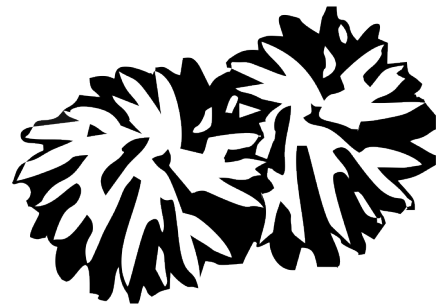




## One Day LSCA Camp

### 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
<b>12:00</b>	<b>Lunch Break</b>
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

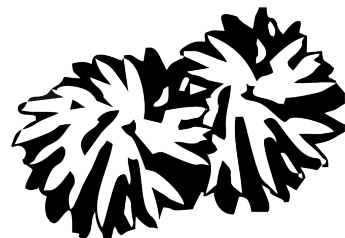
### Sample Schedule

#### 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
<b>12:00</b>	<b>Lunch Break</b>
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
<b>12:00</b>	<b>Lunch Break</b>
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
<b>12:00</b>	<b>Lunch Break</b>
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
<b>12:00</b>	<b>Lunch Break</b>
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
<b>12:00</b>	<b>Lunch Break</b>
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)
<b>2:30</b>	<b>Games/Team Bonding</b>
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



## One Day Gameday Camp

### Sample Schedule

9:00	Camp Intro/Goal Setting
9:30	Warm Up
9:45	Stunt Safety
10:00	Stunt Workshop
10:30	Review Squad's Current Sideline Collection
11:30	Gameday Tips Sit Down
<b>12:00</b>	<b>Lunch Break</b>
1:00	Warm-Up
1:10	Review Squad's Current Cheer Collection
2:00	Rules of the Game Sit Down
2:15	Clean Fight Song
2:45	Review Squad's Current Band Dance Collection
3:15	Gameday Field Practice
4:00	Dismiss





## Two Day Gameday Camp

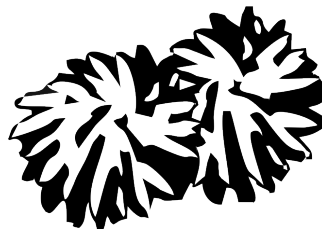
### Sample Schedule

#### Day 1:

- 9:00 Camp Intro/Goal Setting/  
Pep Rally Theme Selection
- 9:30 Warm Up
- 9:45 Stunt Safety
- 10:00 Stunt Workshop
- 10:30 Clean Dance for Pep Rally Routine
- 11:00 Incorp Pep Rally Routine
- 12:00 Lunch Break**
- 1:00 Warm Up
- 1:10 Clean Pep Rally Cheer
- 1:30 Incorp Pep Rally Cheer
- 2:00 Pep Rally Script Planning
- 2:30 Clean Fight Song
- 3:00 Review Pep Rally Routine
- 4:00 Dismissal

#### Day 2:

- 9:00 Warm Up
- 9:15 Clean all other Pep Rally Sections
- 10:15 Pep Rally Talk Through
- 10:30 Pep Rally Walk Through
- 11:00 Jumps & Flexibility
- 11:30 Run Through Daily Practice Warm-Up
- 12:00 Lunch Break**
- 1:00 Warm Up
- 1:15 Stunt Workshop
- 2:15 Other Potential Theme Sit Down
- 2:45 Pep Rally Stunt Warm Up
- 3:15 Full Pep Rally Run Through
- 4:00 Dismissal





## Three Day Gameday Camp

### Sample Schedule

#### Day 1:

9:00	Camp Intro/Goal Setting/ Pep Rally Theme Selection
9:30	Warm Up
9:45	Stunt Safety
10:00	Stunt Workshop
10:30	Clean Dance for Pep Rally Routine
11:00	Incorp Pep Rally Routine
<b>12:00</b>	<b>Lunch Break</b>
1:00	Warm Up
1:10	Clean Pep Rally Cheer
1:30	Incorp Pep Rally Cheer
2:00	Pep Rally Script Planning
2:30	Clean Fight Song
3:00	Preview/Clean all other Pep Rally Sections (Changes or Additions)
4:00	Dismissal

#### Day 2:

9:00	Pep Rally Talk Through
9:15	Pep Rally Walk Through
9:45	Warm Up
10:00	Jumps & Flexibility
10:30	Review Squad's Current Sideline Collection
<b>12:00</b>	<b>Lunch Break</b>
1:00	Rules of the Game Sit-Down
1:15	Rules of the Game Field Practice
2:00	Review Squad's Current Cheer Collection
3:30	Stunt Workshop
4:00	Dismissal

#### Day 3:

9:00	Pep Rally Mark Through
9:30	Warm Up
9:45	Review Squad's Current Band Dance Collection
10:30	Gameday Tips Sit-Down
11:00	Gameday Field Practice
<b>12:00</b>	<b>Lunch Break</b>
1:00	How to Start Practice Sit-Down
1:15	Run Through Daily Practice Warm-Up
1:30	Material Check
2:30	Pep Rally Stunt Warm Up
3:00	Full Pep Rally Run Through
4:00	Dismissal

