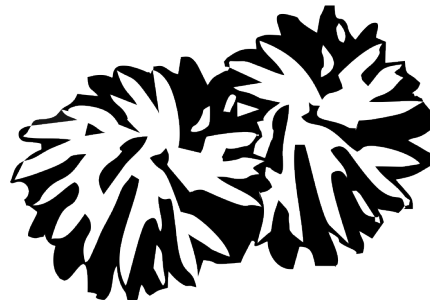




One Day Gameday Camp

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
12:00	Lunch Break
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

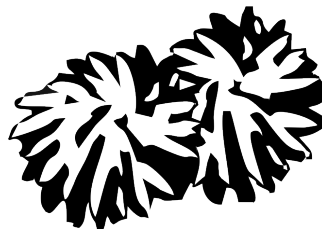
Sample Schedule

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
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	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
12:00	Lunch Break
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
12:00	Lunch Break
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

