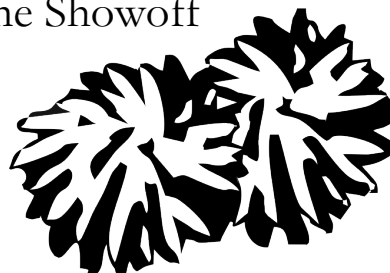




One Day Virtual LSCA Camp

Sample Schedule

9:00	Virtual Welcome
9:10	Warm Up
9:15	Motion Workshop
9:30	Cheer Class
10:00	Dance Class (Star Routine)
11:00	Stunt Safety
11:10	Stunt Class
12:00	Lunch Break
1:00	Virtual Check In
1:10	Warm-Up
1:15	Jump Technique Class
1:30	Star Routine Incorp
2:30	Break
2:45	Sideline Class
3:15	Review Star Routine
3:30	Virtual Star Routine Showoff
4:00	Dismiss





Two Day Virtual LSCA Camp

Sample Schedule

Day 1:

9:00	Virtual Welcome
9:10	Warm Up
9:15	Motion Workshop
9:30	Cheer Class
10:00	Dance Class (Star Routine)
11:00	Stunt Safety
11:10	Stunt Class
12:00	Lunch Break
1:00	Virtual Check In
1:10	Warm-Up
1:15	Jump Technique Class
1:30	Star Routine Incorp
2:30	Break
2:45	Sideline Class
3:15	Review Star Routine
3:30	Virtual Star Routine Showoff

Day 2:

9:00	Virtual Check In
9:10	Warm Up
9:15	Dance Class (Teams Choice)
10:15	Stunt Class
11:15	Cheer Class
11:45	Review Star Routine
12:00	Lunch Break
1:00	Virtual Check In
1:10	Warm-Up
1:15	Cheer Incorp
2:15	Football and BB 101 Class
2:45	Sideline Class
3:15	Review Incorps (Star Routine & Cheer)
3:30	Final Virtual Showoffs

