



Three Day Traditional Travel 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	Warm Up
	1:10	Dance Class: Star Routine A
	2:00	Star Routine A Custom Incorp
	3:00	Bonus Dance Class: Hip Hop or Pom
	3:45	Review
	4:00	Dismissal
Day 2:	9:00	Warm Up
	9:15	Stunt Class
	10:15	Sideline Class
	11:00	Dance Class: Star Routine B
	12:00	Lunch Break
	1:00	Warm Up
	1:10	Pyramid Class
	2:00	Dance Review: Star Routine B
	2:15	Star Routine B Custom Incorp
	3:15	Team Building
	3:45	Review
	4:00	Dismissal
	Day 3:	9:00
9:15		Flexibility & Jump Class
9:45		Game Time Class
10:45		Team Building
11:15		Optional Class (Fight Song/Open Stunt/Extra Dance)
12:00		Lunch Break
1:00		Warm Up
1:05		Stunt Class
2:00		Review Custom Cheer
2:15		Review Star Routine A
2:45		Review Star Routine B
3:15		Final Showoffs
4:00		Awards/Dismissal