

CHEER

SKILLS CAMP

*SUBJECT TO CHANGE

DAY 1	NOTES	FUN DAY	NOTES
<p>REGISTRATION</p> <p>9:00 Introductions 9:15 Cheerobics 9:30 S.P.O.T. & Safety First 9:45 Core Stunts Skill Check 10:00 Stunt Class 11:00 Dismount Class *Full & Double Downs 11:45 Team Time</p> <p>LUNCH</p> <p>1:00 Jump Technique Class *Technique, Variations & Combinations 1:45 Jump Choreography *Created For Each Team 2:45 Stunt Transition Class 3:45 Team Time Safety Awareness Test</p> <p>REMINDER!</p> <p>Get PLENTY of rest!!!</p>	<h1>2011</h1>	<p>BREAKFAST</p> <p>9:00 Team Time 9:15 Cheerobics 9:30 Stunt Class *Variations & Transitions 10:30 Dismount Class *Full & Double Downs 11:15 Skills Primetime</p> <p>LUNCH</p> <p>1:00 Basket Builders *Drills & Techniques 1:30 Basket Variations *New Skills 2:30 Pyramid or Jump Workshop *Perfecting & Creating 3:50 Team Time Closing</p> <p>REMINDER!</p> <p>Say goodbye to staff.... today is the last day of camp!</p>	<p>This stress free camp type allows teams to focus solely on improving the skills of their team. Each class gives one- on-one instruction to each team.</p> <p>Without camp material, evaluations or competitions, teams have the opportunity to progress at their own pace!</p> <p>Teams attending this camp type will NOT receive the NCA Curriculum dvd.</p> <div style="text-align: right;">  </div>

Rock'n It Out at NCA Summer Camps!