

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFH	S
1:00 PM	Staff Intros	Introduce instructors		
	Roles of A Cheerleader	Reiterate our responsibilities as cheerleaders	S	
1:15 PM	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	A	
	Team Evaluations	Progression warm up for stunt classes		
1:45 PM	Stunt Class 1		A	
2:45 PM	JUMPS		A	
3:15 PM	Pyramids (All American Tryout Demo)		A	
4:15 PM	Camp Cheer	Used for All-American Tryouts	C	
4:30 PM	DINNER			
6:00 PM	Baskets and Tumbling Rotation 1		A	
7:00 PM	Baskets and Tumbling Rotation 2		A	
8:00 PM	Custom Coaching	Utilizing Skills in a gameday environment	E	
	Skill Implementation Session		C	
9:00 PM	Team Time	Team unity development exercise	L	
9:15 PM	Pin It Forward/Closing		A	

DAY 1

Time	Class	Notes	NFH	S
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready		
	Coaches Skill Drills			
9:30 AM	Stunt Class 2		A	
10:30 AM	Baskets and Tumbling Rotation 1		A	
11:30 AM	LUNCH			
1:15 PM	Team Time		L	
1:30 PM	Baskets and Tumbling Rotation 2		A	
2:30 PM	Pyramids		A	
3:45 PM	Stunt Class 3		A	
4:30 PM	DINNER			
6:30 PM	Custom Coaching		E	
7:30 PM	All American Tryouts	Optional All-American Team Tryout	C	
8:00 PM	Top Gun Jumps and Tumbling		E	
8:30 PM	Announcements			

DAY 2

Time	Class	Notes	NFH	S
9:00 AM	Dynamic Warm up			
	Coaches Meeting			
9:30	Top Gun Stunts		A	
10:00	Custom Coaching		E	
11:00	Performances		E	
12:00	Closing			
	Pin It Forward		A	
	Awards			

DAY 3

