

J&C CAMPS

2 DAY

STUNT CAMP SCHEDULE

Day 1

1:00-1:15 - Active Warm up

1:15 – 1:30 – Evaluate Squad Skills

1:30 – 2:00 – Stunt Basics

2:00-3:00 – Twisting or Release Skills

3:00 – 3:45 –Tosses and Drills (Drills only for MS/JH Teams)

3:45 - 4:45 – Pyramids (Release Moves)

4:45 – 5:00– Overstretch and Cool Down discuss goals for Day 2

Day 2

8:00 - 8:15 - Active Warm up

8:15 – 8:45 – Stunt Class
(Reloads, Retakes, Transitions)

8:45 - 10:00 – Pyramids
(Release moves with inversions)

10:00 - 11:00 - Stunt Class
(Twisting/Release Skills)

11:00 - 11:45 - Stunt Inversions

11:45 - 12:00 - Cool Down
Stretch and discuss goals for the year (Photos)