

J&C CAMPS

PRIVATE CAMP 2 DAY SCHEDULE

Day 1

1:00-1:30 - Warm up & Jump Class
1:30 – 2:30 – Stunts/Pyramids
2:30 – 3:00 – Material (Dance)
3:00-3:45 – Material (Cheer)
3:45 – 4:00 – Practice for Cheer
Evaluation
4:00 - 4:30 – Team Time
4:30 – 4:45– Material Review
4:45 – 5:00 – Evaluation
5:00-5:45 – Stunt/Pyramids
5:45-6:00 – Wrap up meeting for the day.

Discuss goals for the next day!

Day 2

9:00 - 9:45 - Warm up & Jump Class
9:45 – 11:00 – Stunt Class
11:00 - 12:00 – Material Review and Teach Chants
12:00 – 1:00 – Lunch
1:00 – 2:00 - Stunt / Pyramids or Tosses
2:00 – 3:00 - Practice for Evaluation (Dance Review)
3:00 – 3:15 – Evaluation of Dance/Routine if only a 2 day camp.
3:15 – 3:30 – All Star Tryouts (if 2 day camp)
3:30 – 3:45 – Team Time
3:45 -4:00 Stretch
4:00 - End of Day 2