

J&C CAMPS

PRIVATE/COMMUTER CAMP 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

Day 3

9:00 - 9:30 - Warm Up and Jumps
9:30 - 9:45 - Review Cheer and Chants
9:45 - 10:45 Stunt
10:45 - 11:00 - Practice Extreme Routine (Dance and Pyramid)
11:00 - 11:30 - All Star Tryouts
11:30 - 12:00 - Showcase of all material learned for parents to film - announcements of any awards.
12:00 - 12:15 - Stretch and End Camp Day 3