



CHEER CAMP 2011

Junior Camp Schedule

Sydney | Newcastle | Melbourne | Brisbane

Day 1

Time	Activity	
9:00 – 9:30	Registration and Orientation	
9:30 – 9:45	Opening Introductions and Announcements	
9:45 – 10:00	Warm up for Athletes	1st Coaches Meeting
10:00 – 10:30	Jump Class	
10:30 – 11:15	Cheer Class	
11:15 – 11:30	<i>Break</i>	
11:30 – 12:15	Group A – Dance Class	Group B – Partner Stunt Class
12:15 – 1:00	Group A – Partner Stunt Class	Group B – Dance Class
1:00 – 2:00	<i>Lunch</i>	
2:00 – 2:45	Hip Hop Dance Class	
2:45 – 3:30	Pyramid Class	
3:30 – 3:45	<i>Break</i>	
3:45 – 4:00	Jump Off	
4:00 – 4:45	Group A – Private Coaching	Group B – Team UCA
4:45 – 5:15	Group A – Team UCA	Group B – Private Coaching
	2nd Coaches Meeting	
5:15 – 5:25	Routine Evaluation	
5:25 – 5:40	<i>Break</i>	
5:40 – 5:50	Cheer Games	
5:50 – 6:00	Awards & Final Announcements	

* The schedule for 5 Star Coaches Program will be determined by Mike Cooper and be announced at the beginning of the day