

CHEER

STUNT CLINIC

*Subject to Change

CAMP

NOTES

9:00 Staff Introductions
9:15 Cheerobics
9:30 S.P.O.T.
9:45 Safety First
*ALL groups must check off EVERY drill
10:00 Core Stunts
*Shoulder Sit, High Stand
*Extension Prep, Extension, Cradles
11:00 Stunt Class
*2012 Stunt Curriculum
11:55 Announcements

LUNCH

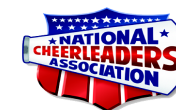
1:00 Stunt Class
*2012 Stunt Curriculum
2:00 Pyramid Workshop
2:45 Water Break
3:00 Basket Builders
4:00 Closing

REMINDER!

Remember to drink plenty of water and don't forget your lunch!



2012



Going for the Gold at NCA Summer Camps