



***Sample High School 2 Day Schedule***

**Day 1**

Coach - Make any changes that you want!

8:30	Registration
9:00	Introduction / Warmup
9:30	Motion Workshop
9:45	Cheer Class
10:15	Stunt Class
11:30	Jump Class All Star sign up
12:00	Lunch
1:00	Respect Seminar
1:15	Dance Class
2:30	Stunt Class continued
3:30	Practice for evaluations
4:00	Evaluations
4:20	Review
4:30	End of Day 1- Camp Store Open



**Day 2**

9:00	warm-up
9:30	Review
9:45	Cheer Class
10:15	Stunt Class
11:30	Advanced Jump Class
12:00	Lunch
1:00	Sport Psychology Seminar
1:15	All Star Tryouts
1:45	Dance Class
2:30	Stunt Class
3:30	Mini Stunt Routine practice
4:00	Evaluations on Mini stunt routine
4:20	Review
4:30	End of camp- Camp Store Open