

Spirit Sample 3-Day Camp Schedule Summer 2019

Schedule changes by date and location.

(subject to change)

Coaches will be provided an updated schedule in their camp packets.

*Class has a prerequisite skill

Revised 3/16/2019

Contact Spirit office for 2-Day and 1-Day Camp schedules!

For your safety:

NO staff or trainer is available during meal times, team times, or after team check. PLEASE no stunting or tumbling during "off" hours!

Please note:

Out of respect for other guests at our venues, athletes may NOT cheer or perform any skills (including motions) in rooms or hallways! Any practices, "passing" material, or similar activities must be done in the practice areas designated for Spirit use ONLY! Quiet times must be followed. Teams that do not adhere to this may be fined or asked to leave. Thank you!

Day 1 Team Arrival

12:00-1:00pm Team registration
Team tour with Private Coach

1:00pm Coaches orientation (locations vary)

Day 1 Afternoon	Location 1	Location 2	Location 3	Location 4	Meals	Lodging
1:30pm	Introductions, Warm-up, and Stretch			Luggage storage (XL Camp only)		
2:00pm	Stunting safety, technique, and basic dismounts- Group A	Stunting safety, technique, and basic dismounts- Group B	Stunting safety, technique, and basic dismounts- Group C			
3:40pm	OLE Techniques	180's and 360's	Dance			XL Camp- room check in and unpack
4:30pm	OLE Techniques (XL Camp- Advanced OLEs)	Twisting Cradles and Dismounts	Skills Cheer	Dance (XL Camp only)		
5:20pm	All-Camp Meeting and Private Coaching	Additional Practice Space	Additional Practice Space	Additional Practice Space (XL Camp only)		
6:00pm/6:15pm					Dinner- staggered release times from PC	Team Time
7:00pm	Optional Open Gym with Leadership Staff	Spirit Staff Meeting	Additional Practice Space	Additional Practice Space (XL Camp Only)		
7:20pm	OLE Techniques (XL Camp- Advanced OLEs)	*Pyramids (XL Camp-Special 1.5 Hr Block)	Camp Chants with Motion Precision and Execution	Skills Cheer Perfecting (XL Camp only)		
8:10pm	Timeouts and Stunt Group Coordination	Floor Mobility and Facial/Vocal Skills	Jump Drills and Perfecting Jumps	Open Practice Space (XL Camp only)		
9:00pm	Evening announcements					
9:10pm	Yoga for Athletes	"All Good Things" with Private Coach (cool down OYO)				Bonfire after last class (only at Echo Grove)
10:00pm	Staff report for meeting			Optional "Testing Out Room"- closes at 11pm (XL Camp)		Teams report to rooms, "Lights Out" at 11:30pm

To avoid complaints, athletes may NOT be out of their assigned rooms or making loud noises (quiet hours) after "lights out"- thank you.

Day 2 Spirit Day

Day 2 Morning	Location 1	Location 2	Location 3	Location 4	Meals	Lodging
8:30am					Breakfast and Coaches Coffee	
9:30am	Warm-up, stretch, and all-camp meeting					