

SUMMER 2024 BEGINNER CAMP

DAILY SCHEDULE

Monday -Thursday:

8:15 Arrival & Check In (Drop off at Gym entrance, no earlier)
8:30 Opening Session
8:40 Devotional & Focus Verse
8:45 Warmups & Stretching
9:00 -10:00 Cheer Skills **
(Motions, Jumps, Tumbling & Stunts)
10:00 - 10:20 SQUAD TIME/ SPECIAL ACTIVITY
10:20 - 10:40 Snack Break & Devo Recap
10:45 -11:25 Cheers & Chants Class/ Dance Class
11:30 - 12:10 Cheer Routine Rehearsal
12:20 - 12:30 Closing Session & Awards
12:30 Release & Pickup at Gym doors

Friday:

8:15 Arrival & Check In (Drop off at Gym entrance)
8:30 Opening Session
8:40 Devotional & Focus Verse
8:45 Warmups & Stretching
9:00 Cheer Skills & Camp Material Review
9:30 Rehearse Routine
10:30 - 10:50 Snack Break & Devo Recap
11:00 - TOP GUN SKILLS COMPETITION
11:35 -11:50 Squad Time
12:00 - 12:30 Performance, Awards & Closing
12:30-12:45 Photo Op and release to parents
** **Cheer Skills will alternate (Monday will be all skill evaluations for level placement)**

DEVOTIONAL & SPIRITUAL EMPHASIS

CHEER CAMP THEME: **CHEER BE DIFFERENT**

Camp Focus Scripture 2024: Romans 12:2

Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him.

Monday - Be Different (Romans 12:2 & 1 Timothy 4:12-13)

Tuesday - Be Nice (Ephesians 4:32)

Wednesday - A Reason to Smile (Job 8:21 CEV)

Thursday - Changed life (2 Corinthians 5:17 & Philippians 2:15)

Friday - The Love you Give, The Love you Get (Galatians 6:7)

WHAT TO BRING

Water Bottle • Snack • 2-Pocket Folder with prongs • hand towel • writing utensils • money for camp store • Change of clothes • bag for your belongings

WHAT TO WEAR

Wear comfortable, light weight, breathable, shirt or tank top, sports bra (if necessary), shorts or skirt with built-in shorts, socks and cheer shoes or similar soft-soled supportive athletic shoes (white preferred).

IMPORTANT REMINDERS

Please ensure hair is securely pulled back from the face and up off the shoulders for each camp day. Also please leave all jewelry including earrings, watches, rings and necklaces at home. Both of these items are a safety precaution. Safety, first. Please remind your cheerleader to leave cell phones in their bag.

- **Wednesday GLOW PARTY - Wear White or Blacklight reflective clothing. GlowSticks provided.**
- **Friday come dressed in camp tshirt, Camp bow, black shorts, white socks & White shoes.**