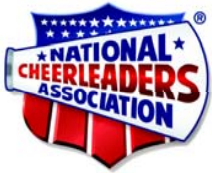


# CHEER

# All-Star Camp

\*Subject to Change

Day 1	Day 2	Fun Day	Day 4
<b>REGISTRATION</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
2:00 Opening Rally Camp Rules	8:15 Captains' Class 8:30 Team ESTEEM Cheerobics Coaches' Meeting	8:15 Captains' Class 8:30 Team ESTEEM Cheerobics Coaches' Meeting	9:00 Final Evaluation *Entire Mini Routine
2:30 The Jam Coaches' Meeting	8:50 Jump Technique Class 9:30 Stunt Class	9:00 Jump Class 9:45 Stunt Class	9:45 Optional Competitions *Performance Top Team (Entrance, Mini Routine, Showcase Team Skills)
3:15 All-American Cheer	10:30 Showmanship/Sportsmanship	10:45 Pyramid Workshop	10:30 Top Gun Finals *If necessary
4:00 Buddy Time Individual help with material	10:45 Pyramid Workshop 11:30 Dance Showcase NCA PRIMETIME Sign-up	11:30 Dance Showcase NCA PRIMETIME Sign-up	10:45 Material Review The Jam Dance Showcase
4:45 Coaches' Meeting with Buddy Team ESTEEM Camp Details	<b>LUNCH</b>	<b>LUNCH</b>	11:15 Awards
<b>DINNER</b>	1:30 Practice Time with Coach 2:00 NCA PRIMETIME *Informal Evaluation on 1st 1/2 of the Mini Routine	1:30 Practice Time with Coach 2:00 NCA PRIMETIME *Informal Evaluation on entire Mini Routine	11:45 Closing
7:00 Optional Home Cheer Evaluation	4:00 Basket Builders 4:45 Top Gun - Jumps & Tumbling	4:00 Specialty Classes *Dances/ Open Stunts	
7:35 Safety First/S.P.O.T.	<b>DINNER</b>	<b>DINNER</b>	
7:50 Core Stunts Skill Check	7:00 Evaluations *First 1/2 of the Mini Routine	6:45 Stretch & Warm-up 7:00 All-American Tryouts	
8:35 Spirit Sticks	7:30 Specialty Classes *Dances/ Open Stunts	7:30 Practice Time 7:50 Top Gun - Dance & Stunts	
8:45 Team ESTEEM Safety Awareness Test	8:35 Spirit Sticks 8:45 Team ESTEEM	8:25 Spirit Sticks 8:35 Team ESTEEM	
<b>REMINDER!</b>	<b>REMINDER!</b>	<b>REMINDER!</b>	
Organize all material for tomorrow's evaluation!	Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through dinner. <b>GET SOME REST!</b>	Say goodbye to your buddy.... tomorrow is the last day of camp!	<b>2009</b>

# This year...your chance...STEP UP!