



TEAM TRAINING CAMP

Three Day High School Commuter Camp
Student Schedule

DAY ONE:

- 7:00 Registration
- 8:00 Warm-up
- 8:30 Custom #1**
- 10:45 Custom Show-offs
- 11:30 Lunch
- 12:30 Pep Rally & Demo
- 2:00 Pep Rally Show-offs
- 2:15 Custom #2**
- 4:30 Custom Show-offs & Pep Rally Routine Review
- 5:00 Technique
- 6:00 Dinner/Spirit Shop Open
- 7:00 Game Time
- 7:30 Team Time Session 1
Assessing the Team! – "Personalities"

DAY TWO:

- 8:00 Warm-up/Dance Academy Combination
- 8:30 Custom #3**
- 10:45 Custom Show-offs
- 11:30 Lunch/Spirit Shop Open
- 12:30 Demo/Pep Rally Session
- 2:00 Pep Rally Show-offs
- 2:15 Custom #4**
- 4:30 Custom Show-offs & Routine Review
- 5:00 Technique
- 6:00 Dinner/Spirit Shop Open
- 7:00 Academy Review & Pep Rally Routine Review
- 7:30 Team Time Session 2 - *Bring your candles and matches or a lighter!*
Bringing the Team Together – "The Covenant"

DAY THREE:

- 8:00 Warm-up & Pep Rally Routine Review
- 8:30 Custom #5**
- 10:45 Custom Show Offs
- 11:30 Lunch/Spirit Shop Open
- 12:30 Demo/Pep Rally
- 2:00 Pep Rally Show Offs
- 2:15 Academy Auditions
- 3:30 Final Team Time - Session 3
Preparing The Team - "Planning for the year ahead"
- 5:00 Release to prepare for show-offs
- 6:00 Show Offs & Awards
- 7:00 Farewells/Spirit Shop