



## TEAM TRAINING CAMP

Four Day Hotel Camp  
Student Schedule

### DAY ONE:

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

### DAY TWO:

- 8:00 Warm-up
- 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
- 5:15 Technique
- 6:15 Dinner/Spirit Shop Open
- 7:15 Officer Practice Session / Pep Rally Routine Review
- 8:00 Team Time Session #2 – *Bring your pillows*

### 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 Kick & Dance Academy Combinations Taught
- 1:00 Demo/Pep Rally
- 2:30 Pep Rally Show Offs
- 2:45 Practice time with teams
- 4:30 Academy Auditions
- 6:00 Dinner/Spirit Shop Open
- 7:00 Team Time Session #3 – *Bring Your Pillows and Taper Candles with Matches or lighter!*

### DAY THREE:

- 8:00 Warm-up
- 8:30 Pep Rally Routine Review
- 9:00 Show Offs & Awards
- Farewells/Spirit Shop will be open for shopping  
*Cash, Check and Credit Cards Accepted*