



Perform with you PACK!

Instructor: Daphne & Addison

Week of July 15

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
9:00	Warm up. Flexibility. Cheer Basics (Motions, Kicks and Jumps)	Warm up. Flexibility. Cheer Basics (Motions, Kicks and Jumps)	Warm up. Flexibility. Cheer Basics (Motions, Kicks and Jumps)	Warm up. Flexibility. Cheer Basics (Motions, Kicks and Jumps)	Warm up. Flexibility. Cheer Basics (Motions, Kicks and Jumps)
10:00	Cheer class Learning, performing, and creating chants and cheers	Cheer class Learning, performing, and creating chants and cheers	Cheer class Learning, performing, and creating chants and cheers	Cheer class Learning, performing, and creating chants and cheers	Cheer class Learning, performing, and creating chants and cheers
11:00	Stunt class Safety, technique and positions	Stunt class Safety, technique and positions	Stunt class Safety, technique and positions	Stunt class Safety, technique and positions	Stunt and Tumbling class Safety, technique and positions
11:45	Walk to Lunch Room	Walk to Lunch Room	Walk to Lunch Room	Walk to Lunch Room	Walk to Lunch Room
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class
1:15	Dance class Learning, performing, and creating cheer style dances	Dance class Learning, performing, and creating cheer style dances	Dance class Learning, performing, and creating cheer style dances	Dance class Learning, performing, and creating cheer style dances	Dance class Learning, performing, and creating cheer style dances
2:00	Athletic field trip Visit Mackay Stadium and learn how to cheer at football/soccer.	Athletic field trip Visit Lawlor Events Center and learn how to cheer at basketball	Athletic field trip Visit Peccole Park and learn how to cheer at baseball	Athletic field trip Visit Virginia Street Gym and learn how to cheer at volleyball	Performance Prep!
3:00	Performance Prep Creating end of camp performance	Performance Prep Creating end of camp performance	Performance Prep Creating end of camp performance	Performance Prep Creating end of camp performance and making shirt	End of camp Performance for family and peers! 3 p.m. at Wiegand)
3:45	Leave Class	Leave Class	Leave Class	Leave Class	Leave Class

- Drop off campers between 8-8:30 a.m. in front of E.L. Wiegand Fitness Center.
- Pick up campers between 4-4:30 p.m. in front of E.L. Wiegand Fitness Center.
- All campers should bring a morning and afternoon snacks, lunch and a water bottle every day.