

DAY 1
FRIDAY
JULY 26, 2019
THEME DAY:
CULTURE DAY

#hawaiistylecheer



2019 Cheer Camp!

Spirit! Heart! Pride!

<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>More Information</u>
12:30 pm - 1:30 pm	REGISTRATION	Gym	Don't forget Liability Waivers!
2:00 PM	ALOHA & WELCOME! Opening Demos :)	Gym	Meet the STAFF!
2:15 pm - 2:30 pm	Mini Ohana Groups	Gym	Teams meet their "buddy" instructors
	Coaches Meeting	Classroom	Go over schedule & answer any questions
2:30 pm - 3:00 pm	CHEER CLASS	Wrestling Rm	Group SPIRIT (Inter. Teams)
		Cafeteria	Group HEART (JV Teams)
		Gym	Group PRIDE (Varsity Teams)
3:00 pm - 4:00 pm	STUNT CLASS (you may split team up by level)	Gym Wrestling Room	Advance STUNT CLASS Beginning STUNT CLASS Elite STUNT CLASS
4:00 pm - 4:30 pm	DANCE CLASS	Wrestling Rm	Group SPIRIT (Inter. Teams)
		Cafeteria	Group HEART (JV Teams)
		Gym	Group PRIDE (Varsity Teams)
4:30 pm - 4:45 pm	Snack Break Get ready for HomeJamz	Outside Gym	Concession Stand will be OPEN NO FOOD in the GYM
4:45 pm - 5:30 pm	HOMEJAMZ!!	Gym	Maximum of 1:15 sec. of music. Only dance section will be judged. Winners in Inter, JV and Vars Div. announced on the last day!
5:30 pm - 6:00 pm	Open Workshop & Private Coaching on CHEER	Gym Cafeteria	Half the teams will be in open workshop & the other half with a staff instructor.
6:00 pm - 6:30 pm	Open Workshop & Private Coaching on CHEER	Gym Cafeteria	Refer to Mini Ohana Sheet - Private Coaching Section to see your schedule.
6:30 pm - 7:00 pm	CHEER EVALUATIONS!	Gym Gym	Teams will perform the cheer in front of small groups & be awarded a ribbon.
7:00 pm - 7:30 pm	Team Bonding & Daily Awards	Gym	Spirit, Heart, Pride & Coach Awards!
7:30 pm - 8:00 pm	OPEN WORKSHOP	Gym	OPTIONAL: Teams may stay to practice Staff will be on hand to help :)

DAY 2
SATURDAY
JULY 27, 2019

THEME
DECADE DAY
#hawaiistylecheer



2019
Cheer Camp!
Spirit! Heart! Pride!

<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>More Information</u>
7:30 am	Gym will be open	Gym	Teams can come early to practice
8:15 am - 8:30 am	Leadership Meeting	Classroom	Optional: Captains or Leadership
8:30 am - 9:15 am	Camp Starts! Warm-up - Line Dance Team Bonding	Gym	Cheer Olympics
9:15 am - 10:00 am	DANCE CLASS	Wrestling Rm	Group SPIRIT (Inter. Teams)
		Cafeteria	Group HEART (JV Teams)
		Gym	Group PRIDE (Varsity Teams)
10:00 am - 11:30 am	STUNT CLASS (Teams may split up by level)	Wrestling Rm Cafeteria Gym	Stunts & transitional Stunts
11:30 am - 12:00 pm	JUMP / CHEER CLASS	Gym	All Teams: Spirit, Heart, Pride Groups in GYM
11:30 am - 12:00 am	Coaches Seminar	Classroom	Stunt Safety Rules (Optional)
12:00 am - 12:45 pm	Lunch Break :)	Outside	Pick up Pre-Order bentos Concession stand will be open
12:45 PM	Demo of Advance Dance	GYM	All Teams & Coaches in the Stands
12:50 pm - 1:30 pm	Teaching of Advance Dance	Gym	Varsity Teams ONLY!
	Camp Dance Review	Outside/Cafe	JV and below Teams
1:30 pm - 2:00 pm	Private Coaching/Open Workshop	Gym Cafeteria	Teams will work with staff 30 mins on the camp dance incorp., three 8-counts
2:00 pm - 2:30 pm	Private Coaching/Open Workshop	Gym Cafeteria	Teams will work with staff 30 mins on the camp dance incorporation - three 8-counts
2:30 pm -3:15 pm	Camp Dance Evaluations	Gym	Teams will perform in small groups
3:15 pm - 3:30 pm	Snack Break - Get ready for Jump Off	Gym	Four (4) jumpers or ALL SENIORS
3:30 pm - 4:00 pm	Jump Off!	Gym	Teams please sit up in the stands
4:00 pm - 5:00 pm	Advance Dance Class	Gym	Varsity Teams ONLY!
	Review / Open Workshop	Outside/Café	JV and below Teams
5:00 pm - 5:30 pm	Team Bonding & Daily Awards	Gym	Sign-up with Mini Ohanas for Team Elite
5:30 pm - 6:00 pm	OPEN WORKSHOP	Gym	OPTIONAL: Teams may stay to practice. Staff will be on hand to help :)

DAY 3
SUNDAY
JULY 28 2019

THEME
SCHOOL PRIDE
DAY!

#hawaiistylecheer



2019
Cheer Camp!
Spirit! Heart! Pride!

Time	Event	Location	More Information
7:30 am	Gym will be open	Gym	Teams can come early to practice
8:15 am - 8:30 am	Leadership Meeting	Classroom	Optional: Captains or Leadership
8:30 am - 8:45 am	Camp Starts! Camp Picture	GYM	Meet in Mini Ohanas - Sign up for Top of Rock
8:45 am - 9:00 am	Set Up for Team Elite Open Workshop	GYM	Warm up & Get Ready for Team Elite!
9:00 am - 9:45 am	Team Elite Tryouts	GYM	Four (4) or all Seniors!
9:45 am - 10:15 am	Advance Dance or Open Workshop	Gym Gym/outside	Varsity Only All other teams
10:15 am - 11:15 am	Elective Classes (Teams may split up)	Gym Gym Gym Outside	Tumbling Class Stunt Review Basket Toss Class Band Dance
11:15 am - 12:00 pm	Lunch Break :)	Outside	Pick up Pre-Order bentos outside the gym or buy from Concession Stand
12:00 pm - 12:30 pm	Open Workshop	Gym	Get ready for Final Evaluations
12:30 pm - 1:15 pm	Final Evaluations	Gym	Teams will do the camp cheer & camp dance (again) for FINAL EVAL!
1:15 pm - 1:30 pm	Break	Gym	Get ready for TOP OF THE ROCK!
1:30 pm - 2:30 pm	TOP OF THE ROCK!	Gym	Teams will compete for a trophy. Optional. Cheer, Camp Dance & Advance Dance
2:30 pm - 3:00 pm	DANCE OFF	Gym	Four (4) or ALL SENIORS Who will be Dance Queen & King?
3:00 pm - 3:30 pm	AWARDS & ALOHA	Gym	Mahalo for coming...hope you had fun! Have a GREAT SEASON!