

GENERAL SCHEDULE

Day 0

Day 0 -

4pm - 7:00pm - Athletes arrive and check in to lodging after 4pm. Dinner is not provided on this night.

7:00 pm - 8:30 - Staff Introductions, first tumbling session and group evaluations. This is where we will determine how to split the athletes up into similar skill groups to ensure maximum progression!

8:30 - 10:00 pm - Return to dorms/cabins

10pm - Lights out

GENERAL SCHEDULE

Day 1

Day 1 -

8:00 - 9:00 am - Breakfast

9:00 am - 10:00 am - Mobility, Stretch, Line drills,
Journal/Private Lessons

10:00 am - 10:30 am - Tumbling rotation 1

10:30 am - 11:00 am - Tumbling Rotation 2

11:00 am - 11:30 am - Tumbling Rotation 3

11:30 am - 12:00 pm - Tumbling Rotation 4

12:00 pm - 1:00 pm - Lunch

1:00 pm - 1:30 pm - Private Lessons

1:30 - 2:30 pm - Camp Dance

2:30 - 3:00 pm - Tumbling rotation 5 or optional - Stunting

3:00 - 3:30 - Breakout sessions (coaches choice)

3:30 - 4:00 pm - Building a strong mentality

4:00 - 5:00 pm- Scavenger Hunt

5:00 - 6:00 pm- Break time

6:00 - 7:00 pm- Dinner

7:00 - 8:00 pm - All American, Best Tumbler, Karaoke Contest

8:00 - 9:00 pm - Open Gym

9:00 pm - Personal hygiene

10:00 pm - Lights out

GENERAL SCHEDULE

Day 2

Day 2 -

8:00 - 9:00 am - Breakfast

9:00 am - 10:00 am - Mobility, Stretch, Line drills,
Journal/Private Lessons

10:00 am - 10:30 am - Tumbling rotation 1

10:30 am - 11:00 am - Tumbling Rotation 2

11:00 am - 11:30 am - Tumbling Rotation 3

11:30 am - 12:00 pm - Tumbling Rotation 4

12:00 pm - 1:00 pm - Lunch

1:00 pm - 1:30 pm - Private Lessons

1:30 - 2:30 pm - Stunting

2:30 - 3:00 pm - Tumbling rotation 3 or optional - Flexibility

3:00 - 3:30 - Breakout sessions (coaches choice)

3:30 - 4:00 pm - Positive Journaling Exercise

4:00 - 5:00 pm- Black light outfit making

5:00 - 6:00 pm- Break time

6:00 - 7:00 pm- Dinner

7:00 - 8:00 pm - All American, Jumper, Black Light Challenge

8:00 - 9:00 pm - Open Gym (Glow Party)

GENERAL SCHEDULE

Day 3

Day 3 -

8:00 - 9:00 am - Breakfast

9:00 am - 10:00 am - Mobility, Stretch, Line drills,
Journal/Private Lessons

10:00 am - 10:30 am - Tumbling rotation 1

10:30 am - 11:00 am - Tumbling Rotation 2

11:00 am - 11:30 am - Tumbling Rotation 3

11:30 am - 12:00 pm - Tumbling Rotation 4

12:00 pm - 1:00 pm - Lunch

1:00 pm - 1:30 pm - Private Lessons

1:30 - 2:30 pm - End of Camp routine building

2:30 - 3:00 pm - Mindset training

3:00 - 5:00 pm - Special activity - pool, bowling etc.

5:00 - 6:00 pm - Break time

6:00 - 7:00 pm - Dinner

7:00 - 8:00 pm - All American, Best Stunt group, Lip Synch
Battle

8:00 - 9:00 pm - Open Gym

GENERAL SCHEDULE

Day 4

Day 4 -

8:00 - 9:00 am - Breakfast (All meals are included with your camp registration)

9:00 am - 10:00 am - Mobility, Stretch, Line drills, Journal/Private Lessons

10:00 am - 10:30 am - Tumbling rotation 1

10:30 am - 11:00 am - Tumbling Rotation 2

11:00 am - 11:30 am - Tumbling Rotation 3

11:30 am - 12:00 pm - Tumbling Rotation 4

12:00 pm - 1:00 pm - Lunch

1:00 pm - 1:30 pm - Private Lessons

1:30 - 2:30 pm - End of Camp routine

2:30 - 3:30 pm - Tumbling rotation 3 or optional - Stunting

3:30 - 4:00 pm - Positive Journaling Exercise

4:00 - 5:00 pm - Slime time

5:00 - 6:00 pm- Break time

6:00 - 7:00 pm- Dinner

7:00 - 8:00 pm - All American, Best Dancer, Talent Show

8:00 - 9:00 pm - Open Gym

GENERAL SCHEDULE

Day 4 & 5

Day 4

8:00 - Breakfast

8:45- Warm up

9:00 - Packing

9:45 - Warmup

10:00 - Showoff Prep

11:00 am - All American Tryouts

11:30 pm - Showoffs (PARENTS WELCOME)

12:00 pm - Final Awards

1:00 pm Depart from camp

