

Day One

1:00 Opening Session / Team Meetings
1:30 Learn Xtreme Routine / All-American Cheer
2:15 Stunt Technique Class (work as a team)
3:00 Stunt Transitions by level (split up teams)
4:00 Jump Class
4:30 Break for Dinner.
6:30 Open Tumbling
7:15 Review Xtreme Routine
7:30 Stunt Challenges / Daily Awards / Team Meetings

Day Two

Breakfast
9:00 Warmup Stretch / Dance Review
9:30 Stunts –emphasis on tosses/dismounts
10:30 Jumps
11:15 Private Coaching Jump/Tumble Sequences
12:30 Lunch
2:30 Warmup Sequences
2:45 Sequence Evaluations
3:30 Transitional Stunts
4:30 Dinner
6:30 Stunt Sequence Private Coaching
7:30 Jump Off / Daily Awards / Team Mtgs

Day Three

Breakfast
9:00 Warmup Stretch / Dance Review
9:30 Open Tumbling
10:15 Pyramids
11:30 Team Challenges! Awards!!
12:00 Open Workshop – Construct Routine
12:30 Lunch
2:30 Routine Private Coaching / Open Workshop
3:30 Groups Switch
4:30 All American Tryouts
5:00 Dinner
7:00 Warm up Routines
7:15 Routine Evaluations
8:00 Announce All Americans / Daily Awards
FINAL NIGHT SOCIAL!

Day 4:

Breakfast
9:00 Open Workshop
9:30 Final Evaluations – Small group evaluations on jump/tumble sequence and comprehensive routine (stunt sequence / dance / pyramid)
10:15 Camp Championships!
11:30 Final Awards and Dismissal

NOTES: Coaches' Meetings held daily.