

Spirit General Camp Schedule 2015

Schedule changes by date and location. (subject to change)
Coaches will be provided an updated schedule in their camp packets.

For your safety:

NO staff or trainer is available during meal times, team times, or after team check. PLEASE no stunting or tumbling during "off" hours!

Please note:

Out of respect for other guests, athletes may NOT cheer or perform any skills (including motions) in rooms or hallways! Any practices, "passing" material, or similar activities must be done in the practice areas designated for Spirit use ONLY! Quiet times must be followed. Teams that do not adhere to this may be fined or asked to leave.

Day 1 Team Arrival

12:30-1:00pm Team registration
Team tour with Private Coach
1:00pm Coaches orientation (locations vary)

	Large Gym A	Large Gym B	Small Gym A	Small Gym B	Meals	Lodging
1:30pm	Introductions, Warm-up, and Stretch			Luggage storage (resort camps)		Resort Camps- room check-in and unpack
2:00pm	Stunting safety and essential technique- includes single-leg and cradles Group C	Stunting safety and essential technique- includes single-leg and cradles Group C	Stunting safety and essential technique- includes single-leg and cradles Group C			
3:30pm	OLE Techniques	Beginning Pyramids	Crowd Cheer	Dance		
4:30pm	Advanced OLE's	Fun Youth Stunts (Kalahari- Adv Stunts with Guest)	Crowd Cheer	Dance		
5:30pm	Team Coaches- meet with Private Coaches and walk to dinner			Dinner- staggered release		
7:00pm	All-Camp Meeting in Large Gym A, then Private Coaching		Additional Practice Space	Additional Practice Space		
8:00pm	Inverted and Twisting Dismounts	Fun Youth Stunts (Kalahari- Advanced Stunts with Guest)	Skills Cheer (Kalahari- Crowd Cheer)	Camp Chants		
9:00pm	Inverted and Twisting Dismounts	Advanced Pyramids	Motions- Precision and Execution	Camp Chants		
10:00pm	Cool-down and Stretch					
10:30pm	Team Building Activity with Private Coach (varies by location)					
11:00pm						Staff report to team room for meeting
11:30pm						"Lights Out" and Security Check

To avoid complaints, athletes may NOT be out of their assigned rooms or making loud noises (quiet hours) after "lights out"- thank you.

Day 2 Spirit Day

Day 2 Morning	Large Gym A	Large Gym B	Small Gym A	Small Gym B	Meals	Lodging
8:00am					Breakfast and Coaches Coffee	
9:00am	Warm-up, stretch, session demos, material review, and all-camp meeting					
9:30am	180s and 360s	Single-Based Stunts (Kalahari- Special 2 Hour Block)	Skills Cheer	Learning Tucks		
10:30am	Stunt Ideas and Transitions	Single-Based Stunts	Perfecting Jumps	Learning Back Handsprings		
11:30am					Lunch- staggered release	Team Time

Day 2 Afternoon	Large Gym A	Large Gym B	Small Gym A	Small Gym B	Meals	Lodging
1:00pm	Baskets and Tosses (Kalahari- Single-Based Stunts)	Perfecting Jumps (Kalahari - Special 2 hour block)	Team Building	Perfecting Back Handsprings		
2:00pm	Floor Mobility and Facial/Vocal Skills	Stunt Execution	Team Building	Back Walkovers (Kalahari- Perfecting Tucks)	2-day Camps- teams will have Private Coaching at 2pm, Exhibition at 3pm, and Checkout at 4pm)	
3:00pm	Baskets and Tosses	Stunt Execution	Team Building (Kalahari- Motivation Guest)	Coed Stunting (Srs only)		
4:00pm	Private Coaching (SVSU Only)- "Rec Time" at all other locations. Practice areas are CLOSED until 7pm (no trainer available)					
5:30pm					Dinner- staggered release	
7:00pm	Floor Mobility and Facial/Vocal Skills	Perfecting Jumps	Flexibility and Conditioning	Senior Seminar		
8:00pm	All-Camp Meeting, then Private Coaching with Mat Rotations		Additional Practice Space	Additional Practice Space		
9:00pm	Cheer for Charity Contests					
9:45pm	Cool-down and Stretch, All-Camp Meeting		Spirit Night			
10:45pm			Per management request- please try to finish Spirit Night circles by 10:45pm so teams are back to their rooms by 11pm.			
11:00pm						Teams return to rooms on their own after team circles, "Lights Out"/Security Check 11:30pm
11:30pm						

Reminder: athletes may NOT be out of their assigned rooms and should follow "quiet hours" after "lights out"- thank you.

Day 3 Final Day

4-Day Camp Teams will follow a similar type of schedule to "Day 2" on their "Day 3" except with evening "buddy" exhibitions, and waterpark time. They will follow the "Day 3" schedule on "Day 4"

Day 3	Large Gym A	Large Gym B	Small Gym A	Small Gym B	Meals	Lodging
8:00am					Breakfast (8am-8:45am) and Coaches Coffee	
8:45am	Warm-up, stretch, and all-camp meeting					
9:00am	Private Coaching (mat times)					
10:00am	Final Day Exhibition and Final Farewell					
11:00am						Room Checkout with Private Coach

Resort Camps- teams and staff are welcome to leave their luggage locked in a designated location and use the waterpark the rest of the day! Luggage storage will be unlocked at 5pm. Teams also have the option to leave luggage with the bell desk to access at any time. Spirit Shoppe Hours vary by location.