



Curriculum Camp Itinerary Sample

All camp agendas are customizable. Your Premiere Staff will meet with you to create lesson plans for each day based on your squad's goals and needs for camp.



MORNING SESSION- 9:00 am-12:30-pm

- Cheer Aerobics
- Stretch
- Core Curriculum Learning- Choose from:
 - Cheer
 - Sidelines
 - Motion Technique and Exercises
 - Jump Technique and Exercises
 - Team Bonding and Goal-setting



LUNCH- 12:30-1:30 pm

Teams will receive a one hour lunch break (half day camps will receive a 20 minute snack break).



AFTERNOON SESSION- 1:30-4:00 pm

- Core Curriculum Learning- Choose from:
 - Cheer
 - Dance
 - Stunts/ Pyramids
 - Conditioning Techniques
 - Team Bonding and Goal-setting



CAMP EXTRAS-

- Pass the Spirit- Throughout the day Premiere staff will use the Pass the Spirit beach ball to incorporate team building, sportsmanship, and leadership.
- Camp Gear- On the first day immediately following lunch, your instructor will showcase Premiere's summer camp gear. Campers will be able to purchase items on site throughout the duration of camp.
- Parent Showcase and Awards Ceremony- Both of these events will take place at the end of the last day of camp. Discuss with your instructor whether or not your team will be participating in a parent showcase. All Premiere camps will celebrate with an award ceremony. This will include individual and team awards as well as invitations to All-American special events. You will also receive a squad evaluation that details goals achieved and suggestions for continued growth.